

31 FAT-BURNING SNACKS & RECIPES



Disclaimer

You must get your physician or dietitian's approval before beginning this nutrition and exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with any diet program.

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace a doctor's advice. Mike Whitfield or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits.

The dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional and exercise changes with your physician or a registered dietitian. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

1. Celery and Nut Butter

Ingredients:

Celery

Nut Butter

Directions:

Clean the celery and dip in the nut butter, or spread the nut butter in to channel down the middle of the celery. You can use cashew butter, natural peanut butter or almond butter.

2. Oranges and Almonds

Ingredients:

Small orange

Almonds

Directions:

Peel and eat the small oranges with about 14 almonds together for balanced snack.

3. Yogurt and Nuts

Ingredients:

8 oz Plain Greek yogurt

Small handful of walnuts

Directions:

Mix Greek yogurt with 3 or 4 walnuts for a healthy 15 grams of fat.

4. Yogurt and Berries

Ingredients:

Plain Greek yogurt

¼ cup of Berries

Directions:

Mix Greek yogurt with berries for a sweet treat including protein

5. Dark Chocolate

Ingredients:

One or two ounces of dark chocolate

Directions:

This is super easy and adds antioxidants to your diet. Make sure to aim for 85% dark chocolate.

6. Chia Smoothie

Ingredients:

Handful of frozen Berries

8 oz no sugar-added Yogurt

1 scoop of Protein Powder

Chia Seeds (handful)

Almond Milk (8 oz)

Stevia (just a pinch)

Cinnamon (just a pinch)

Directions:

Blend all ingredients to desired consistency; pour into a glass and drink

7. Glass of Almond Milk and Carrots

Ingredients:

16 oz Almond Milk

20 Baby Carrots

Directions:

Drink a glass of Almond Milk and eat the baby carrots

8. Gluten-free crackers and nut butter

Ingredients:

2 tbsp Nut Butter

6 Gluten-Free Crackers

Directions:

Smear some nut butter, or raw cashew butter on gluten-free crackers a quick snack.

9. Oatmeal

Ingredients:

¼ cup Old Fashion Oats
1 cup Almond milk
Stevia
Cinnamon

Directions:

Use about ¼ cup oats and add ½ cup water. Boil for 3 minutes and reduce to a simmer for 1 minute. Remove and stir in almond milk, stevia, cinnamon.

10. Hummus Power

Ingredients:

1 (15 ounce) can garbanzo beans, drained, liquid reserved
1 tablespoon lemon juice
1 tablespoon olive oil
1 clove garlic, crushed
1/2 teaspoon ground cumin
1/2 teaspoon salt
2 drops sesame oil, or to taste (optional)

Directions:

Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved. Eat with your favorite raw veggies or with gluten free crackers.

11. Icy Banana's

Ingredients:

Bananas

Directions:

Peel and slice the bananas into bite size pieces, put in a bag that seals, and put in the freezer for fast snack (once frozen).

12. Cinnamon Apples

Ingredients:

- 1 cup sliced apples
- 1 tsp. ground cinnamon

Directions:

Cut up apple(s) into slices. Put tsp. of cinnamon on top and shake in bowl. Serve.

13. Roast Beef Wrap

Ingredients:

- 1 small whole wheat wrap or gluten free wrap
- 1 Tbsp. of low fat cream cheese
- 2 or 3 thin slices of organic roast beef
- 3 strips of green bell pepper
- 3 rings of raw onion

Directions:

Spread the cream cheese on the wrap, but don't go all the way out to the edges (it'll just squish out). Lay the roast beef slices, then the onions and bell pepper, and roll it all up.

14. Ham and Cream Cheese Rolls

Ingredients:

- Organic Ham
- 1/2 Tbsp. of low fat cream cheese
- Pickle Spear

Directions:

Take one Slice of ham and spread cream cheese on ham and place one pickle spear on top of cream cheese and roll ham around it. Cut roll into ½ and place a toothpick in each half to hold together.

15. Microwaved Apples

Ingredients:

1 large apple
A handful of raisins or sultanas
1 tbsp of honey
1 tsp of cinnamon

Directions:

Mix the honey, raisins and cinnamon together and place inside of a cored apple.
Microwave for four minutes or until soft and tender.

15. Avocado & Eggs

Ingredients:

1/2 small avocado
1 egg
Your favorite hot sauce (optional)

Directions:

Cut avocado in half
Crack an egg and put it in a small saucepan on medium heat
While the egg is cooking, scrape out the avocado and place it on a plate kind of in a pile
When the egg is done to your preference, simply place the egg on top of the avocado and let the yolk drizzle out. Add optional hot sauce.

16. Avocado Bruschetta

Ingredients:

Avocado
Whole Wheat bread or Gluten Free Bread
Tomatoes
1 Medium Apple

Directions:

Spread 2 slices of toasted bread with 1/4 c sliced avocado, mashed, and top with 2 sliced small tomatoes and salt and pepper to taste. Have 1 medium apple.

17. Chocolate Banana Explosion

Ingredients:

½ small banana
1/4c semisweet chocolate chips
6oz unsweetened fat-free Greek-style yogurt.

Directions:

Mix sliced 1/2 small banana and 1/4 c semisweet chocolate chips with 6 oz container unsweetened fat-free Greek-style yogurt.

18. Chocolate Raspberry Oatmeal

Ingredients:

½ cup dry oats
¼ cup semisweet chocolate chips
1 cup raspberries

Directions:

Mix 1/2 c dry oats (cooked with water to desired consistency) with 1/4 c semisweet chocolate chips and 1 c raspberries.

19. Chocolate Pears

Ingredients:

Cocoa Nibs
Canned pears

Directions:

Sprinkle cocoa nibs on canned pears and enjoy

20. Fruit Kebabs

Ingredients:

Strawberries
Mangos
Grapes
Pineapples
Bamboo Skewers

Directions:

Spear the fruits—strawberries, mango, grapes, and pineapple—with bamboo skewers.

21. Grapefruit brûlée

Ingredients:

Grapefruit
Dark Honey

Directions:

Half the grapefruit and drizzle each half with dark honey, then broil until bubbly.

22. Cheesy Kale Chips

Ingredients:

Kale Leaves
Olive Oil
Parmesan

Directions:

Tear kale leaves into large pieces and arrange on a baking sheet. Spritz with olive oil and bake in a 350° oven until crisp. While still warm, sprinkle with grated parmesan.

23. Crumble feta cheese & Watermelon

Ingredients:

Feta Cheese

Watermelon

Fresh mint

Directions:

Crumble feta cheese over cold watermelon cubes; sprinkle with slivered fresh mint.

24. Stuffed Mushrooms

Ingredients:

Button Mushroom Caps

Jarred Pesto

Chopped Ham

Directions:

Briefly microwave button mushroom caps until softened. Fill with jarred pesto and a little chopped ham.

25. Smoked Turkey Pinwheels:

Ingredients:

Softened Cream Cheese

Sliced Smoked Turkey Breast

Tomato

Directions:

Spread a layer of softened cream cheese on sliced smoked turkey breast and top with thinly sliced tomato. Roll up and cut into 1-inch pieces.

26. Five-Spice Pumpkin Seeds:

Ingredients:

Pumpkin Seeds

Sesame Oil

Chinese five-spice powder

Directions:

Toss salted pumpkin seeds (also known as pepitas) with sesame oil and chinese five-spice powder, then bake at 350° until crisp.

27. Smoked Salmon & Cream Cheese

Ingredients:

2 tbsp Cream Cheese

6 oz Smoked Salmon

Directions:

Roll the cream cheese in the salmon and enjoy

28. Power Coffee

Ingredients:

1 cup of coffee

1-2 tbsp of coconut oil

2 tbsp of natural beef gelatin

Directions:

Stir in the coconut oil and beef gelatin (stir aggressively). You'll get healthy fats and boost in your protein intake (you won't taste the gelatin)

29. Egg Hummus Combo

Ingredients:

6 boiled eggs
2 tbsp of hummus

Directions:

Eat 2 boiled eggs as they are, remove the yolk from the other 4 eggs. Put hummus inside the eggs that have the yolks removed.

30. Nut Butter Rollups

Ingredients:

1 gluten-free tortilla
2 tbsp of nut butter

Directions:

Spread nut butter in the middle of the tortilla. Roll it up and then microwave for 30 seconds.

31. Energy Kick Bowl

Ingredients:

1 ounce pepitas, (pumpkin seeds)
1 1/2 ounces dried mango
1 ounce pitted chopped dates
1/4 teaspoon of your favorite spicy rub

Directions:

Mix in a bowl and enjoy!