

THE VENUS FACTOR

12-WEEK MEAL PLAN



Recipe Guide

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Apple/Bacon/Blue Cheese Omelet

(Serves 1)

Ingredients

2 slices turkey bacon
1/4 crisp apple, thinly sliced
2 teaspoons butter, divided
2 eggs, beaten
1 tablespoon crumbled blue cheese

Method

- 1.
- 2.
- 3.
- 4.
- 5.

393 calories, 6 g carbs, 23 g protein, 25 g fat

PREVIEW

**LUNCH AND DINNER
RECIPES**

PREVIEW

Arugula/Grapefruit/Avocado Salad

(Makes 2 servings)

Ingredients

1 ruby red grapefruit, peeled and pith removed, segmented (Reserve juice when segmenting)
1 tablespoon olive oil
1/2 teaspoon sea salt
1/2 avocado, peeled and diced
1/2 small red onion, thinly sliced
3 cups arugula, washed, patted dry

Method

- 1.
- 2.
- 3.
- 4.
- 5.

203 calories, 3 g protein, 20 g carbs, 15 g fat

SNACK RECIPES

PREVIEW

Spicy Almonds

(Makes 4 cups, Serving size is 2 tablespoons)

Ingredients

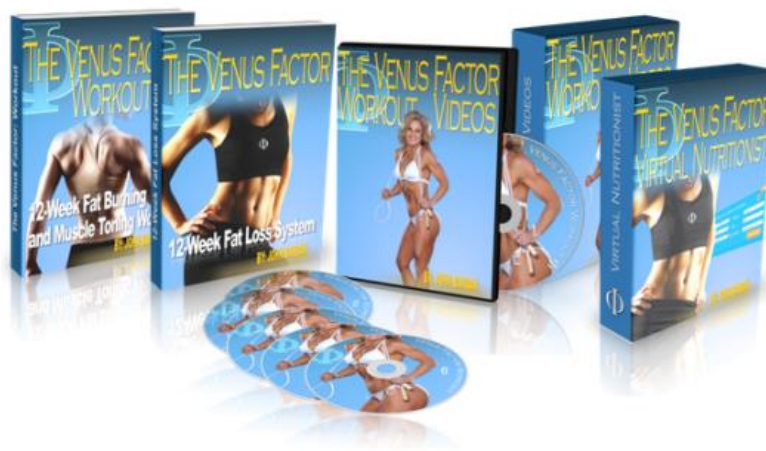
1 tablespoon water
1 large egg white
1 pound (about 4 cups) unblanched almonds
1/2 cup sugar
1 tablespoon sea salt
1 teaspoon smoked paprika
1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon chili powder
1 teaspoon olive oil

Method

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Per 2-tablespoon serving: 98 calories, 7.2 g fat, 3.1 g protein, 6 g carbs

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