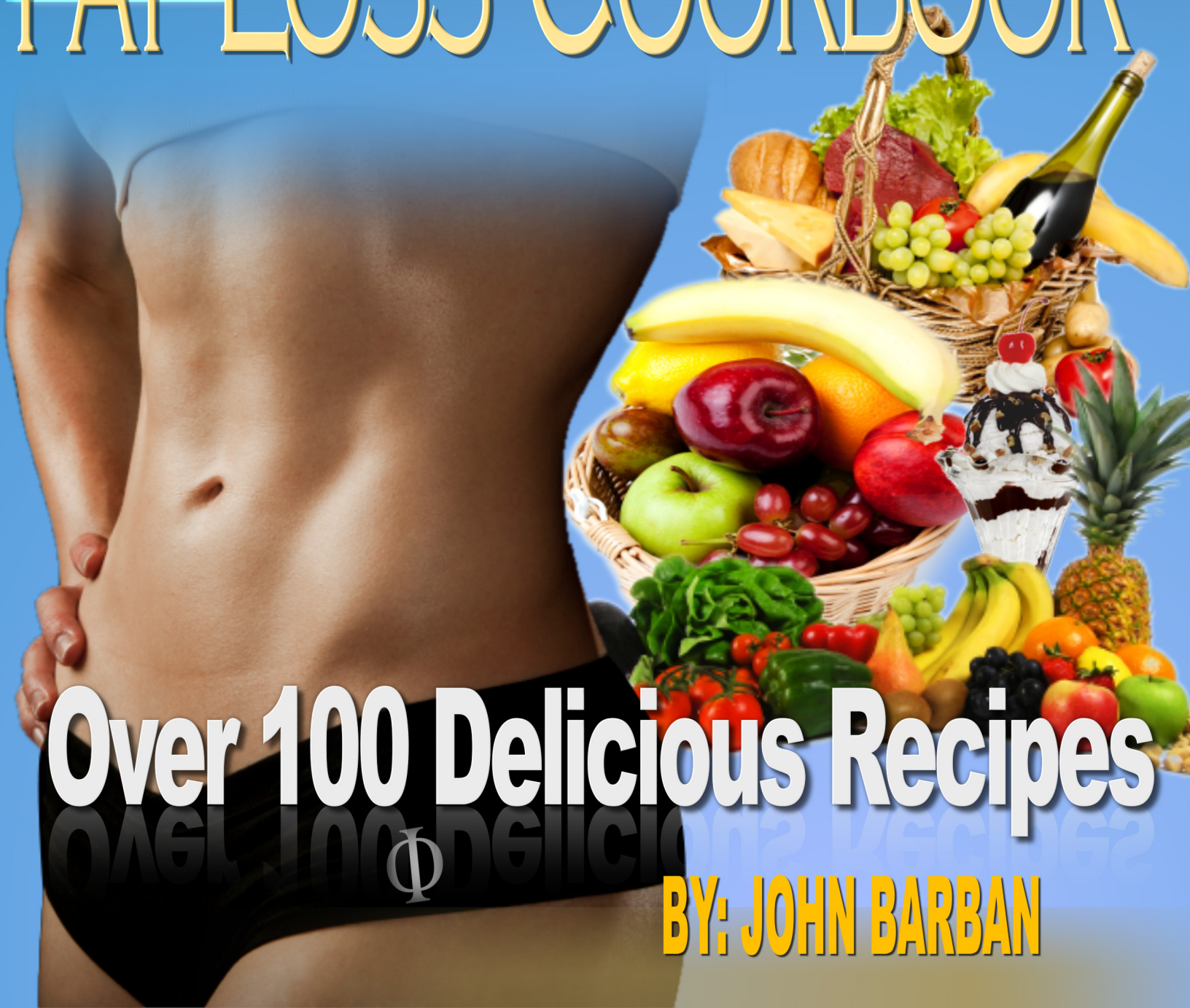


# THE VENUS FACTOR FAT LOSS COOKBOOK



**Over 100 Delicious Recipes**

**BY: JOHN BARBAN**

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PREVIEW

## Pancakes

Calories per serving: 100 (excluding optional toppings)  
Serving size: 2 pancakes  
Total calories per recipe: 1200  
Servings: 6

### To make 12 Low-Calorie Pancakes, you will need:

- 1 tablespoon cold-pressed coconut oil
- 1 cup cake flour +  $\frac{3}{4}$  cup all-purpose flour
- 2 tablespoons pure cane sugar
- 2 teaspoons aluminum-free baking powder
- 1 teaspoon aluminum-free baking soda
- $\frac{1}{2}$  teaspoon raw salt
- 2 eggs
- 2 cups water
- 2 tablespoons melted butter
- 1 tablespoon fresh lemon juice
- 1 teaspoon pure vanilla extract

### Instructions:

Over medium heat, pre-heat a cast-iron griddle, spreading a tablespoon of coconut oil to thoroughly coat the surface of the griddle. In a mixing bowl, stir together the flour, sugar, baking powder, baking soda and salt. In a separate bowl, whisk together the eggs, water, melted butter, lemon juice and vanilla extract. Add wet mixture to dry mixture, stirring until just blended (do not over-mix; the batter should have several small lumps). Pour pancake batter onto hot griddle to make 12 pancakes. Cook for 1 minute or until the edges appear dry and some of the bubbles appearing in the batter have begun to pop. Flip each pancake once, and cook for another minute, or until a light golden brown on both sides.

## Hamburgers and French Fries

Calories per serving: 355  
Serving size: 1 hamburger + 1 portion fries with ketchup  
Total calories per recipe: 355  
Servings: 1

### Ingredients:

### Instructions:

PREVIEW



# Lasagna

Calories per serving: 150  
 Serving size: 1/8 recipe  
 Total calories per recipe: 1200  
 Servings: 8

## Ingredients:

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## Instructions:

1. Preheat oven to 375 degrees F. In a large pot, bring 4 cups of water to a boil. Add 1/2 cup salt and 1/2 cup oil. Add 1/2 cup dry lasagna noodles and cook for 10 minutes. Drain and rinse with cold water.

2. In a large skillet, heat 1/2 cup oil over medium heat. Add 1/2 cup onion, 1/2 cup garlic, 1/2 cup red pepper, 1/2 cup green pepper, 1/2 cup mushrooms, 1/2 cup carrots, 1/2 cup celery, 1/2 cup zucchini, 1/2 cup tomatoes, 1/2 cup mushrooms, 1/2 cup carrots, 1/2 cup celery, 1/2 cup zucchini, 1/2 cup tomatoes, 1/2 cup mushrooms, 1/2 cup carrots, 1/2 cup celery, 1/2 cup zucchini, 1/2 cup tomatoes.



# York-Style Cheesecake

Calories per serving: 170  
Serving size: 1/12 recipe  
Total calories per recipe: 2040  
Servings: 12

## Ingredients:

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## Instructions:

PREVIEW



# Nachos

Calories per serving: 247.5  
Serving size: 1/4 recipe  
Total calories per recipe: 990  
Servings: 4

## Ingredients:

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## Instructions:

PREPARE THE NACHOS BY HEATING THE OIL IN A LARGE SKILLET OVER MEDIUM HEAT. ADD THE TOSTITOS AND COOK FOR 5 MINUTES. REMOVE FROM HEAT AND ADD THE CHEESE, BEANS, AND SAUCE. STIR TO COMBINE. SERVE WITH THE TOPPINGS.

PREVIEW



## Bleu Cheese Dip

Calories per serving: 65  
Serving size: ¼ cup  
Total calories per recipe: 780  
Servings: 12

### Ingredients:

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### Instructions:

PREVIEW

PREVIEW

## Deviled Eggs

Calories per serving: 78  
Serving size: 2 egg halves  
Total calories per recipe: 936  
Servings: 12

### Ingredients:

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### Instructions:

PREVIEW



# Mocha Smoothie

Calories per serving: 110  
Serving size: 1 smoothie (approximately 1 1/2 cups)  
Total calories per recipe: 440  
Servings: 4

## Ingredients:

- 1 cup milk
- 1/2 cup coffee
- 1/2 cup chocolate syrup
- 1/2 cup ice
- 1/2 cup banana
- 1/2 cup vanilla

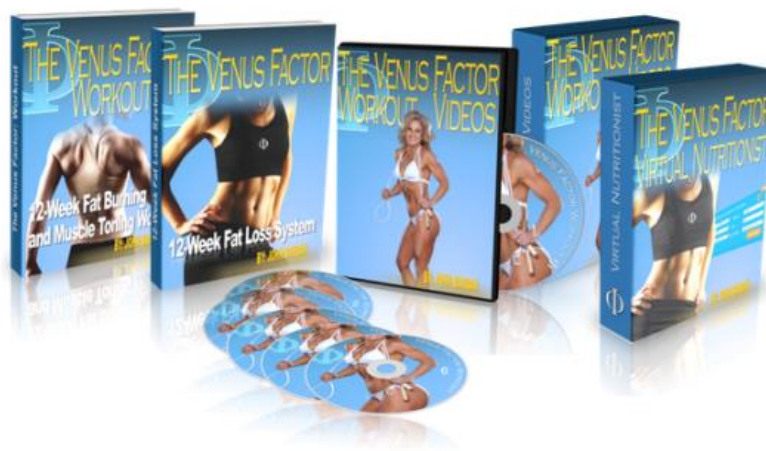
## Instructions:

1. Add all ingredients to a blender.

2. Blend until smooth.

PREVIEW

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