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Fat Burning DINNERS



Presented by
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9 FAT BURNING DINNERS

Presented By Mike Geary, "The Nutrition Watchdog"

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The legal mumbo-jumbo aside, the truth is that you can go ahead and ask your physician for nutrition advice – but don't expect to get quality answers.

This will offend a LOT of people, but most doctors simply have no clue of what you should eat.

In fact, one study showed that more than 50% of doctors have LESS nutritional knowledge than their patients (which are mostly clueless too). (Reference: Am J Clin Nutr September 1993 vol. 58 no. 3 319-325)

The simple fact that hospitals still serve junk like sugar-laden Jell-O and other processed foods to their patients proves once again that you should never rely on the medical industry to give you nutrition advice.

The only way you can get a different body and life is by taking different steps than the millions of overweight people in the US and around the world. It starts by getting information from independent sources that really care about your results.

Thankfully, that's what you're doing right now.

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Why "9"?

According to statistics, the majority of people cook the same 9 meals over and over again. It's just human nature: Our brains are wired to create routines and habits.

Now, that's not necessarily a bad thing – except when those 9 meals you eat all the time are NOT supporting your fat loss and health.

It's just a fact: Most recipes ask for the wrong ingredients, the wrong quantities, take too much time to prepare and aren't designed to satisfy your taste buds at all.

That's probably why studies show that most people use only 5% of the recipes in their cookbooks – and end up craving something tastier than their bland and boring 9-meal routine.

What I propose is to change things up a little bit, and give you 9 new meals to try. You might decide to incorporate some of them in your rotation, but they are so tasty, healthy and easy to prepare that you just might use them all.

Remember – the key to becoming both stress-free AND fat-free is HABITS. And success starts with having the right fat burning recipes. Needless to say, you're at the right place.

What's A Fat Burning Dinner?

– “What’s for dinner? I have no idea...”

– “Well, let’s grab some Chinese food!”

That’s what happens when you don’t plan your dinners properly. Life gets in the way.

You’re busy and simply don’t have time for complicated recipes after your hard day at work. That’s why your fat burning dinners must be fast, simple and tasty.

With those 9 recipes in your rotation, you won’t have any excuse left to hit the take-out or fast food joint that often...



Chicken Pilaf



Prep time:
10 minutes

Cooking time:
10 minutes

Each serving provides (with rice):

Calories: 473

Fat: 10 g

Protein: 46 g

Carbs: 55 g

+ Antioxidant powerhouse

+ Anti-inflammatory

Series: 2

Ingredients

1 onion, chopped

2 cloves of garlic, finely chopped

1 tbsp. coconut oil

1 tbsp. cumin powder

1 tsp. coriander powder

1 tsp. turmeric

14 oz. chicken breast, diced

1 ½ cups organic chicken stock

½ cup dry basmati rice

2 oz. dried apricots, chopped

Sea salt and pepper

Fresh coriander, chopped

Instructions

1. Brown the onion and garlic for about 3 min on medium heat. Add the cumin, coriander, turmeric and chicken breast, and cook for 2 more minutes.

2. Add the stock, rice and dried apricots.

3. Bring to a boil, cover and simmer over low heat for 10 min. Add salt and pepper to taste.

4. Serve with chopped fresh coriander.

Basil Shrimp

Prep time:
10 minutes

Cooking time:
10 minutes



Each serving provides:

Calories: 494

Fat: 11 g

Protein: 40 g

Carbs: 57 g

- + Vitamin A
- + Antioxidants

Serves: 2

Ingredients

12 oz. fresh shrimp, peeled and deveined

1 lemon (or lemon juice), to taste

Fresh basil, chopped

2 cloves of garlic, finely chopped

1 tbsp. Dijon mustard

1 tbsp. extra virgin olive oil

Sea salt and pepper

Instructions

1. If you want, prepare $\frac{3}{4}$ cup rice with 1.5 cups of water, and steam your favorite veggies.
2. Mix the shrimp, half the lemon juice, half the fresh basil, the garlic, Dijon mustard, olive oil, salt and pepper.
3. Cook shrimp 2-3 minutes, or until desired texture is attained. Add salt and pepper to taste. Top with the rest of the basil and lemon juice.

Apricot Pork Tenderloins With White Bean Purée

Each serving provides:

Calories: 508

Fat: 16 g

Protein: 51 g

Carbs: 44 g

- + Vitamin D
- + Vitamin A
- + Detoxifying

Serves: 2

Ingredients

10 oz. pasture-raised pork tenderloin

1 tbsp. olive oil

1 small onion, chopped

Fresh sage or basil

2 oz. dried apricots, chopped

White bean purée

1 15 oz. can white beans (or 2/3 cup dried beans, prepared)

½ cup organic chicken stock

2 cloves of garlic, finely chopped

Sea salt and pepper



Prep time:
10 minutes

Cooking time:
20 minutes

Instructions

1. Pre-heat the oven to 400°F. Season the tenderloin with salt and pepper, and brush with olive oil.
2. In a pan, brown the tenderloin over medium heat for 2-3 min. Then, set in oven and cook for 10-15 min or until inside is light pink.
3. Mix the white beans, stock and garlic. Bring to a boil and simmer for 10 minutes. Crush the mix with a potato crusher just before serving.
4. Meanwhile, brown the onion for about 3 min on medium heat in the same pan where you roasted the pork, adding oil if necessary. Add sage or basil and dried apricots and cook for 2 more minutes.
5. Serve the pork tenderloin on top of the white bean purée, adding the apricot and onion mix on top. Add salt and pepper to taste.

Balsamic Vinegar Steak



Prep time:
10 minutes

Cooking time:
10 minutes

Each serving provides

Calories: 490

Fat: 20 g

Protein: 69 g

Carbs: 3 g

- + Fat burner CLA
- + Essential minerals

Serves: 2

Ingredients

2 cloves of garlic, finely chopped

1 tbsp. extra virgin olive oil

3 tbsp. balsamic vinegar

Sea salt and pepper

2 8 oz. grass-fed steaks (your preferred cut)

Instructions

1. Prepare the marinade: Mix the garlic, olive oil, balsamic vinegar, salt and pepper. Brush steaks with the mix.
2. If you can, let marinate for 1-2 hours in the fridge. If time is short, skip this step.
3. Cook steaks for 3-4 minutes on each side (to your taste). Enjoy with a baked sweet potato or your favorite greens.

Eggs And Potato Curry

Each serving provides:

Calories: 526

Fat: 29 g

Protein: 20 g

Carbs: 49 g

+ Omega-3

+ Potassium

Serves: 2

Ingredients

1 tbsp. coconut oil

1 tsp. black mustard seeds (optional – you can find them in Indian speciality store)

½ onion, finely chopped

2 cloves of garlic

Hot sauce

1 tbsp. ground coriander

1 tbsp. cumin seeds (optional – you can find them in Indian speciality store) or ground cumin

1 tsp. turmeric

1 cup canned or fresh tomatoes

1 tbsp. sweetener (any kind you like)

1 can (400 ml) light coconut milk

4 hard-boiled eggs

2 potatoes, cooked and diced

Sea salt

Fresh or dried mint leaves (optional)



Prep time:
10 minutes

Cooking time:
15 minutes

Instructions

1. Heat a wok or large pan over medium heat. Add coconut oil, and mustard seeds if you have them. After 1 minute, add the onion, garlic and hot sauce to taste. Cook for 4 more minutes.

2. Add the ground coriander, cumin seeds if you have them, turmeric, tomatoes and the sweetener. Bring to a boil and simmer for more 5 minutes.

3. Add the coconut milk, eggs and potatoes, and cook for 5-10 more minutes, or until the sauce has thickened to your liking.

4. Add salt to taste (very important) and enjoy! If you want, add some mint leaves on top.

Coriander White Fish With Pilaf Rice

Each serving provides

Calories: 559

Fat: 20 g

Protein: 56 g

Carbs: 41 g

+ Antibacterial

+ Antioxidants

+ Omega-3

Serves: 2

Ingredients

1 onion, finely chopped

1 tbsp. expeller-pressed coconut oil

2 tbsp. cumin powder

1 large carrot, shredded

½ cup rice

2 cups organic chicken stock

Sea salt and pepper

2 white fish filets (7 oz. each)

1 tbsp. extra virgin olive oil

1 organic lemon (for zest and juice)

Fresh coriander, chopped



Prep time:
10 minutes

Cooking time:
15 minutes

Instructions

1. Preheat the oven to 400°F. In a pan, brown the onion in oil for 2-3 min. Add the cumin and carrots, and cook for 2 more minutes. Add the rice and chicken stock. Add salt and pepper to taste.

2. Bring to a boil, cover and simmer over low heat for 13 min.

3. Season the white fish filets with salt and pepper, and brush with olive oil. Add the lemon zest, half the coriander and half the lemon juice. Set in oven for 10-12 min or until the flesh can be detached with a fork.

4. Serve the fish over the pilaf rice, adding the rest of the coriander and the rest of the lemon juice. Add salt and pepper to taste.

Italian Pork Chops

Prep time:
10 minutes

Cooking time:
15 minutes

Each serving provides:

Calories: 514

Fat: 21 g

Protein: 51 g

Carbs: 20 g

+ Vitamin D

+ Essential minerals

+ Vitamin E

Serves: 2

Ingredients

1 tbsp. olive oil

1 small onion, finely chopped

2 pork chops (8-10 oz. each)

1 28 oz. can of diced tomatoes (or 2 ½ cups of diced fresh tomatoes and 1 cup of water)

½ cup green olives, cut in half

Sea salt and pepper

Fresh parsley, chopped (optional)



Instructions

1. Heat a large pan over low to medium heat. Add the olive oil and onions, and cook for 2-3 minutes. Do not overheat your oil.
2. Add the pork chops and brown the meat on both sides over medium heat.
3. Add the tomatoes and olives. Bring to a boil and simmer for 10 minutes.
4. If you really want to enjoy the Italian side of this dish, serve with a lot of fresh parsley.

Baked Salmon With Herb Butter

Each muffin provides

Calories: 526
Fat: 33 g
Protein: 36 g
Carbs: 23 g

+ Essential minerals
+ Fat burner CLA
+ Omega-3

Serves: 2

Ingredients

2 wild-caught salmon filets (4 oz. each)

1 tbsp. extra virgin olive oil

½ cup dry quinoa

3 tbsp. grass-fed butter, softened

Fresh herbs (to your preference – chives and dill are great)

1 organic lemon (for zest and juice)

Sea salt and pepper



Prep time:
10 minutes

Cooking time:
15 minutes

Instructions

1. Preheat oven to 400°F. Brush salmon with olive oil, and bake for 10-15 minutes, or until just cooked through (do not overcook).
2. At the same time, cook the quinoa in 1 cup of water (prepare it like you would prepare rice).
3. Meanwhile, mix butter with chopped fresh herbs and lemon zest. Add salt and pepper to taste.
4. Serve the baked salmon with a dollop of herb butter and freshly squeezed lemon juice on top of the hot quinoa.

Ginger Salmon



Prep time:
10 minutes

Cooking time:
10 minutes

Each serving provides:

Calories: 517

Fat: 33 g

Protein: 47 g

Carbs: 9 g

+ Antioxidants

+ Omega-3

+ Immune support

Serves: 2

Ingredients

Fresh chives, finely chopped OR 4 green onions, finely chopped

2 tbsp. fresh ginger root, finely chopped

1 tbsp. raw honey

2 tbsp. organic soy sauce

2 wild salmon filets (6 oz. each)

2 tbsp. coconut oil

Sea salt and pepper

Instructions

1. Prepare the sauce: Mix chives or green onions, ginger, honey and soy sauce.
2. Cook salmon in oil for 2-3 min on each side, over medium heat.
3. When halfway cooked, add the sauce on top of it. Add water if needed.
4. Add salt and pepper to taste. Serve with your favorite steamed veggies.