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LEAN MUSCLE RECIPE PACK

Build muscle, improve strength and increase power with these recipes specifically selected to help you reach your goals.











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RECIPE KEY

Look for these helpful icons throughout the pack.

-  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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MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking)	High Protein Mexican Egg Roll	Breakfast Turkey Burger	Breakfast Turkey Burger	Cottage Cheese Protein Pancakes	Leftover Cottage Cheese Protein Pancakes	Post-Workout Vegan Oar	High Protein Mexican Egg Roll
LUNCH (Ideally 3-4 hours after breakfast)	Tuna & Avocado Filling with toasted Brown Bread	Tuna & Avocado Filling with toasted Brown Bread	Protein Crepes	Italian Shrimp & Pesto Pasta	Leftover Italian Shrimp & Pesto Pasta	Post Workout Potato Pancakes with Cottage Cheese	Post Workout Potato Pancakes with Cottage Cheese
SNACK (Ideally between lunch and dinner)	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie	E.g. Protein Crepes, Banana Bread, Post-Workout Oat Smoothie
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)	Spicy Chicken Drumsticks with serving of rice and veg + remaining across as you see fit	Leftover Spicy Chicken Drumsticks + remaining across as you see fit	Pepper Steak with Brown Rice + remaining across as you see fit	Leftover Pepper Steak with Brown Rice + remaining across as you see fit	Grilled Pork Sate with Brown Rice + remaining across as you see fit	Meal Out – Enjoy!	Leftover Grilled Pork Sate + remaining across as you see fit



**HIGH PROTEIN
MEXICAN EGG ROLL**

HIGH PROTEIN MEXICAN EGG ROLL



Serves: 2
Prep: 10 mins
Cook: 10-15 mins



Nutrition per
serving:
313 kcal 15g
Fats
5g Carbs
38g Protein



GF

DF

LC

HP

Q



WHAT YOU NEED

- 7 oz. (200g) lean ground beef
- 1 tsp. Mexican seasoning
- 1 red sweet pepper, chopped
- 3 eggs
- 4 egg whites
- 1 tsp. coconut oil
- 2 handfuls baby spinach

WHAT YOU NEED TO DO

Heat a non-stick pan on medium heat and cook the beef, about 7 minutes. Season with the Mexican spices, salt & pepper. Once cooked transfer onto a plate, cover with tin foil and set aside.

Using the same pan cook the peppers until slightly softened, about 5 mins.

In a bowl, whisk the eggs and season with salt & pepper. Heat a separate pan with the coconut oil and pour in the eggs, cover with a lid and cook for a few minutes until cooked. Flip like a pancake if necessary to cook the other side.

Once cooked place the egg omelette on a piece of tin foil, top with spinach, cooked peppers and beef. Roll up wrapping in tin foil to secure the filling. Unwrap the top and enjoy. Delicious with salsa.



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BREAKFAST TURKEY BURGER



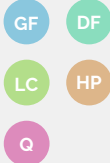
BREAKFAST TURKEY BURGER



Serves: 3
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
311 kcal
18g Fats
5g Carbs
32g Protein



WHAT YOU NEED

- 10.5 oz. (300g) lean ground turkey
- 1 tbsp. mixed herbs
- salt & pepper
- 1 tbsp. coconut oil
- 1 large ripe avocado
- juice of ½ lime
- 3 eggs
- salad leaves, to serve

WHAT YOU NEED TO DO

Season the ground turkey with herbs and salt & pepper, then form three burgers. Heat ½ the coconut oil in a pan and cook the burgers for about 10 min turning half way, until browned and cooked throughout.

In the meantime prepare the avocado mash. Remove the stone and scoop out the avocado flesh into a bowl. Mash it with a fork and mix with the lime juice.

Lastly, fry up the eggs using the remaining coconut oil.

Stack it all up by adding mashed avocado on top of the burger and then the fried egg. Serve on a bed of salad leaves.



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**COTTAGE CHEESE
PROTEIN PANCAKES**

COTTAGE CHEESE PROTEIN PANCAKES



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
162 kcal
4g Fats
18g Carbs
12g Protein



WHAT YOU NEED

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tbsp. of vanilla sugar
- 1 tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

WHAT YOU NEED TO DO

Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.

Whisk the egg whites into a stiff foam and add to the cheese mixture, gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 mins, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggested serving: Greek yogurt, honey, and berries.



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**TUNA & AVOCADO
FILLING**

TUNA & AVOCADO FILLING



Serves: 2
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
247 kcal
14g Fats
8g Carbs
20g Protein



GF

LC

Q



WHAT YOU NEED

- 1 can tuna in water, drained
- 1 medium avocado
- 1 small red onion, diced
- 1 small carrot, peeled and grated
- 1 hard-boiled egg, diced
- 1 tbsp. 0% fat Greek yogurt
- 1 tsp. Dijon mustard
- 1 tbsp. lemon juice

WHAT YOU NEED TO DO

Drain the tuna flakes and place in a bowl. Add in the rest of the ingredients, season with salt and pepper and combine.

Serve with a salad, in a wrap or as a jacket potato filling.



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ITALIAN SHRIMP AND PESTO PASTA



ITALIAN SHRIMP AND PESTO PASTA



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
463 kcal
14g Fats
49g Carbs
28g Protein



WHAT YOU NEED

- 5 oz. (140g) buckwheat fusilli
- 10 cherry tomatoes, halved
- ½ red pepper, cut into strips
- 1 tbsp. olive oil
- 5 oz. (150g) shrimps
- 1 clove garlic, crushed
- Italian herbs
- 1 tbsp. pesto
- ¼ cup (15g) sun-dried tomatoes, drained
- 4 handfuls rocket

WHAT YOU NEED TO DO

Cook the fusilli according to instructions on packaging.

Heat the grill to high. Place the tomatoes and pepper in a baking dish and cover with olive oil. Roast for about 8-10 mins.

Season the shrimps with salt and pepper, Italian herb and crushed garlic. Place them in a baking dish and cook under the grill for about 4-5 mins.

Mix the cooked pasta with the pesto, sun-dried tomatoes and rocket. Then toss in the roasted tomatoes, peppers and shrimps. Mix well season with salt and pepper, and serve warm.



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POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE



POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE



Serves: 1
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
502 kcal
20g Fats
56g Carbs
28g Protein



WHAT YOU NEED

Pancakes:

- 5/8 cup (140g) potatoes, peeled and grated
- 1/4 cup (50g) zucchini, grated
- 1 egg
- 1/2 shallot, chopped
- 2 tbsp. dill, chopped
- 2 tbsp. spelt flour

Cheese:

- 1/5 cup (50g) cottage cheese
- 1 tbsp. natural yogurt
- 2 radishes, chopped
- 1 tbsp. dill, chopped
- 1/2 shallot, chopped

WHAT YOU NEED TO DO

Wash, peel and grate the potatoes using the fine grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt & pepper. Mix well until combined.

Heat up a dry non-stick frying pan and fry small pancakes for 3 mins, then flip and fry for another 1 minute.

Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yogurt. Season to taste with salt and pepper.

Serve the pancakes warm with the cheese mix on top.



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SPICY CHICKEN DRUMSTICKS WITH TZATZIKI



SPICY CHICKEN DRUMSTICKS WITH TZATZIKI



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per
serving:
270 kcal
15g Fats
4g Carbs
28g Protein



GF

LC

HP



WHAT YOU NEED

- 8 chicken drumsticks
- 3.5 oz.(100g) chipotle marinade, store-bought
- 2 garlic cloves, crushed
- 2 handfuls mint leaves, chopped
- 1 cucumber
- 6 oz. (170g) natural yogurt, 0% fat

WHAT YOU NEED TO DO

Cover the chicken drumsticks with the chipotle sauce and leave to marinate for at least 1 hour.

If you are using the BBQ, heat it up, or preheat the oven to 360F (180C).

In the meantime, crush the garlic and chop the mint leaves. Peel the cucumber, halve in length and remove the seeds with a teaspoon. Grate the cucumber pulp coarsely, then mix it with the yogurt, garlic, and mint. Season with salt and pepper.

Fry the chicken in the oven or on the BBQ for about 35 minutes until cooked throughout. Serve the chicken with the tzatziki dip.



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PEPPER STEAK



PEPPER STEAK



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
187 kcal
6g Fats
12g Carbs
22g Protein



WHAT YOU NEED

- 12 oz. (340g) round beef, trimmed
- 4 tsp. plus 3 tbsp. soy sauce
- 1 tbsp. rice wine vinegar
- 3 tsp. buckwheat flour
- 2 tsp. coconut oil
- 1 large onion, sliced into strips
- 1 red bell pepper, sliced into strips
- 1/2 tsp. black pepper
- crushed red pepper flakes, to taste

WHAT YOU NEED TO DO

Slice the beef into thin slices. Place in a bowl and add 4 tsp of soy sauce, 1 tbsp. of rice wine, 1 tsp. buckwheat flour and season with freshly ground black pepper.

In a small bowl, mix 3 tbsp. soy sauce, 1 tbsp. water and 2 tsp. buckwheat flour, then set aside.

Heat 1 tsp oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next stir the meat, cooking another 2 minutes and transfer on to a plate.

Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Return beef to the pan, add the earlier prepared sauce and red pepper flakes (optional). Stir fry about 30-60 seconds on medium heat until slightly thickened.

Serves with rice (not included in nutrition info per serving).

Store in the fridge for up to 4 days.



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A top-down view of a plate of grilled pork sate. The plate is round with a grey and white striped pattern and a brown rim. It contains several skewers of grilled pork cubes, garnished with fresh green cilantro. A small glass bowl of thick, reddish-brown dipping sauce sits at the top left, with a silver spoon resting inside. Two bright yellow lemon wedges are placed at the top right. The entire dish is set on a white marble surface.

GRILLED PORK SATE

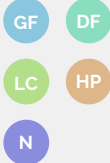
GRILLED PORK SATE



Serves: 4
Prep: 25 mins
Cook: 15 mins



Nutrition per
serving:
447 kcal
33g Fats
12g Carbs
25g Protein



WHAT YOU NEED

- 3 cloves of garlic
- 1 red onion
- 1.1 lbs. (500g) pork chops
- 5 tbsp. ketjap manis
- 1 tbsp. olive oil
- 1 tbsp. sambal manis
- 1 tsp. ground coriander
- 1 tbsp. ground ginger
- 8 tbsp. ready-to-use satay sauce

WHAT YOU NEED TO DO

Slice the garlic and onion very finely. Cut the pork loin from the bone into quarter inch (1 cm) pieces.

Mix the garlic and onion in a bowl with the ketjap manis, olive oil, sambal, coriander, and ginger. Mix with the pork and allow to marinate for at least 30 minutes. In the meantime, soak wooden skewers in water.

If you use the BBQ, heat it up, if not, prepare a grill pan. Thread the meat on the skewers.

Grill the skewers for 10 minutes until cooked throughout, turn halfway. In the meantime, prepare the satay sauce according to the instructions on the packaging. Serve the pork skewers with the satay sauce.



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PROTEIN CREPES

PROTEIN CREPES



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
152 kcal
7g Fats
12g Carbs
10g Protein



WHAT YOU NEED

- ½ cup (65g) buckwheat flour
- 1 scoop (0.8 oz./25g) vanilla whey powder
- ¼ tsp. baking soda
- 2 eggs
- 2 tsp vanilla paste
- ½ cup plant based milk
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

In a bowl combine all ingredients and mix well.

Heat a pan and grease with some coconut oil. Pour batter into skillet and move it around so it spreads out thin.

Once the batter starts slightly bubbling flip the crepe and cook on the other side for another minute. Transfer on a plate and repeat the process until you use up all the batter.

Stuff with your favorite toppings and serve.



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**GLUTEN-FREE
BANANA BREAD**

GLUTEN-FREE BANANA BREAD



Serves: 12
Prep: 10 mins
Cook: 60-75 mins



Nutrition per
serving:
247 kcal
12g Fats
31g Carbs
6g Protein



WHAT YOU NEED

- 3 medium ripe bananas
- 1 banana, halved to top (optional)
- 1/2 tsp. vanilla extract
- 1 egg
- 3 tbsp. coconut oil, melted
- 1/4 cup (50 g) coconut palm sugar
- 2-3 tbsp maple syrup
- 3 1/2 tsp. baking powder (gluten free)
- 3/4 tsp. sea salt
- 1 tsp. ground cinnamon
- 3/4 cup (180 ml) unsweetened almond milk
- 1 1/4 cup (150 g) almond flour
- 2 cups (240 g) buckwheat flour

WHAT YOU NEED TO DO

Preheat the oven to 350F (180C). Line a 9x5-inch loaf tin with parchment paper.

Mash bananas in a large bowl, then add the remaining ingredients (apart from the flours) and mix well until smooth. Finally, add the almond and buckwheat flour. Mix well until combined.

Transfer the batter into the loaf tin and top with the halved banana (optional). Bake in the oven for 60-75 mins, until firm and golden.

Remove from the oven and let cool completely before serving.



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**POST-WORKOUT
VEGAN OAT SMOOTHIE**

POST-WORKOUT VEGAN OAT SMOOTHIE



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
369 kcal
16g Fats
43g Carbs
15g Protein



WHAT YOU NEED

- 2 tbsp. (20g) oats
- 1 small ripe banana
- 1 tbsp. almond butter
- 1 tsp. raw cacao nibs
- 1 cup (200ml) soy milk

WHAT YOU NEED TO DO

Place the oats in a small bowl and cover with boiling water, then set aside.

Place the banana, almond butter and cocoa nibs into a blender. Add in the soy milk and drained oats, then blitz until smooth.

Serve straight away in a glass.



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