

The Underground Fat Loss Recipe Guide

Super-filling, super-yummy,
done-for-you meals that make it
simple and easy to get lean.

Legal Stuff

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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.

About This Guide

Congratulations! The Underground Recipe Guide is the perfect companion to the Underground Fat Loss Manual.

Make sure you've read the entire Underground Fat Loss Manual from cover to cover. You'll notice that there are a few different caloric recommendations listed in the Underground Fat Loss Manual.

Depending on your starting point, you'll be shooting for 1,000 calories a day, 1,250 calories a day or 1,500 calories per day.

For the purposes of this manual, we're going to focus on 1,250 calories a day. If you need to add 250 calories per day or subtract 250 calories per day, go ahead and make that change simply by adding or subtracting additional calories as needed.


Also, for the purposes of this guide I'm showing you 2 meals per day. I've found that two meals per day works best for most people.

Of course, you can do 4 meals per day or 3 meals per day or even 1 meal per day if you want so long as you stay below the caloric ceiling each day. The number of meals doesn't matter! The number of calories you consume DOES!

Also, for the purposes of this guide we're showing breakfast and lunch. This does NOT mean you need to skip dinner. These are just labels. Personally, I enjoy breakfast foods but I skip breakfast, which means I skip breakfast.... Eat breakfast foods for lunch... and then eat lunch for dinner.



If that's confusing, just remember that there are no rules when it comes to eating breakfast, lunch or dinner. Those are just labels. In this guide you'll find 14 days of done-for-you meals. This is just a starting point, you can keep going with these same meals for as many days as you like.


Day 1:

 1229 Calories ⓘ


Breakfast

642 Calories


 



Sausage and Egg Breakfast Sandwich
1 sandwich





Bacon
2 strips




Blueberries
1 cup


Lunch

587 Calories



Almond Butter Berry Protein Smoothie
1 smoothie




Red Bell Pepper and Hummus
1 serving

<https://www.eatthismuch.com/recipe/view/almond-butter-berry-protein-smoothie,717760/>



<https://www.eatthismuch.com/recipe/view/red-bell-pepper-and-hummus,331997/>


<https://www.eatthismuch.com/recipe/view/sausage-and-egg-breakfast-sandwich,906627/>


Day 2

 1220 Calories ⓘ



Breakfast


618 Calories  


 **Bacon Breakfast Tacos**
1 serving

 **Blueberries**
1 cup

Lunch

602 Calories  


 **Skinny Oreo Milkshake**
1 serving

 **Almond Butter & Celery**
1 serving



<https://www.eatthismuch.com/recipe/view/bacon-breakfast-tacos.957232/>


<https://www.eatthismuch.com/recipe/view/skinny-oreo-milkshake.971403/>

Day 3



 1244 Calories ⓘ


Breakfast


647 Calories  

 **Spinach and Orange Smoothie**
1 serving

Lunch

597 Calories  



 **Peanut Butter Protein Yogurt**
1 serving

 **Peanut Butter & Carrots**
1 serving



<https://www.eatthismuch.com/recipe/view/spinach-and-orange-smoothie,930981/>


<https://www.eatthismuch.com/recipe/view/peanut-butter-protein-yogurt,717892/>


Day 4

 1210 Calories 



Breakfast


589 Calories  


 **Oatmeal Smoothie**
1 serving

 **Pecans**
1 ounce

Lunch

621 Calories  



 **Tuna & White Bean Salad**
1 serving

 **Peanut Butter and Carrots Snack**
1 serving



<https://www.eatthismuch.com/recipe/view/oatmeal-smoothie,927246/>




<https://www.eatthismuch.com/recipe/view/tuna-white-bean-salad,332363/>

Day 5



 1225 Calories 




Breakfast

581 Calories  

-  **Fruity Almond and Yogurt Smoothie**
1 serving
-  **Granola**
1 ounce
-  **Oranges**
1 fruit

Lunch



643 Calories  

-  **Plain Tuna Salad**
1 serving
-  **Almonds**
1 ounce
-  **Red Bell Pepper, Carrots, and Peanut Butter Snack**
1 serving



<https://www.eatthismuch.com/recipe/view/fruity-almond-and-yogurt-smoothie.927220/>




<https://www.eatthismuch.com/recipe/view/plain-tuna-salad.905559/>

Day 6



 1254 Calories 



Breakfast

600 Calories  

-  **Eggs, Cheese, Turkey Sausage Omelet**
1 omelet
-  **Apple**
1 apple
-  **Nonfat yogurt**
1 bowl

Lunch



654 Calories  

-  **Hummus pocket sandwich**
1 pocket
-  **Peanut Butter & Celery**
1 serving



<https://www.eatthismuch.com/recipe/view/eggs-cheese-turkey-sausage-omelet.35583/>




<https://www.eatthismuch.com/recipe/view/hummus-pocket-sandwich.33542/>

Day 7



 1278 Calories 




Breakfast

630 Calories  

-  **Kale and Egg Cups**
1 serving
-  **Granola**
1 ounce
-  **Pecans**
1 ounce

Lunch

648 Calories  



-  **Peanut Butter and Honey Toast**
1 sandwich
-  **Yogurt & Mango**
1 serving
-  **Red Bell Pepper and Hummus**
1 serving




<https://www.eatthismuch.com/recipe/view/kale-and-egg-cups.905522/>

Day 8

Breakfast



588 Calories






-  **Microwave Peanut Butter Protein Oats**
1 serving
-  **Nonfat yogurt**
1 bowl
-  **Granola**
1 ounce

Lunch

681 Calories



-  **Mexican Cottage Cheese Salad**
1 serving
-  **Peanut Butter & Carrots**
1 serving
-  **Banana**
1 banana



<https://www.eatthismuch.com/recipe/view/microwave-peanut-butter-protein-oats.1016932/>



<https://www.eatthismuch.com/recipe/view/mexican-cottage-cheese-salad.332547/>

Day 9

Breakfast



703 Calories






- **"Reese's" Chocolate and Peanut Butter Oatmeal**
555 g
- **Pecans**
1 ounce

Lunch

580 Calories





- **Almonds and Blueberries Yogurt Snack**
1 serving
- **Cheese slices**
1 serving
- **Peach and Peanut Butter Snack**
1 serving



<https://www.eatthismuch.com/recipe/view/reeses-chocolate-and-peanut-butter-oatmeal.906517/>




<https://www.eatthismuch.com/recipe/view/almonds-and-blueberries-yogurt-snack.905846/>

Day 10



 1252 Calories 



Breakfast

642 Calories  

-  **Protein Breakfast Muffin**
1 serving
-  **Nonfat greek yogurt**
1 cup
-  **Whole Wheat Toast**
1 serving



Lunch

610 Calories  



-  **Protein "Fluff"**
1 serving
-  **Peanut Butter & Carrots**
1 serving




<https://www.eatthismuch.com/recipe/view/protein-breakfast-muffin,927824/>
<https://www.eatthismuch.com/recipe/view/protein-fluff,905681/>

Day 11



 1252 Calories 



Breakfast

620 Calories  

-  **Tomato, Cream Cheese, and Pepper Sandwich**
1 serving
-  **Oranges**
1 fruit
-  **Pecans**
1 ounce

Lunch


632 Calories  

-  **Strawberry Protein Yogurt Smoothie**
1 smoothie
-  **Peanut Butter & Celery**
1 serving

<https://www.eatthismuch.com/recipe/view/tomato-cream-cheese-and-pepper-sandwich.906419/>



<https://www.eatthismuch.com/recipe/view/strawberry-protein-yogurt-smoothie.905691/>


Day 12


 1256 Calories ⓘ

Breakfast

646 Calories



 


**Fried Egg Sandwich**
1 serving


**Nonfat greek yogurt**
1 cup


Lunch

609 Calories

**Kale and Apple Juice**
1 serving

**Red Bell Pepper and Hummus**
1 serving



**Avocado**
1 avocado



<https://www.eatthismuch.com/recipe/view/fried-egg-sandwich,931796/>

Day 13

Breakfast



616 Calories






- **Peach and Blueberry Parfait**
1 serving
- **Pecans**
1 ounce

Lunch

651 Calories





- **Spinach, Cottage Cheese, and Blueberry Protein Smoothie**
1 serving
- **Peanut Butter & Celery**
1 serving
- **Carrots**
1 cup



<https://www.eatthismuch.com/recipe/view/peach-and-blueberry-parfait,717844/>




<https://www.eatthismuch.com/recipe/view/spinach-cottage-cheese-and-blueberry-protein-smoot,974509/>

Day 14



 1208 Calories 




Breakfast

564 Calories  

-  **Cranberry-Banana Oatmeal**
1 bowl
-  **Granola**
1 ounce
-  **Whole Wheat Toast**
1 serving

Lunch

644 Calories  

-  **Cottage Cheese & Pineapple**
1 serving
-  **Peanut Butter & Celery**
1 serving
-  **Yogurt & Mango**
1 serving

<https://www.eatthismuch.com/recipe/view/cranberry-banana-oatmeal.906966/>