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# STARTING FAT LOSS RECIPE PACK

*Kick-start your fat loss journey and improve your health with these healthy 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
<b>BREAKFAST</b> (Ideally 30-60 min after waking)	Spinach Shakshuka	Cottage Cheese Fruit Bowl	Vanilla & Coffee Protein Smoothie	Avocado & Basil Tomatoes on Toast	Vanilla & Coffee Protein Smoothie	Cottage Cheese Fruit Bowl	Spinach Shakshuka
<b>LUNCH</b> (Ideally 3-4 hours after breakfast)	Leek & Pea Soup with Basil	Leftover Leek & Pea Soup with Basil	Avocado & Basil Tomatoes on Toast	Leftover Keto Tagliatelle with Pea Sauce & Ham	Warm Salmon & Quinoa Salad	Kale & Tofu Salad with Peanut Butter Dressing	Leftover Kale & Tofu Salad with Peanut Butter Dressing
<b>SNACK</b> (Ideally between lunch and dinner)	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters	E.g. Vanilla & Coffee Protein Smoothie, Cherry Sorbet, chocolate & Sea Salt Nut Clusters
<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 snack or 60-120 minutes post workout)	Steamed Italian Meatballs with side of rice & veg + remaining macros as you see fit	Leftover Steamed Italian Meatballs with side of rice & veg + remaining macros as you see fit	Keto Tagliatelle with Pea Sauce & Ham + remaining macros as you see fit	Bean Stew with potatoes + remaining macros as you see fit	Leftover Bean Stew with potatoes + remaining macros as you see fit	Meal Out – Enjoy!	Warm Salmon & Quinoa Salad + remaining macros as you see fit



A top-down view of a white ceramic bowl filled with a thick, white cottage cheese base. The bowl is garnished with several chunks of bright yellow mango, several dark blue blueberries, two thin slices of green kiwi, and a small cluster of red goji berries. A wooden spoon is partially visible on the right side of the bowl. The background is a light, neutral color.

# COTTAGE CHEESE FRUIT BOWL

# COTTAGE CHEESE FRUIT BOWL



Makes: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
310 kcal  
10g Fats  
33g Carbs  
26g Protein



## WHAT YOU NEED

- 1 cup (170g) mango, cut into cubes
- 1 cup (148g) blueberries
- juice of half a lime
- 2 cups (400g) cottage cheese, full fat
- ¼ cup (30g) Goji berries

## WHAT YOU NEED TO DO

*Peel and cut the mango into cubes then place in a bowl. Mix in the lime juice and blueberries.*

*Spread the cottage cheese between 4 small bowls, top with the fruit salad and sprinkle with Goji berries. Serve immediately.*



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**SPINACH  
SHAKSHUKA**

# SPINACH SHAKSHUKA



Serves: 2  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
321 kcal    22g  
Fats  
19g Carbs  
24g Protein



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

## WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt & pepper.

Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 mins covered with a lid until egg whites are set.

Dress in fresh parsley and serve.



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**AVOCADO & BASIL  
TOMATOES ON TOAST**

# AVOCADO & BASIL TOMATOES ON TOAST



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
332 kcal  
19g Fats  
35g Carbs  
10g Protein



DF

V

Q



## WHAT YOU NEED

- 4 medium slices of whole wheat bread
- 10 cherry tomatoes
- handful fresh basil leaves
- 1 tsp. olive oil
- 1 avocado

## WHAT YOU NEED TO DO

*Toast the bread in a toaster or oven.*

*Cut the tomatoes in half and chop the basil, then place in a small bowl. Drizzle with olive oil and season with salt and pepper.*

*Half the avocado, remove the pit and spoon out the flesh, then cut into thin slices.*

*Add the avocado slices and season with pepper and a little salt. Top with the tomatoes and serve.*



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A close-up photograph of a white ceramic bowl filled with a vibrant green pea soup. The soup is garnished with several fresh basil leaves, a dollop of white cheese, and a sprinkle of black pepper. The bowl is set on a dark wooden surface. In the background, another similar bowl is visible, and a copper-colored spoon rests on the table. A white and grey patterned cloth is partially visible on the right side.

**LEEK AND PEA  
SOUP WITH BASIL**

# LEEK AND PEA SOUP WITH BASIL



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
212 kcal  
5g Fats  
30g Carbs  
11g Protein



V Q



## WHAT YOU NEED

- 2 tsp. coconut oil
- 3 ¼ cups (400g) leek, chopped
- 4 cups (1L) water
- 2 vegetable stock cubes
- 3 cups (450g) garden peas
- ½ cup (15g) fresh basil, chopped
- 1 ¼ cup (150g) light feta, crumbled

## WHAT YOU NEED TO DO

Heat the oil in a large saucepan and cook the leek for 2 minutes. Add the water and the stock cubes. Bring to the boil and cook for a further 5 minutes.

Add in the garden peas and cook for another 2 minutes. Put three-quarters of the basil into the soup, turn off the heat and puree with a hand blender until smooth.

Divide the soup over 4 bowls and sprinkle with the crumbled cheese and the rest of the basil to serve. Season with freshly ground pepper.



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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:  
119 kcal  
6g Fats  
13g Carbs  
5g 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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**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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**KETO TAGLIATELLE WITH  
PEA SAUCE AND HAM**

# KETO TAGLIATELLE WITH PEA SAUCE AND HAM



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
212 kcal  
13g Fats  
18g Carbs  
17g Protein



## WHAT YOU NEED

- 3 zucchinis
- 1 onion, chopped
- 5 cups (400g) chestnut mushrooms, sliced
- 1 tsp. coconut oil
- 3 cups (450g) of garden peas, frozen
- 1 vegetable stock tablet
- 2/3 cup (150ml) of hot water
- 5 oz. (140g) bacon, cut into pieces
- ½ cup (125ml) of soy cooking cream

## WHAT YOU NEED TO DO

*Wash and spiralize the zucchinis, then set aside.*

*Meanwhile, chop the onion and cut the mushrooms into slices. Heat the oil in a frying pan and fry the onion for 2 minutes.*

*Then add the garden peas and cook for another 2 minutes. Crumble in the bouillon tablet and add the hot water. Bring to the boil and cook the garden peas for 4 minutes until done.*

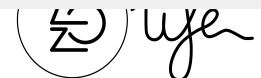
*Heat another dry frying pan and fry the bacon for 5 mins, increase the heat and add the mushrooms, cook for another 5 mins.*

*Take the garden peas from the heat and stir in the cream. Puree with the hand blender into a smooth sauce, then return to the pan. Season with pepper and salt. Add the zucchini to the sauce and heat up for 2-3 mins.*

*To serve, divide the zucchini between plates and top with the ham and mushrooms.*

### **NOTE:**

*- replace zucchini with whole-wheat pasta if not on a low-carb diet*



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**BEAN STEW**

# BEAN STEW



Serves: 6  
Prep: 10 mins  
Cook: 35 mins



Nutrition per  
serving:  
148 kcal  
2g Fats  
25g Carbs  
7g Protein



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, sliced
- 2 garlic cloves, sliced
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 2 parsnips, peeled and chopped
- 2 carrots, peeled and chopped
- 7/8 cup (175g) tomatoes, chopped
- 1 tbsp. tomato puree
- 2x 14 oz. (400g) tin chopped tomatoes
- 1x 14oz. (400g) tin butter beans, drained
- Parsley, chopped, to garnish

## WHAT YOU NEED TO DO

*Heat the coconut oil in a large pot, and cook the onion, garlic, rosemary and thyme over medium heat for 5-6 minutes, until soft. Season with salt and pepper.*

*Add in the parsnips, carrots, tomatoes, tomato puree and cook for another 15 mins, until softened.*

*Add in the beans, chopped tomatoes and mix well. Bring to a boil, reduce the heat and simmer for another 15 mins. Season to taste, with salt and pepper and more herbs if desired.*

*Garnish with fresh parsley before serving.*

*The stew can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.*



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A top-down view of a clear glass oval dish filled with approximately 20 small, round, light-colored meatballs. The meatballs are arranged in a circular pattern and are partially submerged in a light-colored, slightly oily liquid. They are garnished with finely chopped green herbs, likely parsley, and small pieces of red and orange vegetables. The dish is placed on a dark wooden surface, and a red and white striped cloth is visible at the bottom and right edges. A semi-transparent white rectangular box is overlaid on the left side of the dish, containing the text 'STEAMED ITALIAN STYLE MEATBALLS' in bold, black, uppercase letters.

**STEAMED ITALIAN  
STYLE MEATBALLS**

# STEAMED ITALIAN STYLE MEATBALLS



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per serving:  
189 kcal  
9g Fats  
12g Carbs  
15g Protein



DF LC



## WHAT YOU NEED

- 9 oz. (250g) 50/50 lean pork beef mince
- 2-3 slices bread of choice, soaked in water
- 1 small chili pepper, deseeded and chopped
- 1 garlic clove, finely chopped
- 1 handful fresh parsley, finely chopped
- 1 ½ tbsp. olive oil

## WHAT YOU NEED TO DO

*Soak the bread in water for about 10 mins.*

*Place the meat mix in a bowl. Squeeze out excess water from the bread and add to the meat. Season with salt and pepper. Next add the chopped chili (but use only half if it is very hot), garlic, parsley and 1 tbsp. olive oil. Using your hands mix everything together.*

*Bring a pot of water to the boil, placing a plate on top instead of the lid. Once water has boiled, grease the plate with ½ tbsp. of olive oil and add in ¼ cup of boiling water.*

*Next, using wet hands form meatballs about the size of a cherry tomato and place on the plate. Carry on until you've used all the meat, at this stage add in a little bit more boiling water to the meatballs, but make sure not to cover them. Finally, cover the meatballs with a plate or lid and steam for 30-35 mins.*

*Once ready serve with pasta and an extra sprinkle of fresh parsley. Also great with parmesan.*



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A close-up photograph of several dark chocolate nut clusters scattered on a white surface. The clusters are irregular in shape, some showing the texture of the nuts inside. The background is softly blurred, showing more clusters and a wooden surface at the bottom. A semi-transparent white box is overlaid on the right side of the image, containing the title text.

# **CHOCOLATE AND SEA SALT NUT CLUSTERS**

# CHOCOLATE AND SEA SALT NUT CLUSTERS



Makes: 30  
Prep: 15 mins  
Cook: 10 mins



Nutrition per  
serving:  
38 kcal  
3g Fats  
2g Carbs  
1g Protein



## WHAT YOU NEED

- ½ cup(100g) 75% dark chocolate
- 90 almonds (around 3 oz./90g)
- sea salt

## WHAT YOU NEED TO DO

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

Place the almonds in the melted chocolate and mix well until all the almonds are covered.

Using a fork take out 3 almonds at a time and transfer onto a sheet of baking paper, stack them on top of each other. Repeat until you have used all the almonds, making 30 clusters.

Sprinkle with sea salt when the chocolate is almost dry, then place into the fridge for 10 mins.



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**CHERRY  
SORBET**

# CHERRY SORBET



Serves: 4  
Prep: 10 mins  
Cook: 1 hr



Nutrition per  
serving:  
109 kcal  
1g Fats  
24g Carbs  
2g Protein



GF

DF

V



## WHAT YOU NEED

- 1  $\frac{3}{4}$  cups (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla soy yogurt (e.g. Alpro)
- 4 tbsp. water
- mint leaves, to serve

## WHAT YOU NEED TO DO

*Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. lemon juice, 4 tbsp. yogurt and 4 tbsp. water until smooth.*

*Spoon into a freezer-proof container then freeze for 1 hour.*

*Scoop out the sorbet into serving glasses, top with mint and serve immediately.*

*The ingredients will make approx. 8 scoops of sorbet (2 per serving).*



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**VANILLA & COFFEE  
PROTEIN SMOOTHIE**

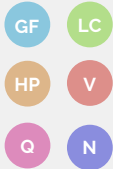
# VANILLA & COFFEE PROTEIN SMOOTHIE



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
174 kcal  
6g Fats  
4g Carbs  
26g Protein



## WHAT YOU NEED

- 1/4 cup (60ml) espresso
- 1 2/3 cup (400ml) almond milk
- 2 scoops vanilla whey
- 2 tsp. cinnamon
- 2 tbsp. flax seeds
- handful ice

## WHAT YOU NEED TO DO

*Place all in gradients in a high-speed blender and mix until smooth. Serve cold in a glass.*



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