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FINAL FAT LOSS RECIPE PACK

Achieve your leanest body with this selection of healthy and tasty recipes.



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RECIPE KEY

Look for these helpful icons throughout the pack.

- GF** Gluten Free
- DF** Dairy Free
- LC** Low Carb (under 20g serving)
- MP** Meal Prep/Freezer Friendly
- HP** High Protein (over 20g per serving)
- V** Vegetarian
- Q** Quick (under 30 mins)
- N** Contains Nuts



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MEAL PLAN



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	Bacon & Broccoli Pancakes	Asian-Style Scrambled Eggs	Stuffer Breakfast Peppers	Leftover Stuffer Breakfast Peppers	Asian-Style Scrambled Eggs	Carotene Boost Smoothie	Bacon & Broccoli Pancakes
LUNCH (Ideally 3-4 hours after breakfast)	Chicken Salad with Avocado Dressing	Leftover Chicken Salad with Avocado Dressing	Tuna & Broccoli Salad with Honey Vinaigrette	Leftover Tuna & Broccoli Salad with Honey Vinaigrette	Balsamic Glazed Beetroot & Goats Cheese Salad	Leftover Balsamic Glazed Beetroot & Goats Cheese Salad	Zucchini Pizza Bites
SNACK (Ideally between lunch and dinner)	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites	E.g. Carotene Boost Smoothie, Tahini Stuffed Dates, Zucchini Pizza Bites
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	During: Workout drink with 500ml of water Post: Banana with serving of protein powder
DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)	Low Carb Avocado Carbonara + remaining across as you see fit	Leftover Low Carb Avocado Carbonara + remaining across as you see fit	Spicy Fried Rice with Prawns + remaining across as you see fit	Leftover Spicy Fried Rice with Prawns + remaining across as you see fit	One Pot Turkey Chili with Rice + remaining across as you see fit	Meal Out - Enjoy!	Leftover One Pot Turkey Chili with Rice + remaining across as you see fit

A close-up photograph of several round, golden-brown pancakes on a green and white patterned plate. The pancakes are topped with pieces of cooked bacon and a thick, dark purple sauce. A silver fork is visible in the foreground, partially cutting into one of the pancakes. The background is a white surface with a striped pattern.

BACON & BROCCOLI PANCAKES

BACON & BROCCOLI PANCAKES



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
231 kcal
10g Fats
25g Carbs
11g Protein



WHAT YOU NEED

- 1 egg
- 1 cup (250ml) plant milk
- 1 cup (125g) buckwheat flour
- 1 tsp. baking powder
- pinch of salt
- 1 cup (200g) broccoli, head thinly chopped
- 8 slices streaky bacon
- 2 tbsp. apple syrup (optional)

WHAT YOU NEED TO DO

Beat the egg through the milk and add the buckwheat flour, baking powder, and salt. Mix until the batter is smooth. Add the broccoli and stir it through the batter.

Heat a dry non-stick frying pan. Cut a slice of bacon in half and place on the frying pan. Bake for 1 min on medium heat. Turn the bacon and spoon the batter over it forming a round pancake shape.

Fry the pancakes around 4 min until golden brown and done. Turn halfway.

Repeat with the rest of the bacon and batter. Serve the pancakes with apple syrup.



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ASIAN-STYLE SCRAMBLED EGGS



ASIAN-STYLE SCRAMBLED EGGS



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
249 kcal
15g Fats
5g Carbs
18g Protein



WHAT YOU NEED

- 2 eggs
- 2 egg whites
- 1 tsp. coconut oil
- 1 ½ cup (150g) baby bok choy, chopped
- 1 tsp. fresh ginger, grated
- 2 spring onions, thinly sliced
- 1 red chili, deseeded and chopped
- soy sauce, to serve (optional)
- whole wheat toast, to serve (optional)

WHAT YOU NEED TO DO

Whisk the eggs and egg whites together in a bowl, season with salt and pepper.

Heat the coconut oil in a frying pan over medium heat. Add the bok choy with 1 tbsp water, cook until tender, then take off the heat and set aside.

In the same pan cook the spring onions, ginger, and chili, for 1 minute.

Add the egg mixture and continue to cook, string, pulling and folding the eggs until they are cooked to your liking.

Remove from the heat and serve on a plate with the bok choy, whole wheat toast and a drizzle of soy sauce (optional).



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**STUFFED
BREAKFAST PEPPERS**

STUFFED BREAKFAST PEPPERS



Makes: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
100 kcal
5g Fats
6g Carbs
7g Protein



WHAT YOU NEED

- 2 bell peppers
- 4 tbsp. Mexican veg mix, canned
- 4 eggs
- 1 tsp. Mexican spices
- salsa, to taste (optional)

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C). Halve the peppers, remove the stem and seeds. Place the peppers on a baking tray covered with parchment paper.

Fill each pepper with 1 tbsp. of the Mexican vegetables and break an egg over each one. Bake for about 20 minutes in the bottom of the oven until the egg white has solidified. Sprinkle with the Mexican spices and season with salt and pepper.

Drizzle with salsa before serving (optional).



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A close-up photograph of a white bowl filled with a chicken salad. The salad consists of shredded lettuce, chunks of cooked chicken, green peas, and avocado. A dressing is visible, coating the ingredients. Two lemon wedges are placed on top of the salad. In the background, there is a white cup and a small white bowl containing more lemon wedges. The text "CHICKEN SALAD WITH AVOCADO DRESSING" is overlaid in the center of the image.

**CHICKEN SALAD WITH
AVOCADO DRESSING**

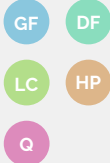
CHICKEN SALAD WITH AVOCADO DRESSING



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
433 kcal
28g Fats
6g Carbs 35g
Protein



WHAT YOU NEED

- ¼ cup (50g) edamame beans
- 4.2 oz. (120g) cooked chicken breast, chopped
- 1/4 cucumber, peeled, deseeded and chopped
- 1/2 avocado
- Tabasco sauce, to taste
- juice of 1/2 lemon
- 2 tsp. extra-virgin olive oil
- 2 handfuls iceberg lettuce, chopped
- 1 tsp. mixed seed

WHAT YOU NEED TO DO

Put the chicken, beans and cucumber in a bowl.

Blitz the avocado, Tabasco, lemon juice and oil in a food processor or with a hand blender. Season, pour into the bowl and mix well to coat.

Layer a bowl with the iceberg lettuce and spoon the chicken mixture over it, sprinkle with the seeds.

Serve imminently or chill until lunch, then serve with a lemon wedge.



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**TUNA & BROCCOLI SALAD
WITH HONEY VINAIGRETTE**

TUNA & BROCCOLI SALAD WITH HONEY VINAIGRETTE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
328 kcal
14g Fats
26g Carbs
21g Protein



HP Q



WHAT YOU NEED

For the salad:

- 2 big handfuls salad leaves
- 3 radishes, sliced
- ½ cup (120g) tuna in water, drained
- 2 slices bread
- 100g broccoli
- 2 tsp. Parmesan, grated

For the dressing:

- 2 tbsp. olive oil
- 3 tbsp. of lemon juice
- 1 tsp. of honey
- salt and pepper

WHAT YOU NEED TO DO

Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.

Toast the bread and cut into cubes, then add to the salad.

Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.

In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.



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A top-down view of a light blue ceramic bowl filled with a salad. The salad consists of fresh green arugula leaves, dark red roasted beetroot chunks, crumbled white goats cheese, and toasted walnuts. The bowl is placed on a light-colored, textured placemat. To the right of the bowl, a silver knife and fork with light blue handles are laid out. The background is a white marble surface.

**BALSAMIC GLAZED BEETROOT
& GOATS CHEESE SALAD**

BALSAMIC GLAZED BEETROOT & GOATS CHEESE SALAD



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
168 kcal
12g Fats
7g Carbs
7g Protein



WHAT YOU NEED

- 5 oz. (150g) of rocket
- 7 oz. (200g) beets in mild vinegar
- 1/5 cup (50ml) balsamic glaze
- 1.5 oz. (40g) walnuts
- 3.5 oz. (100g) goats cheese

WHAT YOU NEED TO DO

Put the rocket in a bowl. Cut the beetroot into quarters and mix through the rocket. Drizzle with the balsamic dressing and sprinkle with walnuts. Mix well and serve.



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A close-up photograph of a light blue ceramic bowl filled with a low-carb carbonara. The dish features spiralized zucchini noodles (zoodles) coated in a thick, vibrant green avocado-based sauce. The noodles are garnished with several pieces of cooked, sliced bacon. The bowl is set against a neutral, light-colored background.

LOW CARB AVOCADO CARBONARA

LOW CARB AVOCADO CARBONARA



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
278 kcal
22g Fats
4g Carbs
16g Protein



WHAT YOU NEED

- 2 medium zucchinis
- juice of half a lemon
- 5/8 cup (140g) bacon, cut into strips
- 2 garlic cloves, sliced
- 2 medium avocados
- 5/8 cup (60g) Parmesan cheese, grated
- ¾-1 cup (175-250ml) water, hot

WHAT YOU NEED TO DO

Spiralize the zucchini and place them in a bowl, drizzle with lemon juice.

Heat a dry non-stick frying pan and fry the bacon strips for 8 min, on medium heat until golden brown and crispy. Add in the garlic and fry for another 1 min then set aside.

Cut the avocados in half, remove the stone and scoop out the flesh with a spoon. Place the avocado with half Parmesan cheese in a blender, add water and season with salt and pepper. Purée until smooth.

Mix the avocado puree and bacon through the zoodles (zucchini noodles), divide onto four plates and sprinkle with the rest of the Parmesan to serve.



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**SPICY FRIED RICE
WITH PRAWNS**

SPICY FRIED RICE WITH PRAWNS



Serves: 3
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
372 kcal
11g Fats
52g Carbs
18g Protein



GF

DF

Q



WHAT YOU NEED

- 7 oz. (200g) basmati rice
- 2 tbsp. coconut oil
- 1 tbsp. crushed garlic
- 2 tbsp. grated ginger
- 7 oz. (200g) prawns
- 1 tsp. cumin
- 1 tsp. chili flakes
- pinch cinnamon
- handful coriander
- handful mint

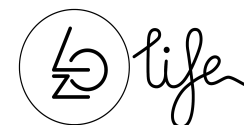
WHAT YOU NEED TO DO

Cook the rice following the instructions on the packaging, taking care not to overcook it. Strain and put on a large plate or tray, to cool (you can prepare earlier).

In the meantime, heat the coconut oil in a large pan, gently fry the ginger and garlic. Add the prawns and season with cumin, cinnamon, chili flakes, and freshly ground pepper. Briefly fry, for about 2 minutes, string every now and then. Season with salt, to taste.

Remove the prawns from the pan, but add in the rice and fry for 3 to 4 minutes until it heats up and starts to brown. Add the prawns and mix well.

Divide onto the plates and garnish with mint and coriander, to serve.



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**ONE POT TURKEY
CHILI WITH RICE**

ONE POT TURKEY CHILI WITH RICE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
295 kcal
9g Fats
21g Carbs
31g Protein



GF

MP

HP



WHAT YOU NEED

- 10 oz. (300g) minced turkey fillet
- 1/2 cup (115g) rice
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp. oil
- 1/2 can chopped tomatoes
- 1 red bell pepper, chopped
- 1 cup (250ml) vegetable broth
- 1/3 cup (60g) red kidney beans, drained
- 1/3 cup (85g) sweet corn, drained
- 1/3 cup (30g) grated cheese (optional)

Spices:

- 1 tsp dried oregano
- 1 tsp cumin,
- 1 tsp sweet pepper,
- 1/2 tsp hot pepper,
- 1/2 tsp salt,
- 1/3 tsp ground pepper

WHAT YOU NEED TO DO

Heat the oil in a large pan, add the onion and garlic, cooking for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.

Add spices, mix, then add the dry rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to the boil. Simmer covered on low heat for about 17-20 minutes.

Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then serve.

Dairy free option: cheese in this recipe is optional, so if you prefer a dairy free meal, just skip the cheese or replace with a vegan version.



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ZUCCHINI PIZZA BITES

ZUCCHINI PIZZA BITES



Serves: 8
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
54 kcal
3g Fats
3g Carbs
4g Protein



WHAT YOU NEED

- 1 tbsp. olive oil
- 3 medium zucchini
- 1/3 cup (75g) tomato puree
- 4 oz. (115g) light mozzarella, grated
- Italian herb seasoning

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Slice the zucchini into ¼-inch thick rounds. Heat the olive oil in a large frying pan and cook the zucchini in batches for about 2 mins each side. Season with salt & pepper.

Place the cooked zucchini on a large baking sheet and top with the tomato purée and grated mozzarella.

Cook this in the oven for about 2-3 minutes or until the cheese has melted. Remove from the oven and sprinkle with Italian herb seasoning and freshly ground pepper before serving.



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A top-down view of several tahini-stuffed dates coated in dark chocolate and sprinkled with white coconut flakes. The dates are arranged on a light-colored surface, possibly parchment paper. A semi-transparent white rectangular box is centered over the image, containing the title text.

**TAHINI STUFFED DATES
IN DARK CHOCOLATE**

TAHINI STUFFED DATES IN DARK CHOCOLATE



Makes: 9
Prep: 20 mins
Cook: 0 mins



Nutrition per
serving:
126 kcal
6g Fats
13g Carbs
3g Protein



WHAT YOU NEED

- 1/3 cup (50g) chopped dark chocolate
- 9 pitted medjool dates, pitted
- 3 tbsp. tahini
- 1 tbsp. desiccated coconut (optional)

WHAT YOU NEED TO DO

Melt the chocolate in the microwave or in a water bath.

Fill the dates with tahini and cover with the dark chocolate. Place on a chopping board covered with a sheet of baking paper and sprinkle with desiccated coconut (optional).

Finally, place the dates on the chopping board in the fridge for 10 mins to allow the chocolate to set, then remove and enjoy.



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A glass jar filled with a vibrant orange smoothie. The jar has a decorative embossed pattern on the front. A slice of orange is perched on the rim of the jar, and a clear straw is inserted into the drink. To the right of the jar, a halved orange sits on a blue and white checkered napkin. The entire scene is set against a light-colored, textured background.

CAROTENE BOOST SMOOTHIE

CAROTENE BOOST SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
194 kcal
8g Fats
23g Carbs
6g Protein



WHAT YOU NEED

- 2 medium carrots
- ½ orange
- 1 peach
- ¾ cup (200g) natural yogurt
- 7/8 cup (200ml) water
- 2 tbsp. goji berries

WHAT YOU NEED TO DO

Wash, peel and roughly chop the fruit and veg, then place them in a high-speed blender alongside the yogurt, water, and goji berries.

Blend until smooth and serve straight away.

NOTE:

- Add a scoop of vanilla or unflavoured protein powder for a protein boost.



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