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# METABOLIC REPAIR RECIPE PACK

*These recipes are packed with nutritional benefits and are designed to reach your goals.*



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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
<b>BREAKFAST</b> (Ideally 30-60 min after waking)	Asian Scrambled Eggs	Sweetcorn Fritters	Sweetcorn Fritters	Grapefruit Smoothie	Spinach Mushroom & Bacon Quiche	Spinach Mushroom & Bacon Quiche	Asian Scrambled Eggs
<b>LUNCH</b> (Ideally 3-4 hours after breakfast)	Sundried Tomato & Tahini Salad	Leftover Sundried Tomato & Tahini Salad	Chicken, Orange & Walnut Salad	Leftover Chicken, Orange & Walnut Salad	Grilled Vegetable Salad with Tuna	Leftover Grilled Vegetable Salad with Tuna	Sweet Potato Paste with Crackers
<b>SNACK</b> (Ideally between lunch and dinner)	E.g. Sweet Potato Paste, coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, coconut Macaroons, Grapefruit Smoothie	E.g. Sweet Potato Paste, coconut Macaroons, Grapefruit Smoothie
<b>WORKOUT NUTRITION</b> (If applicable)	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder	<b>During:</b> Workout drink with 500ml of water <b>Post:</b> Banana with serving of protein powder
<b>DINNER</b> (Ideally 3-4 hours after dinner or 60-120 minutes post workout)	Baked Sweet Potato with Feta & Pomegranate + remaining across as you see fit	Leftover Baked Sweet Potato with Feta & Pomegranate + remaining across as you see fit	Sweet & Sour Pork Stir-Fry + remaining across as you see fit	Leftover Sweet & Sour Pork Stir-Fry + remaining across as you see fit	Spicy Chicken Pasta + remaining across as you see fit	Meal Out – Enjoy!	Leftover Spicy Chicken Pasta + remaining across as you see fit



# ASIAN SCRAMBLED EGGS



# ASIAN SCRAMBLED EGGS



Serves: 1  
Prep: 5 mins  
Cook: 5 mins



Nutrition per  
serving:  
270 kcal  
14g Fats  
5g Carbs  
19g Protein



## WHAT YOU NEED

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- ¼ avocado
- ½ tsp. black sesame seeds, to serve

## WHAT YOU NEED TO DO

*Separate the eggs yolks and whites. Mix the yolks with the soy sauce and chopped coriander.*

*On dry, non-stick pan fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.*

*Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.*



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A photograph of a plate of sweetcorn fritters. The fritters are golden-brown and topped with fresh green herbs and a dollop of light-colored sauce. To the left of the fritters is a side of roasted asparagus spears, garnished with black sesame seeds. The plate is light blue and sits on a dark blue textured placemat. A knife is visible on the left side of the frame. A semi-transparent white box with the text 'SWEETCORN FRITTERS' is overlaid on the top right of the image.

# SWEETCORN FRITTERS

# SWEETCORN FRITTERS



Serves: 8  
Prep: 10 mins  
Cook: 15-20 mins



Nutrition per  
serving:  
97 kcal  
3g Fats  
15g Carbs  
3g Protein



## WHAT YOU NEED

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- 3/4 cup (185ml) cold water
- 4 tsp. coconut oil

## WHAT YOU NEED TO DO

*Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.*

*Next, add in the flour and water and mix well until smooth.*

*Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (1/2 tsp oil per 1 fritter).*

*Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.*

*Serve with a side of avocado and chili yogurt (optional).*



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**SPINACH, MUSHROOM  
& BACON QUICHE**



# SPINACH, MUSHROOM & BACON QUICHE



Serves: 8  
Prep: 10 mins  
Cook: 50 mins



Nutrition per  
serving:  
230 kcal  
14g Fats  
19g Carbs  
8g Protein



LC MP



## WHAT YOU NEED

- 1  $\frac{3}{4}$  cup (175g) flour
- scant 12 cup (100g) butter
- 1 egg
- 6 slices smoked bacon
- few handfuls spinach, depending on personal preferences
- 3 cups (225g) mushrooms sliced
- 6 eggs
- 1 cup (235ml) unsweetened almond milk
- 1/8 teaspoon salt
- 1/4 teaspoon pepper

## WHAT YOU NEED TO DO

Heat oven to 450F (230C).

Make the crust by combining the flour, butter, and 1 egg, then pre-bake it for 10 mins in a 9" (22cm) pie tin.

In the meantime, cook the bacon, transfer onto a chopping board and once cooled chop into pieces.

To the same pan add the spinach and mushrooms, and cook for 5 minutes, until softened. Beat together the eggs and milk, and season with salt, pepper, to taste. Next add in the chopped bacon, spinach and mushrooms.

Reduce the oven heat to 350F (170C) and pour egg mixture into the pre-baked crust. Bake for 40-50 minutes, until cooked through

To Freeze: Cool completely and cover with plastic wrap, and then aluminium foil. Freeze for up to 3 months.

To reheat: Thaw completely. Heat oven to a 350F (170C) and bake for 30 minutes, until heated through.



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**SUNDRIED TOMATO &  
TAHINI SALAD**

# SUNDRIED TOMATO & TAHINI SALAD



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
295 kcal  
20g Fats  
19g Carbs  
13g Protein



## WHAT YOU NEED

- 1 3/4 cup (130g) lentils, drained
- 1 cup (70g) sundried tomatoes, drained
- 1/2 cup (80g) artichoke, drained
- 1 cup (225g) spinach
- 1/2 cucumber, chopped
- 2 tbsp. tahini
- 2 tsp. apple cider vinegar
- 1 tbsp. tamari or soy sauce
- 1 tsp. honey

## WHAT YOU NEED TO DO

*Prepare the vegetables and place them in a large bowl.*

*Mix together the dressing ingredients (tahini, vinegar, tamari & honey), season with salt and pepper, and drizzle over the salad. Mix well, divide onto two plates 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 lettuce leaves, several pieces of cooked chicken breast, bright orange slices, and numerous pomegranate seeds. The chicken pieces are topped with a dark, possibly balsamic, glaze. The bowl is set against a light-colored, textured background.

**CHICKEN, ORANGE  
AND WALNUT SALAD**

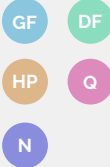
# CHICKEN, ORANGE AND WALNUT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
458 kcal  
20g Fats  
47g Carbs  
28g Protein



## WHAT YOU NEED

### **Dressing:**

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

### **Salad:**

- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1 orange
- 1/3 pomegranate fruit, seeds
- 1/4 cup (30g) pecans, roasted

## WHAT YOU NEED TO DO

*Peel orange and, cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.*

*Mix the ingredients of the dressing in a cup, season with salt and pepper.*

*Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan — grill for 4 minutes on both sides.*

*Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat, turn over, drizzle with another tbsp. of dressing and grill for another minute, then remove from the pan and set aside. Once cooled slightly slice into pieces.*

*Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.*



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A top-down view of a white ceramic plate with a blue decorative border. The plate is filled with a salad of grilled vegetables and tuna. The vegetables include sliced zucchini and whole asparagus spears, both showing signs of grilling with some charring. The tuna is flaked and scattered throughout the salad. Small, golden-brown almonds are also mixed in. The background is a light-colored, textured surface.

# GRILLED VEGETABLE SALAD WITH TUNA

# GRILLED VEGETABLE SALAD WITH TUNA



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
320 kcal  
24g Fats  
13g Carbs  
12g Protein



## WHAT YOU NEED

- 1 lemon
- $\frac{3}{4}$  cup (160g) tuna pieces in sunflower oil
- $\frac{1}{2}$  cup (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 2  $\frac{3}{4}$  cups (350g) asparagus
- $\frac{1}{2}$  cup (50g) pistachio nuts, peeled and chopped

## WHAT YOU NEED TO DO

*Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but collect the oil.*

*Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with pepper and salt.*

*Cut the zucchinis into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.*

*Place the vegetables in a bowl and add in the marinade, mix gently until covered.*

*To serve, divide veg and tuna between plates and top with chopped pistachio nuts.*



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A top-down view of a white rectangular baking tray containing ten baked sweet potato halves. Each half is filled with a green pesto sauce, topped with crumbled white feta cheese, and garnished with bright red pomegranate seeds. Some seeds are scattered on the tray around the potatoes. The background is a light-colored marble surface with a grey cloth partially visible at the top and bottom edges.

**BAKED SWEET POTATO  
WITH FETA, PESTO  
AND POMEGRANATE**

# BAKED SWEET POTATO WITH FETA, PESTO AND POMEGRANATE



Serves: 4  
Prep: 5 mins  
Cook: 30-45 mins



Nutrition per  
serving:  
283 kcal  
12g Fats  
42g Carbs  
7g Protein



GF V



## WHAT YOU NEED

- 1.7 lbs. (800g) sweet potato
- 1 tbsp. olive oil
- 2.8 oz. (80g) feta cheese
- seeds of ½ pomegranate (50g)
- 1.7 oz. (50g) pesto (homemade or store bought)

## WHAT YOU NEED TO DO

*Heat the oven to 390F (200C). Wash the potatoes and cut them into 4 slices. Season with salt, pepper, and rub with olive oil.*

*Arrange on a baking tray and bake in the oven for about 30-45 minutes, until soft (the fork should smoothly enter the flesh). Thinner slices will be ready earlier.*

*Once cooked, spread the pesto over the potato slices, sprinkle with crumbled feta cheese and pomegranate seeds. If necessary, season with salt and pepper, to taste.*



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## **SWEET AND SOUR PORK STIR-FRY**

# SWEET AND SOUR PORK STIR-FRY



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
446 kcal  
16g Fats  
52g Carbs  
22g Protein



## WHAT YOU NEED

- 7/8 cup (200g) basmati rice
- 10 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1 1/3 cup (200g) sugar snaps
- 1 1/4 cup (250g) cherry tomatoes
- 1 1/4 cup (250g) pineapple, canned or fresh

## WHAT YOU NEED TO DO

*Cook the rice according to instructions on the packaging.*

*In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.*

*Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir-fry 2 min, then lower the heat and add in the sugar snaps. Stir-fry for another 4 minutes on low heat.*

*Next, add in tomatoes and pineapple and stir-fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.*

*Once rice is cooked divide everything onto 4 plates and serve.*

### **NOTE:**

*- this dish is also very tasty with chicken breast or chicken thighs*



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**SPICY CHICKEN  
PASTA**

# SPICY CHICKEN PASTA



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
308 kcal  
9g Fats  
27g Carbs  
31g Protein



DF

HP

Q



## WHAT YOU NEED

- 2 ¼ cups (225g) penne
- 14 oz. (400g) chicken breast, diced
- 1 tbsp. coconut oil
- 1 cup (250ml) single soy cream
- 3 tsp. harissa paste (or more to taste)
- 2 cups (450g) spinach, roughly chopped
- 1 cup (200g) cherry tomatoes

## WHAT YOU NEED TO DO

*Cook the penne according to instructions on the packaging. Once cooked drain and set aside.*

*Chop the chicken into bite-sized pieces, season with salt and pepper. Heat the oil in a large pan over medium heat and cook the chicken until browned and cooked through (about 5-7 mins).*

*Add in the cream and harissa paste into the pan and mix well with the chicken. Then add in the spinach in batches, cover with a lid and cook until wilted.*

*When adding the last batch of spinach also add in the tomatoes. Cook for another 2 mins before adding in the cooked penne.*

*Stir well and heat for another 1-2 mins. Serve hot with freshly ground black pepper.*



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**SWEET POTATO  
PASTE**

# SWEET POTATO PASTE



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
140 kcal  
1g Fats  
27g Carbs  
5g Protein



## WHAT YOU NEED

- 2 large sweet potatoes
- ½ red chili pepper
- ¾ cup (150g) chickpeas, drained
- 1 tsp. garam masala

## WHAT YOU NEED TO DO

*Peel the sweet potatoes and cut into ¾ inch (2cm) cubes. Boil in water for about 10 minutes until done. Drain, and place in a tall cup, allowing to cool slightly.*

*Halve the pepper and remove the seed with a sharp knife, then chop into pieces and add in with the cooked potatoes. Next, add in the chickpeas and garam masala.*

*Puree everything with a hand blender (or food processor) until a smooth spread has formed. Season with salt and pepper to taste and serve as a spread or dip.*



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**FIERY GINGER  
COCONUT MACAROONS**

# FIERY GINGER COCONUT MACAROONS



Makes: 8  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
310 kcal  
19g Fats  
30g Carbs  
4g Protein



GF

DF

V



## WHAT YOU NEED

- 3 eggs
- 1 cup (200g) of coconut sugar
- 2 ½ cups (225g) desiccated coconut, unsweetened
- 2 tbsp. crystallized ginger, finely chopped
- 1 tsp. red chili pepper, finely chopped

## WHAT YOU NEED TO DO

*Preheat the oven to 360F (180C).*

*Meanwhile, use a hand mixer to beat the eggs with the sugar until thick, white and airy. This takes about 4 minutes. Mix the shredded coconut, ginger and chili pepper through.*

*Using the ice cream scoop, scoop the balls of the mixture and place on a baking sheet covered with parchment paper.*

*Bake in the oven for about 20 min until golden brown.*



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**GRAPEFRUIT  
SMOOTHIE**

# GRAPEFRUIT SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
233 kcal  
4g Fats  
37g Carbs  
16g Protein



## WHAT YOU NEED

- 1 pink grapefruit
- 1 medium banana
- 1 cup (200g) strawberries
- ¼ cup (65g) Greek yogurt
- 1 scoop vanilla whey

## WHAT YOU NEED TO DO

*Blend all the ingredients in a blender and serve.*



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