

7 DAY FAT LOSS JUMP START

**RENEW, RESET
& REVITALIZE
YOUR BODY**

*WITH SIMPLE & DELICIOUS
FAT BURNING RECIPES*

RECIPES



Copyright 2016 All rights reserved.

No portion of this manual may be reproduced or transmitted in any form or by any means, electronic or mechanical. This includes, but is not limited to faxing, photocopying, recording or any digital information storage and retrieval system, except for the following exceptions:

A purchaser may photocopy pages for personal use.

A reviewer may quote brief passages in connection with a review written for inclusion in a magazine, newspaper, or online publication with written approval from the authors prior to publishing.

DISCLAIMER Not all programs are appropriate for everyone. Consult your doctor before starting this program. This manual and program are not intended as medical advice and do not take the place of medical advice or treatment from your doctor. The authors shall not be held liable or responsible for any misuse of this information or any loss, damage, injury caused or alleged to be caused directly or indirectly by any of use of this information or these workouts. This information is not intended to diagnose, treat, cure or prevent any disease or illness.

Note: Due to recent statements from the FTC, it is required that we identify what a "typical" result is. The harsh truth is that most people never do anything with the products they buy, so most of the time, their typical results are zero. You are the main element of your success! Our clients have lost thousands of pounds of fat, increased lean muscle and increased their performance using this system. The people that show even greater success worked hard, and earned their results. As with any exercise program, obtain the consent of your doctor before the initiation of any physical training program.

For further information and additional services, including consulting and speaking engagements, please see our website at www.arenafitness.com

7-DAY FAT LOSS JUMPSTART

"Exercise is king. Nutrition is queen. Put them together and you've got a kingdom." -Jack LaLanne

Welcome To Your 7-Day Fat Loss Jumpstart Recipes!

Here you'll find all 18 recipes used in your 7-Day Cleanse. These recipes are a compilation of my favorite healthy fat burning recipes. All recipes are free of: gluten, grain, dairy, soy and added sugar - making them inflammation proofed.

Besides being healthy, these recipes are delicious!

The most common question I get about the 7-day Meal Plan is:

"Do I have to eat every meal as is?"

The answer is no. For this meal plan, I have given you 18 different options (6 for each meal). What most of my clients do and what I suggest you do is, pick 2-4 recipes that you want to try for each meal, and stick to those.

Sticking to a simple plan is the easiest path to success.

Of course, if you're feeling adventurous, feel free to try out every recipe in your 7-Day Fat Loss Jumpstart Meal Plan!

Recipe Credits

Primal Palate

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

Hayley and Bill believe cooking great food and sharing it with people is what life is all about, and they love hearing about how food has changed people's lives for the better. Hayley and Bill's goal is to help better connect people to good food and great recipes. make Paleo cooking and meal planning easy and accessible to everyone.

✓Get more [Fat Burning Recipes by Primal Palate here<===](#)

Simple Green Smoothies

✓For more smoothie recipes go to [simplegreensmoothies.com](#)

STRAWBERRY GINGER ZINGER GREEN SMOOTHIE

PREP TIME: 5 MINS | SERVES: 2

INGREDIENTS

- 2 cups almond milk
- 2 cups baby spinach
- 2 cups strawberries
- 1 banana
- 1 tablespoon grated ginger, to taste

DIRECTIONS

1. Blend spinach and almond milk until smooth.
2. Add remaining ingredients, and blend until smooth. Enjoy!
3. Use at least one frozen fruit to make the green smoothie cold.
4. Any berry can be substituted here – blackberries are particularly nice. Don't like ginger? You can leave it out or add another favorite spice, like cinnamon.



NOTES: _____

Recipe created by
simplegreensmoothies.com

BEGINNER'S LUCK

PREP TIME: 5 MINS | SERVES: 2

INGREDIENTS

- 2 cups spinach, fresh
- 2 cups water
- 1 cup pineapple
- 1 cup mango
- 2 bananas

DIRECTIONS

1. Blend spinach and water until smooth. Next, add the remaining fruits and blend again.



NOTES: _____

Recipe created by
simplegreensmoothies.com

ALMOND BUTTER AND "JELLY" SMOOTHIE

PREP TIME: 5 MINS | SERVES: 2

INGREDIENTS

- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 2 cups red grapes
- 2 bananas
- 4 tbs almond butter

DIRECTIONS

1. Blend spinach and almond milk until smooth. Next add the remaining fruits and blend again. Freeze your grapes overnight to chill this green smoothie.



NOTES: _____

Recipe created by
simplegreensmoothies.com

BERRY CHERRY JUBILEE

PREP TIME: 5 MINS | SERVES: 2

INGREDIENTS

- 2 cups spinach, fresh
- 2 cups water
- 1 cup cherries, pitted
- 1 cup mixed berries
- 1 bananas

DIRECTIONS

1. Blend spinach and water until smooth.
2. Next add the remaining fruits and blend again.

*Use at least one frozen fruit to make the green smoothie cold.

TIP: Make sure to remove cherry pits before blending. Sprinkle chia seeds on top for a light crunchy texture.



NOTES: _____

Recipe created by
simplegreensmoothies.com

AVO-BANANA KALE SMOOTHIE

PREP TIME: 5 MINS | SERVES: 2

INGREDIENTS

- 2 cups kale, fresh
- 2 cups water
- 3 bananas
- 1/4 avocado

DIRECTIONS

1. Blend kale and water until smooth.
 2. Next add the remaining fruits and blend again.
- *Use at least one frozen fruit to make the green smoothie cold.



NOTES: _____

Recipe created by
simplegreensmoothies.com

FREE RADICAL FIGHTING SMOOTHIE

PREP TIME: 5 MINS | SERVES: 2

INGREDIENTS

- 2 cups spinach, fresh
- 1 sprig of mint, fresh
- 1 cup water, optional
- 2 cups cantaloupe, ripe and rind removed
- 1/2 cup blueberries
- 1 apple
- 1/2 lime, fresh squeezed

DIRECTIONS

1. Blend spinach, mint leaf and ripe cantaloupe until smooth. You do not need to add a liquid-base to this recipe because of the high water content in ripe cantaloupes.
 2. Next add the remaining fruits and blend again.
- *Use at least one frozen fruit to make the green smoothie cold.



NOTES: _____

Recipe created by
simplegreensmoothies.com

COBB SALAD

PREP TIME: 15 MINS | START TO FINISH: 20 MINS | SERVES: 2

INGREDIENTS

For the Dressing:

- 1/4 cup Extra Virgin Olive Oil
- 1/2 Lemon, juice only
- 1/2 tsp Salt
- 1/2 tsp Black Pepper

For the Salad:

- 3 Egg
- 2 Tbsp Organic Coconut Oil
- 1/2 lb Chicken Tenders
- 1 cup Ham, cubed
- 1 Roma Tomato, diced
- 1/2 cup Cucumber, diced
- 1 Avocado, diced
- 1 head green leaf Lettuce, chopped



NOTES: _____

INSTRUCTIONS

For the Dressing:

1. Place the eggs in a saucepan with cool water. Bring the water to a boil, and cook the eggs for 10 minutes at a soft boil.
2. Remove the saucepan from the heat, pour off the boiling water, and replace with cool water and ice. Allow the eggs to cool.
3. Meanwhile, in a heavy skillet, heat the coconut oil over medium-high heat.
4. Add the chicken tenders to the skillet, and cook for 8-10 minutes, flipping occasionally to cook evenly.
5. Allow the chicken to rest for 5 minutes. Then, dice it, and set it aside.
6. Cube the ham, and dice the tomato, cucumber, and avocado. Set aside.
7. Chop the green leaf lettuce, and divide it equally between two large bowls.
8. Peel the eggs, and set them aside.
9. Top the lettuce with the chicken, ham, tomato, cucumber, avocado, and hard boiled egg.
10. In a small mixing bowl, make the dressing by whisking the olive oil, lemon juice, salt, and pepper. Pour the dressing over the individual salads.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

1 SERVING: Calories: 754, Total Carbohydrates: 9g, Protein: 47g, Total Fat: 57g

BACON LETTUCE AND TOMATO SALAD

PREP TIME: 5 MINS | START TO FINISH: 15 MINS | SERVES: 1

INGREDIENTS

- 3 pieces Bacon, cooked and crumbled
- 2 cup Spring Mix Salad Greens Lettuce
- 1 Tbsp Cilantro, torn
- 1/4 cup Kalamata Olives
- 1 Kumato Tomato, sliced thin



NOTES: _____

INSTRUCTIONS

1. Cook bacon in cast iron skillet over medium heat until crispy.
2. Remove bacon from skillet, allow to cool, and crumble.
3. Assemble salad with mixed greens, sliced tomato.
4. Crumble bacon over salad.
5. Top with kalamata olives and torn cilantro leaves.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 236, Total Carbohydrates: 12g, Protein: 3g, Total Fat: 19g

HAYLEY'S CHICKEN SALAD

PREP TIME: 15 MINS | START TO FINISH: 60 MINS | SERVES: 4

INGREDIENTS

- 8 skin on Chicken Thigh, bone in and skin on
- 1/4 cup Garlic and Rosemary Aioli*
- 1 tsp Salt and Pepper

For the Garlic and Rosemary Aioli

- 1 cup Mayonnaise (click for recipe)
- 1 Tbsp Garlic, minced
- 1 Tbsp fresh Rosemary, minced



NOTES: _____

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Roast chicken thighs in a baking dish for 45 minutes.
3. Remove from oven and allow to cool.
4. Separate the meat from the skin and bones.
5. Shred the chicken meat with a pair of forks.
6. Toss the shredded meat with the rosemary garlic aioli*, adding more bit by bit until the desired creaminess is achieved.
7. Sprinkle with salt and pepper to taste.
8. Serve atop large leaves of Bibb or red leaf lettuce.

For the Garlic and Rosemary Aioli

1. Mince garlic and rosemary.
2. Add garlic and rosemary to 1 cup mayonnaise.
3. Blend in a high-speed blender or food processor until smooth.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 400, Total Carbohydrates: 0g, Protein: 31g, Total Fat: 29g

GREEK SALAD

PREP TIME: 15 MINS | START TO FINISH: 15 MINS | SERVES: 4

INGREDIENTS

- 1 cup Cucumber, sliced
- 1 Green Bell Peppers, thinly sliced
- 1/2 cup Black Olives, or Kalamata
- 1/2 Red Onion, thinly sliced
- 1/4 cup Capers
- 3 Roma Tomato, sliced
- 5 cup Spring Mix Salad Greens Lettuce
- 2 Tbsp Greek Salad Dressing*

For the Greek Salad Dressing

- 1 Lemon, juice
- 1/4 cup Extra Virgin Olive Oil
- 1 clove Garlic, minced
- 1 tsp dried Oregano
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 1 tsp Primal Palate Super Gyro Seasoning, (sub: 1 tsp oregano, 1/2 tsp salt, 1/2 tsp pepper)



NOTES: _____

INSTRUCTIONS

1. Toss spring greens with Roma tomatoes, green bell pepper, red onion, and sliced cucumber.
2. Top salad with capers and olives.
3. Serve with Greek salad dressing

For the Greek Salad Dressing

1. Squeeze the juice of 1 lemon into a small mixing bowl.
2. Whisk in olive oil, minced garlic, and oregano.
3. Add salt and pepper to taste.
4. Toss with Greek salad.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 108, Total Carbohydrates: 5g, Protein: 1g, Total Fat: 9g

GRILLED CHICKEN SALAD

PREP TIME: 15 MINS | START TO FINISH: 30 MINS | SERVES: 4

INGREDIENTS

- 1 Celery, stalk, chopped
- 1 head Broccoli, chopped
- 1 Tomato, cubed
- 1/2 Cucumber, chopped
- 1/2 Red Onion, thinly sliced
- 1/2 Jicama, julienned
- 1/3 cup Black Olives
- 2 with skin Chicken Breast, sliced
- 5 cup Spring Mix Salad Greens Lettuce



NOTES: _____

INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Grill chicken breasts for 7–10 minutes per side on medium-high heat, flipping once.
3. Slice chicken into 1/4-inch strips, set aside.
4. Rinse and chop all vegetables.
5. Toss vegetables with spring salad greens.
6. Top with grilled chicken, drizzle with dressing, and serve.
7. Serve with a Balsamic Vinaigrette.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 206, Total Carbohydrates: 3g, Protein: 40g, Total Fat: 4g

GRILLED AHI NIÇOISE SALAD

PREP TIME: 10 MINS | START TO FINISH: 55 MINS | SERVES: 2

INGREDIENTS

- 4 White Potatoes, small, red, boiled and quartered
- 1 cup French-Style Green Beans, steamed
- 2 Egg, hard boiled
- 8 oz Ahi Tuna Steak, grilled
- 1/4 tsp Salt
- 1 tsp Black Pepper
- 2 Tomato, quartered
- 14 Kalamata Olives
- 2 tsp Capers
- 4 cup Spring Mix Salad Greens Lettuce
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup White Balsamic Vinegar
- 1 Tbsp Spicy Brown Mustard



NOTES: _____

INSTRUCTIONS

1. Place red potatoes in a medium sized soup pot, and boil until fork tender.
2. While potatoes are boiling, steam green beans until fork tender as well.
3. Place two eggs in a small sauce pan, and cover with water. Bring water to a boil, and boil eggs for 10 minutes. Immediately immerse in an ice bath, peel, and allow to cool completely, and then cut into quarters.
4. While eggs, green beans, and potatoes are all cooling, preheat grill to high heat.
5. Sprinkle tuna steak on both sides with salt and pepper.
6. Grill tuna steak 2-2 1/2 minutes per side. Remove from grill and slice.
7. Place salad greens in a large bowl, 2 cups per bowl.
8. Add egg, tomato, potatoes, and green beans to the salad greens.
9. Top with olives (7 per salad), and capers (1 tsp per salad).
10. Carefully place the sliced tuna on top of the salad.
11. In a small mixing bowl, whisk together olive oil, vinegar, mustard, and salt.
12. Drizzle dressing over salad, and serve.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 708, Total Carbohydrates: 76g, Protein: 31g, Total Fat: 32g

SIMPLY GRILLED SALMON

PREP TIME: 1 HRS | START TO FINISH: 1 HRS 10 MINS | SERVES: 4

INGREDIENTS

- 1 lb Wild Caught Salmon Filet
- 1 tsp dried Basil
- 1 tsp dried Oregano
- 1 tsp Black Pepper
- 1 tsp Salt
- 1/4 cup Extra Virgin Olive Oil
- 2 cloves Garlic, minced
- 1 Lemon, juice



NOTES: _____

INSTRUCTIONS

1. Rinse salmon under cold water, pat dry with a paper towel, and cut into 4 equal-sized portions.
2. In a glass jar, combine olive oil, fresh lemon juice, garlic, basil, oregano, salt, and pepper.
3. Seal jar and shake vigorously to combine.
4. Place salmon in a container to marinate, pour marinade over salmon, and toss to ensure the salmon is fully coated in the marinade.
5. Marinate in the refrigerator for up to 1 hour prior to grilling.
6. Preheat the grill to medium-high heat.
7. Grill salmon 4 minutes a side over medium-high heat.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 375, Total Carbohydrates: 1g, Protein: 26g, Total Fat: 29g

GARLIC GINGER CHICKEN

PREP TIME: 20 MINS | START TO FINISH: 50 MINS | SERVES: 4

INGREDIENTS

- 4 whole Chicken Leg Quarter
- 2 Tbsp Unsalted Butter
- 5 cloves Garlic, smashed and minced
- 1 Tbsp Ginger Root, minced
- 1/4 cup Coconut Aminos
- 1/4 tsp Fish Sauce
- 1 tsp Black Pepper
- 1 tsp Salt



NOTES: _____

INSTRUCTIONS

1. Preheat the oven to bake at 425.
2. In a small sauce pan, melt butter on low heat.
3. Turn heat to medium and add the ginger, garlic, fish sauce, and coconut aminos to the butter.
4. Allow mixture to come to a bubble, and allow to bubble while stirring for a minute or two, then remove from heat.
5. Place chicken legs in an oven safe baking dish.
6. Pour sauce over each chicken leg.
7. Sprinkle each leg with salt and pepper.
8. Bake chicken at 425 for 45 minutes.
9. Allow chicken to cool for 30-45 minutes and then enjoy.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 362, Total Carbohydrates: 4g, Protein: 17g, Total Fat: 31g

SALMON CAKES

PREP TIME: 15 MINS | START TO FINISH: 35 MINS | SERVES: 10

INGREDIENTS

- 12 oz Canned Salmon
- 3 Egg Yolk
- 1 /2 tsp Sea Salt
- 1 tsp Black Pepper
- 1/2 tsp Paprika
- 1 clove Garlic, minced
- 1/4 Vidalia Onion, minced, you want to have about 1/2 cup of the minced onion
- 3 Tbsp Duck Fat, more or less depending on size of skillet being used to fry salmon cakes



NOTES: _____

INSTRUCTIONS

1. Preheat the oven to bake at 350 degrees.
2. Line a baking sheet with parchment paper.
3. In a large mixing bowl, combine the salmon, egg yolks, salt, pepper, and paprika.
4. In a mini chop food processor, mince the garlic and onion.
5. Pour the garlic and onion into the salmon mixture, and stir to combine all ingredients.
6. Using your hands, form the salmon mixture into 2 ounce patties, and place each cake on the parchment lined baking sheet.
7. Bake salmon cakes for 15 minutes.
8. Remove the cakes from the oven, and heat the duck fat in a cast iron skillet over high heat.
9. Fry the cakes for about a minute on either side in the duck fat, or until they are golden brown and crispy on the outside.
10. Serve with a squeeze of lemon.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 76, Total Carbohydrates: 0g, Protein: 8g, Total Fat: 5g

GARLICKY BACON & AVOCADO BURGERS

PREP TIME: 5 MINS | START TO FINISH: 11 MINS | SERVES: 4

INGREDIENTS

- 8 pieces Bacon, thick-sliced
- 1 1/4 lb Ground Beef, 80-85% lean
- 2 Tbsp Tessemae's brand Slow Roasted Garlic Spread
- Salt and Pepper, to taste
- Tessemae's brand Ketchup, to taste
- 1 whole Avocado, sliced
- 1 bunch Romaine Lettuce, or red leaf lettuce



NOTES: _____

INSTRUCTIONS

1. In a large skillet, over medium-high heat, cook the bacon until crisp. Transfer to a paper towel-lined plate.
2. Heat grill to medium-high. Divide the beef into 4 patties.
3. Make a deep indent in each piece and fill each with 1/2 tablespoon of Slow Roasted Garlic.
4. Gently fold the meat over the garlic and shape each piece in to a thin, flat patty.
5. Season patties with salt and pepper.
6. Oil the grill and cook the patties about 3 minutes a side for medium. Do not flip them if they are sticking, cook a little longer on the first side until they un-stick, then cook a little less on the second side.
7. Serve the burgers on lettuce with the avocado, bacon, and plenty of ketchup.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 838, Total Carbohydrates: 10g, Protein: 46g, Total Fat: 81g

FAJITA LETTUCE WRAPS WITH CHIPOTLE AIOLI

PREPTIME: 15 MINS | START TO FINISH: 35 MINS | SERVES: 2

INGREDIENTS

- 1 tsp Chipotle Powder
- 1 Tbsp Smoked Paprika
- 1 Tbsp Onion Powder
- 1 Tbsp Garlic Powder
- 1 tsp Salt
- 2 tsp Black Pepper
- 2 Tbsp Ghee (Clarified Butter)
- 1 Red Bell Pepper, sliced
- 1 cup White Mushrooms, sliced
- 1 Yellow Onion, thinly sliced
- 1/2 lb Flank Steak, thinly sliced
- Mayonnaise
- 1 head Iceburg Lettuce
- 1 Avocado



NOTES: _____

INSTRUCTIONS

1. In a small mixing bowl, combine 1/2 tablespoon chipotle powder, the smoked paprika, onion powder, garlic powder, salt, and black pepper. Set aside.
2. Melt 1 tablespoon of ghee in a large skillet over medium-high heat.
3. Add the red bell pepper, mushrooms, and onions to the skillet and sauté, seasoning liberally with the spice mixture.
4. When the onions and peppers are soft, transfer the vegetables to a bowl, and set aside.
5. Season the steak with the spice blend. Add the steak to the hot skillet, and cook 4-6 minutes.
6. Season the mayonnaise with 1 teaspoon of chipotle powder, and whisk to combine.
7. Place the steak and vegetables in a lettuce cup, and top with avocado and Chipotle Aioli to serve.

Recipe by PrimalPalate.com - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 220, Total Carbohydrates: 6g, Protein: 14g, Total Fat: 15g

CILANTRO LIME SKIRT STEAK

PREPTIME: 60 MINS | START TO FINISH: 70 MINS | SERVES: 4

INGREDIENTS

- 1/4 cup Extra Virgin Olive Oil
- 1 Lime, juice
- 2 Tbsp Cilantro, chopped
- 1 Green Onion, thinly sliced
- 1 clove Garlic, pressed
- 1 pinch Himalayan Pink Salt
- 1/4 tsp Ground Fresh Black Peppercorns
- 1 lb Skirt Steak



NOTES: _____

INSTRUCTIONS

1. Begin by mixing all of the marinade ingredients (everything except the steak) in a small mason jar. Shake vigorously and set aside.
2. Using a meat mallet, pound your skirt steak with the knurled side until it is uniformly thick. The thinner you get it, the easier it will be to eat.
3. Place the steak into a ziplock bag, cover with the marinade, and mix around to evenly coat the meat. Refrigerate for at least 30 minutes, up to 90 minutes. During this time, you should also soak your wooden skewers, about 12-15 of them.
4. Remove the steak from the bag, place on a cutting board, and cut into 1/2" strips against the grain of the meat. This will also help it be less chewy. (refer to the included recipe images, if needed).
5. Weave the meat onto the skewers.
6. Place the skewers onto your grill, with the handles over the cool zone so they do not char. Cook for approximately 3-4 minutes per side.
7. When cooked through (about 8 minutes, maybe a little more depending on how thick they are), remove from heat. Allow to rest 5 minutes, then serve!

Recipe by [PrimalPalate.com](https://www.primalpalate.com) - created by the dynamic food-loving duo of Hayley and Bill.

[Get more delicious, Fat Burning Recipes by Primal Palate here<===](#)

Calories: 91, Total Carbohydrates: 1g, Protein: 6g, Total Fat: 7g