

FAT SHREDDER  
**RECIPES**



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## Almond Broccoli Stir-Fry

(Detox, RR, FS, SS, CC, 21)

Serves 6

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2 tsp lemon  
10 cups broccoli florets  
2 gloves garlic  
½ tsp ground ginger  
½ cup slivered almonds, toasted (omit for programs that are nut-free)  
½ tsp sugar  
⅓ cup low-sodium soy sauce  
2 TBSP olive oil

In a nonstick skillet, stir-fry broccoli in oil for 2 minutes or until crisp-tender. Add garlic; stir fry for 1 minute. Stir in soy sauce, sugar and ginger and cook 1-2 minutes or until sugar is dissolved. Sprinkle with lemon juice and almonds.

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## Artichokes and Green Beans

(FS, RR, SS, CC, 21)

Serves 5

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6 cups fresh green beans  
1 TBSP extra virgin olive oil  
⅔ cup finely chopped onion  
1 clove garlic  
2 cups canned artichoke hearts – rinsed, drained and quartered  
¼ TBSP salt  
⅓ tsp black pepper  
¼ parmesan cheese – shredded (omit for Detox or FS)

Place beans in a steamer basket. Place in saucepan over 1 inch water; bring to a boil. Cover and steam for 6-8 minutes or until crisp tender. Remove from heat and set aside. In a non-stick skillet, sauté onion and garlic in oil until tender. Add artichokes, salt, pepper and beans. Cook and stir over low heat until heated through.

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## Avocado and Grape Tomato Guacamole

(FS, RR, SS, CC, 21)

Serves 2-4

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1 lemon  
1 cup avocado, cubed  
1 cup chopped onion  
1 jalapeno pepper, diced  
1 garlic clove, diced  
½ cup cherry tomatoes  
¼ cup cilantro leaves, diced  
Dash salt

Squeeze lemon in medium bowl. Remove avocado pit and dice. Peel off the skin. Add avocado to lemon juice and mash, leaving some of the avocado in small cubed chunks. Add tomatoes, onion, garlic, cilantro and jalapeno pepper to mixture. Cover with plastic wrap, pressing the cover of the plastic wrap onto the surface of the guacamole. Chill for a few hours before serving; can also be served immediately.

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## Blueberry Creamsicle Shake

(FS, RR, SS, CC, 21 - phase 2 only)

Serves 1

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2 scoops TLS Nutrition Shake – Vanilla  
1 cup blueberries  
1 cup unsweetened almond or rice milk

Blend all with ice until creamy.

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## Caribbean Shrimp

(Detox, FS, RR, SS, CC, 21)

Serves 4

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450 grams shrimp  
¼ cup freshly squeezed grapefruit juice  
2 TBSP lime zest  
1 ½ tsp lime juice  
1 garlic clove  
¼ tsp salt

Mix all ingredients together. Cover and refrigerate for at least 2 hours. Cook shrimp as desired – broil, bake, or sauté.

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## Cauliflower Spanish “Rice”

(Detox, FS, RR, SS, CC, 21)

Serves 4

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1 cauliflower head, grated to the texture of rice  
2 garlic cloves, chopped  
1 medium green capsicum  
1 medium red capsicum  
3 celery stalks  
2 large carrots  
3 cups low-sodium vegetable broth  
2 TBSP extra virgin olive oil  
1 medium tomato, diced  
2 tsp cumin

Heat oil in a large skillet and sauté chopped vegetables until heated through. Add broth and lower heat, stirring often. When cauliflower starts to soften add tomato and spices and cover over low heat until it reaches the texture of Spanish rice. Adjust seasoning and broth to taste and texture.

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## Cherry Tomato Salad with Green Onions and Cilantro

(Detox, FS, RR, SS, CC, 21)

Serves 6

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4 cups cherry tomatoes  
6 scallions  
2 tsp chili powder  
2 tsp dried oregano  
½ tsp crushed garlic  
⅓ tsp salt  
2 TBSP freshly squeezed lime juice  
2 TBSP apple cider vinegar  
¼ cup fresh Chinese parsley leaves

Cut tomatoes in half. Mince scallions, discarding the root tips and some of the green portion. Add them to the tomatoes, along with the chili powder, oregano, garlic, salt and pepper. Drizzle with lime juice and vinegar. Add lettuce and Chinese parsley and toss to combine.

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## Chinese Steamed Bass with Cabbage

(Detox, FS, RR, SS, CC, 21)

Serves 2

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2 striped bass filets  
1 hot chili pepper, chopped  
1 tsp grated fresh ginger  
½ head cabbage  
2 garlic cloves, minced  
2 TBSP low-sodium soy sauce  
2 tsp sunflower oil

Sprinkle fish with chili pepper, ginger and salt. Steam cabbage for 5 minutes. Lay fish on top of the cabbage and steam for 5 more minutes, until cooked thoroughly. While steaming, heat the oils in a small sauce pan and add garlic, cooking until slightly browned. Plate the cabbage and fish. Sprinkle soy sauce, and then pour over the garlic and oil.

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## Creamy Carrot Soup

(Detox, FS, RR, SS, CC, 21)

Serves 6

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1 cup celery, chopped  
Salt and pepper  
1 cup vegetable stock  
3 TBSP olive oil  
1 ½ tsp parsley  
1 cup chopped onions  
3 cups carrots, chopped

Put oil in a large deep saucepan over medium heat. When oil is hot, add vegetables. Sprinkle with salt and pepper and stir occasionally, about 15 minutes or until carrots are softened. Add stock and cook until vegetables are very tender, about 15-20 minutes. Cool the mixture and blend until pureed and smooth. Reheat if serving warm. If serving cold, refrigerate for 2 hours.

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## Dea-Seau Chicken Thai Basil

(FS, RR, SS, CC, 21)

Serves 1

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1 TBSP extra virgin olive oil  
1 chicken breast  
2 TBSP water  
1 TBSP basil  
⅓ tsp fish sauce  
1 TBSP dehydrated red curry sauce/paste

Lightly oil skillet. Heat chicken through and shred. Heat red curry paste in oil until softened. Toss chicken into curry paste. Add fish sauce and add 1-2 TBSP water to keep moist. Garnish with basil.

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## Eggplant Mixed Grill

(Detox, FS, RR, SS, CC, 21)

Serves 4

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1 eggplant  
¾ cup mushrooms  
1 capsicum  
2 TBSP olive oil  
2 TBSP parsley  
6 tsp oregano  
2 TBSP basil  
1 TBSP balsamic vinegar  
1 TBSP salt  
½ tsp pepper  
6 cloves garlic, minced  
1 red onion, cut into wedges  
Asparagus (10 spears)

In a large resealable plastic bag, mix the oil, parsley, oregano, basil, vinegar, salt and pepper and garlic. Place the onion, asparagus, mushrooms, eggplant and capsicums in the bag to marinate for 2 hours in the refrigerator, stirring occasionally. Preheat grill for high heat and lightly oil the grill before grilling the vegetables for 6 minutes on each side, or until tender.

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## Eggplant Spinach Sauté

(Detox, FS, RR, SS, CC, 21)

Serves 6

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1 eggplant, cut into 1" cubes  
2 large carrots, cut into 1" pieces  
1 cup cauliflower  
1 bunch spinach  
1 tsp olive oil  
1 onion, diced  
Salt and pepper

Preheat saucepan and add oil. Wash spinach. Add onions, eggplant, carrots, salt and pepper and sauté for 5-7 minutes. Add cauliflower and sauté for another 5 minutes, adding spinach just before finishing. Cover; let simmer for 3 more minutes.

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## Garden Vegetable Soup

(Detox FS, RR, SS, CC, 21)

Serves 2

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½ cup zucchini  
2 garlic cloves, sliced  
½ tsp salt  
⅓ cup carrots, strips  
½ cup onions, chopped  
1 ½ cup cabbage, chopped  
1 TBSP no-added-salt tomato paste  
½ cup green beans  
1 tsp basil  
½ tsp oregano  
4 cups vegetable broth

In a large saucepan sprayed with cooking spray, sauté carrots, onion, and garlic over low heat, about 6 minutes. Add broth, cabbage, green beans, tomato paste, basil, oregano and salt. Bring to a boil. Lower heat and simmer, covered for 15 minutes. Stir in zucchini and heat 3-4 minutes.

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## Grain-Free Protein Pancakes

(FS, RR, SS, CC, 21)

Serves 1

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2 scoops TLS Nutrition Shake – Vanilla  
½ cup unsweetened apple sauce  
2 eggs  
Cinnamon and nutmeg to taste  
Coconut oil

Mix all ingredients together, except coconut oil. Add coconut oil to a pan and when melted, spoon mixture into pan to form pancakes. Cook on medium-high heat until browned and flip.

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## Grilled Salmon with Spinach and Tomato Stack

(Detox, FS, RR, SS, CC, 21)

Serves 1

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1 TBSP balsamic vinegar  
2 TBSP basil, divided  
1 tsp extra virgin olive oil  
1 salmon fillet  
1 cup spinach  
1 tomato, sliced

Brush a skillet with the oil and heat until sizzling hot. Add salmon, skin side down. Add tomato and sprinkle with half of the basil. Cook 3-4 minutes. Turn over salmon and the tomato and cook for 2-3 minutes until the salmon is cooked through, but still tender. Put the spinach leaves on a serving plate, top with the tomato slices and then the salmon. Drizzle a few drops of olive oil and some balsamic vinegar, and then sprinkle with remaining basil.

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## Grilled Tuna with Salsa

(Detox, FS, RR, SS, CC, 21)

Serves 1

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30 grams raw tuna  
1 cup snow peas  
2 TBSP fresh salsa  
1 tsp olive oil

Lightly brush a grill pan, grill rack, or broiler pan with oil. Grill tuna on the pan over medium heat coals (can also be broiled), turning after 4-6 minutes. Tuna should maintain a little pink in the centre, but will flake easily around edges. Top with fresh salsa and serve with 1 cup of snow peas.

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## Grilled Vegetables

(Detox, FS, RR, SS, CC, 21)

(Servings based on amount of vegetables)

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Vegetables of your choice  
Extra virgin olive oil  
Dash salt and pepper

Preheat grill for high heat. Lightly coat vegetables with oil and season with salt and pepper. Grill over high heat until desired tenderness is reached.

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## Salmon and Herb Spaghetti

(Detox, FS, RR, SS, CC, 21)

Serves 2

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3 zucchini  
⅓ cup olive oil  
7 grape tomatoes  
3 garlic cloves, minced  
⅓ cup white wine  
2 salmon filets  
1 TBSP basil  
2 TBSP olive oil  
1½ TBSP oregano

Spiralise zucchini and cook in 2 TBSP olive oil. Set aside. Cook garlic and tomatoes for 1 minute. Raise heat to high and add wine, salmon, basil and oregano and cook until salmon is opaque (4-5 minutes). Toss tomatoes with zucchini pasta.

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## Sonoma Chicken

(Detox, FS, RR, SS, CC, 21)

Serves 4

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1½ cup mushrooms  
¼ tsp pepper  
4 TBSP olive oil  
2 garlic cloves, minced  
1 tsp rosemary  
1 onion, sliced  
4 chicken breasts  
½ cup tomatoes  
1¼ cup chicken broth

Cut chicken into slices and pound until less than ½ thickness. Sprinkle both pieces with some of the rosemary, garlic powder, salt and pepper and set aside. Coat a skillet with oil over medium-high heat. Add chicken and cook 2–3 minutes on each side or until no pink inside. Set aside and keep warm. Add onions, mushrooms and 2 TBSP broth to skillet. Cover and cook for a few minutes. Add more broth if skillet becomes too dry. Add remaining broth and tomatoes and bring to a boil. Reduce heat to medium-low, cover and cook for 3 minutes. Raise heat to high and cook uncovered, stirring frequently for 3 minutes until about ¼ of liquid remains. Sprinkle parsley over and serve.

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## Teriyaki Salmon

(FS, RR, SS, CC, 21)

Serves 1

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¼ tsp lemon juice  
¼ TBSP teriyaki sauce  
¼ tsp soy sauce  
¼ garlic cloves  
1 salmon filet

Mix all ingredients in a bowl and marinate salmon filet for 45 minutes. Place fish in a shallow bowl created out of double thick aluminum foil and pour marinade over fish. Bake 20-25 minutes at 350 degrees.

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## Thai Chicken Stir Fry

(Detox, FS, RR, SS, CC, 21)

Serves 6

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1 cup cauliflower  
2 cups broccoli  
2 garlic cloves, minced  
½ tsp ginger  
1 cup carrot slices  
½ TBSP ground cardamom  
½ tsp chili powder  
1 oz. curry powder  
2 TBSP olive oil  
4 chicken breasts  
1 TBSP soy sauce

Over medium-high heat, stir oil, soy sauce and garlic powder in a skillet. Add half the chicken (chopped in cubes), and cook for 3 minutes. Remove and repeat with remaining chicken. Return all chicken to pan and all other ingredients. Bring to a boil and cover. Cook 3-5 minutes.

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## Tomato and Garlic Green Beans

(Detox, FS, RR, SS, CC, 21)

Serves 4

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4 garlic cloves  
½ cup chopped onion  
3 cups green beans  
4 tsp olive oil  
½ tsp salt  
3 TBSP tomato paste  
1 cup cherry tomatoes

Rinse and drain green beans. Fry onion and add to green beans, garlic and salt. Stir and cook 5 minutes on medium-high heat or until onion is slightly brown. Add tomato paste and tomatoes and stir. Add enough water just to cover the beans. Cover the pan, keep cooking for 30 minutes. At this stage, 25% of the water or liquid should remain. Taste the beans to decide how much liquid to leave.

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## Tomatoes with Shallots and Fresh Basil

(Detox, FS, RR, SS, CC, 21)

Serves 4

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½ TBSP olive oil  
½ TBSP red wine vinegar  
1 shallot, minced  
4 tomatoes  
¼ tsp salt  
Pepper to taste  
5 fresh basil leaves, torn

Slice the tomatoes ¼ inch thick and fan the slices out onto a platter. Sprinkle evenly with salt and pepper. Drizzle the olive oil and vinegar over them, top with basil and shallots and serve.

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## Wilted Arugula and Portabella Mushrooms

(Detox, FS, RR, SS, CC, 21)

Serves 2

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1 TBSP olive oil  
½ small onion, chopped  
2 cloves minced garlic  
⅛ tsp crushed red pepper flakes  
1 cap portabella mushroom, chopped  
¼ cup vegetable broth  
4 cups salad rocket leaves  
⅛ tsp black pepper  
¼ cup dry sherry

Heat oil in skillet over medium heat. Add onion and garlic and cook for 5 minutes. Stir in red pepper flakes and mushrooms and cook until mushrooms are coated with oil and begin to soften. Pour in sherry and broth. Simmer until liquid is reduced by half. Add salad rocket leaves and cook until wilted. Season with black pepper and serve immediately.

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## Zucchini Hash Browns

(Detox, FS, RR, SS, CC, 21)

Serves 2

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2 eggs  
1 tsp garlic powder  
1 tsp onion powder  
1 dash pepper  
2 tsp olive oil  
1 cup shredded zucchini

Heat oil in skillet. Mix all ingredients together in a bowl and drop, by spoonfuls, into the hot skillet. After browning on one side, spray with cooking spray and flip; brown the other side.