



CROSSROADS TO HEALTH
FUNCTIONAL NUTRITION & FITNESS

20 FAT BURNING RECIPES

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With 20 Fat Burning Recipes you'll see a variety of foods that support metabolism and fat burning including:

- Omega 3 fatty acids which decrease inflammation and help us feel full
- Leafy greens which energize and support inflammation
- Healthy proteins which fuel muscle growth and balance blood sugar levels
- Key spices including turmeric and ginger which decrease inflammation and support liver health and metabolism



Recipe 1

Baked Salmon with Avocado and Mango Salsa

Ingredients:

- 4 oz. wild caught salmon
- Juice of 1 whole lemon
- 2 tsp. coconut oil
- Sea salt and pepper if desired

For the salsa:

- ½ half red onion, diced
- ½ avocado, cut into 1/4-1/2" cubes
- ¼ cup mango, cut into 1/4-1/2" cubes
- 2 tsp. cilantro, chopped fine
- 1 tsp. fresh lime juice
- 1 tsp. capers
- 1 tsp. green chili, seeded and minced
- ½ tsp. garlic, macerated

Preparation

Pre heat the oven to 325 degrees. Grease the bottom of a heavy baking pan or over safe skillet with the coconut oil. Brush both sides of the salmon steak with the lemon juice and place it in the baking dish or skillet. Sprinkle fish with salt and pepper, if desired. Bake or 15-20 minutes or until moist and flakey. While the fish is cooking, prepare the salsa. In a medium bowl, mix the mango, avocado, onion, cilantro, capers, and chili. In a small bowl, mix together the lime juice and the macerated garlic. Sprinkle the juice mixture over the salsa and toss. Serve the salsa on top of the baked fish. Makes one serving.



Recipe 2

Turmeric & Ginger Chicken and Broccoli Stir Fry

Ingredients:

- 1 lb boneless chicken, sliced
- 1 head broccoli, chopped in large pieces
- 1 onion, chopped
- 5 cloves garlic
- 2 inches ginger
- 1 heaping tablespoon turmeric
- 1 teaspoon cumin
- 2 Tbsp butter
- ½ c water or chicken stock

1. Saute the onion in butter until softened, about 5 minutes.
 2. Mince the garlic and ginger together into one chunky paste. Add to onion and cook 1 minute.
 3. Add the spices. Cook another minute.
 4. Add the chicken and broccoli and stir fry until well blended. Add ½ c water or chicken stock and cover. Cook until the chicken is no longer pink in the center and the broccoli has reached desired texture.
- May be served over rice.



Recipe 3

Seared Scallops with Spinach and Mango

- ¼ pound of large scallops per person

1. Place 1 tablespoon of coconut oil in a non-stick fry pan and melt over a high heat.
2. Add the scallops and sear each side until golden brown (approximately 2 minutes per side).
3. Once the scallops are brown, reduce the heat and continue to cook until firm.
4. Remove scallops from the pan and place on a dish covered with a paper towel to absorb moisture.
5. Add an additional teaspoon of coconut oil to the pan under medium heat.
6. Add one mango that has been diced into small pieces.
7. Immediately add one bag of baby spinach and using tongs stir the mango and spinach until the spinach is wilted.
8. Remove from heat and place on plates, arrange the scallops on top of the mango/spinach.

Serve with brown rice or similar grain.



Recipe 4

Oven Roasted Cauliflower with Turmeric and Ginger

Ingredients:

- 3 tablespoons grapeseed or olive oil
- 1 tablespoon grated fresh ginger
- 1 teaspoon turmeric
- 1 head cauliflower, cut into florets
- Salt

1. Preheat oven to 400.
2. Whisk together the oil, ginger, and turmeric in a small bowl.
3. Place cauliflower in a medium baking dish and toss with the flavored oil and season with salt.
4. Roast until lightly golden brown and just tender, 20 to 25 minutes.



Recipe 5

Turmeric Chicken and Veggies

Ingredients:

- 2 lb boneless naturally raised or organic chicken (breast and thigh)
- 1 lb brussel sprouts, trimmed and cut in quarters
- 1 small zucchini, sliced
- 1 small yellow squash, sliced
- 1 carrot, sliced thin
- 5 cloves garlic, crushed or garlic salt
- 1 Tbsp Turmeric
- 1 tsp sea salt
- A few Tbsp olive oil

1. Preheat oven to 350.
2. Wash chicken and cut in large chinks. Place in a 9x12 baking dish.
3. Sprinkle with half the garlic, turmeric and salt.
4. Add chopped veggies to dish and sprinkle with remaining garlic, turmeric and salt. Sprinkle olive oil. Toss together gently to combine.
5. Cover tightly with foil and bake for 35 minutes.
6. Remove foil, stir and bake another 15 minutes.

Serves 5-6



Recipe 6

MARINATED KALE SALAD

Ingredients:

Salad:

- 2 heads of kale
- 2 to 3 carrots - grated
- 1 medium red onion - chopped
- ¼ to ½ cup pumpkin seeds

Dressing:

- ¼ cup olive oil
- 3 tbs apple cider vinegar
- 1.5 tbs Braggs (soy sauce alternative)
- 1 clove garlic - minced
- Dash of cayenne pepper (optional)

Directions:

Wash and tear the kale into bite size pieces and add grated carrots and chopped onion along with the pumpkin seeds. In a separate bowl, mix dressing ingredients then pour over kale mixture and toss – there should be some liquid remaining after tossing – if not, You may want to add additional dressing being careful not to over marinate. Let sit for at least two hours before serving.



Recipe 7

Quinoa Salad

Yields 4-6 servings

Ingredients:

Salad:

- 1.5 cups cooked quinoa
- 1 shaved carrot
- 1 large celery stalk diced
- 1/4 cup dried cranberries

Dressing:

- 3 tbsp olive oil
- Juice of one orange
- 1 tsp herbamare or sea salt
- 1 tsp garlic powder

Directions:

In a small bowl, combine dressing ingredients until well blended and set aside. In a large bowl, combine quinoa with remaining ingredients. Evenly pour dressing over quinoa and toss until coated. Adjust dressing accordingly to taste.



Recipe 8

Lemon Low-Glycemic Smoothie

This leafy smoothie is packed with cancer-fighting power. In fact, it contains five of the Top 10 Foods to Aid Glycemic (blood sugar) Control. Those are: cinnamon, berries, parsley, flaxseed meal and lemon.

Ingredients:

- 2 cups water
- 2 cups wild blueberries
- 1 large handful parsley
- zest of one lemon
- squeeze of half a lemon
- 1 Tablespoon flax meal
- 1 knob of fresh ginger, about the size of a small adult thumbnail
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 20 drops liquid vanilla stevia
- 1/4 cup Brazil nuts
- 1 Tablespoon maca root powder

Instructions:

1. Blend all ingredients until smooth.

Enjoy!



Recipe 9

POST- WORKOUT GREEN SMOOTHIE

Ingredients:

- 2 cups fresh spinach or kale
- 1 scoop protein powder
- 1 cup coconut water (or filtered water) unsweetened
- 1 orange peeled
- 1 cup pineapple
- 1 cup blueberries
- 2 tbsp chia seeds

Instructions:

1. Blend spinach or kale and liquid until smooth.
2. Add remaining ingredients, and blend until smooth. Enjoy!



Recipe 10

COCONUT WATER SUPERFOOD SMOOTHIE

Ingredients

- 1 cup coconut water or water
- 1 cup kale leaves, roughly chopped
- 1 cup chard leaves, roughly chopped
- 1 cup parsley
- 1/2 cucumber
- 1 pear or apple, cored and roughly chopped
- Juice of 1/2 a lime
- Frozen mango, blueberries, pineapple, or banana to taste
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Instructions:

Process your vegetables with liquids in the blender. Add fruit to taste, depending on how sweet you like your smoothies.



Recipe 11

Fish Stew with Coconut Milk and Cilantro

Ingredients:

- 2 Tbsp extra virgin olive oil
- 1 lb fish (halibut, sole, wild salmon, or a combination)
- 1 large can diced tomatoes (or fresh ripe tomatoes if available)
- 1 green pepper, diced
- 1 red pepper, diced
- 1 onion, diced
- 1 lemon, juiced
- 1 tsp salt
- 2 garlic cloves, crushed
- 1 8 oz. can light coconut milk
- 4 to 8 ounces organic chicken or vegetable broth
- ½ cup fresh cilantro, chopped

Instructions:

1. Cook the fish gently with ½ of the olive oil, 2-3 minutes per side, in a shallow pan.
2. In a separate stew pot, sauté until tender with remaining olive oil the tomatoes, peppers, and onion.
3. Add the fish to the stew pot and gently break into pieces and mix with the vegetables. Add in the lemon juice, salt, garlic and coconut milk.
4. Simmer gently for 15-20 minutes, adding chicken or vegetable broth as desired to bring stew to desired consistency.
5. Just before serving, turn off heat and add cilantro.



Recipe 13

Spinach & Artichoke Turkey Burgers

Ingredients:

- 1 1/2 tsps Extra Virgin Olive Oil
- 4 cups Baby Spinach
- 1/2 cup Artichoke Hearts (chopped)
- 1 lb Extra Lean Ground Turkey
- 1/2 tsp Red Pepper Flakes
- 1/2 tsp Black Pepper
- 1 tsp Sea Salt (divided)
- 3/4 cup Almond Flour
- 1 Tomato
- 1 cup Organic Salsa

Instructions:

1. Preheat oven to 350 F. Wilt your spinach by placing olive oil and spinach together in a large frying pan over medium heat and stirring continuously until wilted. Once wilted, remove from heat immediately. Once cool, finely chop.
2. Combine spinach, artichokes, ground turkey, red pepper flakes, black pepper, half of the sea salt and almond flour together in a bowl. Mix well and shape into 6 to 8 even-sized patties.
3. Place the patties on a parchment lined baking sheet and cook for about 15 minutes or until cooked through.
4. When burgers are done, top them with salsa. Option to wrap them in large green lettuce leaves. Enjoy!



Recipe 12

One Pan Salmon with Green Beans, Yams and Tomato

Ingredients:

- 4 cups Green Beans (washed and trimmed)
- 2 cups Cherry Tomatoes
- 1 1/2 Tbs. Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 4 Salmon Fillet
- 1 Yam (Diced)

Instructions:

1. Preheat oven to 475 F. Line 2 baking sheets with parchment paper.

Dice the yams and sprinkle with salt and pepper and a drizzle of olive oil. Place on 1 baking sheet and bake for 20-30 minutes, or until crispy.

2. Then, place green beans and cherry tomatoes on another baking sheet and drizzle with remaining olive oil. Season with sea salt and black pepper. Bake in the oven for 10 minutes.

4. Season your salmon fillets with sea salt and black pepper.

5. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.

6. Divide into servings and enjoy!



Recipe 14

High Protein Muffins

Ingredients

- 2 eggs
- 2 cups oats
- 2 scoops protein powder
- 1 cup plain Greek yogurt
- 2/3 cup milk
- 2 tbsp sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- Blueberries

Instructions:

1. Preheat the oven to 350 degrees.
2. Blend up the eggs, oats, greek yogurt, and milk in a high-powered blender.
3. Pour the mixture in a bowl, and mix in the rest of the ingredients except the blueberries.
4. Scoop the muffin mixture into a greased or lined muffin tin. Top the muffins with blueberries.
5. Bake for 20 minutes.



Recipe 15

Veggie Omelet with Goat Cheese

Ingredients

- 4 eggs
- ¼ cup whole milk
- 1 cup sliced zucchini
- 4 small fresh onions, chopped
- 1 cup fresh baby spinach
- ¼ cup goat cheese
- Salt/pepper to taste

Instructions

1. Whisk together eggs, milk, salt, and pepper while you heat up the pan. (Add some olive
2. Add your zucchini, onions, and spinach to the hot pan with olive oil. Look for the zucchini and onions to be soft and clear and for the spinach to become wilted. At this point, take the zucchini, onions, and spinach out and put the veggie mixture into a little bowl.
3. Put the egg mixture into the pan, and cook until you can't see any more liquid. Add the veggie mix and goat cheese on top.

Recipe 16

Yogurt Parfait



Ingredients

- 1/2 banana
- 3 strawberries
- A handful of blueberries
- 2 TBS. hemp seeds
- Greek yogurt

Instructions

1. Put approx. 4-oz of yogurt into a bowl.
2. Cut up the banana and strawberries into small pieces.
3. Toss all the the fruit and hemp seeds on the top of the Greek yogurt and mix.

Recipe 17

Golden Milk Chia Pudding



Ingredients

- 6 tbsp chia seeds
- 2 tbsp powdered Lakanto sweetener
- 1 tsp ground turmeric
- 1/2 tsp cinnamon
- 1 tsp ground ginger
- 1/4 tsp ground cardamom, optional
- 1/4 tsp fine sea salt
- Pinch freshly ground black pepper
- 1 13.5-oz can full-fat coconut milk
- 1/2 tsp vanilla extract

Instructions

1. Place chia seeds in a large bowl. Whisk in sweetener, turmeric, cinnamon, ginger, cardamom (if using), salt, and pepper until well combined. Whisk in coconut milk and vanilla, taking care to get all the lumps of coconut cream out.
2. Divide among 4 bowls, cover, and refrigerate for at least 4 hours or up to overnight to set. (Check bowls after 30 minutes; if seeds have clumped, stir to redistribute them.)

Serves 4



Recipe 18

Pistachio and Quinoa Salad

Ingredients

- 1 box of quinoa (8 oz)
- A small handful of pistachios
- ½ cucumber, diced
- ¼ onion, diced
- ½ tomato, diced

Instructions

1. Cook the quinoa as the box instructs, bringing the water to a boil before adding it in and stirring. Return to a boil and then continue cooking on medium-low heat until the quinoa has absorbed the water (about 15 minutes).
2. Put the quinoa in a bowl and slice up all of the vegetables.
3. Add in the veggies to your dish.
4. Top with pistachios and enjoy.



Recipe 19

Avocado Chickpea Salad Collard Wraps

Ingredients

- 1 ripe avocado
- 1 15-ounce can (1 1/2 cups) chickpeas, drained and rinsed
- 1 medium stalk celery, diced
- 1/2 large bell pepper, diced
- 1 medium carrot, diced
- 1 lemon, juiced
- 1/4 cup cilantro, finely chopped
- 1/2 teaspoon salt, plus more to taste
- 1/4 teaspoon pepper, plus more to taste
- 6 collard leaves
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Instructions

1. In a small bowl, mash avocado.
2. In a large bowl, add chickpeas; with a potato masher or fork, mash chickpeas well. Add celery, bell pepper, and carrot; stir. Add lemon juice, cilantro, mashed avocado, salt, and pepper; stir until all ingredients are combined.
3. Lay a collard leaf flat on a cutting board. Scoop about 1/3-1/2 cup chickpea salad onto the center of the leaf. Fold the edges in, then roll the leaf like a burrito.
4. Repeat until all of the chickpea salad is used.
5. Store in the fridge in an airtight container for up to 5 days.



Recipe 20

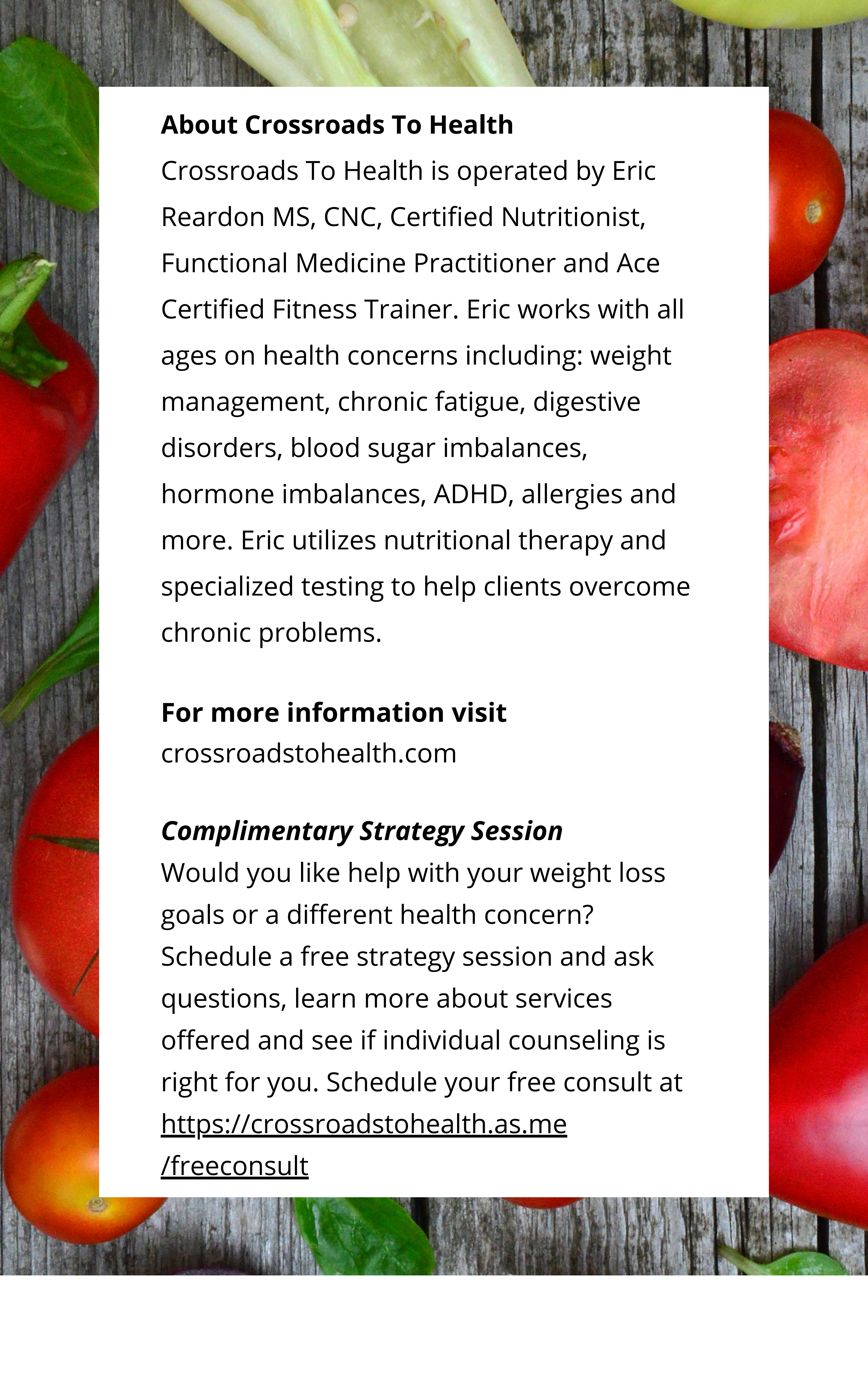
Lentil Vegetable Soup

Ingredients

- 1 pound French green lentils
- 4 cups chopped yellow onions (3 large onions)
- 4 cups chopped leeks, white part only (2 leeks)
- 1 tablespoon minced garlic (3 cloves)
- 1/4 cup good olive oil, plus additional for drizzling on top
- 1 tablespoon salt
- 1 1/2 teaspoons freshly ground black pepper
- 1 tablespoon minced fresh thyme leaves or 1 teaspoon dried
- 1 teaspoon ground cumin
- 3 cups medium-diced celery (8 stalks)
- 3 cups medium-diced carrots (4 to 6 carrots)
- 3 quarts chicken stock
- 1/4 cup tomato paste
- 2 tablespoons red wine or red wine vinegar
- Freshly grated Parmesan cheese

Instructions

1. In a large bowl, cover the lentils with boiling water and allow to sit for 15 minutes. Drain.
2. In a large stockpot on medium heat, saute the onions, leeks, and garlic with the olive oil, salt, pepper, thyme, and cumin for 20 minutes, until the vegetables are translucent and very tender. Add the celery and carrots and saute for 10 more minutes.
3. Add the chicken stock, tomato paste, and lentils. Cover and bring to a boil.
4. Reduce the heat and simmer uncovered for 1 hour, until the lentils are cooked through.
5. Check the seasonings. Add the red wine and serve hot, drizzled with olive oil and sprinkled with grated Parmesan.



About Crossroads To Health

Crossroads To Health is operated by Eric Reardon MS, CNC, Certified Nutritionist, Functional Medicine Practitioner and Ace Certified Fitness Trainer. Eric works with all ages on health concerns including: weight management, chronic fatigue, digestive disorders, blood sugar imbalances, hormone imbalances, ADHD, allergies and more. Eric utilizes nutritional therapy and specialized testing to help clients overcome chronic problems.

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