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HEALTHY
MENU TIPS

SHOPPING LIST & RECIPES



The following simple hacks identified in this e-book will help give you clear and practical shopping list items & recipes.

FREE 1 ON 1
HEALTHY HABITS
CONSULTATION

VALUE
\$150

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FREE HABIT QUEST



You can start implementing these today to set you on-track to arriving at the ultimate destination of sustainable wellness.

The only person who can make a change to the way you feel RIGHT NOW and TOMORROW and the NEXT DAY is YOU.



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Energy is not the only basis of existence, it is the fuel that makes everything in our lives real and possible.

Do you know the seven components of food? How do you combine fats, carbohydrates proteins and other elements like

fibre to achieve maximum health benefits? What does it really mean to be and feel nourished?

Even though we consciously make the decision to eat, a lot of us don't really consider what we are actually putting into our bodies. In order to strive for optimal nutrition, we must first understand the basis of food and why we should choose certain items on our daily menu item over others. Imagine what it would feel like to feel content, nourished and energised because you knew how, when and what to eat, for the rest of your life!

Loz will educate you about how to make better decisions when it comes to the types of food choices you make to nourish your body, helping uncover the habits that are holding you back from maximising your energy potential.



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SHOPPING LIST



#1

QUINOA

This seed packs some serious nutritional prowess. With a texture similar to rice or couscous, quinoa is one of the only seeds that provides all nine essential amino acids our bodies can't produce themselves.



#2

BLUEBERRIES

These nutritional superstars are packed with antioxidants and are high in potassium and vitamin C. Studies suggest blueberries may improve memory.



#3

KALE

This rough and tough green beats all the others in terms of nutrition providing more antioxidants than most other fruits and veggies! Kale is also a fantastic source of calcium and iron.

SHOPPING LIST



#4

CHIA

Chia is loaded with the most essential fatty acids out of any known plant!

One serving of the stuff is loaded with magnesium, iron, calcium and potassium.



#5

OATMEAL

High in fibre, antioxidants and tons of other nutrients, this breakfast staple has shown to help lower cholesterol levels, aid digestion and improve metabolism.



#6

GREEN TEA

Loaded with antioxidants and nutrients that have powerful effects on the body, green tea is alleged to help with weight loss, high cholesterol, cardiovascular disease and more!

SHOPPING LIST



#7

BROCCOLI

This lean, mean, green machine is packed with vitamins, minerals, disease-fighting compounds and the fibre essential in any diet.



#8

STRAWBERRIES

Vitamin C is the superstar of this superfood. Just one cup of these red beauties contain 160% of the daily recommended quantity of vitamin C for only 50 calories.



#9

ALMONDS

Almonds are the most nutritionally dense nut. For just 191 calories, a one-ounce serving provides 3.4 grams of fibre and a healthy dose of potassium, calcium, vitamin E, magnesium and iron.

SHOPPING LIST



#10

SPINACH

Antioxidants, anti-inflammatories and vitamins that promote vision and bone health is what makes this little ol' green so super.



#11

GINGER

Slightly spicy but oh-so-enjoyable, ginger has been used for years as an all-natural remedy for everything from an upset stomach to unwanted inflammation.



#12

BEETROOT

This all-star veggie contains tons of vitamins, minerals and antioxidants that can help fight disease and strengthen vital organs.

SHOPPING LIST



#13

GARLIC

It might leave your breath less than desirable but these cloves have been used for centuries as food and medicine. Garlic can be used to treat anything from high blood pressure to heart disease.



#14

CAULIFLOWER

This super power packed veggie has plenty of vitamins and minerals but it's real power comes from the cancer-fighting compounds known as glucosinolates.



#15

LENTILS

High in protein, iron and other essential nutrients. The iron may help fight off anaemia and they're low on the glycemic index too.

SHOPPING LIST



#16

CRANBERRIES

These bacteria busting berries can help fight inflammation, reduce the risk of heart disease, improve oral health and help prevent ulcers and yeast infections.



#17

APPLES

A powerful source of antioxidants including polyphenols, flavonoids & vitamin C. They're also full of fibre and potassium. It's important to eat the skin of an apple to obtain the full health benefits.



#18

PUMPKIN

Extremely high in fibre, pumpkin packs an abundance of disease fighting nutrients including potassium, pantothenic acid, magnesium and vitamins C & E.

SHOPPING LIST



#19

WATERMELON

Low in sugar, high in vitamin A and C, this summer treat is the perfect fresh, low-calorie snack. Studies suggest watermelon could potentially lower blood pressure and reduce the risk of cardiovascular disease.



#20

SALMON

This heart-healthy fish is packed with protein and a healthy dose of omega-3 fatty acids which studies suggest may help reduce the risk of cardiovascular disease.

DETOX RECIPES



#1

DETOX TIME

½ cucumber

2 lemons

10-12 mint leaves

3L water



#2

BLOOD CLEANSING

Burdock (3 inch piece)

Ginger (1 inch)

Apple (2 whole)

Kale (3 leaves)

Lemon (quartered with skin)



#3

DETOX JUICE

Cucumber

Spinach

Ginger

Lime

Apple



DETOX RECIPES



#4

DETOX JUICE

Orange
Carrot
Water
Ginger
Lemon



#5

INNER GLOW

Cukes (1 whole)
Lime (half peeled)
Apple (1 whole)
Basil (small handful)

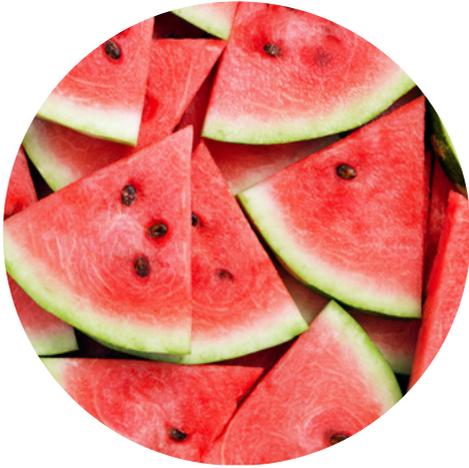


#6

BELLY BLISS

Carrots (4 pieces)
Apple (2 pieces)
Cucumber (1 small)
Parsley (3 sprigs)

DETOX RECIPES



#7

WATERMELON DETOX

1 small watermelon
Juice of ½ lemon
1 cup of water
1 tablespoon turmeric



#8

ULTIMATE DETOX GREEN JUICE

2-3 handfuls of spinach
½ bunch of kale
½ bunch of dandelion greens
½ cucumber
3-4 stalks of celery
3-4 carrots
1 lemon
1 inch piece of ginger



#9

GINGER DETOX

1 inch slice ginger root
2 tbsp lemon juice
3 carrots with tops
Pinch of stevia



DETOX RECIPES



#10

DETOX JUICE

Parsley
Carrot
Green Apple
Grapes
Fennel
Ginger



#11

THE GOLDEN LIVER FLUSHING DRINK

Half a teaspoon of turmeric
A bit of ginger
The juice of half a lemon
Half a cup of water



#12

GREEN TEA CITRUS

Half a cup of green tea, cooled down
The juice of half a lemon
1 banana blended in

DETOX RECIPES



#13

VIBRANT DETOX

- 1 bell pepper
- 3 carrots
- 1 medium cucumber
- Half a lemon
- 1 apple



#14

LIVER DETOX

- 1/2 beet
- 2 carrots
- 1 apple
- 3 garlic cloves
- 1 lemon
- 1/4 bunch dandelion greens
- 1/4 head of kale



#15

TURMERIC CLEANSE

- Turmeric (1 oz, juiced)
- Celery (1 stalk)
- Coconut water (1 oz, juiced)
- Ginger (1 inch)
- Lemon (half, peeled)
- Cukes (1 whole)



DETOX RECIPES



#16

RADISH KIDNEY DETOX

6-8 radishes
1/2 head purple cabbage
8 ribs of celery
1 lemon
1 inch ginger root



#17

TOXIN KILLER

Watercress (1 cup)
Carrots (2-3 whole)
Roma Tomatoes (2 whole)
Spinach (1/2 cup)
Cilantro (1/2 cup)



#18

SPINACH GREEN SMOOTHIE DETOX

1 handful spinach
1/2 cup pineapple chunks
1/2 piece banana
1 tsp flax or chia seeds
1 cup of filtered water



DETOX RECIPES



#19

KALE-A-DAY GREEN SMOOTHIE DETOX

- 1 handful kale leaves
- 1 squeeze lemon
- 1/2 piece banana
- 1/2 piece of cored apple
- 1 tsp flax or chia seeds
- 1 cup of filtered water



#20

BROCCOLI GREEN SMOOTHIE DETOX

- 1 handful of spinach
- 4-6 florets of broccoli
- 1/2 piece banana
- 1/2 piece of cored apple
- 1 tsp flax or chia seeds
- 1 cup of filtered water



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body and
live a happy
healthy life.**

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