

FAT BURNING OVER 40

25 HEALTHY EVERYDAY RECIPES



Shakes

Snacks

Meals

Air Fryer
bonus

Shakes



Chocolate Chia Pudding:

1 scoop lean chocolate protein powder

1/4 cup chia seeds

1/4 cup unsweetened almond milk

1/4 cup water

1 tbsp cocoa powder

1/2 tsp vanilla extract

Mix all ingredients in a bowl until well combined. Cover and refrigerate for at least 2 hours or overnight. Top with fresh berries or sliced almonds before serving.

Chocolate Avocado Smoothie:

1 scoop lean chocolate protein powder

1/2 avocado

1/2 cup unsweetened almond milk

1/2 cup ice cubes

1 tsp honey

Pinch of sea salt

Blend all the ingredients in a blender until smooth. Add more almond milk or ice to reach your desired consistency.

Chocolate Protein Muffins:

2 scoops lean chocolate protein powder

1/2 cup almond flour

1/4 cup unsweetened cocoa powder

1/4 cup coconut flour

1 tsp baking powder

1/2 tsp sea salt

3 eggs

1/2 cup unsweetened almond milk

1/4 cup coconut oil

1/4 cup dark chocolate chips

Preheat the oven to 350°F. Mix all the dry ingredients in a bowl. In another bowl, whisk together the eggs, almond milk, and coconut oil. Add the dry ingredients to the wet ingredients and stir until well combined. Fold in the dark chocolate chips. Pour the batter into a muffin tin lined with muffin cups. Bake for 20-25 minutes or until a toothpick comes out clean.

Chocolate Protein Truffles:

1 scoop lean chocolate protein powder

1/4 cup almond flour

2 tbsp unsweetened cocoa powder

1/4 cup natural peanut butter

2 tbsp honey

Pinch of sea salt

1/4 cup unsweetened almond milk

1/4 cup shredded unsweetened coconut

Mix all the ingredients in a bowl except for the shredded coconut. Roll the mixture into small balls and coat them with shredded coconut. Place the truffles in the refrigerator for at least 30 minutes before serving.

Vanilla Protein Overnight Oats:

1/2 cup rolled oats

1 scoop vanilla lean protein powder

1/2 cup unsweetened almond milk

1/4 cup Greek yogurt

1 tbsp chia seeds

1/4 tsp vanilla extract

Mix all the ingredients in a bowl until well combined. Cover and refrigerate overnight. Top with fresh berries or sliced almonds before serving.

Vanilla Protein Pancakes:

1 scoop vanilla lean protein powder

1/4 cup almond flour

1/2 tsp baking powder

1/4 tsp sea salt

1 egg

1/4 cup unsweetened almond milk

1/4 tsp vanilla extract

Mix all the ingredients in a bowl until well combined. Heat a non-stick pan over medium heat. Spoon the batter onto the pan and cook for 2-3 minutes on each side or until golden brown.

Vanilla Protein Smoothie Bowl:

1 scoop vanilla lean protein powder

1/2 banana

1/4 cup unsweetened almond milk

1/2 cup frozen berries (such as strawberries or blueberries)

1 tbsp almond butter

Blend all the ingredients in a blender until smooth. Pour the mixture into a bowl and top with sliced banana, fresh berries, and a sprinkle of unsweetened coconut flake

Snacks



Cucumber and Cream Cheese Bites:

1 medium cucumber

2 oz cream cheese

1 tbsp chopped fresh dill

Salt and black pepper to taste

Slice the cucumber into rounds and place them on a serving dish. Mix the cream cheese, dill, salt, and black pepper in a bowl until well combined. Spread the cream cheese mixture onto the cucumber slices and serve.

Hard-Boiled Eggs with Avocado:

2 hard-boiled eggs

1/2 avocado

1 tsp lemon juice

Salt and black pepper to taste

Slice the hard-boiled eggs in half and remove the yolks. Mash the avocado in a bowl with the lemon juice, salt, and black pepper. Spoon the avocado mixture into the egg white halves and serve.

Caprese Skewers:

1 pint cherry tomatoes
4 oz fresh mozzarella cheese
8-10 fresh basil leaves
1 tbsp balsamic vinegar
Salt and black pepper to taste

Thread the cherry tomatoes, mozzarella cheese, and basil leaves onto skewers. Drizzle with balsamic vinegar and sprinkle with salt and black pepper.

Zucchini Fries:

1 medium zucchini
1/4 cup almond flour
1/4 cup grated parmesan cheese
1/4 tsp garlic powder
Salt and black pepper to taste
1 egg, beaten

Preheat the oven to 425°F. Slice the zucchini into fries. Mix the almond flour, parmesan cheese, garlic powder, salt, and black pepper in a bowl. Dip the zucchini fries into the beaten egg, then coat them with the almond flour mixture. Place the fries on a baking sheet lined with parchment paper. Bake for 15-20 minutes or until golden brown.

Antipasto Salad:

2 oz salami
2 oz sliced prosciutto
2 oz sliced pepperoni
1/2 cup cherry tomatoes
1/2 cup sliced cucumber
1/2 cup marinated artichoke hearts
2 tbsp sliced black olives
2 tbsp crumbled feta cheese
1 tbsp olive oil
1 tbsp red wine vinegar
Salt and black pepper to taste

Arrange the salami, prosciutto, pepperoni, cherry tomatoes, cucumber, artichoke hearts, black olives, and feta cheese on a serving dish. Whisk the olive oil, red wine vinegar, salt, and black pepper in a bowl until well combined. Drizzle the dressing over the salad and serve.

Meals



Grilled Chicken with Roasted Vegetables:

4 oz boneless, skinless chicken breast

1 cup mixed vegetables (such as bell peppers, zucchini, and onion)

1 tbsp olive oil

Salt and black pepper to taste

Preheat the grill to medium-high heat. Season the chicken breast with salt and black pepper. Grill the chicken for 4-5 minutes on each side or until cooked through.

Toss the mixed vegetables with olive oil, salt, and black pepper. Roast the vegetables in the oven at 400°F for 20-25 minutes or until tender. Serve the chicken with the roasted vegetables.

Spaghetti Squash with Meatballs: 1 small spaghetti squash

4 oz ground beef

1 egg

1/4 cup almond flour

1/4 cup grated parmesan cheese

1/4 tsp garlic powder

Salt and black pepper to taste

1 cup marinara sauce

Preheat the oven to 400°F. Cut the spaghetti squash in half and remove the seeds. Place the spaghetti squash halves on a baking sheet lined with parchment paper, cut side down. Bake for 30-40 minutes or until tender.

In a bowl, mix the ground beef, egg, almond flour, parmesan cheese, garlic powder, salt, and black pepper until well combined. Form the mixture into meatballs. Cook the meatballs in a pan over medium heat until browned on all sides and cooked through. Heat the marinara sauce in a separate pan. Use a fork to scrape the spaghetti squash flesh into strands. Serve the spaghetti squash topped with the meatballs and marinara sauce.

Shrimp Stir-Fry:

4 oz shrimp

1 cup mixed vegetables (such as bell peppers, broccoli, and snow peas)

1 tbsp coconut oil

1 clove garlic, minced

1 tsp ginger, minced

1 tbsp soy sauce

Salt and black pepper to taste

Heat the coconut oil in a pan over medium-high heat. Add the garlic and ginger and cook for 1-2 minutes or until fragrant. Add the mixed vegetables and cook for 5-6 minutes or until tender.

Add the shrimp and cook for 2-3 minutes or until pink and cooked through. Season with soy sauce, salt, and black pepper. Serve hot.

Grilled Salmon with Asparagus:

4 oz salmon fillet

1 cup asparagus spears

1 tbsp olive oil

Salt and black pepper to taste

Preheat the grill to medium-high heat. Season the salmon fillet with salt and black pepper. Grill the salmon for 4-5 minutes on each side or until cooked through.

Toss the asparagus with olive oil, salt, and black pepper. Grill the asparagus for 3-4 minutes or until tender. Serve the grilled salmon with the grilled asparagus.

Cauliflower Casserole:

1 head cauliflower, chopped into florets

1/2 cup sour cream

1/2 cup grated cheddar cheese

1/4 cup grated Parmesan cheese

1/4 cup chopped green onions

Salt and black pepper to taste

Preheat the oven to 375°F. Steam or boil the cauliflower until tender.

Drain the cauliflower and place it in a casserole dish. In a bowl, mix the sour cream, cheddar cheese, Parmesan cheese, and green onions. Pour the mixture over the cauliflower and stir to combine. Season with salt and black pepper. Bake for 20-25 minutes or until the cheese is melted and bubbly.

Broccoli and Chicken Casserole:

- 1 head broccoli, chopped into florets
- 1 lb boneless, skinless chicken breast, cooked and diced
- 1/2 cup sour cream
- 1/2 cup grated cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped green onions
- Salt and black pepper to taste

Preheat the oven to 375°F. Steam or boil the broccoli until tender. Drain the broccoli and place it in a casserole dish. Add the cooked and diced chicken on top of the broccoli. In a bowl, mix the sour cream, cheddar cheese, Parmesan cheese, and green onions. Pour the mixture over the chicken and broccoli and stir to combine. Season with salt and black pepper. Bake for 20-25 minutes or until the cheese is melted and bubbly.

Spinach and Artichoke Casserole:

1 can artichoke hearts, drained and chopped

1 package frozen spinach, thawed and squeezed dry

1/2 cup cream cheese

1/2 cup sour cream

1/2 cup grated Parmesan cheese

1/4 cup chopped green onions

Salt and black pepper to taste

Preheat the oven to 375°F. Mix the chopped artichoke hearts and thawed spinach in a bowl. In another bowl, mix the cream cheese, sour cream, Parmesan cheese, and green onions. Add the spinach and artichoke mixture to a casserole dish. Pour the cream cheese mixture over the spinach and artichokes and stir to combine. Season with salt and black pepper. Bake for 20-25 minutes or until the cheese is melted and bubbly.

Zucchini and Ground Beef Casserole:

2 zucchinis, sliced
1 lb ground beef
1 cup marinara sauce
1 cup grated mozzarella cheese
Salt and black pepper to taste

Preheat the oven to 375°F. Brown the ground beef in a pan over medium heat. Season with salt and black pepper. Spread the sliced zucchinis in a casserole dish. Pour the marinara sauce over the zucchinis. Add the ground beef on top of the sauce. Sprinkle the grated mozzarella cheese over the beef. Bake for 25-30 minutes or until the cheese is melted and bubbly.

Air Fryer bonus



Air Fryer Buffalo Chicken Wings:

1 lb chicken wings

1/4 cup hot sauce

1 tbsp melted butter

Salt and black pepper to taste

Preheat the air fryer to 400°F. Pat dry the chicken wings with paper towels. In a bowl, mix the hot sauce and melted butter. Season the chicken wings with salt and black pepper. Place the chicken wings in the air fryer basket and cook for 10 minutes. Flip the wings and cook for another 10 minutes. Remove the wings from the air fryer and toss them in the hot sauce mixture. Serve immediately.

Air Fryer Salmon:

4 salmon fillets

1 tbsp olive oil

Salt and black pepper to taste

Preheat the air fryer to 400°F. Brush the salmon fillets with olive oil. Season the salmon fillets with salt and black pepper. Place the salmon fillets in the air fryer basket and cook for 10-12 minutes or until the salmon is cooked through.

Air Fryer Garlic Parmesan Zucchini Fries:

2 medium zucchinis, cut into fries

1/2 cup grated Parmesan cheese

1/2 tsp garlic powder

Salt and black pepper to taste

1 egg, beaten

1/2 cup almond flour

Preheat the air fryer to 375°F. In a bowl, mix the grated Parmesan cheese, garlic powder, salt, and black pepper. In another bowl, beat the egg. In a third bowl, place the almond flour.

Dip the zucchini fries in the almond flour, then the egg, and finally the Parmesan mixture. Place the coated fries in the air fryer basket and cook for 8-10 minutes or until golden brown.

Air Fryer Chicken Tenders:

1 lb chicken tenders
1/2 cup almond flour
1/2 tsp garlic powder
1/2 tsp paprika
Salt and black pepper to taste
1 egg, beaten

Preheat the air fryer to 400°F. In a bowl, mix the almond flour, garlic powder, paprika, salt, and black pepper. In another bowl, beat the egg. Dip the chicken tenders in the egg, then the almond flour mixture. Place the coated chicken tenders in the air fryer basket and cook for 10-12 minutes or until golden brown.

Air Fryer Brussels Sprouts:

1 lb Brussels sprouts, trimmed and halved
1 tbsp olive oil
1/2 tsp garlic powder
Salt and black pepper to taste

Preheat the air fryer to 375°F. In a bowl, mix the Brussels sprouts, olive oil, garlic powder, salt, and black pepper. Place the Brussels sprouts in the air fryer basket and cook for 10-12 minutes or until crispy and tender.

WORDS OF ENCOURAGEMENT

You can absolutely burn fat over 40 AND enjoy your food full of flavor!

- Stick to your leaner proteins
- Minimize the dairy, a little is okay, but a lot can lead to inflammation.
- Healthy fats burn fat and keep you fuller longer
- Low sugar vegetables are full of nutrition and fiber which you need.
- Low sugar fruits are a great desert especially with some yogurt and lean protein powder or collagen.
- Supplementation is necessary as we age to get the nutrition our body is craving and the figure we desire. We simply cannot get everything we need from our food.

You are beautiful inside and out! Time to shine and feel confident in your own skin.