
Fat Burning Desserts

*****Special Report*****

Published by FitnessUnderOath.com
Copyright 2017

Bonus Report: Fat Burning Desserts



Show me someone who says “I’m never going to eat dessert again!” and I’ll show you someone who is destined to remain overnight forever.

Let’s face it. Being lean is awesome. But dessert is also awesome.

Luckily, you don’t have to swear off dessert to get lean. With a few simple alterations you can actually enjoy delicious desserts practically every night of the week and **STILL** get lean.

In this report, I’m going to introduce you to some of my favorite dessert recipes.

Enjoy!

Here are my favorites...

Fat Burning Cheesecake



This stuff right here is freaking gold.

Seriously, you know how easy it is to get lean and stay lean when you know you can eat cheesecake? It’s amazing.

“But isn’t cheesecake ultra high in calories?”

Yes, regular cheesecake is definitely off limits when you're trying to get lean. But this fat burning cheesecake is high in protein and low in calories. And it's very filling.

Best of all, if eat the ENTIRE cheesecake, it only has 944 calories.

I'm not saying you should skip all your meals and ONLY eat a whole cheesecake for dinner. But if you did, you'd wake up leaner the next day.

"I ate a whole cheesecake for dinner and woke up with abs" -- how ridiculous does that sound?

Recipe: Fat Burning Cheesecake

Nutritional Information For The ENTIRE Cheesecake:

Protein 128g, Carbs 44g, Fat 28g - 944 cal.

Ingredients:

- Egg whites - 40g
- Greek Yogurt 0% - 360g
- Philadelphia lightest - 360g (If you use full fat you will get a creamier cheesecake at the expense of about an additional 750 calories)
- Eggs - 2
- Protein powder - 50g MyProtein strawberry dessert, which is a mix of proteins, sweetener, wheat gluten and xanthan gum.
- Sweetener - Stevia drops (I used strawberry)

Method:

- Preheat oven to 160 degrees C
- Mix ingredients together for 5 minutes
- Add to a 7 inch spring tin
- Cook for 30 minutes
- Turn oven down to 90 degrees C
- Cook for further 60 minutes

-
- Turn off oven, open the door and let the cheesecake cool for 60 minutes
 - Take it out of the oven and let it cook for another couple of hours at room temperature then in the fridge for another couple of hours, preferable overnight.



Fat Burning Chocolate Topped Pumpkin Pie

Here's a perfect recipe for fall.

While everybody else is out there destroying their fat loss dreams by sucking down high-calorie, high-sugar pumpkin spike latte's you can enjoy massive slices of pumpkin

pie AND still lose weight.

Enjoy.

For the whole pie: Protein: 75grams. Carbs: 60 grams. Fat: 15grams
Calories: 675 cal.

2 Whole Eggs
4 Egg Whites
8oz Fat Free Cream Cheese
15oz Libby's Pumpkin (Canned Pumpkin)
Splenda
Cinnamon
Baking Powder
10-15g Protein Powder (I used vanilla or chocolate when I make mine)

Frosting:
75-100g FF Greek Yogurt

15-20g Protein Powder
15-25g Fat Free Cream Cheese
Optional: (Peanut Butter/ Almond Butter)

Directions:

Beat Cream Cheese, add in eggs, and toss in dry ingredients.

Bake at 300 for 40-45 Minutes (until top starts to slowly crack, stick the middle with a fork/tooth pick to make sure its done.

Let it cool for an hour or two then let it sit in fridge overnight

Alternative:

Freeze for an hour or so, then top it with sludge and place back into freezer (for around 20-30 minutes until the sludge starts to harden and then top with fat free whip cream.

Fat Burning Cookies



Yup, you can have cookies too.

These are little higher in calories than some of the other desserts, but you can still enjoy 4 MASSIVE cookies without ruining your diet.

Fat Burning Cookies Recipe

Nutritional info for the whole recipe: : (Makes about 4 cookies): Protein 41g/Fat 11g/ Carbs 71g/ Calories 502

Ingredients

1 ripe banana

½ cup dry old fashioned oats

4 tablespoons Peanut Butter Powder (can use real peanut butter too, just adjust macros accordingly)

2-3 tablespoons water

1 scoop (30g) Vanilla Whey or Chocolate whey protein powder

1 tablespoon semi sweet chocolate chips

1. Preheat oven to 350 F (176 C) and line a baking sheet with parchment paper (or spray with non stick cooking spray).

2. In a medium bowl combine all ingredients until you get it to be dough like (it will be sticky).

3. Drop 4 equal sized balls into to the baking sheet. Lightly press down with a fork or fingertips. Bake for 10-15 minutes. Remove from oven and let cool on cookie sheet before eating.

Fat Burning Brownies



Makes 24 large brownies

Total macros for entire recipe: Protein: 270 grams. Carbs: 400 grams. Fat: 300 grams. Total calories: 5,380 (Only 225 per brownie)

½ cup flour

¾tsp

baking

powder

½tsp salt

~1c vanilla WPI, ~1c natural WPC - about three 30ish gram

scoops of each ⅔ or so cup of cocoa

50g chopped fresh coconut

100g chopped natural

almonds, toasted 1c oats,

toasted

small amount of stevia to taste - about ¼ tsp or so

⅔ cup of honey

3 eggs

200g margarine

100 grams crunchy peanut butter

100 grams light smooth peanut butter

1 tsp vanilla essence

1 cup of skim milk.

Low Fat Chocolate Balls



These are great. 'nuff said.

Nutritional Info/Macros for whole recipe (14 balls): Protein 29g/Fat 8g/
Carbs 189g/Fiber 11g/ Calories 896
Per ball: P 2g/F 1g/ C 14g/ Fiber 1g/ Calories 64

Ingredients

¼ cup (60g) fat free Greek yogurt
1/3 cup (26g) Hershey's Special Dark Baking Cocoa
1 large egg
¼ cup packed (45g) light brown sugar
1/2 teaspoon (2.5 mL) salt
1 teaspoon (5 mL) vanilla extract
1 cup (120g) all purpose flour
¾ teaspoon (4 mL) baking powder
¼ cup (30 grams) powdered confectioner's sugar

Instructions

1. Preheat oven to 350 F (176 C) and line a baking sheet with parchment paper (or spray it with non stick cooking spray)
2. Mix yogurt and cocoa powder in a small bowl and set aside
3. In a medium bowl, whisk egg, brown sugar, salt, and vanilla until it's smooth. Gradually add the chocolate mixture in and whisk until well blended.
4. In another small bowl, whisk flour and baking powder. Stir this into the chocolate/egg/brown sugar mixture until everything is combined and well blended.
5. Roll into 14 equal sized balls and then roll the balls in the powdered sugar (coat them well)
6. Bake for 5-8 minutes.

Red Velvet Fat Burning Mousse



Nutrition Info: Protein 27g/Fat 8g/Carbs 30g/ Calories 296
Red Velvet Oreo Protein Fluff

Ingredients

1 scoop whey or casein protein powder (I used Optimum Nutrition's Creamy Vanilla Whey)

¼ cup COLD non fat milk

about ¼ cup frozen strawberries (slice them before freezing to make it easier for the fluff)

Your sweetener of choice (I put in 1 tablespoon of Splenda)

2 cookies, Red Velvet Oreos, crushed into big chunks

1. In a stand mixer (or a big bowl with an electric hand mixer), mix protein powder, cold milk and your choice of sweetener on HIGH until mixture gets thick

2. Add frozen fruit and continue mixing on high until fluff gets thicker (about 5-8 minutes)

3. Put fluff in a bowl and top with crushed Red Velvet Oreos

Legal Stuff

No part of this manual may be reproduced or distributed without the expressed written consent of www.FitnessUnderOath.com

Every word of this manual is protected by U.S. Copyright Laws, 2017.

Medical Stuff

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.