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# SALAD RECIPE COLLECTION

*Salads never need to be boring again! Try the selection of super tasty and healthy salads and reach your goals in no time.*



**GOATS CHEESE, PEAR  
& WALNUT SALAD**



# GOATS CHEESE, PEAR & WALNUT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
379 kcal  
28g Fats  
26g Carbs  
10g Protein



## WHAT YOU NEED

- 3.5 oz. (100g) mix salad leaves
- 1 ripe pear
- 2 tbsp. lemon juice
- 3.5 oz. (100g) goats cheese
- 1.1 oz. (30g) walnuts
- 1 tbsp. honey
- 1 tbsp. olive oil

## WHAT YOU NEED TO DO

*Divide the salad leaves onto 2 plates.*

*Peel the pear, and cut into quarters, cut out the seed nests, cut the quarters into bite-size pieces. Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.*

*In the bowl with lemon juice, add honey, olive oil, and salt, to taste. Mix well and set aside.*

*Crumble the goat cheese over the salads and top with chopped walnuts. Drizzle with the earlier made dressing and serve.*



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**EASY GREEK  
ZOODLE SALAD**

# EASY GREEK ZOODLE SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
267 kcal  
25g Fats  
7g Carbs  
10g Protein



## WHAT YOU NEED

### **For the salad:**

- 1 cucumber
- 8.8 oz. (250g) cherry tomatoes
- 2 spring onions
- 3.5 oz. (100g) feta cheese
- 1.1 oz. (30g) black olives

### **For the dressing:**

- 1 tsp. dried oregano
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 large garlic clove, crushed

## WHAT YOU NEED TO DO

*Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber "noodles" in 2-3 parts, to shorten them.*

*Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.*

*In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.*

*This salad is also a perfect side for grilled meats.*



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**MEDITERRANEAN  
CHICKEN SALAD**

# MEDITERRANEAN CHICKEN SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
381 kcal  
29g Fats  
10g Carbs  
45g Protein



## WHAT YOU NEED

### **For the dressing:**

- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- ¼ tsp. herbs de Provence
- 1 tsp. minced garlic
- 1 tbsp. apple cider vinegar

### **For the salad:**

- 2 3/8 cups (300g) chicken breast, cooked, chopped
- ¼ cup (30g) feta cheese, crumbled
- 2 cups (150g) iceberg lettuce, chopped
- handful parsley, chopped
- handful basil, chopped
- 1 small red onion, finely chopped
- ¼ cucumber, chopped
- 6 cherry tomatoes, halved
- 10 black olives, sliced

## WHAT YOU NEED TO DO

*First prepare the dressing by mixing all the dressing ingredients together in a cup. Season to taste with salt and pepper.*

*Next, prepare and chop all the salad ingredients and place in a bowl. Pour over the dressing and mix well.*

*Divide between two bowls and serve.*



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# QUINOA SALAD WITH CHILI TOFU & POMEGRANATE RELISH





# QUINOA SALAD WITH CHILI TOFU & POMEGRANATE RELISH



Serves: 2  
Prep: 15 mins  
Cook: 15 mins



Nutrition per serving:  
522 kcal  
17g Fats  
62g Carbs  
20g Protein



## WHAT YOU NEED

- 1 ¼ cup (200g) firm tofu
- 1 cup (200g) quinoa, cooked
- 2 tsp. chili powder
- ¼ tsp. smoked paprika
- 2 tsp. honey
- 2 tbsp. orange juice
- 1 tbsp. olive oil
- 1 pomegranate, seeded
- ½ small red onion, finely chopped
- 1 tbsp. orange zest
- 2 tbsp. fresh mint leaves, chopped
- ½ avocado, diced

## WHAT YOU NEED TO DO

*Wrap the tofu in a paper towel or dish cloth, and leave a heavy item on top for at least 15 minutes to press out excess moisture.*

*In the meantime, make the marinade by mixing together the chili powder, paprika, honey, 1 tbsp. orange juice and olive oil. Season with salt and pepper. Cut the tofu into 1/2" slices and coat them in the marinade for at least 10 minutes.*

*Cook the quinoa according to instructions on packaging.*

*In the meantime, make the relish, by mixing together the pomegranate, onion, orange zest and 1 tbsp. of juice, mint and a pinch of salt and pepper. Set aside.*

*Preheat a non-stick grill pan and fry the tofu for about 15 mins, turning halfway, until edges are browned.*

*To serve, divide the quinoa between two plates, top with slices of tofu as well as relish and avocado on the side.*



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A top-down photograph of a light grey ceramic bowl filled with a salad. The salad consists of cubed, golden-brown grilled pumpkin, cubed tofu, and cooked bulgar wheat. Fresh green leafy vegetables, possibly spinach or basil, are scattered throughout. A dark, glossy dressing is drizzled over the ingredients. To the left of the bowl, a silver metal fork is placed on a light-colored wooden surface. The bowl is resting on a white, textured cloth. A person's arm is partially visible on the right side of the frame.

**GRILLED PUMPKIN,  
TOFU & BULGAR SALAD**

# GRILLED PUMPKIN, TOFU & BULGAR SALAD



Serves: 2  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
360 kcal  
22g Fats  
38g Carbs  
10g Protein



## WHAT YOU NEED

- 2 ¼ cup (500g) pumpkin, cubed
- 1 tsp. sweet paprika
- 1 tsp. hot paprika
- 2 tsp. dried rosemary
- 1 tbsp. olive oil
- 1 tbsp. honey
- 1/3 cup (40g) walnuts, chopped
- 1/4 cup (55g) of bulgar wheat
- few handfuls spinach
- 2/3 cup (80g) tofu, drained
- 1 tbsp. balsamic glaze

## WHAT YOU NEED TO DO

*Heat the oven to 200C (400° F).*

*Season the pumpkin with salt and pepper, paprika powder and rosemary. Cover well with olive oil and honey.*

*Put the pumpkin on a baking tray lined with paper. Bake in the oven for about 20 minutes, halfway through cooking time add the walnuts and drained tofu.*

*Place the bulgur into a small pot, and add 3/4 cup of water, season with salt and bring to boil. Simmer under cover for about 20 minutes until tender, and the liquid is absorbed.*

*Add the cooked bulgar to the roasted pumpkin on the baking tray and mix, collecting the whole flavour from the roasted pumpkin. Add the spinach and mix well.*

*Divide onto plates, season with freshly ground pepper and drizzle with balsamic glaze. This dish can be served warm or cold.*



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**GRILLED CHICKEN &  
PINEAPPLE SALAD**

# GRILLED CHICKEN & PINEAPPLE SALAD



Serves: 2  
Prep: 10 mins  
Cook: 13 mins



Nutrition per  
serving:  
356 kcal  
16g Fats  
34g Carbs  
27g Protein



## WHAT YOU NEED

### **For the salad:**

- 7 oz. (200g) chicken breast
- 4 slices pineapple, canned
- 2 handfuls salad leaves
- 1/3 cup (10g) mint leaves
- 1/2 small onion, finely chopped

### **For the dressing:**

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey
- Tabasco, optional

## WHAT YOU NEED TO DO

Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.

In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).

Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.

Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

**Vegetarian option:** replace the grilled chicken with fried or baked tofu or feta cheese.



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**HOT SMOKED SALMON  
& QUINOA SALAD**

# HOT SMOKED SALMON & QUINOA SALAD



Serves: 2  
Prep: 10 mins  
Cook: 5 mins



Nutrition per serving:  
458 kcal  
24g Fats  
35g Carbs  
26g Protein



## WHAT YOU NEED

- 1 cup (185g) cooked quinoa
- 1 tsp. coconut oil
- 1 small red onion, chopped
- ½ cup (75g) Mangetout
- 2 handfuls bean sprouts
- 2 large Romanian lettuce leaves
- 6.3 oz. (180g) hot smoked salmon fillet

### **For the dressing:**

- 1 tbsp. olive oil
- 1 tbsp. tamari sauce
- 1 tbsp. rice wine vinegar
- 1 tsp. grated ginger
- 1 tbsp. honey

## WHAT YOU NEED TO DO

*Heat the coconut oil in a pan and stir fry the onion for about 3 mins. Then add in the mangetout and cook for another 2 mins. Take the pan off the heat and stir in the bean sprouts. Now add in the cooked quinoa, season with salt and pepper and mix well.*

*Divide the salmon fillets into bite size pieces. Chop the lettuce and divide it between two plates, making a bedding for the salad. Now divide the quinoa between the plates and top it with the smoked salmon pieces.*

*Combine all the dressing ingredients and drizzle 2 tbsp. over each salad to 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 consisting of sliced zucchini, asparagus spears, and chunks of pink tuna. The vegetables appear to be grilled, with some char marks. The tuna is flaked and scattered throughout the salad. 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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# CAESAR SALAD

# CAESAR SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
457 kcal  
24g Fats  
13g Carbs  
46g Protein



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## WHAT YOU NEED

- 2 bread slices
- 1 tbsp. olive oil
- mixed herbs
- 2 smoked bacon rashers
- 4 quail eggs
- 1 tsp. coconut oil
- 10.5 oz. (300g) chicken breasts
- 2 big handfuls Romanian lettuce, chopped

### **For the dressing:**

- 1 garlic clove, crushed
- 4 tbsp. mayonnaise (low fat)
- 1 tbsp. white wine vinegar

## WHAT YOU NEED TO DO

*Heat the oven to 390F (200C). Chop the bread into small squares and rub the oil and herbs into it. Season with salt and bake for 6-8 mins, until browned, turning halfway. At the same time place the bacon onto a baking dish and cook in the oven until browned and crispy.*

*Heat the coconut oil in a pan over medium heat. Season the chicken breasts with salt and pepper then lay it in the pan. Cook the chicken for about 8-10 mins turning a few times, until cooked throughout.*

*In the meantime, cook the eggs. Bring a small pot of water to the boil then add the eggs and cook for 2,5 mins. Rinse with cold water, peel, cut in half and set aside.*

*Make the dressing by mixing together all the dressing ingredients. Season with salt and pepper. Divide the lettuce between 2 plates.*

*Once chicken is ready, cut it into bite-size strips and scatter over the salad. Do the same with the crispy bacon and croutons, then drizzle with the dressing and top with quail eggs to serve.*



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## **SUNSHINE SALAD**

# SUNSHINE SALAD



Serves: 2  
Prep: 8 mins  
Cook: 10 mins



Nutrition per  
serving:  
328 kcal  
17g Fats  
17g Carbs  
9g Protein



## WHAT YOU NEED

- 2 oz. (60g) quinoa, uncooked
- 1 grapefruit
- ½ avocado
- ½ cup (90g) sweet corn, drained
- 2 mint springs, leaves only, chopped
- ¼ cup (25g) pistachio kernels
- 1 tbsp. olive oil
- ½ cup (50g) bean sprouts
- 2 handfuls lambs lettuce

## WHAT YOU NEED TO DO

*Cook the quinoa according to instructions on packaging, and then cool slightly. In the meantime, peel the grapefruit and using a sharp knife cut out the segments, collecting the juice in a bowl.*

*Cut the avocado in half, remove the pit and scoop out the flesh, then cut into strips and lay in the grapefruit juice.*

*In a bowl, mix together the cooked quinoa, sweet corn, mint, olive oil and bean sprouts. Season with salt and pepper.*

*Place a handful of lettuce on a serving dish and spoon the quinoa on top. Divide the avocado and grapefruit segments on top.*

*Served drizzled with the grapefruit juice and top with pistachio nuts.*



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**RAINBOW QUINOA SALAD  
WITH GRILLED TURKEY**

# RAINBOW QUINOA SALAD WITH GRILLED TURKEY



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
498 kcal  
22g Fats  
38g Carbs  
37g Protein



## WHAT YOU NEED

- 1 cup (185g) cooked quinoa
- 1 tbsp. coconut oil
- 8.1 oz. (230g) turkey fillet
- 1 small carrot, grated
- ½ cup (50g) red cabbage, shredded
- 2/3 cup (50g) edamame beans, frozen
- 1 tbsp. honey
- 1 tbsp. soy sauce
- 1 tbsp. sesame oil
- handful sprouting alfalfa (or similar)
- 1 tbsp. sesame seeds

## WHAT YOU NEED TO DO

*Cook the quinoa according to the instructions on the package. Allow to cool to lukewarm.*

*In the meanwhile, season the turkey fillets with salt and pepper. Heat the coconut oil in pan and cook the turkey for about 8 minutes turning regularly. Once cooked, cut into strips.*

*Mix the quinoa with the carrot, cabbage and soybeans.*

*Mix together all the dressing ingredients (honey, soy sauce, sesame oil) and pour over the quinoa salad.*

*Put the turkey on the salad and sprinkle with almonds, alfalfa and sesame seeds to serve.*



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# **SUPERFOOD TAHINI SALAD**



# SUPERFOOD TAHINI SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
190 kcal  
10g Fats  
19g Carbs  
9g Protein



## WHAT YOU NEED

### **For the salad:**

- 2 cups (200g) baby kale
- 2 handfuls micro greens
- 2 carrots, shredded
- 8 radishes, thinly sliced

### **For the dressing:**

- ½ lemon, juice
- 2 tbsp. tahini
- 1 tsp. honey
- 2 tbsp. water
- salt
- 1 garlic clove, minced
- cayenne

## WHAT YOU NEED TO DO

*Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.*

*For the salad, toss all of the salad ingredients in a bowl and drizzle with the tahini dressing.*

*Top with microgreens or your favourite seeds (optional).*



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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 white bowl filled with a fresh salad. The salad consists of vibrant green arugula leaves, bright yellow-green avocado chunks, and dark purple grape halves. The entire salad is garnished with small, light-colored sesame seeds. A semi-transparent white rectangular box is centered over the middle of the bowl, containing the text 'REAL DETOX SALAD' in a bold, black, sans-serif font.

**REAL DETOX SALAD**

# REAL DETOX SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
259 kcal  
23g Fats  
11g Carbs  
3g Protein



## WHAT YOU NEED

- 5 oz. (140g) rocket
- 1 red onion, chopped
- 2 avocados, chopped
- 1 cup (150g) grapes, halved
- 2 tbsp. apple cider vinegar
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 1 tbsp. sesame seeds
- salt and pepper

## WHAT YOU NEED TO DO

*In a large bowl mix together the rocket, onion, avocado and grapes.*

*In a separate bowl mix the vinegar, lemon juice and olive oil for the dressing. Season with salt and pepper.*

*Pour the dressing over the salad and sprinkle with sesame seeds before serving.*



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A top-down view of a light-colored ceramic bowl filled with a vibrant detox salad. The salad consists of fresh green leafy vegetables, sliced avocado, diced tomatoes, and small seeds. The bowl is placed on a white marble surface. To the left of the bowl are two lemon slices and a bunch of fresh cilantro. To the right, a silver fork is tucked under a yellow and white patterned napkin. In the bottom right corner, a portion of a halved avocado is visible.

# DETOX SALAD

# DETOX SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
315 kcal  
24g Fats  
19g Carbs  
10g Protein



## WHAT YOU NEED

- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- ¼ cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- ½ cucumber, cut into cubes
- ½ zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

## WHAT YOU NEED TO DO

*In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.*

*Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.*



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# CITRUSY QUINOA SALAD



# CITRUSY QUINOA SALAD



Serves: 5  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
174 kcal  
6g Fats  
27g Carbs  
5g Protein



## WHAT YOU NEED

- 2 cups (370g) cooked quinoa
- 1 cup (225g) baby spinach, chopped
- 1/3 cup (40g) dried cranberries
- 1/4 cup (35g) pine nuts
- 2 tbsp. balsamic vinegar
- 1 tbsp, Dijon mustard
- 1 orange, juice only

## WHAT YOU NEED TO DO

*Toss together the quinoa, spinach, cranberries and pine nuts in a large bowl.*

*Make the dressing by mixing together the vinegar, mustard and squeezed orange juice. Season with salt & pepper to taste.*

*Add the dressing to the salad and mix well. Season to taste with sea salt & pepper, and serve on its own or as a side with meats and fish.*



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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



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## 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 fresh salad. The salad consists of vibrant green arugula leaves, dark purple roasted beetroot cubes, and golden-brown walnuts. Crumbled white goats cheese is scattered throughout. The bowl sits on a textured, light brown placemat. To the right of the bowl, a silver knife and fork with light blue handles are laid out. A semi-transparent white rectangular box is overlaid on the top right of the bowl, containing the title text.

**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 white ceramic 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, a white cup and a small white bowl containing more lemon wedges are visible on a white surface.

**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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A top-down view of a white ceramic bowl with a scalloped edge, filled with a vibrant salad. The salad consists of shredded light-colored chicken, bright yellow mango chunks, green arugula leaves, and small yellow corn kernels. A white creamy dressing is drizzled over the ingredients. The bowl sits on a light-colored wooden surface.

## **MANGO & CHICKEN SALAD**



# MANGO & CHICKEN SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
414 kcal  
17g Fats  
29g Carbs  
33g Protein



## WHAT YOU NEED

- 7 oz. (200g) salad leaves
- $\frac{3}{4}$  cup (150g) soy beans
- $\frac{1}{2}$  cup (90g) sweet corn, drained
- $\frac{1}{2}$  mango, cubed
- 7 oz. leftover cooked chicken breast or thighs, shredded
- 3 tbsp. natural yogurt
- 1 tbsp. cress, chopped

## WHAT YOU NEED TO DO

*In a bowl mix together the salad leaves, soybeans, sweet corn and mango.*

*In a separate bowl or glass mix together the yogurt and cress for the dressing. Pour over the salad and mix well.*

*Divide the salad between two plates and top with the leftover chicken. Chicken can be served hot or cold.*



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**RED KIDNEY BEAN  
& MACKEREL SALAD**

# RED KIDNEY BEAN & MACKEREL SALAD



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
422 kcal  
27g Fats  
27g Carbs  
20g Protein



## WHAT YOU NEED

- 1 garlic clove, crushed
- 1/2 lemon, juiced
- 2 tbsp. olive oil
- 1/2 cucumber, sliced
- 8 radishes, sliced
- handful parsley, chopped
- 1 1/4 cup (240g) chickpeas, drained
- 1 1/4 cup (240g) kidney beans, drained
- 3/8 cup (85g) rocket
- 2/3 cup (150g) smoked mackerel
- 3/8 cup (50g) pecans, chopped

## WHAT YOU NEED TO DO

*Make the dressing by mixing the crushed garlic, lemon juice, and olive oil. Season to taste with salt and pepper.*

*In a bowl toss the cucumber, radish, parsley, chickpeas, kidney beans and rocket and drizzle with the dressing. Divide the salad into portions.*

*Break the mackerel into pieces and place on top of the salad. Sprinkle with pecans and serve with additional lemon slices.*



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**TUNA & POTATO SALAD  
WITH ORANGE DRESSING**

# TUNA & POTATO SALAD WITH ORANGE DRESSING



Serves: 4  
Prep: 20 mins  
Cook: 20 mins



Nutrition per  
serving:  
429 kcal  
19g Fats  
34g Carbs  
30g Protein



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## WHAT YOU NEED

- 17.6 oz. baby potatoes (500g)
- 1 cup green beans (180g)
- juice of 1 orange
- 2 tbsp. mustard
- 4 tbsp. olive oil
- 1 medium red onion
- 3 eggs, boiled
- lettuce leaves
- 4 small tomatoes
- 11.2 oz. tuna pieces, in water, drained (320g)
- 10 black olives

## WHAT YOU NEED TO DO

*Halve the potatoes and cook in water with salt for 15 minutes. Add in the green beans in the last 5 min.*

*In the meanwhile, make the dressing by mixing together the orange juice, mustard and olive oil. Season with salt & pepper. Cut the onion into thin rings and mix through the dressing.*

*Drain the potatoes and beans, and mix with the dressing. Allow to cool a little.*

*In the meantime, cook the eggs and wash a few lettuce leaves. Cut the tomatoes into quarters. Place the lettuce leaves on a serving platter and then place the potato and bean mix on top. Top this with the eggs, tomato's, tuna and black olives.*



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**SPINACH SALAD WITH  
CHERRIES & BASIL**

# SPINACH SALAD WITH CHERRIES & BASIL



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
267 kcal  
13g Fats  
17g Carbs  
8g Protein



## WHAT YOU NEED

- ¼ cup (15g) basil
- 3 tbsp. white wine vinegar
- 2 tbsp. extra virgin olive oil
- 2 small red onions
- ½ cup (50g) walnuts or hazelnuts
- 1 tsp. coconut oil
- 1 1/3 cup (200g) green beans
- 1 1/3 cup (300g) spinach
- ¾ cup (100g) feta cheese
- 1 ¾ cup (400g) of cherries, pitted

## WHAT YOU NEED TO DO

*Place the basil, vinegar and olive oil in a high speed blender and blitz to make dressing. Season with pepper and salt.*

*Cut the onions into thin rings and chop the nuts coarsely. Heat the coconut oil in a frying pan and fry the shallots 2 minutes. Add in the nuts, beans, and season well. Cook for about 6 mins on medium heat, stirring regularly.*

*Now add the half the spinach to the pan and allow for it to wilt, then transfer into a serving plater.*

*Mix in the rest of the fresh spinach and drizzle with the earlier made dressing. Top the salad with crumbled feta and cherries. Serve with grilled meats.*



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A top-down view of a light blue ceramic bowl filled with a Chipotle Chicken Salad Bowl. The bowl contains white rice on the left, several pieces of grilled chicken with charred skin, and a vibrant salad of lettuce, tomatoes, onions, corn, and black beans. A dollop of white sauce is topped with fresh cilantro and a sprinkle of red chili flakes. The bowl sits on a light-colored wooden surface with a striped napkin visible at the bottom right.

# CHIPOTLE CHICKEN SALAD BOWL



# CHIPOTLE CHICKEN SALAD BOWL



Serves: 2  
Prep: 20 mins  
Cook: 15 mins



Nutrition per serving:  
605 kcal  
17g Fats  
74g Carbs  
49g Protein



GF HP



## WHAT YOU NEED

### For the chicken:

- 2 chicken breasts (5oz./150g each)
- 1 tbsp. coconut oil
- juice of 1/2 lime
- 2 tbsp. taco seasoning
- 2 tsp. tomato paste

### For the bean salad:

- 1 red sweet pepper, chopped
- 1 medium tomato, chopped
- 1 small red onion, diced
- 5 oz. (140g) sweetcorn, drained
- 5 oz. (140g) black beans, drained
- Few handfuls Romanian lettuce, chopped
- 2 green onions, chopped
- bunch of coriander, chopped
- 2 tbsp. natural yogurt

### For the rice:

- 8.8 oz (250g) cooked white rice
- 1/2 lime, zest only
- bunch of coriander, chopped

## WHAT YOU NEED TO DO

*In a bowl, mix the ingredients for the chicken marinade, then add in the chicken breast and cover well. Marinade in the fridge for at least 15 minutes (or overnight).*

*In the meantime, make the bean salad by mixing all the salad ingredients apart from the yogurt. Season with salt and pepper.*

*Heat the oil in a pan to high heat and cook the chicken 5 mins on each side. Take off the heat and set aside. Once ready to serve chop into pieces.*

*To prepare the rice mix in the chopped coriander and lime peel into the cooked rice.*

*Assemble the salad. Divide the rice and bean salad between two bowls, then top with the cooked chicken. Serve with 1 tbsp. of natural yogurt.*



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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 bright red pomegranate seeds. Several whole, toasted walnuts are scattered throughout the dish. A semi-transparent white rectangular box is overlaid on the right side of the bowl, containing the title text.

**CHICKEN, ORANGE  
AND WALNUT SALAD**

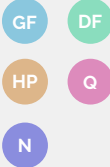
# CHICKEN, ORANGE AND WALNUT SALAD



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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# CHICKEN, WALNUT & CHICORY SALAD



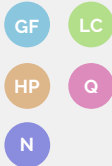
# CHICKEN, WALNUT & CHICORY SALAD



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
385 kcal  
21g Fats  
15g Carbs  
37g Protein



## WHAT YOU NEED

- 1 sweet apple
- 3 cups (400g) cooked or leftover chicken, shredded
- 4 cups (500g) chicory, shredded
- 1½ tbsp. mustard
- 4 tbsp. Greek yogurt (0% fat)
- 3 tbsp. extra virgin olive oil
- 1 tbsp. white wine vinegar
- 2 tbsp. parsley, chopped
- 1/3 cup (40g) walnuts, chopped

## WHAT YOU NEED TO DO

*Cut the apple into quarters, remove core and cut the flesh into pieces. Cut off the bottom of the chicory, halve the stalk lengthwise and remove the hard core. Then cut into strips lengthwise.*

*Make the dressing by combining the mustard, yogurt, oil and vinegar. Season with pepper. Mix the chicory and the apple with the dressing and let the flavors settle for 10 minutes.*

*Finally, add in the parsley, shredded chicken and chopped walnuts and mix well. Serve immediately or store refrigerated until required.*



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A top-down view of a Nicoise salad in a grey ceramic bowl. The salad consists of green beans, hard-boiled eggs, potatoes, and shrimp. The bowl is on a blue and white patterned placemat. A copper fork is visible on the right side of the bowl. The background is a grey surface.

# NICOISE SALAD WITH GRILLED SHRIMPS

# NICOISE SALAD WITH GRILLED SHRIMPS



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
349 kcal  
21g Fats  
11g Carbs  
29g Protein



## WHAT YOU NEED

- 5.6 oz. (160g) artichoke antipasti, drained
- 12 oz. (350g) green beans, cooked
- 4 eggs, hard-boiled
- juice of 1 small orange
- 1 tsp. Dijon mustard
- 3 tbsp. olive oil
- 16 oz. (450g) king prawns
- 1 garlic clove, sliced
- 2 sprigs fresh oregano, leaves removed
- 1 baby Romaine lettuce
- 2 tbsp. black olives

## WHAT YOU NEED TO DO

*If you are using the BBQ, heat it up. If you're not using a BBQ, then prepare a non-stick grill pan.*

*Drain the artichokes. Cook the green beans and eggs, then set aside to cool.*

*Mix the orange juice with the mustard and 2 tbsp. olive oil to make the dressing. Mix the dressing in a bowl with the artichokes and green beans, then set aside.*

*Mix the shrimps with the sliced garlic, oregano leaves and remaining 1 tbsp. of olive oil. Grill the shrimps on the grill pan or the BBQ for about 3 to 5 minutes.*

*Remove the leaves from the lettuce and tear them slightly. Divide them over 4 bowls. Then add the artichokes, green beans, eggs, and olives.*

*Lastly, top the salad with the cooked shrimps and serve.*



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# VEGAN CAESAR SALAD



# VEGAN CAESAR SALAD



Serves: 2  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
243 kcal  
15g Fats  
32g Carbs  
8g Protein



## WHAT YOU NEED

### **For the dressing:**

- 1/4 cup (62g) natural soy yogurt
- juice of 1/2 lemon
- 1 tsp. honey
- 1 garlic clove, crushed
- 1 tsp. mustard

### **For the salad:**

- 1 romaine lettuce, chopped
- 1 avocado, chopped
- 2 slices brown bread, toasted and chopped
- 1 pomegranate, seeds to serve

## WHAT YOU NEED TO DO

Firstly, toast your bread. In the meantime, make the dressing, place all the dressing ingredients in cup/bowl season to taste, and mix well until smooth, then set aside.

Next, assemble the salad in bowls (lettuce, avocado, bread) and garnish with the pomegranate seeds. Top with 2 tbsp of the dressing and serve.



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# MOROCCAN COD & BULGUR SALAD



# MOROCCAN COD & BULGUR SALAD



Serves: 2  
Prep: 5 + 30 mins  
Cook: 15-25 mins



Nutrition per  
serving:  
447 kcal  
18g Fats  
42g Carbs  
34g Protein



DF

HP



## WHAT YOU NEED

- 10 oz. (300g) cod fillets
- 1 tbsp. lemon juice
- 2 cloves garlic, crushed
- ½ tsp. turmeric
- ½ tsp. paprika
- ½ tsp. cumin
- pinch of saffron
- 2 tbsp. olive oil
- Scant ½ cup (100g) of bulgur groats
- 1 tomato, chopped
- 1/4 onion, chopped
- 15 green olives, halved
- 3 sprigs of parsley, chopped
- lemon wedges, to serve

## WHAT YOU NEED TO DO

*Drizzle the cod fillets with lemon juice. Then season with salt & pepper, rub with the garlic, and the rest of the spices, coat with 1 tbsp. of oil. Leave for half an hour to marinate, if you have time.*

*Cook the bulgur in salted water (about 15 minutes) and once cooked set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt & pepper, mix and set aside.*

*Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.*

*Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the earlier prepared tomato salad. Serve with lemon wedges.*



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**PESTO ZOODLES  
WITH PROSCIUTTO**

# PESTO ZOODLES WITH PROSCIUTTO



Serves: 2  
Prep: 10 mins  
Cook: 5 mins



Nutrition per  
serving:  
299 kcal  
23g Fats  
9g Carbs  
15g Protein



## WHAT YOU NEED

- 2 medium zucchinis, spiralized
- juice from ½ lemon
- 2 tbsp. pesto
- 10 olives, sliced
- ¼ cup (15g) sundried tomatoes, chopped
- ¼ cup (30g) walnuts, chopped
- 4 slices prosciutto
- basil leaves, to serve

## WHAT YOU NEED TO DO

*Spiralize the zucchini and toss it with the lemon juice. Add in the pesto and mix until well coated.*

*Mix in the olives, sundried tomatoes and walnuts.*

*Heat a dry non-stick pan over medium heat and fry the prosciutto until crispy. Chop it up and mix in with the noodles.*

*Divide the zoodles between two bowls and garnish with fresh basil.*



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# GRILLED CHICKEN & GRAPEFRUIT SALAD



# GRILLED CHICKEN & GRAPEFRUIT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
328 kcal  
18g Fats  
15g Carbs  
27g Protein



## WHAT YOU NEED

- 1 tsp. coconut oil
- 7 oz. (200g) chicken breasts
- 1 cup (150g) green beans
- 1 grapefruit
- 4 handfuls salad leaves
- 1/2 lemon, juiced
- 2 tbsp. olive oil

## WHAT YOU NEED TO DO

*Season the chicken with salt & pepper and heat the coconut oil in a frying pan.*

*Fry the chicken on medium heat until browned and cooked throughout.*

*In the meantime, place the beans in a pan of boiling water and boil gently for 3-5 min until tender, and then set aside.*

*Peel the grapefruit by using a sharp knife. Separate the skin from the flesh then cut out the grapefruit segments.*

*Place the salad leaves in a bowl and mix together with the green beans and grapefruit. Drizzle the salad with olive oil and lemon juice.*

*Divide the salad between two plates and place the chicken on top. Season with salt & pepper and serve.*



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# GOATS CHEESE & STRAWBERRY SALAD





# GOATS CHEESE & STRAWBERRY SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
161 kcal  
19g Fats  
5g Carbs  
7g Protein



## WHAT YOU NEED

- 1 ¼ cup (250g) strawberries
- 6-8 handfuls watercress or other greens
- 2 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar
- ½ clove of garlic, crushed
- scant ½ cup (100g) soft goat's cheese
- ¼ cup (30g) walnuts, chopped

## WHAT YOU NEED TO DO

*Remove the stems from the strawberries and cut them into quarters lengthwise. Put the watercress in a bowl and toss with the strawberries.*

*Make the dressing by whisking together olive oil, balsamic vinegar and garlic. Season with salt and pepper.*

*Drizzle the dressing over the salad and crumble the goat's cheese on top, sprinkle with nuts.*

*This salad is perfect served with grilled chicken.*



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A top-down photograph of a BBQ Mexican Corn Salad. The salad is served in a clear glass bowl on the left and a light blue plate on the right. The bowl contains yellow corn kernels, green onions, cilantro, and two lime halves. A silver spoon is visible in the bowl. The plate has a yellow and white geometric pattern around the edge. The background is a wooden surface.

## BBQ MEXICAN CORN SALAD

# BBQ MEXICAN CORN SALAD



Serves: 8  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
94 kcal  
3g Fats  
16g Carbs  
2g Protein



## WHAT YOU NEED

- 4 corn cobs
- 1 tbsp. olive oil
- 4 spring onions, chopped
- big handful coriander, chopped
- 1 jalapeno pepper, seeds removed, chopped
- 1 garlic clove, finely chopped
- juice of 1 lime

## WHAT YOU NEED TO DO

*Prepare your barbeque.*

*Drizzle the corn with olive oil and season with salt and pepper.*

*Place the corn on the BBQ and cook for about 7-10 mins, until golden brown, turn regularly. Once cooked, place the corn upright in a bowl and cut the kernels off with a knife.*

*Next add in the chopped spring onions, coriander, pepper and garlic. Drizzle everything with lime juice, season with salt and pepper to taste and mix well. Serve lukewarm.*



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# **WATERMELON & FETA SALAD**



# WATERMELON & FETA SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
159 kcal      14g  
Fats  
14g Carbs  
9g Protein



## WHAT YOU NEED

- 3 cups (600g) watermelon, cut into cubes
- ½ red onion, cut in half rings
- 2 handfuls mint, chopped
- 3 tbsp. black olives, sliced
- scant 1 ½ cup (200g) low fat feta cheese, cubes

## WHAT YOU NEED TO DO

*Put all the ingredients in a bowl and gently toss until everything is mixed.*

*Serve as a side with BBQ meats or on it own as a refreshing light salad.*



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A top-down view of a burrito bowl in a light blue ceramic bowl. The bowl is filled with white rice, sliced avocado, red kidney beans, a dollop of white cream, and pieces of grilled chicken. A slice of lemon is on the side. The bowl sits on a wooden cutting board with a fork and knife nearby. A semi-transparent white box with black text is overlaid on the right side of the bowl.

**BURRITO BOWL WITH  
GRILLED CHICKEN**

# BURRITO BOWL WITH GRILLED CHICKEN



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
serving:  
443 kcal  
36g Fats  
47g Carbs  
34g Protein



GF HP



## WHAT YOU NEED

- 1 5/8 cups (400g) brown rice, cooked
- 1 tbsp. coconut oil
- fajita spices
- 14 oz. (400g) chicken breast
- 2 tomatoes, chopped
- 1 avocado, sliced
- 1 1/3 cups (100g) iceberg lettuce, shredded
- 1 can (400g) kidney beans in chili sauce
- 4 tbsp. natural yogurt
- 4 tbsp. salsa

## WHAT YOU NEED TO DO

*Prepare the rice earlier or use left overs.*

*In a bowl, mix the oil and spices, then cover the chicken with the mixture.*

*Heat a non-stick frying pan over medium heat and fry the chicken until cooked throughout, then set aside for a few minutes to cool. Once cool, slice the chicken breasts and assemble the bowl.*

*Divide the rice between 4 bowls, next add the lettuce, chopped tomato, chili beans and chicken. Finally, top with a dollop of yogurt and salsa.*

### **NOTE:**

*- for a vegetarian option use some gilled smoked tofu*



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**GREEN SUSHI SALAD  
WITH CRISPY TOFU**



# GREEN SUSHI SALAD WITH CRISPY TOFU



Serves: 4  
Prep: 20 mins  
Cook: 10 mins



Nutrition per serving:  
490 kcal  
17g Fats  
60g Carbs  
22g Protein



GF

DF

V



## WHAT YOU NEED

- 1 cup (250g) sushi rice
- 1 tbsp. rice vinegar
- 2 cups (375g) natural tofu
- 1 tbsp. sesame oil
- 1 inch (3 cm) ginger, grated
- 2 tbsp. soy sauce
- 4 baby cucumbers, sliced
- few slices nori
- 5/8 cup (125g) seaweed salad
- 1 ¼ cup (200g) edamame beans

## WHAT YOU NEED TO DO

*Boil the rice according to the instructions on the package. Stir in the rice vinegar and allow to cool to room temperature.*

*In the meantime, drain the tofu. Cover a bowl with a clean tea towel and crumble the tofu above it. Press out as much moisture as possible squeezing the tea towel.*

*Heat the sesame oil in a wok and stir-fry the tofu for 5 minutes on medium heat. Next, add in the ginger and soy sauce. Stir-fry for 5-7 minutes. Season with salt and salt.*

*Meanwhile, cut the cucumber into slices and cut the nori into pieces.*

*To serve, divide the rice between bowls and then the tofu, cucumber, nori, seaweed salad, and soybeans. Serve with extra soy sauce.*



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**KALE & TOFU SALAD WITH  
PEANUT BUTTER DRESSING**

# KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
195 kcal  
11g Fats  
15g Carbs  
1g Protein



## WHAT YOU NEED

### **For the salad:**

- 14 oz. (400g) natural tofu
- 3 cups (90g) kale, chopped
- 1 cup (100g) purple cabbage, shredded
- 1 red bell pepper, chopped
- 2/3 cup (30g) carrot, grated
- 1 tbsp. coconut oil

### **For the dressing:**

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- ½ lime, juiced
- ½ tsp. chilli flakes
- 1-2 tbsp. water

## WHAT YOU NEED TO DO

*Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.*

*In the meantime, prepare your vegetables. Chop the kale and pepper, grate the carrot and shred the cabbage. Toss everything in a salad bowl.*

*In a small bowl, mix all the dressing ingredients.*

*Heat the coconut in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 mins each side, or until golden brown.*

*Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.*

**Tip:** *If you prefer a meat version of this salad then it will go perfectly with a grilled chicken breast instead of the tofu.*



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A top-down view of a white square plate containing a balsamic beetroot salad. The salad consists of dark red beetroot cubes, white feta cheese chunks, and sliced strawberries. A garnish of fresh green basil leaves is placed on top. To the right of the plate is a silver fork. The entire scene is set on a light-colored wooden surface with horizontal planks.

**BALSAMIC BEETROOT  
SALAD WITH FETA**

# BALSAMIC BEETROOT SALAD WITH FETA



Serves: 4  
Prep: 20 mins  
Cook: 0 mins



Nutrition per  
serving:  
225 kcal  
18g Fats  
17g Carbs  
7g Protein



## WHAT YOU NEED

- 14 oz. (400g) cooked baby beetroot, cut into pieces
- 1 small red onion, finely chopped
- 1 tbsp. balsamic vinegar
- salt and pepper to taste
- 1 apple, copped
- 1/3 cup (30g) walnuts
- 3.5 oz. (100g) feta, diced
- 1 tbsp. olive oil, to serve

## WHAT YOU NEED TO DO

*Put the cut beets in a bowl and top with the chopped red onion and a spoonful of balsamic vinegar. Mix well and season with salt and pepper to taste. Leave for 10 minutes, then drain.*

*Mix in the chopped apple, half the walnuts and half the feta. Divide between four plates and garnish with the remaining walnuts and feta.*

*Season with some extra pepper and drizzle with olive oil before serving.*



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A top-down view of a white ceramic bowl filled with a winter bean salad. The salad consists of light-colored, kidney-shaped beans, sliced red tomatoes, sliced red onions, and fresh green cilantro leaves. The bowl is placed on a light-colored wooden surface. To the left of the bowl, there is a small white spoon containing a brown, textured dressing or seasoning, with some of it spilled onto the wooden surface. A semi-transparent white rectangular box is overlaid in the center of the bowl, containing the text "WINTER BEAN SALAD" in bold, black, uppercase letters.

**WINTER BEAN SALAD**

# WINTER BEAN SALAD



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
146 kcal  
7g Fats  
15g Carbs  
5g Protein



## WHAT YOU NEED

- 2 medium red onions
- 2 tbsp. olive oil
- 2x 14 oz. (400g) can butter beans, drained
- 3 cups (450g) cherry tomatoes, halved
- 2 handfuls coriander
- 1 lemon
- 1 tbsp. balsamic vinegar
- 1 tsp. ground cumin
- 12 falafels , to serve (optional, not included in nutritional information above)

## WHAT YOU NEED TO DO

*Cut the onions into rings. Heat 1/2 tbsp. of the oil in a pan and fry the onions for 3 minutes.*

*In the meantime, drain the beans and rinse them under cold running water, add to the onion and cook for another 6 minutes, on low heat. Stir occasionally. Halve the tomatoes and add into the pan in the last two minutes.*

*Meanwhile, heat 1/2 tbsp. of the remaining oil in a frying pan and fry the falafels 6 min until heated through and browned, or according to packaging.*

*Chop the coriander and squeeze the lemon. Make the dressing by mixing together 2 tbsp. of lemon juice, the remaining oil, vinegar, cumin, pepper and salt.*

*Mix the dressing with the bean-tomato mixture and cilantro. Serve with falafels (optional).*



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**WARM SALMON &  
QUINOA SALAD**





# WARM SALMON & QUINOA SALAD



Serves: 4  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
325 kcal  
26g Fats  
17g Carbs  
28g Protein



## WHAT YOU NEED

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 1/3 cup (200g) sugar snaps
- 4 cups boiling water (950ml)
- 1 1/3 cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

## WHAT YOU NEED TO DO

*Preheat the oven to 400F (200C).*

*In the meantime cut the peppers into strips. Heat the oil in a pan on medium heat and stir-fry the pepper for 5 min.*

*Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.*

*Place snow peas in a colander and pour over the boiling water, then add the snow peas and quinoa to the peppers and heat up for 4 minutes on medium heat.*

*Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.*



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**MEXICAN SALAD WITH  
ROASTED SWEET POTATO**

# MEXICAN SALAD WITH ROASTED SWEET POTATO



Serves: 4  
Prep: 15 mins  
Cook: 25 mins



Nutrition per  
serving:  
540 kcal  
28g Fats  
54g Carbs  
11g Protein



GF

DF

V



## WHAT YOU NEED

- 27 oz. (750g) sweet potatoes
- 1 tsp. smoked paprika
- 2 tbsp. olive oil
- 14 oz. (400g) can black beans
- 5 oz. (150g) sweet corn
- 2 small red onions
- 10 cherry tomatoes
- 2 avocados
- lime wedges, to serve

## WHAT YOU NEED TO DO

*Preheat the oven to 200 ° C. Cut the unpeeled potatoes into 3 cm. wedges and spread on a baking sheet.*

*Mix together the paprika, olive oil, salt & pepper and rub into the wedges until well covered. Bake the potatoes at the center of the oven for about 25 min. until golden brown.*

*Meanwhile, place the beans and sweet corn in a colander, rinse under cold water and drain. Chop the onion and mix in with the beans and corn.*

*Cut the tomatoes into quarters and season with salt & pepper. Cut the avocado in half lengthways; remove the pit and scoop out the flesh. Cut the flesh into chunks.*

*Divide the potatoes, tomatoes, avocado and bean mixture between 4 bowls and serve with lime wedges.*



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