



24-Hour Fat Melting Protocol

Mon



Spinach, Bacon & Cheese
Scramble

Breakfast



Cheeseburger Salad

Lunch



Grilled Mediterranean
Chicken Kabobs

Dinner

Fruits

- 1 Lemon

Seeds, Nuts & Spices

- 1 tbsp Oregano
- 0 Sea Salt & Black Pepper

Vegetables

- 3 cups Baby Spinach
- 1/2 head Boston Lettuce
- 2 1/2 cups Cherry Tomatoes
- 1 1/8 cups Red Onion
- 1 Yellow Bell Pepper
- 1 Zucchini

Bread, Fish, Meat & Cheese

- 2 slices Bacon, Cooked
- 2 1/2 ozs Cheddar Cheese
- 1 lb Chicken Breast
- 4 ozs Extra Lean Ground Beef

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 2 1/8 tsps Extra Virgin Olive Oil
- 2 tsps Mayonnaise
- 2 tsps Pickle
- 1 tbsp Red Wine Vinegar
- 1/2 tsp Yellow Mustard

Cold

- 2 Egg

Other

- 8 Barbecue Skewers



Spinach, Bacon & Cheese Scramble

1 serving
10 minutes

Ingredients

- 2 Egg
- 2 slices Bacon, Cooked (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Extra Virgin Olive Oil
- 3 cups Baby Spinach
- 1 1/2 ozs Cheddar Cheese (shredded)

Directions

- 1 In a small bowl whisk the eggs and add the bacon. Season with salt and pepper.
- 2 Heat a skillet over medium heat and drizzle the oil. Once hot, add the spinach and cook until just wilted, about one minute. Pour in the egg mixture and add the cheese and cook, stirring occasionally until the eggs are cooked to your liking. Remove from heat and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to two days.
- Dairy-Free:** Omit the cheese or use a vegan cheese.
- No Pork:** Omit the bacon.



Cheeseburger Salad

1 serving
15 minutes

Ingredients

4 ozs Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
2 tbsps Mayonnaise
1 1/2 tsps Apple Cider Vinegar
1/2 tsp Yellow Mustard
1/2 head Boston Lettuce
1/2 cup Cherry Tomatoes (halved)
1 oz Cheddar Cheese (shredded)
2 tbsps Red Onion (diced)
2 tbsps Pickle (chopped)

Directions

- 1 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
- 2 In a bowl, whisk together the mayonnaise, apple cider vinegar, and mustard.
- 3 Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving equals approximately four cups.

Dairy-Free: Use vegan cheese instead of cheddar.

More Flavor: Add garlic to the ground beef.

Additional Toppings: Add sliced green onions.



Grilled Mediterranean Chicken Kabobs

4 servings
30 minutes

Ingredients

- 1 Lemon (juiced)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

Directions

- 1 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 2 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 3 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 4 Preheat the grill to medium heat.
- 5 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 6 Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Leftovers: Store covered in an airtight container in the fridge up to three days.

Serving Size: One serving is equal to approximately two kabobs.

Serve Them With: Rice, quinoa, grilled potatoes and/or tzatziki sauce. Add to leafy greens to make a salad.

Vegan & Vegetarian: Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers: If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.