

THURSDAY



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10-DAY ACCELERATED FAT LOSS PROGRAM

LUNCH

EDAMAME ENERGY SALAD

Edamame, black beans and mango tossed with olive oil and lime juice

Ingredients:

½ cup shelled edamame
¼ cup black beans
¼ cup corn
¼ cup chopped red pepper
¼ cup chopped red onion
1 Tbsp. chopped cilantro
¼ cup chopped mango
2 tsp. olive oil
1 Tbsp. lime juice
¼ tsp. ground cumin

Preparation:

Combine all ingredients and let sit in the refrigerator for 30 minutes before eating.

*If you are sensitive to spicy foods, omit this.

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BREAKFAST

EGG AND SWEET POTATO HASH

Sweet potatoes, peppers and onions mixed with scrambled eggs and served with a side of fruit

Ingredients:

½ medium sweet potato, cut in ½ inch cubes
1 tsp. olive oil
¼ cup chopped red peppers
¼ cup chopped onion
4 egg whites or 1 whole egg, beaten
1 cup cubed melon or one small piece of fruit

Preparation:

Steam or microwave sweet potatoes until tender. They should still be slightly firm. Heat oil in a sauté pan; add sweet potatoes, peppers and onions. Sauté over medium-low heat for 5-6 minutes. Add eggs, continuously stirring until they are cooked to your liking. Season with pepper to taste. Serve with fruit on the side.

DINNER

ZESTY FIBER-CHARGED CHILI

Ground chicken breast, beans and vegetables slow cooked and topped with low-fat cheddar cheese and scallions

Ingredients:

1 tsp. canola oil	3 oz. ground chicken breast
1 chopped garlic clove	¼ cup red pepper, diced
½ cup canned crushed tomatoes	¼ cup onion, diced
¼ cup black beans	¼ cup chickpeas
⅛ tsp. smoked paprika	⅛ tsp. cumin
¼ tsp. chili powder	¼ tsp. dried oregano
1 cup chicken stock	1 Tbsp. chopped green onion
1 oz. shredded low fat cheddar cheese	
½ chipotle pepper in adobo seasoning, chopped (optional)*	

Preparation:

Heat oil in a sauté pan over medium-high heat. Add chicken and brown for 2 minutes. Add garlic, peppers, onions and chipotle pepper and cook for an additional 3 minutes. Add crushed tomatoes and cook for 1-2 minutes. Add black beans, chickpeas, chicken stock, paprika, cumin, chili powder and oregano. Stir to combine and bring to a simmer. Lower heat to medium-low and simmer for 45 minutes. Season with pepper to taste. Serve in a bowl topped with cheese and green onions.

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