ASSIA - BLONDE, RICH & SKINNY

Skinny Secrets? *Or Just Science*



EAT FAT, LIFT HEAVY, STAY LEAN

A Girl's Guide to Heavy Weights, Good Fat, and 100 Low-Carb Recipes

Eat the fat. Lift the heavy weight. Stay lean. And stop apologising for any of it.

A Note Before You Start

This book is not medical advice, and I am not a doctor.

I am sharing my own experience, the way I eat and train, and what I personally saw change in my own body, skin, hair, mood, and energy. This is the food I love. It worked for me. It may not be right for you.

Do not follow any advice in this book, eating, fasting, supplements, or training, without talking to your doctor first, especially if you are pregnant, breastfeeding, have a medical condition, take medication, or have a history of eating disorders.

If something hurts, stop. If something feels wrong, check with a professional.

This book does not promise you a number on a scale. Bodies are all different, and anyone who promises you pounds is selling you something.

Take what fits your life. Leave the rest.

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CHAPTER 5,

Salads

Macros in this book are estimates from the ingredient quantities. Brands vary, and real food varies a little by handful, I would rather tell you that than print fake precision.

These are the salads I actually make when I want something fresh, fast, and filling, no sad lettuce leaves, no going hungry an hour later. Every one of them is a real meal: protein, good fat, and crunch. Make the dressing your own, taste as you go, and don't be shy with the herbs.

1.

Tuna, Egg & Avocado Salad

This one is my five-minute rescue lunch. A can of tuna, a couple of eggs, half an avocado, and suddenly you have a proper plate instead of a snack that leaves you hunting for more.

SERVES:	TIME:
2	15 minutes

INGREDIENTS:

- 1 can tuna in water, drained, 120 g
- 3 eggs, hard-boiled
- 1/2 avocado, 75 g
- 10 green or black olives, 30 g
- 1 cucumber, 150 g
- 2 tbsp fresh dill, chopped, 8 g
- 2 tbsp homemade low-carb mayo, 30 g
- Salt and black pepper, to taste

METHOD:

1. Mash the drained tuna lightly with a fork in a bowl, you want flakes, not paste.
2. Chop the eggs and the cucumber into small cubes and add them to the tuna.
3. Dice the avocado, halve the olives, and fold them in gently so the avocado keeps its shape.
4. Stir in the dill and the mayo, season with salt and pepper, and mix just until everything is coated.
5. Taste and adjust, a little more mayo if it feels dry, a squeeze of lemon if you want it brighter. Serve right away.

ESTIMATED MACROS PER SERVING: 4 g net carbs, 25 g protein, 24 g fat, ~360 kcal

2.

Shrimp Caesar-Style Salad

All the joy of a Caesar, garlicky shrimp, salty Parmesan, creamy dressing, crunchy croutons, without the heavy bread bowl situation. This is the one I make when friends come over and I want it to look like I tried really hard.

SERVES:	TIME:
2	20 minutes

INGREDIENTS:

- 300 g large shrimp, peeled
- 1 tbsp olive oil, 14 g
- 1 garlic clove, sliced
- 60 g mixed salad leaves
- 150 g cherry tomatoes
- 2 eggs, hard-boiled
- 40 g Parmesan, half grated and half shaved
- 40 g low-carb bread, cut into small cubes, for croutons
- 2 tbsp homemade low-carb mayo, 30 g
- 1 tbsp lemon juice, 15 g
- 1 garlic clove, minced, for the dressing
- Salt and black pepper, to taste

METHOD:

1. Warm the olive oil in a skillet over medium-high heat with the sliced garlic. Add the shrimp and cook 2-3 minutes per side, just until pink and curled. Set aside.
2. In the same pan, toast the low-carb bread cubes for 3-4 minutes until golden and crisp.
3. Whisk the mayo with the lemon juice, the minced garlic, and half the grated Parmesan. Season with salt and pepper, this is your dressing.
4. Lay the salad leaves on a wide flat plate. Scatter the croutons over them, then arrange the shrimp, halved cherry tomatoes, and quartered eggs on top.
5. Drizzle with the dressing and shower with the remaining Parmesan. Serve immediately, while the shrimp are still warm.

ESTIMATED MACROS PER SERVING: 5 g net carbs, 42 g protein, 19 g fat, ~380 kcal