



# Fat Loss Eating Pro-

## Vanilla Yogurt Fruit Bowl

Makes 1 Serving:

½ cup of Fat Free Fage Greek Yogurt  
¼ cup of Fat Free or Low Fat Milk  
1 scoop of vanilla Beverly Ultimate Muscle Protein  
1 cup of preferred berries of choice

**Directions:** Simply mix the yogurt, milk and protein powder together until blended smooth.

Add in berries of choice and enjoy!

## Fage Hummus Veggie Dip

Makes 1 Serving:

½ cup of Fat Free Fage Greek Yogurt  
¼ cup of Hummus  
4 Broccoli florets  
4 Cauliflower florets  
½ Bell Pepper of choice (or mix a variety)

**Directions:** Simply mix the yogurt and hummus together until blended.

Dip in veggies of choice and enjoy!

## Protein Veggie Rice

Makes 2 Servings

1/2 cup chopped broccoli  
1/2 cup chopped onion  
1 cup sliced mushrooms  
2 diced celery stalks  
1 cup raw spinach  
1/3 cup chicken broth  
2 tablespoons lite soy sauce  
1/4 cup long-grain brown rice  
6 egg whites

**Directions:** 2 tablespoons of olive oil in a large skillet over medium heat, add chopped broccoli, onion, mushrooms, diced celery, and raw spinach. Cook on medium heat until the spinach has cooked.

Add the chicken broth, soy sauce and rice to the vegetable mixture and simmer until the liquid is gone.

Add the egg whites and stir until the eggs are completely cooked. Enjoy!

## Avocado-Salsa Turkey Burgers

Makes 6 servings

2 lbs of 93% lean ground turkey  
1/2 of an avocado, diced  
1/3 cup of salsa  
1/2 cup of breadcrumbs  
1 egg  
2 TBSP taco seasoning  
salt and pepper to taste

Directions: Mix all ingredients until blended evenly. Form mixture into 6 large burgers and either grill or pan fry until done. Serve or eat with a veggie packed salad, or wrap in Romaine Hearts for a lettuce wrap.



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## Fage Hummus Veggie Dip

### Nutrition Facts

Serving Size 412 g

Amount Per Serving		Calories from Fat 89	% Daily Value*
Calories 285			
Total Fat 9.8g		15%	
Saturated Fat 3.5g		17%	
Trans Fat 0.0g			
Cholesterol 9mg		3%	
Sodium 332mg		14%	
Potassium 640mg		18%	
Total Carbohydrates 26.5g		9%	
Dietary Fiber 8.1g		32%	
Sugars 11.7g			
Protein 25.4g			
Vitamin A 47% : Vitamin C 262%			
Calcium 24% : Iron 14%			
Nutrition Grade A			

\* Based on a 2000 calorie diet

**Fat Loss Formula:** 26.5 - 8.1 - 25.4 = - 7

Video: <http://youtu.be/Tpmoefx7HcA>

## Vanilla Yogurt Fruit Bowl

### Nutrition Facts

Serving Size 366 g

Amount Per Serving		Calories from Fat 41	% Daily Value*
Calories 252			
Total Fat 4.6g		7%	
Saturated Fat 2.8g		14%	
Trans Fat 0.0g			
Cholesterol 41mg		14%	
Sodium 157mg		7%	
Potassium 427mg		12%	
Total Carbohydrates 22.3g		7%	
Dietary Fiber 11.1g		44%	
Sugars 17.7g			
Protein 30.7g			
Vitamin A 4% : Vitamin C 142%			
Calcium 30% : Iron 6%			
Nutrition Grade B			

\* Based on a 2000 calorie diet

**Fat Loss Formula:** 22.3 - 11.1 - 30.7 = -19.5

Video: <http://youtu.be/5PYLehSeQgw>

## Avocado-Salsa Turkey Burgers

### Nutrition Facts

Serving Size 483 g

Amount Per Serving		Calories from Fat 47	% Daily Value*
Calories 268			
Total Fat 5.3g		8%	
Saturated Fat 1.4g		7%	
Trans Fat 0.0g			
Cholesterol 58mg		19%	
Sodium 607mg		25%	
Potassium 1037mg		30%	
Total Carbohydrates 25.4g		8%	
Dietary Fiber 6.0g		24%	
Sugars 15.3g			
Protein 31.3g			
Vitamin A 21% : Vitamin C 74%			
Calcium 6% : Iron 14%			
Nutrition Grade A			

\* Based on a 2000 calorie diet

**Fat Loss Formula:** 25.4 - 6.0 - 31.3 = -11.9

Video: <http://youtu.be/4JRVlc5PiDU>

## Protein Veggie Rice

### Nutrition Facts

Serving Size 293 g

Amount Per Serving		Calories from Fat 10	% Daily Value*
Calories 165			
Total Fat 1.1g		2%	
Trans Fat 0.0g			
Cholesterol 0mg		0%	
Sodium 1206mg		50%	
Potassium 595mg		17%	
Total Carbohydrates 24.3g		8%	
Dietary Fiber 3.1g		12%	
Sugars 4.4g			
Protein 17.0g			
Vitamin A 32% : Vitamin C 49%			
Calcium 4% : Iron 11%			
Nutrition Grade A			

\* Based on a 2000 calorie diet

**Fat Loss Formula:** 24.3 - 3.1 - 17 = 4.2

Video: <http://youtu.be/be2ZsLJlo6o>