



*FastFit Fruit*

**FatFlush**

## **Fruit Fat Flush Recipes**

Presented in alphabetical order

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# Asian Barbecued Steak

You may substitute this recipe in for any dinner on Thursday, Friday or Saturday.

## Here's What You Need

- 3 cloves garlic, peeled and crushed
- 1/4 cup chili sauce
- 1 tablespoon grated fresh ginger root
- 1/4 cup fish sauce
- 2 pounds flank steak
- 1 1/2 tablespoons dark sesame oil

## Instructions

1. In a medium bowl, whisk together chili sauce, fish sauce, sesame oil, ginger, and garlic.
2. Set aside a few tablespoons of the mixture for brushing the steaks during grilling.
3. Score flank steak and place in a shallow dish.
4. Pour remaining marinade over the steak, and turn to coat.
5. Cover, and marinate in the refrigerator at least 3 hours.
6. Preheat an outdoor grill for high heat.
7. Lightly brush the grilling surface with oil.
8. Grill steak 5 minutes per side, or to desired doneness, brushing frequently with the reserved marinade mixture.

Serve 3 oz. of Asian BBQ Steak with a dry green salad and 1 medium grapefruit OR 1 kiwi.

# Charbroiled Salmon

This seafood treat is best prepared over a charcoal fire, but in bad weather the oven broiler will do. The secret is in the marinade.

## Here's What You Need

- 1/2 cup reduced sodium soy sauce
- 1/2 teaspoon ground black pepper
- 2 tablespoons red wine
- 1/2 teaspoon ground ginger
- 4 sprigs fresh parsley, for garnish
- 2 pounds salmon steaks
- 4 slices lemon, for garnish

## Instructions

1. Combine soy sauce, red wine, ginger, and black pepper in a large, re-sealable plastic bag.
2. Seal, and shake vigorously to mix ingredients.
3. Add salmon steaks, squeeze out excess air, and seal.
4. Refrigerate, turning frequently to keep all sides in contact with the liquid, for no less than 2 hours.
5. Preheat an outdoor grill for medium high heat.
6. Cook on a hot grill for about 5 minutes per side, basting freely with extra marinade.
7. Serve with parsley garnish and lemon slices.

Serve 3 oz. Charbroiled Salmon with a dry green salad and 1/2 a cup of grapes.

# Creamy Ricotta Pita with Spinach Salad and Almonds

## Here's What You Need

- 1 small whole-grain pita
- 1/3 cup ricotta cheese spread
- 3 tablespoon peanut butter
- 2 tablespoon honey
- 2 cups prewashed baby spinach salad
- 1 cucumber
- 1 tablespoon sliced almonds
- 1/3 cup mandarin oranges

## Instructions

1. Combine 15.5 ounces low-fat ricotta cheese with all peanut butter and honey. Keep in covered container in the refrigerator for up to 7 days.

2. Fill 1 pita with 1/3 cup ricotta cheese spread.

Serve with spinach salad and 1/2 thinly sliced cucumber topped with almonds and mandarin oranges.

# Garden Veggie Omelet

## Here's What You Need

- 1 tablespoon coconut oil
- 1 small onion, chopped
- 1 small zucchini, chopped
- 1 small yellow pepper, chopped
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 ripe plum tomatoes, chopped
- 1/4 cup fresh basil, chopped
- 8 large eggs
- 1/2 cup water
- 4 teaspoon butter or margarine

## Instructions

1. Prepare filling. In nonstick 10-inch skillet, heat oil over medium heat. Add onion, zucchini, yellow pepper, 1/2 teaspoon salt, and ground black pepper; cook until vegetables are tender, about 10 minutes. Stir in chopped plum tomatoes and basil, heat through.

2. In medium bowl, with wire whisk, beat eggs, water, and 1/2 teaspoon salt.

3. In nonstick 10-inch skillet, melt 1 teaspoon butter over medium-high heat. Pour 1/2 cup egg mixture into skillet. Cook, gently lifting edge of eggs with heat-safe rubber spatula and tilting pan to allow uncooked eggs to run underneath, until eggs are set, about 1 minute.

Spoon 1/2 of filling over half of omelet. Fold unfilled half of omelet over filling and slide onto warm plate. Repeat with remaining butter, egg mixture, and filling. If desired, keep omelets warm in 200-degree-F oven until all omelets are cooked. Serves two.

# Faux Fried Chicken

## Here's What You Need

- 1 4 oz. skinless, boneless chicken breast
- 1/8 cup dried potato flakes
- 2 tablespoons all-purpose flour
- 1/4 teaspoon each ground black pepper and salt
- 1 small baked potato
- 1 teaspoon butter
- 1 tablespoon fat-free sour cream
- 2 cups romaine lettuce
- 2 tablespoons lemon juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil

For buttermilk, use the real thing, OR...

- 1/2 cup skim milk
- 1 tablespoon lemon juice

## Instructions

1. Make buttermilk by combining milk with lemon juice. Marinate chicken in 1/2 cup buttermilk for at least 1 hour in the refrigerator.
2. Mix potato flakes with flour, pepper and salt, and dredge chicken in mixture to coat (discard remaining marinade).
3. Spray a nonstick skillet with nonstick spray and preheat over medium heat. Panfry chicken until golden brown and cooked through.

Serve with baked potato topped with butter and sour cream, and lettuce topped with lemon juice, balsamic vinegar, and olive oil.

For dessert, have 1 single-serve convenience-size container of unsweetened applesauce topped with a dash of nutmeg and cinnamon, if desired.

This recipe may be quadrupled when cooking for a group.

# Scrumptious Apple Salad

A sweet, tart, crunchy dish that is especially nice in the fall.

## Here's What You Need

- 1/4 cup chopped dried cherries
- 1 8 ounce container vanilla yogurt
- 1/4 cup dried cranberries
- 1/4 cup blanched slivered almonds, toasted
- 4 tart green apples, cored and chopped

## Instructions

In a medium bowl, stir together the apples, almonds, cranberries, cherries and yogurt until evenly coated. Makes 4 servings, so ¼ of the total is one serving.