



HOW TO BEAT THE ODDS

EVERYTIME

By Brian Flatt | Motivational Nutritionist

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A Testimony To Beating The Odds

Deep in the city of Denver, Colorado lived an overweight senior woman two years away from seeing her death bed. Her name was Susan. She lived a prosperous life and the majority of it was spent with excellent health... Until the day she lost her husband to a fatal car crash.

Everything was downhill from that day forward. She was prescribed several pills as the years went by – Diabetes, High Blood Pressure, Heart Burn, and Depression to name a few. There was a part of Susan that never recovered from her husband's death. Days, months, and even years went by as she drowned her sorrow in food and slowly lost desire to be a part of a world where her husband did not exist.

It wasn't all bad though... Susan gave birth to three children whom she loved dearly. Her eldest child, Maryanne, gave birth to Karen, Susan's most favorite and only grandchild at the time. Karen is a smart and well-groomed child as she will be the first generation of her family to graduate from college. Susan absolutely adores her and longs to see her on graduation day, filled with pride and joy, as she walks on stage to receive her degree.

Unfortunately, life wasn't done with her yet. A much needed visit to the doctor revealed that Susan was diagnosed with Stage 2 Breast Cancer. With a heavy heart, the doctor said the cancer was spreading fast. And even though chemotherapy would help, she would only have one and a half years to live at best because of how fast the cancer was spreading.

Susan was devastated... Emotionally destroyed and almost to wits end... For years she suffered from chronic depression – Often times wishing everything would just end. But her family, the people she loved most, stayed by her side until finally she started to display a true desire to live her life in peace and with her family.

Now it seems the tables have turned. All the bad decisions and overall unhealthy lifestyle she lived has come back to collect payment in the form of heart cancer.

For the first time in a long time, Susan made an *internal decision* to live a healthier lifestyle. One where she would beat breast cancer and live on for another two years to see her granddaughter graduate and spend more quality time with her family. Susan was ready for war and made it clear to everyone that the time stamp put on her life was wrong.

The path to a cancer free body with new found strength and vitality seemed impossible at first. There were many trials and a constant barrage of worries as she struggled to embrace the changes needed to keep her moving forward. But just like all new habits, her healthy practices became easier as each day went by. She began to enjoy her health practices as she began to reap the rewards of her efforts.

Over time the chronic illnesses she developed began to dissipate one after another. Her blood pressure back to normal, diabetes was a thing of the past, and the cancer cell were completely removed from her body. Susan lived on to see her daughter graduate and is in better shape than she has been in years. Some would say she became a brand new woman – dedicated to living her healthy lifestyle not just for herself... but for her family.

So how did she do it? What changes were made that lead Susan to a miracle she once believed was impossible? Well there were a lot of factors involved in Susan's road to better health... However, the most influential change in her life came from within herself.

People will often fail to regain the youthful vitality they once had even when all the tools they need are laid out in front of them. Susan had many opportunities to fix her problems before she developed breast cancer... Yet, no tool, magic pill, or

program helped relieved her depression or cure her chronic illnesses. It wasn't until Susan made the *internal decision* to defy the odds of certain death that she began to take consistent action towards regaining her health and peace of mind.

You don't have to wait to hear a death warning to wake up and smell the roses. Keep reading and find out what it means to make that same *internal decision* Susan made and the phenomenal power that lies behind it.

New Mind, New You

The foundation of any endeavor you set out to accomplish begins with you. Virtually all of your worries, doubts, and fears can be addressed when you begin to direct the focus of your mind more constructively. But let's take it one step further... Why not build yourself a new mind? One that will easily allow you to be more constructive and optimistic about the dilemmas of your life automatically.

It is possible and there is proof all around you. Just look all the successful people you look up to. They've mastered this concept I'm about to share with you and now it's your turn to do so as well. But first, a little background knowledge... And if you know this already – No worries, just skip ahead.

Our mind can be separated into states of awareness known as conscious and unconscious. The unconscious part of our mind is an incredibly powerful and automatic phenomenon that controls well... everything we're not consciously aware of. Current scientific studies show that this control goes WAY BEYOND our bodily functions. What most people don't realize is that our unconscious mind is the sole guardian of old thoughts and beliefs responsible for the life we've created today.

**Unconscious Programming Can Destroy Any Goal When Left
Unchecked**

Since birth you have been conditioned, or programmed, by the thoughts of others to accept certain statements and ways of living. You've been told what and what not to do. You've been told how to look, what to expect out people, things to believe in, and even what to say and not say in front of people. Whether these statements were true or not, we learned to *believe them as true* to survive in a world we did not fully comprehend.

Belief is powerful and does not abide by rules or facts of society. Physical evidence nor a proven statement is needed. The *one and only* thing belief requires is for you to accept something to be true or that it exist. This is a dangerous territory as a belief can either hinder your ability achieve a goal, have no real noticeable effect, or dramatically boost your rate of success.

For example, it is possible for a woman 30 pounds overweight to *believe* she is big boned or "pleasantly plump." It is also possible for a woman 13 pounds underweight to *believe* she has too much fat on her stomach. Whether the statement is true or not does not matter because it is *what they believe* to be true. And this belief will go on to affect their attitudes, feelings, and the actions they take towards the matter.

Situations like these occur time and time again over the course of people's lives. The truth is, we all have some idea or way of being that is "programmed" in our mind which we truly believe in... And that's okay. But what's NOT OKAY – not even by the slightest – is for us to allow a belief to stop us from accomplishing the desires we have for ourselves. Thus, you must learn remodel your beliefs by deleting old ways of thinking and replacing them new ways that better serve you. It is truly the key to improving the effort you put towards your health journey or any desire you plan to accomplish.

The Neurological System That Forced You To Fail

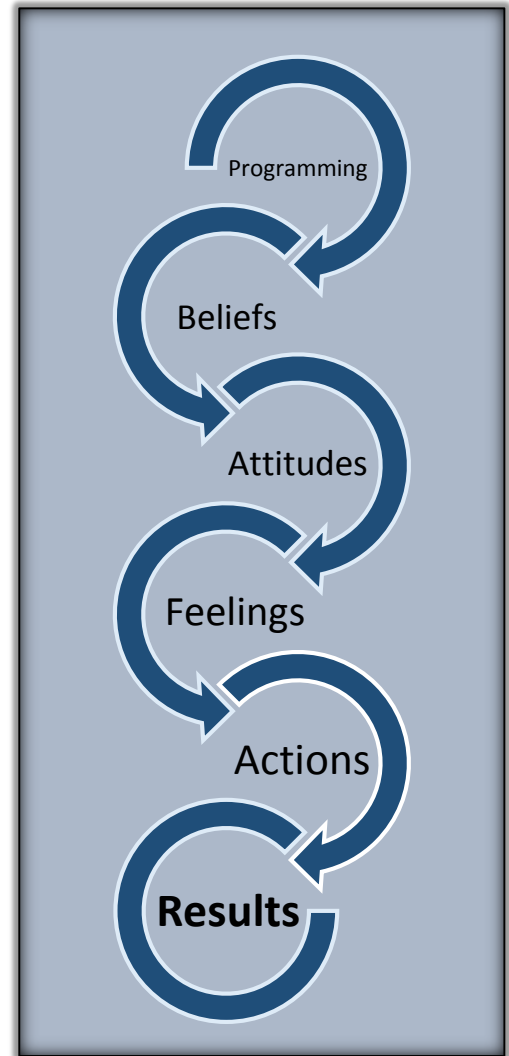
Programming is where it all starts. There is a natural pattern of cause-and-effect that happens because of it. This chain reaction sequence will always lead you to favorable or unfavorable results.

In logical order:

***Your Programming creates Beliefs,
Beliefs create Attitudes,
Attitudes form your Feelings,
Feelings determine your Actions,
Actions create your Results.***

That's basically how it works for everybody. Still confused?! Think of it as if you were a farmer. Your unconscious mind – the field – is a vast fertile land of untamed growth and abundance. Your conscious mind

– the farmer – is the head honcho boss that decides what seeds – thoughts – should be planted and grown to harvest. If you want to grow tomatoes – the results – then you have to plant the right seeds to grow them.



So if you want a better body, better health, or better anything... Plant the *right seeds* that will get you there. Choose to think in a way that is more constructive and supportive towards your goals. And don't be fooled the old programing you once believed!



The One Change That Solves Everything

When you learn to reprogram the way you think, everything else will natural fall into place. For example, let's look at the long term results of two middle-aged women with unlike opinions (beliefs) about exercise:

Janice		Brenda
<p>Exercise is needed to build a fit, lean, and energized body. I must include it in my day if I ever hope to lose weight, maintain my shape, and be the best me possible.</p>	<p>Programming & Belief</p> <hr/> <p>What do you tell yourself and believe to be true?</p>	<p>Working on my diet is much more important to losing weight than exercise. Once my diet is right, I will lose this weight and be back to normal in no time.</p>
↓		↓
<p>Exercise is an essential part of a healthy lifestyle. It is a lifelong pursuit, not a trend or temporary means to lose weight. Consistent exercising takes dedication, hard work and a willingness to push yourself past your comfort zone. It may be dreadful at first... but the rewards and benefits are more than worth the effort. In fact, I enjoy the challenge of improving my fitness. My health, or lack</p>	<p>Attitude & Feelings</p> <hr/> <p>What is your way of thinking towards the matter BECAUSE of your belief?</p>	<p>I don't think exercise is that important. I never enjoyed it and never got that rush of good feelings everyone talks about when I do try it. It just makes me tired, sore and unhappy. To be honest... it makes me feel worse about being out of shape. Who wants to go to the gym and humiliate themselves in front of everybody. Not me! I'd rather starve myself before I do that. So I'll just focus on eating the</p>

thereof, is going to affect every aspect of my life so I will put my best foot forward at all times.



I joined a program that has a lot of 30 Day home exercise routines. I find time to do the daily exercise regimen and follow a healthy diet eating plan to give my body the nutrition it needs. Sometimes I may miss a day because of busy work hours but I never let it stop me from getting back on track the next day. Now I feel great! I used to hate the soreness and inconvenience of exercise but now I see it differently... I enjoy it now because it has empowered me with more energy, strength, and the confidence to do whatever I desire.

3 Months Later...

Actions & Results

What actions will you take BECAUSE of your feelings?

right kind of foods for now and maybe start exercising after I lose all this weight...



I still haven't started exercising but I did start my new diet plan about two months ago. I feel like my energy is coming back and I lose a few pounds here and there but no radical changes so far. Still though, the pounds seem to come right back anytime I make an unwise decision... I'm hoping this diet will work as my doctor says I really need to lose the weight I'm packing. And as if on cue, he also tells me I need to start exercising more often and to included it with my diet plan. I wish I had started exercising years ago. This would be much easier if I did.

After reading the results of Janet and Brenda, you may begin to see the subtle but powerful influence belief has on the actions we take. Brenda wanted the same end result as Janet – too lose weight and experience the youthful vitality, strength, and energy she once had. Yet, she received a displeasing note from the doctor

instead. In Brenda's mind, she believes exercise is a waste of time and only sees discomfort and agony coming from it. However, Janet thinks of exercise as empowering and challenges herself to move past discomfort because of the benefits she reaps from it.

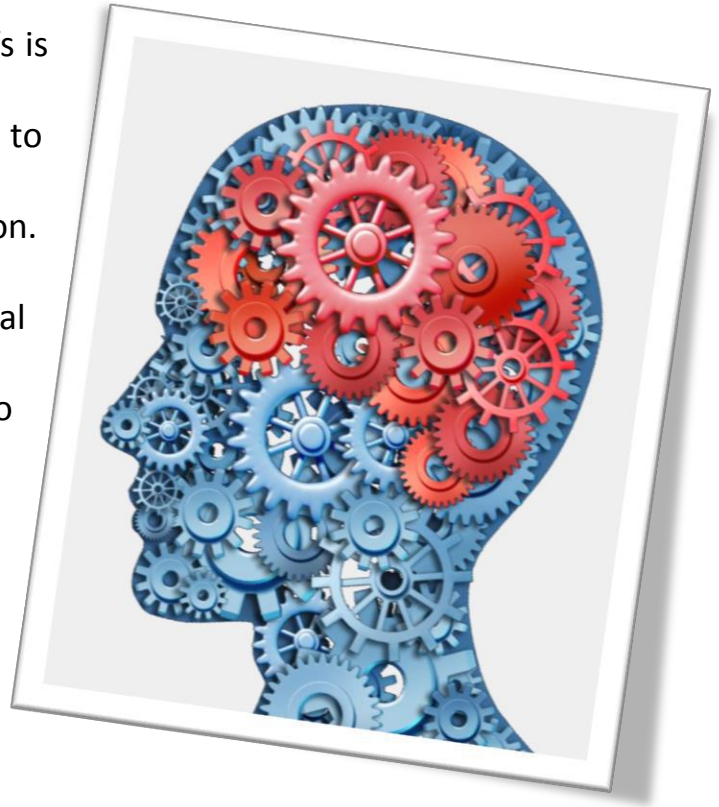
The Bottom line is this... If you truly want to create long lasting health and fitness, challenge yourself to change the beliefs that deter you away from the goal. Once you choose to step outside the box, you will allow yourself to accept new and better ways of thinking. And this will do nothing but help you create the body of your dreams and naturally improve the standard of your life.

Imagine yourself being 100% committed to walking your own path to better health just like Susan. How much easier would it be to dominate your problems if you had an unstoppable belief in yourself to get past any road block that comes your way. Nothing would stop you and misfortune would never prevent you from taking action towards your goals.

Real dedication to the betterment of your life is what you will have... And the first step to make this a reality starts with creating beliefs that support the goals you wish to achieve. So let's take a closer look at what reprogramming will do for you and some proven everyday methods you can use to fast start this process.

5 Natural Techniques To Reprogram The Mind

Sitting down and challenging beliefs is a necessary job that needs to be done to move forward with absolute dedication. Now that you understand the general concept of reprogramming, I want to leave with you 5 awesome techniques I use to keep my subconscious mind in check. My suggestion is to do all of them of course ;)



Think Positive and Feel Good

There is a lot to be said about this statement... Being positive and optimistic about life in general is a priceless gift that all of us can *choose* to give ourselves any time of the day. If you're always looking for external reasons If you break down your core values... most wanted desires... even played out fantasies... you will find the common theme behind all of it is the desire to *feel* a certain way. Use your feeling to guide yourself to better lifestyle and way of thinking.

When you continue to think and feel positively about your life your subconscious mind will follow through and copy your new way of thinking. Eventually, it will be automatic for you to be in a state that is more positive. You will feel amazing and your daily life and way of thinking will be better in general simply because you are happy. Trust me, it seems simple but this one method alone will dramatically improve your life on all levels.

Separate The New You from People Who Want the Old You

Take a look at the top five people you hang around the most. Chances are that you have very similar lifestyles... Not just in finances and your style of living but in the way you think as well. In fact, you'll find that one of the main reason you became close to your top five was because of they were like minded. Think about it. Why wouldn't you want to be around someone who sees the world the same as you do? It's an awesome feeling to have people with similar ideals, values, and interest around. But beware! There is a silent danger that lurks beneath this simple truth.

When you make the decision to be a better you or do anything that requires change... It's doesn't guarantee that people around you will support the decision you made even if it's good one. You must understand that the decisions you make

for yourself almost always affect those who are around you the most. So it is quite possible that your close ones may not support your decisions as fully as you do simply because they may not want things to change. They want things to stay the way they were before you decided to change.

Your ability to change your way of thinking will be more difficult if you have people around you that don't support it. Not everybody will want to fully support your new way of thinking if it means compromising the way you see the world with them. Stand your ground when those close to you disagree with the new you. Who cares if they don't like the new and better you. Let them leave and find the old you in another person ;)

Visualize Your Desires with Strong Fanatical Detail

Visualization is fun, easy and undeniably powerful way to put life into the desires you have. It builds upon your burning desires by giving you a clear mental image to focus on and feed your belief of its achievement. Eventually, that belief will transform into unrelenting faith that enables you to take massive action towards your desires with less resistance from yourself.

The more vivid and real you can visualize your desires, the faster you will be able to manifest them into reality. This technique is much more powerful than you

realize! Think about it this way... Is it easier to walk the path of a dark tunnel *with* or *without* seeing the light at the end of it? Clearly, light is the better option. But even so... the tunnel is still dark and there is no real clue of the path ahead of you.

So how do successful people move through the dark tunnel – the unknown path that their desires take them on? By using visualization to make the light at the end of the tunnel brighter. You can do this too! Challenge yourself to stretch your imagination and choose to believe in the new possibilities.

Here's a tip: Make your own movie when you think of your desires. Visualize a scene where you finally complete a big goal on your list. How do feel in that moment? Where are you? Are you celebrating with someone? Are you doing a victory dance or enjoying your day somewhere special? I wouldn't know... but you do and you get to decide whatever it is you get at the end of the journey. Don't hold back! Anything is possible if you can truly believe it ;)

Connect with People Who Have What You Desire

Let's be honest – Everyone can benefit from having somebody who will hold them accountable of their goals and ambitions. Support groups can easily provide you this benefit because they empower you to take consistent and focused action. Unfortunately, people fail to fully understand that support groups only work as well as the *people involved* with them.

When you're trying to reach new levels of success... to live a life that better than your current one, you need to find and be around people who have already obtained what you want and think in a way that enables them to manifest their desires faster.

They are ones who will tell you with complete faith and conviction that what you want is possible because they've done it themselves. Their advice is certainly more accurate and they can easily expose the dangerous pitfalls you could encounter along your journey.

Immerse yourself around the people who have what you want. You will naturally begin to acquire a new and better way of thinking after being around these people for some time. So not only will you have better connections but also a better way of thinking towards your goals. That's a 2 for 1 special ;)

Read Books That Speak of the Mind and How to Think

To this day, reading books is still one of the best ways to gain vital information that could very well have an incredible impact on the way you think. When I first started reprogramming my mind for better use, a good book was the best thing I had because most of the people around me were either disinterested or too inexperienced to help me with my dreams and ambitions.

To the brain, it does not matter if the words you hear come from a book or from the mouth of another person. The meaning behind the words is still the same. So think of books as your own personal one on one session from authors who have the wisdom and intellect to provide guidance towards your goals.

Some of the books I read had a HUGE role in getting me to see my life at a better angle. After all these years of personal development, I've learned that sometimes you need someone else to show you the way because you just don't know what you don't know.

With that being said, I've included a list of books that helped me phenomenally through my continuous journey for a better mindset. And for those of you who are go getters, click on the books to go to amazon and pick up one today.

That fact that you've read this far tells me one thing... You are serious about seeing better results not only with your health but in ALL areas of your life. I promise you these books will do just that! By the way... The first two books are MANDATORY reads. Yes they are that good ;)

What to Say When You Talk to Yourself

Shad Helmstetter, Ph. D.

Negative programming prevents individuals from becoming and doing exactly what they want. Any amount of inspirational reading will only provide us with techniques that could work if put into practice. This book explains the principles of self-talk - a unique way of reversing negativity, optimizing outlook, focusing plans and achieving success. The key is in affirming, telling yourself the right things which then reflect in a more positive lifestyle.

The Power of Positive Thinking

Norman Vincent Peale, Ph. D.

Translated into fifteen languages and with more than 7 million copies sold in book and audio formats around the world, THE POWER OF POSITIVE THINKING is unparalleled in its extraordinary capacity for restoring the faltering faith of millions of people in themselves. In this unprecedented book, Dr. Peale offers the essence of his profound method of achieving happiness and success. Following this tried and tested guide will give you the tools for re-channeling thoughts and energies into a powerful, positive current – one that will raise you to heights you never dreamed possible.

How to Win Friends & Influence People

Dale Carnegie

For more than sixty years the rock-solid, time-tested advice in this book has carried thousands of now famous people up the ladder of success in their business and personal lives.

Now this previously revised and updated bestseller is available in trade paperback for the first time to help you achieve your maximum potential throughout the next century!

Think and Grow Rich

Napoleon Hill

Think and Grow Rich has been called the "Granddaddy of All Motivational Literature." It was the first book to boldly ask, "What makes a winner?" The man who asked and listened for the answer, Napoleon Hill, is now counted in the top ranks of the world's winners himself.

The most famous of all teachers of success spent "a fortune and the better part of a lifetime of effort" to produce the "Law of Success" philosophy that forms the basis of his books and that is so powerfully summarized in this one.

The Law of Success in Sixteen Lessons

Napoleon Hill

The Law of Success in 16 lessons, the first book by Napoleon Hill, is not only the precursor and the base of "Think and Grow Rich": it is Think and Grow Rich on Steroids! This book was given as a lecture in almost every city throughout the United States over a range of more than seven years.

One Small Request To Hear Your Story

Well that's all she wrote my friend! I had an absolute blast writing this for you. Except for the for the few times I suffered writers block... But that doesn't matter. What's most important here is for you to continue to follow your path toward better health and peace of mind.

I really enjoy helping others find their way so if you ever have any questions, concerns, or want to tell your story and how this book has helped... You can do so by emailing -- support@redteadetox.com

And last but not least, thank you for giving this book a chance to help ease your journey. Please continue to be all you can be and get those books! Everyone who reads them swears that they are life changers! And that includes me and eventually you too ;)

Till next time my friend!

Brian

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UNUSUAL
SNACKS

== *to* ==

DIMINISH
YOUR

FAT

BY

BRIAN FLATT

MOTIVATIONAL NUTRITIONIST



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Dessert Tasting Fruits

- 04 Banana Peanut Butter
- 05 Honey Raspberry Yogurt
- 06 Chocolate-Dipped Strawberries
- 07 Grapes & Walnuts
- 08 Oatmeal & Blueberries



Banana Peanut Butter

Try this delicious snack in between your meals or after a tough workout! The carbs will give you a quick mood and energy spike, while the protein will keep the energy going for hours.



Preparation & Ingredients

Grab yourself a ripped banana and cut about 5 to 7 bit size pieces. Next, spread a tablespoon of peanut butter onto the banana pieces.

1
Ripped Banana
1/2 cup
Peanut Butter

Honey Raspberry Yogurt

Sweet, creamy, and filling, this trio feels completely indulgent. The combination of fiber, healthy fats, and protein are sure to get you over any 3pm slump. Plus, the vitamin C in raspberries increases your body's fat-burning ability.



Preparation & Ingredients

Take one single-serving container of Greek yogurt and combine it with half a cup of raspberries and half a tablespoon of raw organic honey.

1 container
Greek Yogurt
1/2 cup
Raspberries
1/2 tablespoon
Honey

Chocolate-Dipped Strawberries

Are your taste buds a victim of chocolate's delicious but not-so-healthy sweet flavor. Fight this powerful foe by using it as a semi-sweet jacket on superfoods like strawberries!



Preparation & Ingredients

Melt half a cup of the most natural chocolate you can find. Next, dip as many strawberries you desire and let them set in the refrigerator until the chocolate coating has hardened.

1 cup
Strawberries

1/2 cup
Melted Chocolate

Grapes & Walnuts

Get your hands on some sweet grapes and super filling walnuts. This high energy snack is filled with natural sugars, fiber, healthy fats, and protein. Its the perfect combo!



Preparation & Ingredients

Mix 1 cup of grapes with half a cup of walnuts in your favorite bowl.

1 cup
Grapes

1/2 cup
Walnuts

Oatmeal & Blueberries

Don't count out oatmeal! This breakfast food is a great choice any time you need a hearty treat. Full of fiber, oatmeal helps regulate blood sugar levels to keep you from crashing. No need for sugar! Blueberries add a kick of sweetness and healthy dose of vitamin C.



Preparation & Ingredients

Prepare a packet of organic oatmeal and top it with a half cup of blueberries.

1 Packet
Organic Oatmeal
1/2 cup
Blueberries

Skinny Mean Proteins

- 10 Zesty Black Bean Hummus
- 11 Chocolate Peanut Butter Bar
- 12 Roasted Chickpeas
- 13 Hand Made Protein Cookies
- 14 Red Quinoa Pancakes



Zesty Black Bean Hummus

Need a workout recovery snack? Try this high-protein hummus snack! Coming in at a whopping 16 grams protein per serving, this snack is sure to satisfy your protein needs. Add in some aromatic herbs and refreshing orange zest and you just might forget to dip with your celery sticks.



Preparation & Ingredients

Using a food processor, combine all the ingredients, except celery, and puree until smooth. Transfer hummus blend to a bowl, freshly ground black pepper to taste, and serve with celery.

2 cans black beans
2 cups low-fat cottage cheese
3 tablespoons almond butter
1 garlic clove, sliced
2 tablespoons olive oil
3 tablespoons red wine vinegar
3/4 teaspoon sea salt
1/2 teaspoon ground cumin
1 teaspoon ground coriander
1/4 cup fresh parsley
2 tablespoons orange zest
10-12 stalks celery, cut into thirds

Chocolate Peanut Butter Bar

Reward yourself after a challenging workout with a home made protein bar. With 6 grams of protein each, they will easily put store-bought protein bars to shame. If you don't own a food processor, you can purchase oat flour at most grocery stores. Oh and remember not to eat them all at once!



Preparation & Ingredients

Line a 9x5" loaf pan with parchment paper or lightly grease with cooking spray. Place rolled oats in food processor and pulse until oats are a flour consistency. Mix the processed rolled oats with quick oats, protein powder, and cereal. Stir honey and peanut butter until melted and combined in a small pan over medium heat. Remove from heat and stir in vanilla extract. Pour peanut butter mixture over oats and stir well. Using hands, press the mixture into the prepared loaf pan. In microwave, melt chocolate chips for 1 minute, and then 30-second intervals stirring in between, until fully melted. Use a fork to drizzle chocolate over bars. Cool bars in refrigerator for 30 minutes before slicing into 12 bars.

- 1 cup old-fashioned rolled oats
- 1/2 cup quick oats
- 3 tablespoon chocolate whey protein powder
- 1/2 cup organic brown rice crisps cereal
- 1/4 cup honey
- 1/3 cup peanut butter
- 1 teaspoon vanilla extract
- 1-2 tablespoon non-dairy chocolate chips

Roasted Chickpeas

Everybody should have on their list of protein-packed snacks! They're easy to make and can be seasoned to your liking. This recipe uses garlic, basil, and red pepper flakes for some zing. Add these to your salad next time you get the chance! Did I mention this snack is 21 grams protein per 1/4-cup serving? Crazy...



Preparation & Ingredients

Drain and rinse the chickpeas, then pat them dry. Next, combine the chickpeas, oil, and seasonings in a small mixing bowl until evenly coated. Pour chickpeas on a baking pan covered in aluminum foil and shake gently until the chickpeas are spread evenly. Roast at 450 for 10-15 minutes, toss, and roast for another 10-15 minutes until golden. Let the chickpeas set and cool for another 20 minutes. Serve as a snack or toss into a salad.

1 can chickpeas
1 teaspoon olive oil
1/4 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon dried basil
1 teaspoon Nutritional Yeast (or Parmesan)
1/4 teaspoon red pepper flakes

Hand Made Protein Cookies

How would you like a cookie that curbs the sweet tooth craving without ruining your waistline! Use any of your favorite protein powders and any nuts and seeds. This formula uses peanuts, rolled oats, and is naturally sweetened using only four dates. The recipe makes roughly 15 cookies weighing at 9.5 grams proteins per cookie.



Preparation & Ingredients

Line large baking sheet with parchment paper and set aside. Use a large bowl to mix together oats, protein powder and peanuts. In a food processor, process the smooth peanut butter, coconut oil, dates and water. Pour into the bowl with dry ingredients and mix until combined. Scoop the dough with a spoon, roll into golf size balls, and flatten them with your hands. Place on a prepared baking sheet and repeat this step until you run out of dough. Refrigerate uncovered for 1 hour and enjoy cold.

- 1 cup rolled oats
- 2 cups plant-based protein powder
- 1/3 cup peanuts, unsalted
- 1/4 cup organic peanut butter, unsalted
- 1/4 cup coconut oil, melted
- 4 Medjool dates, pitted
- 3/4 cup warm water

Red Quinoa Pancakes

These red quinoa pancakes gives an added chewy texture but still remains soft and fluffy like all great pancakes. Best of all... you get 9 grams of protein.

They're 90% dairy free (darn eggs...) and if you want to continue their no refined sugar streak, serve them with honey drizzled on top. Otherwise, try



Preparation & Ingredients

Place milk and lemon juice in a small bowl, stir once, and allow to sit for 5 minutes. Place flour, sugar, baking powder, baking soda, and salt in a bowl and mix together. Beat the eggs with a wire whisk in a mixing bowl then mix the coconut oil, dry ingredients, and milk with eggs until combined. Add the quinoa and mix until combined. Heat a pan to medium and grease with coconut oil. Pour batter onto the hot pan (about $\frac{1}{4}$ C. per pancake) and allow to cook until the top of the pancake has bubbled and the sides are cooked. Flip the pancake over and finish cooking for another 30 seconds. Serve with your favorite syrup.

2 Eggs
2 cup Coconut or Almond Milk
1½ teaspoon Lemon Juice
4 tablespoon Coconut Oil
2½ cup Flour
1 tablespoon Coconut Palm Sugar
2 teaspoon Baking Powder
1 teaspoon Baking Soda
1 teaspoon Salt
2 cup Red Quinoa, cooked

Guilt-Free Sweets

- 16 PB & Chocolate Pretzels
- 17 Chewy Oatmeal Raisin Cookies
- 18 Gluten-Free S'more Bars
- 19 Creamy Blueberry Icicles
- 20 Balsamic Buttermilk Sherbet



PB & Chocolate Pretzels

A little salty sweet combo can cure any sugary cravings. What better combination is there than your classic salty pretzel dipped in some good ole dark chocolate and peanut butter. For an extra crunch, crush your favorite nut and use it as an extra topping!



Preparation & Ingredients

Microwave 1 square of dark chocolate and 1 teaspoon of natural peanut butter until melted, and dip 1 large or 10 mini pretzel rods.

1 square Dark Chocolate
1 teaspoon Natural Peanut Butter
10 Mini Pretzel Rod

Chewy Oatmeal Raisin Cookies

These oatmeal raisin cookies are thick, chewy, soft, and full of whole grains! Try these out when you're in the mood to bake some cookies worth eating.



Preparation & Ingredients

Preheat oven to 350°F. In a large bowl, mix the butter, sugar, egg and vanilla until smooth. In a separate bowl, whisk the flour, baking soda, cinnamon and salt together. Stir this into the butter/sugar mixture. Stir in the oats, raisins and walnuts. Bake cookies on a parchment lined baking sheet for 10-12 minutes, taking them out when golden at the edges but still a little undercooked-looking on top. Transfer to a wire rack to cool. Makes 1 dozen large cookies.

1/2 cup butter, softened
2/3 cup organic cane sugar instead
1 egg
1/2 teaspoon vanilla extract
3/4 cup whole wheat pastry flour
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1 1/2 cups rolled oats
3/4 cup raisins or dried cranberries
1/2 cup walnuts, chopped (optional)

Gluten-Free S'more Bars

For those of you with gluten intolerance, it's important to create a few desserts that taste as good as the real thing. This one sure does. Add a cozy fire place and you'll have your very own indoor camping retreat!



Preparation & Ingredients

Preheat oven to 350° and line 8-inch square metal baking pan with aluminum foil. Allow foil to fold over edge of pan. Use a food processor to finely ground graham crackers. Pulse flour and sugar to crumbs until combined. Add butter and egg and pulse until blended and moist. Press crumb mixture into bottom of prepared pan. Bake at 350° for 15 minutes. Cool completely in pan on a wire rack. Cook cream in a heavy saucepan over medium-high heat to 180° or until tiny bubbles form around edge. Remove from heat. Add chocolate, stirring until smooth. Fold in marshmallows. Spread chocolate mixture over cooled crust. Cover and chill 2 hours and 30 minutes or until firm. Holding edges of foil, lift mixture from pan, and carefully peel off foil. Place on a cutting board. Cut into bars.

- 1 square Dark Chocolate
- 5 gluten-free graham cracker sheets, broken
- 3/4 cup gluten-free flour
- 1/2 cup packed brown sugar
- 1/4 cup chilled unsalted butter,
cut into 1/2-inch pieces
- 1 large egg
- 6 tablespoons heavy whipping cream
- 2 (4-ounce) bars semisweet chocolate
chopped
- 2 cups miniature marshmallows

Creamy Blueberry Icicles

If you have a creative side you'll enjoy the process of making these creamy blueberry icicles. The process can be a little messy but the end result is a beautiful blend of flavors and colors. An irresistible combination of honey-eyed blueberries layered with tangy-sweet yogurt. Have some fun when you make this sweet treat!



Preparation & Ingredients

Place yogurt in an ultra-fine sieve strainer and strain over a bowl in the refrigerator for at least 4 hours. Pulse yogurt, honey and vanilla in a food processor until smooth. Pour mixture into a liquid measuring cup. Combine blueberries and honey in a saucepan over medium heat. Bring to a boil; reduce heat and simmer 10 minutes. Remove from heat and let cool for 10 minutes. Place blueberry mixture in food processor and puree until smooth. Pour mixture into a liquid measuring cup. Fill popsicle molds with alternating layers of yogurt and blueberry mixtures, leaving a 1/2-inch of space at the top of each mold. Swirl layers together with a metal skewer. Insert popsicle sticks and freeze until completely firm. Let stand at room temperature 5 minutes before unmolding

1 1/2 cups plain fat-free Greek yogurt
3 tablespoon honey
1/2 teaspoon vanilla extract
2 cups blueberries
1/4 cup honey

Balsamic Buttermilk Sherbet

What better way to beat the heat than a bowl of rich and creamy sherbet? The blend of balsamic vinegar and buttermilk is mixed to intensify the flavor of the fruits and berries. This unexpected combination creates the perfect healthy substitute for traditional high-fat ice cream. Enjoy this delicious frozen treat without a second thought of adding inches to your waistline.



Preparation & Ingredients

Add all the above ingredients to a food processor and pulse until blended and creamy. This process may 3-5 minutes to fully blend ingredients. Using an ice cream scoop or large spoon, scoop out approximately three 1/3 cup servings per dish. Serve sherbet immediately.

- 2 cups** frozen strawberry slices
- 1 cup** frozen mango cubes
- 2** frozen sliced bananas
- 2 tablespoons** honey
- 1 cup** low-fat buttermilk
- 2 tablespoons** white balsamic vinegar

Low Calorie Bites At Night

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Strawberry Ice Cream

If you're a fan of strawberries, you will definitely find this enjoyable. This simple three piece recipe is also dairy free, cane sugar free and gluten free. You don't need an ice cream machine to make it. Go ahead and whip up a batch of your own! You can thank me later.



Preparation & Ingredients

Mix strawberries and 1 tablespoon of maple syrup in a food processor until strawberries are broken into small pieces. Add 2 tablespoons of maple syrup and 2 tablespoons of almond milk and mix until incorporated. Add remaining syrup and almond milk, mixing until well combined. Transfer to a mixing bowl. Using a large spoon, press it together into a round form. Your ice cream is ready to scoop.

1 pound sliced, frozen strawberries

4 tablespoon pure maple syrup

5 tablespoon almond milk

Oat-Bran Applesauce Muffins

Watch out now! These muffins are loaded with soluble fiber, the old-fashioned oats to help reduce cholesterol and regulate blood sugar. That's not all! The dates and applesauce are also full of fiber, vitamins, and natural sugars that create a complex caramel flavor when combined with the honey. Best of all... they only



Preparation & Ingredients

Preheat oven to 375 degrees. Coat 2 mini-muffin tins with cooking spray. Cook applesauce and dates in medium saucepan over medium heat, stirring frequently, for 15 to 20 minutes. Spread evenly on a baking sheet and let cool completely. Transfer to a large bowl, and stir in bran, buttermilk, egg, honey, ginger, and vanilla. Let stand for 10 minutes. Meanwhile, whisk together flour, flaxseed, baking soda, salt, allspice, and 1/4 cup oats. Stir into bran mixture. Spoon batter into prepared tins, filling to the brims. Sprinkle remaining 1 tablespoon oats over muffins. Bake for 21 to 23 minutes. Let muffins cool in pans on wire racks. Makes 2 dozen

Vegetable-oil cooking spray
2 cup unsweetened applesauce
1/2 cup dates, pitted and chopped
1 cup wheat bran
1/2 cup low-fat buttermilk
1 large egg
2 tablespoon honey
3/4 teaspoon grated fresh ginger
1/2 teaspoon vanilla extract
1/2 cup + 2 tablespoon all-purpose flour
2 tablespoon ground flaxseed
1 1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground allspice
1/4 cup + 1 tablespoon old-fashioned oats

Coconut Garlic Kale Chips

What better way to stay under a 100 calories than to snack on some crisp kale chips. By far, this is healthy snacking at it's best. Enjoy!



Preparation & Ingredients

Preheat oven to 300 degrees and line a baking sheet with parchment paper. Wash kale and cut out stems. Tear into 2 inch pieces, dry thoroughly, and place into large bowl. Combine coconut oil, garlic and coconut milk in a small bowl and microwave for 45 seconds until melted. Add coconut flakes to a food processor and process until finely chopped. Add coconut milk mixture and continue processing until smooth. Pour coconut mixture over kale in the large bowl and toss well to coat each piece of kale. Spread kale out on baking sheet in one layer and sprinkle with salt to taste. Bake for 25 minutes, flipping pieces half way through.

1 large bunch of kale
 $\frac{1}{2}$ cup unsweetened coconut flakes
2 tablespoons coconut oil
1 garlic clove, smashed
 $\frac{1}{4}$ cup canned coconut milk
kosher salt

Broccoli & Lemon Zest Pesto

Boom! You wanted low calorie, you got it. This veggie sauce dip is light on the oil and traditional pesto ingredients meaning more variety and fun ways to eat different things. The broccoli provides fiber, chlorophyll, and vitamins while the lemons and pumpkin seeds add a punch of zesty flavor and more plant-based nutrition.



Preparation & Ingredients

Steam the broccoli for 2-3 minutes in a small saucepan until bright green and tender. Remove the broccoli from the heat and set aside. Roast the pumpkin seeds in a 350 degree oven for 2-3 minutes until brown and fragrant. Prepare the lemon juice, lemon zest, & fresh herbs and set aside. Add toasted seeds directly to the blender warm with all of the prepared ingredients. Blend until well mixed and bright green.

- 2 cup** broccoli floret, washed and chopped
- 1/3 cup** pumpkin seeds
- 1 clove** garlic - optional
- 1 teaspoon** salt
- 4 tablespoon** lemon juice
- 1 teaspoon** lemon zest
- 2 tablespoon** olive oil
- 3/4 cup** fresh parsley
- 1/4 cup** fresh basil leaves

Chia and Herb Parmesan Popcorn

Are you a victim of the deceiving taste of packaged buttery popcorn? Fear not! This treat is your alternative solution. Now you are able to avoid the harmful effects of high calorie, processed popcorn butter and enjoy your home movie with this light treat.



Preparation & Ingredients

In a medium pot, heat oil over medium-high heat for 5 minutes. When oil is hot, pour in popcorn kernels and cover with lid. Let popcorn fully pop, shaking occasionally, and then remove from heat when popcorn is done popping. Place popcorn in a large bowl. To create the herb mix, combine all remaining ingredients in a separate bowl. Shake half of the mixture over popcorn and then toss. Pour remaining mixture over the popcorn and toss again.

1/3 cup popcorn kernels
2 teaspoon vegetable oil
2 tablespoon finely grated parmesan cheese
1/3 teaspoon salt
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 tablespoon dried basil
1/2 tablespoon chia seeds

Snacks That Trim Fat

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- 32 Lime Alkaline Smoothie



Tropical Fruit Parfait

Use this simple, easy to make, 100 calorie parfait to beat your worst cravings. Say bye to those calorie rich treats and hello to the world of healthy treats and slim waste lines!



Preparation & Ingredients

Cut kiwi, mango, and pineapple into uniform cubes.

Add half of yogurt to your serving dish followed by half of the kiwi, mango, and pineapple. Repeat the layers and top with the coconut.

1 kiwi

1/2 mango

1/4 cup pineapple

1/2 cup vanilla yogurt

2 tablespoons sweetened shredded coconut

White Bean Avocado-Cilantro Dip

This creamy avocado bean dip is the perfect healthy alternative for people who don't like hummus! It's easy to make and adaptable to personal preference. Just add more or less of the ingredients you like or add something new. One try of this recipe and you will have a new delicious and filling dip to add to your favorite list of snacks.



Preparation & Ingredients

Rinse and thoroughly dry cannellini beans. Cut avocado in half, remove pit, and coarsely chop. Mix avocado pieces with the lemon juice. Using a food processor, combine the beans, avocado blend, cilantro, balsamic vinegar, olive oil, salt and pepper, and jalapeños if desired. Pulse mixture until completely smooth. Transfer mixture into an airtight container and place in the fridge for least 30 minutes. Serve with chopped veggies and multi grain tortilla chips. Return any leftovers to the fridge.

1 can cannellini beans
1 medium-large avocado
2 teaspoons lemon juice
3/4 bunch cilantro, stems removed
2 teaspoons balsamic vinegar
3 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 cup jalapeños, seeded - optional

Salted Dark Chocolate Chunks

Chocolate! How's that for an everyday snack?! Chocolate is a pretty amazing snack. Especially if you make it yourself! With this recipe, you'll get an incredible mix of ingredients where every one of them offers a benefit to boost your bodies metabolism. Make this homemade chocolate recipe and chow down a few pieces every day.



Preparation & Ingredients

Melt the coconut oil in a small saucepan, then add in the rest of the ingredients (except the salt). Whisk together thoroughly. Line a baking dish with parchment paper, and pour in the chocolate. Refrigerate until hardened. Then, either cut into bars or break into chunks. Sprinkling salt over chunks of chocolate. Store in refrigerator.

3/4 cup organic coconut oil

3/4 cup organic cocoa powder

3/4 cup raw honey

1 tsp vanilla extract

1 teaspoon salt

Spicy Sweet Trail Mix

Need something to keep you satisfied till the next meal? Try this delicious trail mix. It's warming, slightly sweet and sugar free!



Preparation & Ingredients

Preheat oven to 250 F / 125 C. Melt apple juice concentrate and coconut oil together in a small saucepan on the stove. Stir spices and salt into the liquid mixture. Place nuts, pepitas, and coconut flakes in a large mixing bowl. Drizzle liquid mixture over trail mix and stir to combine. Evenly spread trail mix in a single layer on a large baking sheet lined with parchment paper. Bake for 35-40 min. Loosely covering with foil during the last 10-15 minutes of bake time if your coconut flakes are browning too quickly. Remove pan from oven and stir in dried fruit. Store completely cooled trail mix in container with a tightly fitting lid.

1/4 cup frozen apple juice concentrate
1 tablespoon coconut oil
2 teaspoon cinnamon
1 teaspoon ground ginger
1/2 teaspoon paprika
1/2 teaspoon kosher flake salt
1/8-1/4 teaspoon ground cayenne pepper
3 cup nuts
walnuts, pecans, cocktail peanuts, etc.
1 cup pepitas
1 cup unsweetened coconut flakes
1.5 cups dried fruit
golden raisins, chopped dried apricots, etc.

Lime Alkaline Smoothie

This tangy, refreshing blend is your go to potent detoxifier. Limes are acidic, but alkaline when metabolized, thanks to their mineral salts which help liver function and cleanse the colon. In a nutshell, this blend is healthy heaven in a glass.



Preparation & Ingredients

Throw all of the ingredients into your blender and process for 30 to 60 seconds or until smooth and creamy.

serves 2

- 3/4 cup** coconut water or water
- 1 tablespoon** creamed coconut
- 2 cups** firmly packed baby spinach
- 1 medium** avocado, pitted and peeled
- 1/2 medium** cucumber, chopped
- 2 teaspoons** grated lime zest
- 2** limes, peeled and halved
- 20 drops** liquid stevia
- 1 teaspoon** - Pinch of natural salt - optional
- 1-1/2 cups** - ice cubes

