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DELISH AND NUTRISH RECIPE STACK

*Discover 15 easy, healthy and tasty recipes,
including breakfast, lunch, dinner, treat and
smoothie options.*











TABLE OF CONTENTS

1	ZUCCHINI & CARROT FRITTERS WITH AVOCADO DIP
2	SPINACH OMELET WITH AVOCADO & COTTAGE CHEESE
3	RASPBERRY BREAKFAST TRIFLE
4	VEGAN BREAKFAST MUFFINS
5	QUINOA & ZUCCHINI TABBOULEH WITH HARISSA CHICKEN
6	CHICKEN PESTO & BROCCOLI SALAD
7	DILL SOUP WITH TURKEY MEATBALLS
8	AUBERGINE TAGINE
9	VEGAN SPINACH STEW
10	CHICKPEA PANCAKES WITH BEEF & LENTILS
11	SALMON, POTATO & ASPARAGUS BAKE TRAY
12	CHICKEN, POTATO & VEG CURRY
13	POST-WORKOUT BANANA PANCAKES
14	BANANA & COCONUT BREAD
15	CHOCOLATE OAT COOKIES



RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



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WEEKLY MEAL PLANNER



MONDAY

BREAKFAST

Zucchini & Carrot Fritters with Avocado Dip

LUNCH

Chicken Pesto & Broccoli Salad

SNACK

E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread

DINNER

Aubergine Tagine

TUESDAY

BREAKFAST

Zucchini & Carrot Fritters with Avocado Dip

LUNCH

Chicken Pesto & Broccoli Salad

SNACK

E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread

DINNER

Salmon, Potato & Asparagus Bake Tray

WEDNESDAY

BREAKFAST

Spinach Omelet with Avocado & Cottage Cheese

LUNCH

Leftover Salmon, Potato & Asparagus Bake Tray

SNACK

E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread

DINNER

Chicken, Potato & Veg Curry

THURSDAY

BREAKFAST

Raspberry Breakfast Trifle

LUNCH

Chickpea Pancakes with Beef & Lentils

SNACK

E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread

DINNER

Chicken, Potato & Veg Curry

FRIDAY

BREAKFAST

Vegan Breakfast Muffins

LUNCH

Chickpea Pancakes with Beef & Lentils

SNACK

E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread

DINNER

Vegan Spinach Stew

SATURDAY

BREAKFAST

Raspberry Breakfast Trifle

LUNCH

Dill Soup with Turkey Meatballs

SNACK

E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Vegan Breakfast Muffins

LUNCH

Dill Soup with Turkey Meatballs

SNACK

E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread

DINNER

Vegan Spinach Stew

A top-down photograph of a stack of three golden-brown zucchini and carrot fritters on a white ceramic plate with black speckles. The fritters are garnished with fresh basil leaves and a pinch of coarse salt. To the right of the stack are three cherry tomatoes and another sprig of basil. The plate is set on a light blue textured cloth.

**ZUCCHINI & CARROT FRITTERS
WITH AVOCADO DIP**

ZUCCHINI & CARROT FRITTERS WITH AVOCADO DIP



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
493 kcal
35g Fats
35g Carbs
15g Protein



WHAT YOU NEED

- ½ cup (85g) quinoa
- 2 medium carrots, grated
- 1 medium zucchini, grated
- 5 eggs
- 300g cherry tomatoes
- 4 sprigs basil, finely chopped
- 10 blades chives, finely chopped
- 2 tbsp. flour
- 2-4 tbsp of olive oil
- 2 avocados
- ½ lemon, juice only

WHAT YOU NEED TO DO

Cook the quinoa according to instructions on the packaging.

Grate the carrot and zucchini using the large holes and place the vegetables in a bowl. Add in the eggs, cooked quinoa, chopped herbs and stir well – season with salt and pepper and mix in the flour.

Heat some oil in a pan, add oil and spoon a tablespoon or two of the batter into the pan for make 12 fritters. Fry for 1 minute, turn gently turn with a spatula and fry for another minute or two. Continue in the same way with the rest of the batter.

Cut the avocado in half, remove the stone, place the avocado flesh together with lemon juice in a blender and blitz until a smooth. Season with salt and pepper and serve with the fritters.

Nutrition info per 3 fritters.



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**SPINACH OMELET WITH
AVOCADO & COTTAGE CHEESE**

SPINACH OMELET WITH AVOCADO & COTTAGE CHEESE



Serves: 1
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
551 kcal
43g Fats
18g Carbs
26g Protein



WHAT YOU NEED

- 4 oz. (115g) spinach, frozen
- 2 eggs
- ½ avocado
- 2 tbsp. cottage cheese
- 1/8 cup (15g) walnuts
- 1 tsp. coconut oil
- 1 tbsp. lemon juice
- salt and pepper

WHAT YOU NEED TO DO

Heat a non-stick pan over medium heat and heat the spinach until defrosted. Then allow the spinach to cool down and squeeze out the moisture. Transfer the spinach into a hand blender and chop finely. Add in the eggs, season with salt and pepper and mix well.

Half the avocado, remove the stone and slice the flesh.

Heat the oil in the pan over medium-high heat and pour in the egg-spinach mixture. Fry the omelet until almost cooked, then flip and cook for another minute.

Transfer onto a serving plate and top with sliced avocado, cottage cheese and walnuts. Drizzle with the lemon juice, season with salt and pepper and serve.



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RASPBERRY BREAKFAST TRIFLE



RASPBERRY BREAKFAST TRIFLE



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
266 kcal
8g Fats
3g Carbs
14g Protein



WHAT YOU NEED

- 2 cups (450g) cottage cheese
- 10 oz. (300g) raspberries
- 1 tbsp. honey
- 8 tbsp. muesli

WHAT YOU NEED TO DO

Place the cottage cheese, 2/3 of the raspberries and honey into a high-speed blender and blitz until smooth (you can also use Greek yoghurt instead of cottage cheese). Keep the rest of the raspberries for garnish.

Prepare 4 not too big glasses or jars and layer the trifle.

Start with a layer of raspberry cheese, 1 tbsp of muesli, and some fresh raspberries. Continue until you use all of the ingredients.

Serve immediately or keep in the refrigerator until required.



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VEGAN BREAKFAST MUFFINS

VEGAN BREAKFAST MUFFINS



Makes: 12
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
154 kcal
3g Fats
29g Carbs
4g Protein



WHAT YOU NEED

- 1/3 cup (50g) raisins
- 1/3 cup (40g) almonds, chopped
- 2 cups (230g) spelt flour
- 5/8 cup (50g) oats
- 5 tbsp. almond milk
- 1/2 cup (150g) maple syrup
- 1 tbsp. almond butter
- 2 tsp. baking powder

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C) and line a 12 hole muffin tin with muffin liners.

Roughly chop the almonds before mixing all of the ingredients. Spoon the mixture into the muffin liners.

Bake for 30-35 mins until cooked through. Store in an airtight container.



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**QUINOA & ZUCCHINI TABBouleH
WITH HARISSA CHICKEN**

QUINOA & ZUCCHINI TABBOULEH WITH HARISSA CHICKEN



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
456 kcal
14g Fats
68g Carbs
33g Protein



WHAT YOU NEED

- 12 oz. (350g) chicken fillets
- 4 tbsp. harissa pasta
- 300g quinoa
- 2 medium zucchinis, sliced
- 1 tbsp. olive oil
- 4 sprigs mint
- 4 sprigs coriander
- 2 spring onions
- 1 lemon
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

Brush the chicken fillets with the harissa paste and let them stand for a moment.

Cook the quinoa according to the instructions on packaging.

Heat the oil in a pan and fry the sliced zucchini, for 4-5 minutes until browned.

Coarsely chop the herbs and spring onion, and mix with the fried zucchini and quinoa.

Zest the lemon and squeeze the juice. Mix this with the quinoa and season the tabbouleh with salt and pepper.

Heat the oil in a pan over medium-high heat and fry the chicken fillets until brown and cooked through. Cut them into slices.

Divide the tabbouleh between plates and serve with the chicken.



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**CHICKEN PESTO &
BROCCOLI SALAD**

CHICKEN PESTO & BROCCOLI SALAD



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
352 kcal
26g Fats
11g Carbs
22g Protein



WHAT YOU NEED

- 12 oz. (350g) chicken thighs
- 14 oz. (400g) broccoli
- 1/3 cup (50g) almonds
- 3 tbsp. black olives, sliced
- 1 tbsp. coconut oil
- Handful basil leaves, for garnish
- 3/8 cup (85g) green pesto

WHAT YOU NEED TO DO

Season the chicken thighs with salt. Divide the broccoli into and cook for 4-5 minutes in salted water. Roast the almonds in a dry frying pan.

Heat the coconut oil in a frying pan and fry the chicken until brown and cooked through. Let cool a little and then slice.

Drain the broccoli, but keep 1 tbsp. of the cooking liquid to mix in with the pesto.

Divide chicken and broccoli onto serving dishes and drizzle with the pesto, garnish with almonds, black olives and basil leaves, and serve.



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**DILL SOUP WITH
TURKEY MEATBALLS**

DILL SOUP WITH TURKEY MEATBALLS



Serves: 4
Prep: 15 mins
Cook: 30 mins



Nutrition per
serving:
254 kcal
10g Fats
26g Carbs
21g Protein



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WHAT YOU NEED

For the meatballs:

- 9 oz. (250g) ground turkey breast
- 1 tbsp. breadcrumbs
- 1/2 onion, finely chopped
- 1 tbsp. dill, chopped
- 1 egg
- 1 tbsp. wheat flour
- 1tsp. coconut oil

For the soup:

- 1 tbsp. coconut oil
- 1 onion, chopped
- 10 oz. (300g) potatoes, peeled, chopped
- 1 carrot, peeled, chopped
- 4 ¼ cup (1l) vegetable stick
- ½ tsp. turmeric
- ½ bunch dill, chopped
- 4 tbsp. cream (oat or dairy)

WHAT YOU NEED TO DO

Place all meatball ingredients, apart from the flour, into a bowl, season with salt and pepper and mix well with your hands.

Using slightly wet hands, form small balls (around 12), and coat them in flour.

Heat the coconut oil in a pan and fry the meatballs briefly until golden brown, then transfer onto a plate.

To make the soup, heat the oil in a large pot, over medium heat and fry the onion for 2-3 mins until soft.

In a butter pot, fry the diced onion, then add the potatoes, as well as the carrot. Season with salt, pepper and turmeric then cook for about 5 minutes stirring often.

Pour in the stock and bring to a boil, then cover and cook for about 5 minutes.

Add in the fried meatballs, reduce the heat and cook for 15 minutes. At the end of cooking, add the chopped dill.

Take the soup off the heat and add the cream, mix well and serve.



AUBERGINE TAGINE

AUBERGINE TAGINE



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
175 kcal
8g Fats
25g Carbs
2g Protein



WHAT YOU NEED

- 1 large eggplant
- 2 tbsp. coconut oil
- 1 onion, sliced
- 1 tbsp. lemon juice
- 1 tomato, diced
- 1 tsp. smoked paprika
- pinch of saffron
- pinch of sugar
- 6 dried apricots, halved
- ½ cup (125ml) vegetable stock

WHAT YOU NEED TO DO

Cut the eggplant into thicker slices, and then half again. Heat 1 tbsp. of oil in a frying pan and cook the eggplant until browned on both sides, but still firm inside.

Heat the remaining tablespoon of oil in a second pan and fry the onion for about 5 mins.

Add the lemon juice, diced tomato, smoked paprika, saffron, sugar and apricots. Pour in the broth, mix well and bring to a boil.

Add in the fried eggplant, cover and cook for about 20 minutes until tender. Then remove the lid and cook for another 2-3 minutes until the sauce thickens a little.

Serve with couscous, bulgur or rice (not included in nutrition information).



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A top-down view of a terracotta bowl filled with a vibrant green spinach stew. The stew is thick and textured, topped with several chickpeas, fresh spinach leaves, and small green herbs like parsley. The bowl sits on a light-colored, striped cloth. To the left of the bowl is a wooden spoon with a black handle. In the background, more fresh herbs are visible on the cloth.

VEGAN SPINACH STEW

VEGAN SPINACH STEW



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
282 kcal
11g Fats
31g Carbs
16g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 14 oz. (400g) spinach, fresh
- 2 cups (400g) lentils, can, drained
- 1 ½ cup (300g) chickpeas, can, drained
- ½ cup (15g) parsley, chopped
- ½ cup (15g) basil, chopped
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 2 tbsp. tahini
- 2 cups (500ml) vegetable stock

WHAT YOU NEED TO DO

Heat a large pot over medium heat, add the spinach with a splash of water and cook until wilted. Remove from pan and allow to cool.

In the same pot heat the coconut and cook the onion and garlic until frequent and soft.

Add the cumin and coriander powder and mix well, fry together with the onion for another 2 minutes.

Next, add the lentils and pour in the stock. Bring to a boil, reduce the heat and simmer for 10 minutes covered.

Put the spinach together with the parsley and basil in a high-speed blender or food processor and mix until smooth. Stir in the tahini and season with salt and pepper.

Add the spinach mixture and chickpeas to the lentils and warm through to serve.



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**CHICKPEA PANCAKES
WITH BEEF & LENTILS**

CHICKPEA PANCAKES WITH BEEF & LENTILS



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
506 kcal
20g Fats
48g Carbs
33g Protein



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WHAT YOU NEED

- 2 2/3 cup (200g) chickpea flour, sifted
- 1 1/2 (350ml) oat milk
- 1 1/2 cup (300g) lentils, can, drained
- 10.5 oz. (300g) ground lean beef, 5% fat
- 3 tbsp. coconut oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 4 tbsp. Greek yoghurt
- 4 spring onions, sliced
- 6 sprigs coriander, chopped
- 6 sprigs mint, chopped

WHAT YOU NEED TO DO

Sift the flour over a bowl. Mix with 1 tsp. of salt and pepper. Pour in the milk and let stand for 10 minutes.

Finely chop the onion and garlic. Heat 1 tbsp. oil in a pan over medium-high heat and fry the onion and garlic until golden. Add the minced beef and cook until brown. Next, add the lentils and stir until the lentils are warm, then take off the heat.

In a separate pan, heat some of the remaining coconut oil, over medium heat. Pour around 2-2.5 serving spoons of batter into the pan and fry the pancakes on both sides for around 3 minutes until golden brown. Continue with the process to make 8 pancakes.

To serve, place 2 pancakes on a plate top with the minced meat mixture, a tbsp. of Greek yoghurt and the chopped fresh herbs and some spring onion.



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**SALMON, POTATO &
ASPARAGUS BAKE TRAY**

SALMON, POTATO & ASPARAGUS BAKE TRAY



Serves: 4
Prep: 5 mins
Cook: 35 mins



Nutrition per
serving:
416 kcal
21g Fats
21g Carbs
37g Protein



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WHAT YOU NEED

- 1lb (450g) potatoes, quartered
- 3 tbsp. olive oil
- 2 garlic cloves, minced
- ½ lemon, juice only
- 4 salmon fillets, 4.5 oz. (130g) each
- 9oz. (250g) asparagus

WHAT YOU NEED TO DO

Preheat the oven to 400F (200C). Toss the potatoes in 1 tbsp of olive oil. Season with salt and pepper, arrange on a large baking tray and bake for 15 mins, then remove from the oven.

While the potatoes are roasting, combine 2 tbsp. of olive oil with the minced garlic and lemon juice.

Season the salmon and asparagus with salt and pepper. Once potatoes are removed from the oven, push them to one side of the baking tray and arrange the salmon and asparagus next to the potatoes. Drizzle the salmon with the garlic and lemon oil.

Bake for another 15 mins or until salmon is cooked through. Turn the oven to broil and broil everything for 5 mins until crispy.



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CHICKEN, POTATO & VEG CURRY



CHICKEN, POTATO & VEG CURRY



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
584 kcal
25g Fats
54g Carbs
35g Protein



WHAT YOU NEED

- 1 lb. (450g) chicken fillets
- 2 lb. (900g) new potatoes, halved
- 2 tbsp. coconut oil
- 2 red onions, chopped
- 2 cloves garlic, finely chopped
- 2 romaine lettuce heads, halved
- 4 tomatoes, quartered
- 2 tbsp. yellow Thai curry paste, or more to taste
- 13.5 f. oz. (400ml) can coconut milk
- 1 cup (250ml) vegetable stock
- 4 sprigs coriander, chopped

WHAT YOU NEED TO DO

Season the chicken with salt and pepper, and set aside. Wash the potatoes and cut in half. Cut the tomatoes into quarters.

Heat 1 tbsp. of oil in a deep frying pan or saucepan, over medium heat and cook the onion and garlic for around 2 minutes, then add the curry paste. Stir well and cook for another 2 mins, then add the new potatoes, tomatoes, coconut milk and stock.

Bring to boil and simmer everything for 15 minutes covered with a lid. Taste for flavour and add more curry paste if required. Now add the halved Romaine lettuce heads and for another 3 minutes.

Meanwhile, in another frying pan, heat the remaining tbsp. of coconut oil and fry the chicken fillets until brown and cooked through. Allow to cool slightly and cut into pieces.

Divide the curry and chicken between plates, and garnish with coriander to serve.



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**POST-WORKOUT
BANANA PANCAKES**

POST-WORKOUT BANANA PANCAKES



Serves: 4
Prep: 10 mins
Cook: 5-10 mins



Nutrition per
serving:
117 kcal
7g Fats
9g Carbs
4g Protein



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WHAT YOU NEED

- 4 bananas
- 1/3 cup (75g) cottage cheese
- 2 tbsp. flour
- 1 egg
- 1/2 tsp baking powder
- 1 tsp cinnamon
- pinch of salt
- 1 tbsp. coconut oil
- 1/4 cup (15g) coconut, toasted
- 4 tsp. maple syrup

WHAT YOU NEED TO DO

Please the egg and cottage cheese in a high-speed blender and blitz until smooth. Then add the flour, baking powder, cinnamon and salt, and mix well.

Peel the bananas and cut them in quarters. Heat a pan with the coconut oil over medium-high heat.

Dip banana through the batter and fry it in the pan for about 2 minutes on each side until golden brown.

Garnish the banana pancakes with some toasted coconut and maple syrup. Serve immediately or keep in the fridge until required.



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BANANA & COCONUT BREAD

BANANA & COCONUT BREAD



Serves: 12
Prep: 10 mins
Cook: 45 mins



Nutrition per
serving:
184 kcal
9g Fats
22g Carbs
5g Protein



WHAT YOU NEED

- 3 ripe bananas
- 3 eggs
- 1 ½ cup (150g) oat flour, sifted
- 3 medjool dates
- 2 tsp. baking powder
- ¼ cup (40g) dark chocolate chips
- ½ cup (65g) walnuts, chopped
- 1/3 cup (30g) desiccated coconut
- Pinch of salt

WHAT YOU NEED TO DO

Preheat the oven to 350F (175C).

Place the bananas and dates in a high-speed blender and blitz until smooth. Add in the eggs and combine with the batter. Finally, fold in all the remaining ingredients and mix well.

Line a bread tin with baking paper, transfer the batter and bake the banana bread for 45 minutes in the preheated oven. Let the banana bread cool slightly in the tin and then move on a cake rack to cool completely.



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CHOCOLATE OAT COOKIES

CHOCOLATE OAT COOKIES



Serves: 9
Prep: 15 mins
Cook: 30 mins



Nutrition per
serving:
166 kcal
9g Fats
17g Carbs
4g Protein



WHAT YOU NEED

- 2 ripe bananas
- 1 ½ cup (120g) oatmeal
- 2 tbsp. natural cocoa powder
- 2 tbsp. coconut oil, melted
- 1/3 cup (50g) hazelnuts
- 1 oz. (30g) dark chocolate, chopped

WHAT YOU NEED TO DO

Preheat the oven to 360F (180F).

Mash the bananas in a bowl with a fork until smooth. Add the oatmeal, cocoa powder and the melted coconut oil.

Coarsely chop the hazelnuts and chocolate and add to the banana mash, mix everything well. The mixture should become slightly sticky.

Take a baking tray and cover it with baking paper. Spread the dough with an ice cream scoop over the baking sheet. Press them slightly flat with your fingers creating 9 large cookies.

Bake the cookies in the preheated oven for about 25 to 30 minutes. If they become too dark during baking, cover them with tin foil. Let the cookies cool on a rack.

The chocolate oatmeal cookies are the tastiest immediately after baking. They remain slightly and become even softer, especially 2-3 days after baking.



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