**Fat Flush Diet Recipes**

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**Breakfast options**

Breakfast fruit protein shake, or scrambled or hard boiled eggs and fruit, or cottage cheese and fruit, or sliced deli ham and fruit.

**Lunch options**

Tuna salad, BBQ chicken and veggies, chicken Caesar salad, grilled salmon and veggies, Waldorf turkey salad, tuna plate, grilled chicken breast, beef tenderloin and veggies, pineapple chicken salad, ground turkey burger (no bun), chili and fruit, teriyaki chicken kabobs, cantaloupe fruit salad, grilled pork tenderloin and apple sauce.

**Snack options (1 snack per day)**

Cottage cheese with pineapple, hard boiled eggs and fruit, small fruit protein shake, sliced deli-lean roast beef, turkey or ham with fruit, low fat string cheese and fruit, low fat yogurt and fruit.

**Dinner options**

Choose one from the lunch options.

* Lunch and dinner meals can be interchanged for either lunch or dinner.
* Snacks: you are allowed one snack between lunch and dinner.
* One snack should be used as breakfast.
* You are only allowed to drink water or sugar-free flavored soda only, no soda or diet soda or any beverage with sugar.
* All carbohydrates should come from fruits and vegetables.
* All sugar should come from fruits.
* No added sugar or caffeine allowed.
* Along with a healthy diet, workout moderately 3-5 days per week.
* Please consult your physician before starting any diet program or taking any nutritional or weight loss products.
* If you experience dizziness or weakness please stop exercising immediately