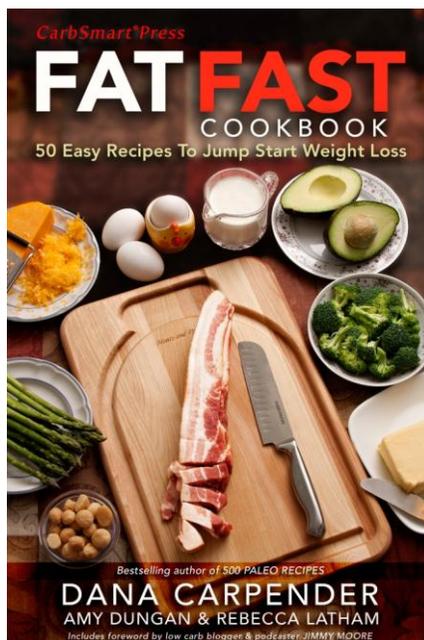


## Bonus Recipes for Fat Fast Cookbook



### 5 Additional Easy Recipes To Jump Start Weight Loss

by Dana Carpender

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## Sausage and Egg

Guess what? This favorite breakfast fits into your Fat Fast, and will keep you full for hours.

### Ingredients

- 1 ounce pork sausage
- 1 egg

### Instructions

1. In a medium-sized skillet, over medium-low heat, fry your sausage till it's browned and done through.
2. Remove to a plate and keep warm, while you fry or scramble your egg in the sausage grease.
3. Enjoy!

### Nutrition Information

1 serving with: 184 Calories; 16g Fat (78.7% calories from fat); 9g Protein; 1g Carbohydrate; 0g Dietary Fiber; 1g usable carb.

## Swiss “Rice” Casserole

This is a great side dish in general; the family will love it. It just happens to fit Fat Fast percentages, so long as you stick to a small portion, and melt a teaspoon of butter over your serving.

### Ingredients

- ½ whole cauliflower, head – 4 cups cauliflower “rice”
- 1 cup shredded Swiss cheese
- 2 tablespoons minced shallot
- 5 eggs – separated
- 1 ½ cups heavy cream
- 1 teaspoon salt – or [Vege-Sal](#)
- ¼ teaspoon nutmeg
- ¼ teaspoon pepper
- 1 tablespoon vermouth, optional
- ¾ cup chopped walnuts
- paprika

### Instructions

1. Preheat oven to 350.
2. Spray an 8x8 baking pan with non-stick cooking spray, or grease it with butter or coconut oil.
3. Trim the leaves and the very bottom of the stem from your cauliflower, whack the rest into chunks, and run through the shredding blade of your food processor. Dump your cauliflower “rice” in a big mixing bowl. Put the work bowl back on the processor, and run your Swiss cheese through it; dump that in with the cauliflower “rice”.

(Continued Next Page)

## Swiss “Rice” Casserole (continued)

4. Mince your shallot quite fine - I do this with a knife and cutting board, because really the food processor is too big for this little job. Add to the cauliflower “rice” and cheese. Toss everything together until it’s all well-distributed, taking care to break up clumps of cheese shreds.
5. Swap out the shredding disc for the S-blade, and chop your walnuts to a medium consistency.
6. You’ll need another two bowls, one narrow and deep for whipping in. Separate your eggs, putting the yolks in one bowl, and the whites in the narrow and deep bowl. Do yourself a favor and separate them into a custard cup, one at a time, in case a yolk breaks. Even a tiny bit of yolk in your whites will keep them from whipping.
7. Add the cream, salt or Vege-Sal, nutmeg, and pepper to the yolks, and whisk the whole thing up.
8. Whip the whites until they’re stiff but not dry.
9. Now, pour the yolk and cream mixture into the cauliflower and cheese. Stir it in well.
10. Use a rubber scraper to fold the whipped egg whites into the cauliflower mixture. Dump the whole thing in your prepared 8x8 pan, spreading evenly.
11. Sprinkle the chopped walnuts evenly over the top. Dust lightly with paprika.
12. Bake for 45 minutes. Cut in squares to serve.

## Nutrition Information

16 servings, each with: 167 Calories; 15g Fat (78.9% calories from fat); 6g Protein; 3g Carbohydrate; 1g Dietary Fiber; 2g usable carb.

## Notes

- Melt 1 teaspoon butter over your portion to get 201 calories, 82% from fat. 2 teaspoons of butter and you’re up to 234 calories, 85% from fat.
- We have deliberately analyzed for a very small serving, to fit Fat Fast guidelines. If you want to use this recipe when you are not Fat Fasting, consider it to be closer to 9 servings.

## Garlicky Creamed Mushrooms

This makes two Fat-Fast “feedings” - warm the second one up in the microwave. Or, if you prefer, add one serving to a steak or chop for a family member who is not Fat-Fasting. Up to you.

### Ingredients

- 8 ounces sliced mushrooms
- 2 ½ tablespoons butter
- 2 tablespoons Boursin cheese

### Instructions

1. In your big, heavy skillet, over medium heat, sauté the mushrooms in the butter until they soften and change color.
2. Add the Boursin and stir until it melts.
3. Serve.

### Nutrition Information

2 servings, each with: 215 Calories; 21g Fat (83.9% calories from fat); 4g Protein; 6g Carbohydrate; 1g Dietary Fiber; 5g usable carb.

## Fat Fast Salad

Sometimes you just want a big, crisp salad. Feel free to use another variety of lettuce, or even a combination of your favorite seasonal lettuce. You can even try adding spinach for a special treat.



### Ingredients

- ½ clove garlic – crushed
- 3 cups romaine lettuce
- 1 ½ tablespoons [olive oil](#)
- 2 teaspoons wine vinegar
- 1 pinch dry mustard
- salt and pepper

### Instructions

1. Crush the garlic into a small dish, and pour the olive oil over it. Let that sit for five minutes.
2. In the meanwhile, wash and dry your lettuce, and tear it up. Put it in a salad bowl.
3. Mix together the vinegar and the mustard.
4. Now pour the olive oil over the salad, and toss till all the leaves are evenly coated. Add the vinegar and mustard blend, and toss again. Add salt and pepper to taste, toss one more time, and eat right out of the salad bowl!

### Nutrition Information

1 serving with: 207 Calories; 21g Fat (85.4% calories from fat); 3g Protein; 5g Carbohydrate; 3g Dietary Fiber; 2g usable carb.

## Broccoli with Lemon Butter

A nice demonstration of the fact that very low carb and low calorie vegetables with a fatty topping make great Fat Fast dishes. You might as well make a whole pound, and feed the rest to the family.

### Ingredients

- ¼ pound broccoli - fresh or frozen, your choice
- 2 tablespoons butter
- ¼ lemon

### Instructions

1. Steam the broccoli to your taste.
2. Melt the butter over it and squeeze on the lemon.

### Nutrition Information

1 serving, with: 226 Calories; 23g Fat (87.2% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 3g usable carb.



## Resources

[FatFastRecipes.com](http://FatFastRecipes.com) - The home of the **Fat Fast Cookbook** and the largest collection of information related to the Fat Fast. Here you'll find free Fat Fast recipes, a list of ingredients for making your Fat Fast recipes, the PDF version of the Fat Fast Cookbook, and other resources.

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[HoldTheToast.com](http://HoldTheToast.com) - The home of Dana Carpender, the author of **Fat Fast Cookbook**. Dana has been publishing her perspective on the low carb lifestyle since 1999.

## Resources (continued)

[HealthyLowCarbLiving.com](http://HealthyLowCarbLiving.com) - The (low carb) home of Amy Dungan, contributor to the **Fat Fast Cookbook**. Amy Dungan is a writer, and photographer, living in Southern Illinois with her husband and two children. She started on the low carb lifestyle in 2001 after frantically searching for a way to lose weight and deal with health problems. She's had some ups and downs over the years, but continues to push forward in the pursuit of good health. You can learn more about her continuing journey at [www.healthylowcarbliving.com](http://www.healthylowcarbliving.com).

[My Low Carb Road to Better Health](http://MyLowCarbRoadtoBetterHealth) - The home of Rebecca Latham, contributor to the **Fat Fast Cookbook**. Rebecca Latham started the low carb lifestyle in 2009 after trying to lose weight the conventional way - low fat and high carb. After her initial success on Atkins (her story can be found in *The New Atkins for a New You*), Rebecca found that something else was needed to lose the remaining weight and keep it off. Lowering protein and raising fat has done the trick, and Rebecca has reached her goal weight and is maintaining very nicely! You can read more about how she eats this way at [www.LowCarbBetterHealth.blogspot.com](http://www.LowCarbBetterHealth.blogspot.com).

[Amy Dungan Photography](http://AmyDunganPhotography) - The (photography) home of Amy Dungan, contributor to the **Fat Fast Cookbook**. Amy is a photographer and writer residing in Marion, Illinois. A wife and mother of two, she loves the creative outlet photography allows her. She's a graduate of the New York Institute of Photography and has worked in the industry since 2008. She enjoys all types of photography, but specialize in newborns and children - and now food!

[Guyer Photography](http://GuyerPhotography) - The home of Jeff Guyer, photographic contributor to the **Fat Fast Cookbook**. Guyer Photography specializes in weddings and special events, as well as portrait, fine art and architectural photography.