10 Quick & Easy FAT TORCHING RECIPES

Dave Ruel & Karine Losier

INTRODUCTION

10 Quick And Easy Fat Torching Recipes

Compliments of: Dave Ruel & Karine Losier

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RECIPE INDEX

1. Apple Oatmeal Pancakes ..... *Page 4*
2. Ginger Beef ..... *Page 5*
3. Asian Turkey Burgers ..... *Page 6*
4. Hot Paprika Shrimp ..... *Page 7*
5. Apple Mustard Pork Tenderloin ..... *Page 8*
6. Quinoa Burritos ..... *Page 9*
7. Kale Chips ..... *Page 10*
8. Cajun Style Sweet Potatoes ..... *Page 11*
9. Southwestern Eggs ..... *Page 12*
10. The Thermoccino Smoothie ..... *Page 13*

METABOLIC COOKING

APPLE OATMEAL PANCAKES

P C

INGREDIENTS

RECIPE MAKES 1 SERVING (4 TO 6 PANCAKES)

- 6 egg whites
- ½ cup oatmeal (dry)
- 1 tablespoon unsweetened apple sauce
- Pinch of cinnamon powder
- Pinch of stevia
- 1 apple, diced finely
- ¼ teaspoon baking soda
- Cooking spray

DIRECTIONS

1. First heat a frying pan until hot and then reduce to medium temperature.
   After mixing together all the ingredients in a blender (except for the diced apple), spray some Pam (or other cooking spray), drop by spoonful onto the pan.
2. When bubbles start to form, place evenly on pancake some of the diced apple.
3. Let them set in before flipping the pancake.
4. Makes about 4-6 pancakes depending on the size.

- Per Serving -

CALORIES: 240

PROTEIN : 28g
CARBS : 32g
FAT : 0g

Back to recipe index

METABOLIC COOKING

GINGER BEEF

P F

INGREDIENTS

RECIPE MAKES 2 SERVINGS (2 STEAKS)

- 2 sirloin steaks (4oz each), cut in strips
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 clove garlic, crushed
- 2 diced tomatoes
- 1 teaspoon ground ginger
- 4 tablespoons apple cider vinegar
- Salt and pepper

DIRECTIONS

1. Place the oil in a large skillet and brown the steaks in it over medium-high heat.
2. When both sides are well-seared, add the onion, garlic, and tomatoes.
3. In a bowl, stir the ginger, salt and pepper into the vinegar and add that mixture to the skillet, stirring to combine.
4. Cover the skillet, turn the heat to low, and let the whole thing simmer until liquids evaporates completely.

- Per Serving -

CALORIES: 208

PROTEIN : 31g
CARBS : 3g
FAT : 8g

Back to recipe index

METABOLIC COOKING

ASIAN TURKEY BURGERS

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INGREDIENTS

RECIPE MAKES 3 SERVINGS (3 BURGERS)

- 1 pound ground turkey
- ¼ cup minced onion
- 3 tablespoons chopped fresh parsley
- 2 tablespoons Worcestershire sauce
- 2 tablespoons minced green bell pepper
- 1 tablespoon soy sauce
- 1 tablespoon water
- 1 tablespoon grated fresh ginger
- Salt and pepper
- 2 cloves garlic, crushed

DIRECTIONS

1. Combine all the ingredients in a big bowl. With clean hands, squeeze it together until it's very well combined. Divide into three equal portions and form into burgers about ¾ inch (2 cm) thick.

2. Spray a skillet with non-stick cooking spray. Place over medium-high heat.Cook the burgers for about 5 minutes per side until cooked through.

- Per Serving -

CALORIES: 184

PROTEIN : 33g
CARBS : 4g
FAT : 4g

Back to recipe index

METABOLIC COOKING

HOT PAPRIKA SHRIMP

P F

INGREDIENTS

RECIPE MAKES 2 SERVINGS

- 8oz shrimps, shelled and deveined
- 1 tablespoon macadamia oil
- ½ teaspoon paprika
- Pinch of cayenne pepper
- 2 cloves garlic, crushed

DIRECTIONS

1. In a skillet over medium-high heat. Sauté the shrimp and garlic in the oil for about 5 minutes until it's pink.
2. Sprinkle the paprika and cayenne over it.
3. Cook for about another minute and serve.

- Per Serving -

CALORIES: 159

PROTEIN : 23g
CARBS : 1g
FAT : 7g

Back to recipe index

METABOLIC COOKING

APPLE-MUSTARD PORK TENDERLOIN

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INGREDIENTS

RECIPE MAKES 4 SERVINGS

- 1 pound pork tenderloin
- ¼ cup apple cider vinegar
- 2 tablespoons unsweetened apple sauce
- 1 clove garlic
- 2 teaspoons soy sauce
- ½ teaspoon grated ginger
- 2 teaspoons Dijon mustard

DIRECTIONS

1. Place the pork in a slow cooker (or in a baking dish).
2. Combine all remaining ingredients in a bowl and mix together.
3. Pour mixture over pork, coating the pork generously.
4. Cover and cook on low for 6 hours (or 45 minutes at 350°F if cooking in oven).

- Per Serving -

CALORIES: 182

PROTEIN : 30g
CARBS : 2g
FAT : 6g

Back to recipe index

METABOLIC COOKING

QUINOA BURRITOS

P C F V

INGREDIENTS

RECIPE MAKES 2 SERVINGS

- 2 small whole wheat tortillas
- ½ cup quinoa, cooked
- 4 egg whites
- ½ avocado, cubed
- 1 cup lettuce, shredded
- ½ cup salsa
- ¼ cup red onion, diced
- ½ cup black beans
- ¼ cup fresh cilantro

DIRECTIONS

1. Cook quinoa and egg whites separately. Then mix with black beans, cilantro and onion.
2. Spead half mixture equally on whole wheat tortillas.
3. Top with salsa, avocado and lettuce.
4. Wrap and enjoy!

- Per Serving -

CALORIES: 272

PROTEIN : 17g
CARBS : 33g
FAT : 8g

Back to recipe index

KALE CHIPS

INGREDIENTS

RECIPE MAKES 2 SERVINGS

- 2 handfuls kale leaves
- 1 teaspoon cayenne pepper
- Cooking spray
- Sea salt

DIRECTIONS

1. Preheat oven to 350°F.
2. Arrange kale on a non stick baking sheet.
3. Very lightly coat kale with cooking spray and a bit of sea salt.
4. Sprinkle cayenne pepper on top of the kale and bake for 10 minutes or until crispy.

Back to recipe index

METABOLIC COOKING

CAJUN-STYLE SWEET POTATOES

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INGREDIENTS

RECIPE MAKES 2 SERVINGS

- 2 medium (5oz) sweet potatoes
- 1 teaspoon paprika
- ¼ teaspoon onion powder
- ¼ teaspoon thyme
- ¼ teaspoon rosemary
- ¼ teaspoon garlic powder
- Pinch of cayenne pepper
- 1 teaspoon olive oil

DIRECTIONS

1. Preheat oven to 375°F. In a small bowl, stir together paprika, onion powder, thyme, rosemary, garlic powder, and cayenne pepper.
2. Slice the sweet potatoes in half lengthwise.
3. Brush each half with olive oil.
4. Rub the seasoning mix over the cut surface of each half.
5. Place sweet potatoes on a baking sheet or in a shallow pan.
6. Bake until tender or about 45 minutes.

- Per Serving -

CALORIES: 124

PROTEIN : 2g
CARBS : 27g
FAT : 2g

Back to recipe index

METABOLIC COOKING

SOUTHWESTERN EGGS

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INGREDIENTS

RECIPE MAKES 1 SERVING

- 1 whole hard-boiled egg
- 3 hard boiled eggs, whites only
- 1 tablespoon Greek yogurt
- Pinch of chilli powder
- Pinch of garlic powder
- Pinch of onion powder
- 1 teaspoon apple cider vinegar

DIRECTIONS

1. Peel the eggs and slice the eggs in half.
2. Carefully remove 3 yolks (leaving 1 yolk) into a mixing bowl.
3. Mash the eggs with a fork. Stir in yogurt, chilli powder, garlic powder, onion powder, apple cider vinegar, and mix until creamy.

- Per Serving -

CALORIES: 129

PROTEIN : 20g
CARBS : 1g
FAT : 5g

Back to recipe index

THE THERMOCCINO

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INGREDIENTS

RECIPE MAKES 1 SERVING

- 1 scoop Vanilla Iso-Smooth Isolate Protein
- 1 shot of espresso
- ¼ cup of greek yogurt
- Pinch of stevia
- Pinch of cinnamon
- 5 ice cubes

DIRECTIONS

1. Blend and Enjoy!

- Per Serving -

CALORIES: 169

PROTEIN : 35g
CARBS : 3g
FAT : 1g

Back to recipe index

Meet Dave Ruel and Karine Losier

Metabolic Cooking has been created and prepared by Dave Ruel and Karine Losier (Dave's better half).

Dave is the most respected and trusted fitness cook in North America and is a firm believer that eating healthy to support your body goals **does not** have to be plain and boring.

He's seen fitness enthusiasts go the usual route of steamed chicken, baked potatoes, and broccoli for every meal and has had the opportunity to teach them that there is a 'better way'. With Dave's approach, you're never dieting – you're just eating healthy because you love it.

Dave has a large background in helping others achieve their goals, be it fat loss or muscle building and is always learning new and innovative techniques to use in the kitchen.

Karine, co-author of the book is also known as the 'Lean Kitchen Queen' and has a strong passion for food, fitness, and culinary adventures. She gets excited about challenging the commonly used techniques that most chefs turn to while seeking out healthier alternatives. Simply put, she's a real kitchen glamour renegade.

Back to recipe index

ABOUT THE AUTHORS

The two in combination are simply unbeatable and are able to come up with creative dishes that work well for both males looking to get in great shape as well as females who are after that lean, toned physique.

Karine isn't just a bubbly little chef either. She's holds a master's degree in psychology so she is fully aware of all the psychological struggles that people face with regards to their eating habits and diets, thus why she knows the importance of good nutrition that tastes great and serves to motivate people to stick with their diet by challenging their commonly held psychological beliefs.

All in all, the duo of Dave and Karine are simply unstoppable in the kitchen and are taking the world by storm, proving that eating healthy can be the most nutritious, enjoyable, and fun experience. Looking great just got a whole lot easier when you turn to them for help with your fat loss goals.

Back to recipe index

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