

WEIGHT LOSS GUIDEBOOK

FINALLY A DIFT THAT WORKS!

26 RECIPES FOR WEIGHT LOSS

SHOPPING LIST, HEALTHY SWAPS, MEAL PLANS



THE ONLY DIET THAT ACTUALLY WORKS IS...

Throughout the history of weight loss, numerous diets took the stage, but only one is notorious for its bullet-proof effectiveness. Maybe you've heard of it? It's the diet you're willing to stick to long enough to see results.

So, before you start another fad diet, completely exclude carbohydrates or go super low-fat, consider if this diet seems sustainable to you.

Choose a diet you'll be able to follow for weeks, months or years.

Consistency is the thing that does the trick.

Recent weight management studies show that there is no magic diet and that

the most important element of a successful diet is to create a slight calorie deficit.

In a nutshell, to lose weight, we must use more energy than we consume.

5 WEIGHT-LOSS RULES THAT CAN HELP YOU REACH YOUR GOAL FASTER

Eat real food.

Rather than just focusing on macro nutrients (like fats, carbs etc.) enjoy eating a variety of foods. Most importantly, choose foods of different colours daily.

Whenever you can, choose a **healthier option**

or – better yet – choose a food alternative with less calories.

Move your body.

Even if the only exercise you can afford is a daily walk. Regular exercise will give you more freedom with your diet.

Eat mindfully. When you feel you're getting full, stop eating.

Following a simple rule to **eat only till 80% full**will effectively curb your appetite and cut your

portions in the long run.

Drink as much water as you can. Always start and finish your day with at least one glass of water.

Drink a glass of water before every meal, and every time you go to the toilet.

Look at the last chapter and read our 10 tips to get in shape faster and feel your best.

HOW TO KEEP UP WITH YOUR CALORIE DEFICIT GOAL WITHOUT CALORIE TRACKING

Calorie tracking can be useful for some, but the majority of people find it demotivating and unnecessary. You can follow a balanced diet with a simple rule of eyeballing.

REMEMBERING THESE GUIDELINES,
PORTION CONTROL WILL BECOME VERY SIMPLE:

PROTEINS

PORTION SIZE:

Palm size (without fingers)

RECOMMENDED MAX INTAKE:

2-4 portions/day

Best protein sources are whitefleshed fish, skinless white-meat poultry, lean beef, and tofu. Occasionally mix it up with beans, peas, and lentils.



VEGETABLES

PORTION SIZE:

Fist size

RECOMMENDED

INTAKE:

at least 4 portions/day



GRAINS AND STARCHY VEGETABLES

PORTION SIZE:

Handful (form a cup with your hand)

RECOMMENDED MAX INTAKE:

1-2 portions/day

Rather opting for processed grains, enjoy whole grains like bulgur, brown rice, popcorn, whole wheat flour, quinoa etc.



WHOLEFOOD

PORTION SIZE:

Oil, butter – 1 teaspoon; Seeds and nuts – 1-2 tablespoons

RECOMMENDED INTAKE:

1-2 portions/day

It's best to eat unprocessed fats like nuts and seeds. Oils are wicked calorie bombs.



FERMENTED DAIRY PRODUCTS

PORTION SIZE:

2 dl or a small glass

RECOMMENDED INTAKE:

1-2 portions/day

Natural yoghurt or kefir can be a beneficial addition to any diet because they're packed with probiotics. For everyone who's lactose intolerant, there are many plant-based alternatives available.





Estimated amounts of calories needed to maintain weight*:

How? Eat less and exercise more and this will be easy.

Gender	Age (years)	Sedentary ^b	Moderately Active ^c	Active ^d
Child	2.3	1,000	1,000-1,400	1,000-1,400
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,280	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

^{*}If you're shorter than 165 cm, subtract 100 calories.

Sedentary: office work, with ocasional light activity.

<u>Moderately Active</u>: office work with active breaks and doing moderate activity at least 4 times per week.

Active: office work with active breaks and doing vigorous activity at least 5 hours per week.

YOUR IDEAL SHOPPING LIST

Everything your body needs to thrive and slim down

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TRY TO AVOID...

STAPLES & FOODS YOU CAN BUY IN BULK * buy 1 / 6 months	 Quinoa • Brown rice Buckwheat • Beans Chickpeas • Lentils Sauerkraut • Gherkins 	• Pasta	
SPICES & OILS * buy 1 / 6 months NUTS & SEEDS	 Himalayan salt Black pepper Chilli Cinnamon Turmeric Cumin Tamari sauce Olive oil Coconut oil Apple cider vinegar Nutritional yeast Almonds Chia seeds 	 Nut butters Plant-based milk Low-fat dairy Gluten-free bread and pastries 	
* buy 1 / 3 months FOODS FROM THE FROZEN SECTION * buy 1 / 3 months	Peas • Green beans • Broccoli Mixed berries • Spinach	 Milk and white chocolate Cashews Pistachios Oil-roasted peanuts Prepacked snacks Oil (except olive oil for cold dishes and coconut oil for cooking) Salad dressings Protein bars Fizzy drinks Frozen meals Fried fruit 	
DRIED FRUIT *Buy monthly STARCHY	Prunes Mulberries		
VEGETABLES *Buy monthly	Carrots Beets Corn on the cob		
LOW-CALORIE FRUIT AND VEGETABLES *buy weekly	 Green apples • Citruses • Melons Red/green peppers • Tomatoes Cucumbers • Garlic • Onions Celery • Mushrooms • Leek Lettuce • Baby spinach Swiss chard 		
HIGH-CALORIE FOODS THAT ARE GOOD FOR YOU *buy if you crave them	 Avocado • Salmon Organic tempeh • Sweet potatoes Air-popped popcorn • Walnuts Hummus • Oats • Dark chocolate 		

LOW-CALORIE MEAL PLANS AND HEALTHY SWAPS OF YOUR FAVOURITE FOODS

Healthy food swaps that will keep you on track

DIET BUSTERS

AWESOME ALTERNATIVES

Pasta	Courgetti*	
Burger bun	Portobello mushroom	
Mayonnaise	Mustard or Greek yoghurt with light mayo	
Bolognese sauce	Raw "Bolognese" sauce*	
Mashed potatoes	Mashed cauliflower*	
Beef taco	Mushroom taco on lettuce floats*	
Tuna in oil	Tuna in water	
Fried chicken	Baked chicken breast in almond meal*	
Sour cream	Greek yoghurt	
Rice	Cauliflower rice	
Ice cream	Greek yoghurt with whey protein*	
Potato salad	Courgette salad*	
Raisins	Mulberries	
Deep-fried chips	Oven-roasted chips*	
Crisps	Roasted chickpeas*	
3-egg omelette	Light omelette with 1 whole egg and 2 egg whites	
Oatmeal	Zoats*	
Salted peanuts	Edamame	
Pizza	Zucchini pizza boats*	
Minced beef	Minced turkey	
Cashews	Almonds	
Milk chocolate	Dark chocolate	
Café latte	Americano with a splash of milk	
Fruit yoghurt	Natural yoghurt with fresh berries	
Soda	Seltzer with lemon juice	
Dried fruit	Fresh fruit	

^{*}Look for a recipe in Recipes section



START OF THE DAY:

2 glasses of water Coffee with a splash of milk

BREAKFAST:

Low-fat Greek yoghurt mixed with a spoonful of vanilla whey powder

Fresh raspberries

A fistful of almonds

LUNCH

Big green salad with honey mustard chicken fillet Olive oil and apple cider vinegar dressing

SNACK:

Coffee with a splash of milk Dark chocolate (one square)

DINNER:

Steamed broccoli
Cooked quinoa with peas
Salmon fillet (grilled skin down – without using oil)

ESTIMATED NUTRITION:

• 1500-1700 kcal • 70-80 g protein • 100-115 g carbs • 20-25 g fibre • 50-60 g fat

START OF THE DAY:

2 glasses of water Coffee with a splash of milk

BREAKFAST:

Light omelette (1 whole egg, 2 egg whites)
Fresh tomato with black pepper

SNACK:

Carrot sticks and hummus

LUNCH:

Buckwheat salad

SNACK:

Coffee with a splash of milk Kefir with a teaspoon of chia seeds

DINNER-

Mushroom taco on lettuce floats

Cabbage salad

Olive oil and apple cider vinegar dressing

ESTIMATED NUTRITION:

• 1400-1600 kcal • 55-60 g protein • 140-155 g carbs • 33-40 g fibre • 65-75 g fat

START THE DAY:

2 glasses of water Coffee with a splash of milk

BREAKFAST:

Avocado Egg Boats Medium tomato with cracked pepper

SNACK:

Coffee with a splash of milk
Prunes and a fistful of almonds

LUNCH:

Courgetti with Turkey meat Bolognese Kiwi sorbet

SNACK:

Celery Hummus

DINNER:

Mashed cauliflower Spinach with garlic and Greek yoghurt

ESTIMATED NUTRITION:

• 1050-1150 kcal • 55-60 g protein • 120-130 g carbs • 30-35 g fibre • 35-40 g fat

START THE DAY:

2 glasses of water Coffee with a splash of milk

BREAKFAST:

Zoats with berries and cinnamon

SNACK:

Hard-boiled egg with chilli salt Cherry tomatoes

LUNCH:

Big green salad with baked seitan, sundried tomatoes, sunflower seeds and black olives

Olive oil and apple cider vinegar dressing

Protein shake for dessert

SNACK:

Red pepper Hummus

DINNER:

Sweet vegetable soup
Banana oatmeal cookie for dessert

ESTIMATED NUTRITION:

• 1100-1200 kcal • 50-55 g protein • 110-120 g net carbs • 25-30 g fibre • 40-45 g fat



10 TIPS FOR BOOSTING YOUR SLIMJOY



THE BEST SOLUTIONS ARE STILL THE SIMPLEST ONES





Make breakfast a habit



DON'T: If you skip breakfast, **you'll eat more calories in the evening,** which equals **fat accumulation.** Go for healthy foods: **NO croissants,** pastries or biscuits.



DO: Think whole foods in the morning; **wholegrain oats, buckwheat groats or millet** with a teaspoon of coconut oil and a pinch of salt, served with a **vegetable omelette.** If you have a sweet tooth, prepare a **mix of berries or apple slices,** cinnamon and cooked oats.







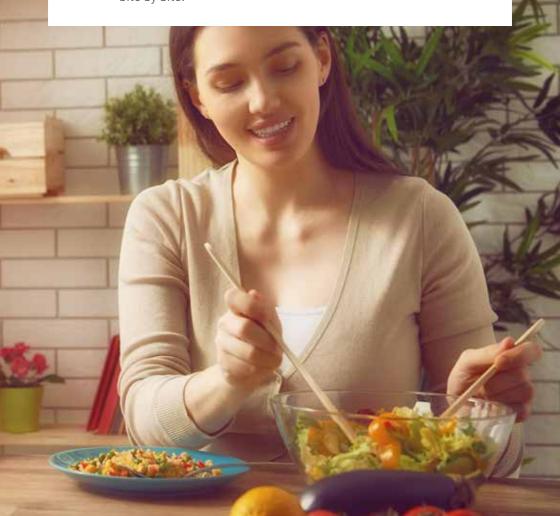
When you eat, stay focused on the food

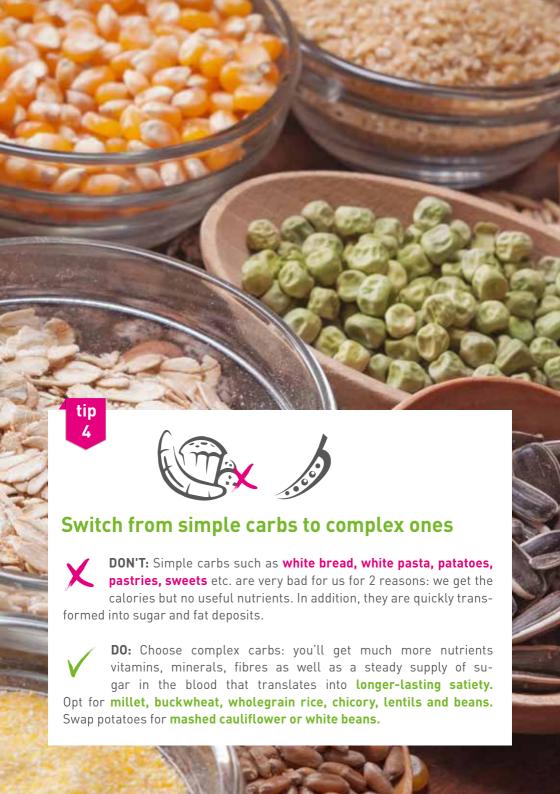


DON'T: If you **eat in a hurry** and don't focus on the food, you'll only end up eating more without the feeling of satiety - and you'll **soon** be hungry again.



DO: Put away your mobile, switch off the TV and focus on your meal – bite by bite.









Stop eating after 6PM



DON'T: New studies show that digestion and fat-burning are put on hold at night. This means that you'll burn more calories during the day and much less during the night.



DO: Stop consuming calories after 6PM and reduce the chances of fat accumulation.







Sleep at least 7 hours a night - it can help you lose 6.5 kilos

DON'T: Don't **think it's enough to sleep 6 hours a night!** An average person should sleep 7-8 hours a night. **The less you sleep, the more time you have to eat,** especially at the wrong fat-storing hours.

D0: Set a time when you go to sleep in order to get at least 7 hours of sleep each night and stick to it! Stop using any electronic devices (mobile, tablet, TV) 1 hour before going to sleep as they interfere with your ability to fall asleep. Scientists estimate that overweight people could lose 6.5 kilograms a year just by sleeping one more hour each night. Worth a try, isn't it?





Being physically active is easier than you think



Just by walking 24 stairs a day you can lose 3 kilos in one year



24 stairs/day
-3 kg/year

Even two flights of stairs (approximately 24 to 26 stairs) climbed per day can lead to 3 kilos (6 lbs) of weight loss over one year. **Stair climbing can be accumulated during the day**, making a significant contribution to the recommended 30 minutes of daily physical activity!

2

Just by walking 10 minutes a day you can lose 1.5 kilos in one year



10 min/day
-1,5 kg/year

This is an easy one – but you have to do it every day. Try to have a 10-minute walk. **Park your car further** from your work place or from the entrance to the shopping centre, use public transport in order to walk from the station to your office, have a **fast walk during your rest break.** Just walk!



Don't avoid housekeeping, you can lose up to 350 calories a day!



350 calories/day

Can you imagine? You can burn a lot of calories even with ordinary activities that you don't consider exercise, such as **fidgeting, carrying the washing upstairs, dancing around the house** to your favourite tune, or even **standing when talking on the phone.** Those are small changes that could result in burning up to 350 more calories a day!

How much is enough?

Here is the guide on how much you should eat.

Eat 3 meals a day using the rule of the plate and the rule of the hand.



1 palm of protein

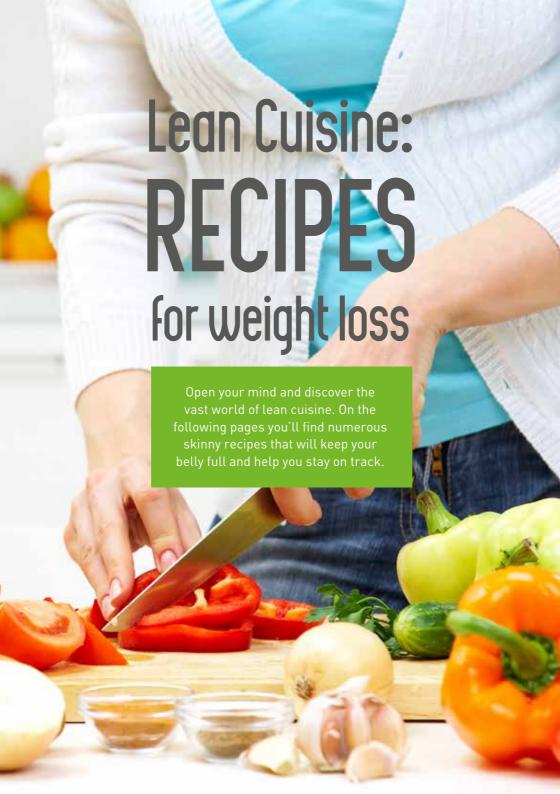
1 fist of vegetables

1 cupped handful of carbs

1 entire thumb of fat

The hand rules on the pictures are for women, men should have double the portion.





Avocado Egg Boats









INGREDIENTS:

- 1 avocado
- 2 small eggs
- Salt
- Freshly-ground pepper

TOPPING:

option No.1:

- 2 slices bacon, fried until crispy
- Pinch of red pepper flakes Chopped chives

option No.2:

• Cherry tomato • Fresh basil

option No.3:

• Shredded cheddar cheese • Chopped chives



- Preheat oven to 200°C.
- Slice the avocado in half and remove the pit. Scoop out some avocado flesh to make a bigger hole and place the halves on a baking sheet.
- Crack one egg into each half and season with salt and pepper. Add toppings of choice.
- Bake for 15 minutes.
- Optional: sprinkle with fresh herbs. Serve with the rest of the avocado flesh.

Zoats with berries and cinnamon

Zoats, aka zucchini and oats - a trend that started in the US, hence 'zucchini' rather than 'courgette'







INGREDIENTS:

- 1 small courgette (grated)
- 6 tablespoons of steel-cut oats
- 3 dl of water
- 2 tablespoon of Greek yoghurt (use low-fat for less calories)
- Berries (strawberries, raspberries, blueberries etc.)
- Cinnamon
- Pinch of salt
- Stevia (optional)



- Mix grated courgette, oats, water, salt and cinnamon in a saucepan and simmer until it's almost of the right consistency. (When cooling down, oats absorb any liquid left.)
- While still hot, pour the zoats into in a serving bowl and mix them with a spoonful of yoghurt and stevia if you like them sweeter.
- Decorate with fresh berries and a pinch of cinnamon.

Light Omelette (with whole egg and egg whites)









INGREDIENTS:

- 2 egg whites
- 1 egg
- 30g chopped scallions
- 2 diced sundried tomatoes (not in oil)
- Salt
- Freshly-ground pepper
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon olive oil



- Vigorously whisk the egg and egg whites with the salt and pepper, until frothy.
- Fold the chopped scallions and cherry tomatoes into the eggs using a spatula.
- Heat a non-stick skillet over medium heat for about 3 minutes and add olive oil.
- Pour in the eggs and start cooking them, tilting the skillet to spread them evenly.
- Fry for 1-2 minutes. Once the edges start to set, reduce the heat to medium-low. Then lift the edge of the omelette on one side and allow the still-runny eggs to slide to the bottom of the pan to cook faster.
- When the bottom of the omelette is cooked and the top is not runny anymore, flip it using two large spatulas.
- Sprinkle the cheese on the omelette and fold it in two. Fry it for another minute on each side, then slide it on the plate and serve.

Greek yoghurt with whey protein*











INGREDIENTS:

- 1 low-fat Greek yoghurt
- 1 heaping tablespoon of chocolate whey protein
- 3-5 tablespoons of water
- 1 teaspoon of raw cacao powder
- Stevia to taste



- Mix everything in a blender or with a whisk.
- Pour the mixture in a serving bowl and put it in a freezer.
- Stir it 4 times every 30 minutes.
- After 2 hours or so, you can eat it fresh or leave it in the freezer for a few days.
- If you leave it in a freezer for days, take it out 10-15 minutes before eating it.

Fruit and Oat Bake









INGREDIENTS:

- 1 banana
- 3 tablespoons of low-fat Greek yogurt
- 5 tablespoons of oats
- A fistful of berries
- Cinnamon (optional)



- Preheat oven to 200°C.
- Mash the banana with a fork and then mix in yoghurt and oats.
- Spread over a baking sheet (use baking sheet paper) and sprinkle with berries.
- Bake for about 30 minutes depending on how crispy you like it.
- Scoop off the sheet and sprinkle with cinnamon, as desired.

Mushroom taco on lettuce floats*











INGREDIENTS:

- 1 teaspoon of coconut oil
- 1 small onion
- 2 big portobello mushrooms
- ½ of red pepper

- 1 tablespoon of soy sauce
- 1 tablespoon of Greek yoghurt
- 1 tablespoon of nutritional yeast

- 1 teaspoon of light mayo
- Chilli
- Fresh cilantro
- 2 big lettuce leaves



- Sauté the onions on coconut oil until golden brown. Add thinly chopped mushrooms and red pepper. Stir fry for a couple of minutes, add soy sauce and cook for another couple of minutes.
- Mix Greek yoghurt with light mayo and nutritional yeast.
- Fill your lettuce floats with mushroom filling, drizzle it with yoghurt mixture and sprinkle with fresh cilantro.

Baked chicken breast in almond meal*







INGREDIENTS:

- Small chicken breast
- A fistful of almonds
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- Sea salt
- Ground pepper
- 1 small egg



PREPARATION:

- Preheat oven to 230°C.
- Line a large baking sheet with parchment paper and set aside.
- In one small bowl, mix ground almonds (or almond meal), garlic powder, onion powder, paprika, salt and pepper.
- In another small bowl, whisk the egg.
- Wash chicken breast and pat dry with paper towel. Cut into strips.
- Dip each strip into the egg mixture, coat completely in almond mixture and place on the prepared baking sheet.

Bake for 7 minutes on one side, flip and bake for another 5 minutes or until golden brown.

Mashed cauliflower*













INGREDIENTS:

- 1/4 of medium-sized cauliflower
- Salt
- Pepper
- Garlic powder
- 1 tablespoon of Greek yoghurt



- Boil the cauliflower florets in salted water for 10 minutes or until tender.
- Remove and drain. Save a bit of cauliflower water for later.
- Purée with the potato masher (you can also use a food processor or blender depending on the preferred consistency).
- Add the yoghurt, salt, pepper, garlic powder and mix them in.

Courgetti*





Courgetti are spiralised courgettes that look like spaghetti or tagliatelle pasta – depending on how we cut the courgette.

They can be consumed raw or cooked.



TO CREATE COURGETTI WITH A PEELER:

This is a simpler version of creating courgetti so it's ideal for those that are not ready to buy a courgette pasta maker.

To create courgetti, cut the edges of a courgette and peel it. Then continue peeling it gently, creating tagliatelle pasta look-a-likes. Mix them with a hot pasta sauce and let them sit in a pot for 5 minutes or serve them right away – depending on 'al dente' preference. Courgetti are even easier to make with a courgette pasta maker.

Raw "Bolognese" sauce*













INGREDIENTS:

- 3 sun-dried tomatoes
- 1 medjool date
- 1 big tomato
- 1 scallion
- 1 celery stick

- 1 small garlic clove
- Ground pepper
- Salt to taste
- Fresh basil leaves for garnish



- Soak tomatoes and dates in warm water for three hours.
- Chop fresh vegetables, throw them into a blender, add drained sun-dried tomatoes and dates. Blend until smooth.
- If the sauce is too thick, add a little bit of soaking water.
- Add pepper and salt to taste and blend one last time.
- Pour the sauce over cooked pasta or courgetti and garnish it with fresh basil leaves.

Courgette salad*













INGREDIENTS:

- 1 big courgette
- 1 scallion
- 1 tablespoon of mustard
- 1 tablespoon of Greek yoghurt
- 1 teaspoon of vinegar
- 1 teaspoon of olive oil
- Black pepper
- Sea salt



- Wash and chop the courgette to pieces 1 finger thick.
- Cook it in a centimetre of water till soft and then drain it well.
- Cool it off and mix in a bowl with chopped scallions, mustard, yoghurt, vinegar, oil and spices.

Oven-roasted chips with healthy dips*









INGREDIENTS:

- 1 large potato
- 1 tablespoon of olive oil
- 1/2 a teaspoon of paprika
- ½ a teaspoon of garlic powder
- ½ a teaspoon of chilli powder
- ½ a teaspoon of onion powder
- ½ a teaspoon of pepper

Dip option No.1:

- 1 tablespoon of low-fat Greek yoghurt
- 2 teaspoons of pesto

Dip option No.2:

- 1 tablespoon of low-fat Greek yoghurt
- 2 teaspoons of mustard

Dip option No.3:

- tablespoon tamarind sauce
- 2 teaspoons chopped fresh chives



- Preheat oven to 200°C.
- Cut potato into wedges.
- Mix olive oil, paprika, garlic powder, chilli powder and onion powder together.
- Coat potatoes with the mixture and place on a baking sheet. Bake for 45 minutes and turn after 20 minutes. Serve with a dip of your choice.
- Options: You can choose sweet potato instead of potato.

Roasted chickpeas*









INGREDIENTS:

- 1 can of chickpeas
- 1 teaspoon of coconut oil
- Salt
- Garlic salt

- Pepper
- Paprika
- Cayenne pepper (optional)



- Preheat oven to 230°C.
- Drain and blot chickpeas with a paper towel to dry them completely.
- Toss them in a bowl, add coconut oil and season with salt, garlic salt, pepper, paprika, and cayenne pepper, if using.
- Spread on a baking sheet, and bake for 20 to 40 minutes, until browned and crunchy. Watch carefully for the last few minutes to avoid burning.

Honey mustard chicken fillet









INGREDIENTS:

- 1 chicken fillet
- ½ a teaspoon paprika
- 1 teaspoon mustard
- 1 teaspoon honey
- 1 tablespoon low-sodium soy sauce
- ½ of red onion
- 1 small carrot
- 1 tablespoon of coconut oil



- Season the fillet with paprika, spread mustard on both sides, then drip honey on hoth sides
- Put in a bowl and add soy sauce. Leave to marinate for at least 30 minutes in the refrigerator.
- In the meantime, chop the onion and cut the carrot into small cubes. Heat coconut oil in a pan over medium heat.
- Once the oil begins to simmer, add the chicken and cook until browned on both sides, about 4 minutes per side.
- Remove the chicken from the pan and add the onions and carrots.
- Once they soften, add the fillet and the remaining marinade.
- Add a bit of water and simmer on medium heat for 20 minutes.

Stir fry with cauliflower rice













- ½ medium-sized head of cauliflower (fresh)
- 1 tablespoon of sesame oil (or coconut oil)
- 1 small carrot, cubed
- 1 garlic clove, minced
- 50 g frozen edamame
- ½ a teaspoon of ginger powder
- 1 teaspoon of garlic powder
- Salt

- Pepper
- ½ a teaspoon of chilli flakes (optional)
- 1 beaten egg
- 2 tablespoons of tamari sauce (or low-sodium soy sauce)
- 3 green onions, minced
- 1 teaspoon of sesame seeds



PREPARATION:

- Add cauliflower florets to your food processor and pulse until the cauliflower resembles small rice. Set aside.
- Heat 1 tablespoon sesame oil in a large skillet or a wok over medium low heat.
- Add the carrots and garlic and stir fry until fragrant, about 5 minutes. Add the cauliflower, edamame and remaining sesame oil to the pan.
- Add the seasoning and stir fry quickly to cook the cauliflower to a soft texture.
- Make a well in the middle, turn the heat down, and add the eggs. Stir gently and continuously until the eggs are fully cooked.
- Stir in the soy sauce and green onions and sprinkle with sesame seeds just before serving.

ALTERNATIVES: Instead of eggs, use scrambled tofu for vegan.

Courgette pizza boats*











INGREDIENTS:

- 1 medium-sized courgette
- 2 slices of ham
- 2 tablespoons of chopped mozzarella
- 6 tablespoons of pizza tomato sauce



- Wash half a courgette and scoop out the flesh.
- Stab the courgette halves with a fork a few times and put them on a baking tray, layered with baking paper.
- Put them into the oven while it's heating up to 200°C. Leave them there for 7 minutes.
- While the courgette halves are baking, mix the courgette flesh with chopped ham and tomato sauce.
- Sprinkle salt over the courgette boats and fill them with the mixture. Cover them with mozzarella.
- Put courgette pizza boats in the preheated oven until cheese melts and starts to golden.
- Take pizza boats out of the oven and let them cool down a bit.

Buckwheat Salad













INGREDIENTS:

- 1 cup of cooked buckwheat
- ½ an avocado
- ½ a red pepper
- 5 cherry tomatoes
- 1/2 an onion (optional)
- Lemon juice
- 1 teaspoon of olive oil

- Parsley
- Turmeric
- Oregano
- Garlic powder
- Salt
- Pepper



- Cook buckwheat and set aside to cool.
- Chop the avocado, paprika, tomatoes and onion and add it to the buckwheat.
- Add the lemon juice, olive oil and herbs.
- Mix and serve.

Sweet vegetable soup









INGREDIENTS:

- 100 g broccoli
- 100 g cauliflower
- 100 g carrots
- ½ an onion, chopped
- 1 tablespoon olive oil
- 1 teaspoons of oregano

- 2 teaspoons of parsley
- 1 teaspoon of turmeric
- 1 teaspoon of curry powder
- 1 teaspoon of paprika
- 100 g canned corn
- 2 garlic cloves

- 2 tablespoons of Greek yoghurt
- 2 cups of vegetable stock
- Salt
- Pepper



- Trim the stems off the broccoli and cauliflower heads and chop into small florets. Cut the carrots into cubes.
- In a large pot over medium heat, combine the olive oil and onion and sauté until translucent.
- Add broccoli, cauliflower and carrots.
- Season with oregano, parsley, turmeric, curry powder and paprika.
- Keep on medium heat.
- In the meantime, add the corn, garlic, sour cream, salt and pepper into a blender and blend until smooth.
- Add the mixture to the pot, add the stock, mix thoroughly and leave to simmer for 30 minutes.
- Serve once the vegetable is cooked.

Vegan spread











INGREDIENTS:

- 100 g lentils
- 4 sundried tomatoes (without oil)
- 1 small onion
- 1 garlic clove
- 1 tablespoon of Dijon mustard

- 1 teaspoon of paprika
- 2 small gherkins
- Fresh parsley
- Salt
- Pepper



- Cook the lentils in salted water and leave to cool.
- Put all the ingredients into a blender and blend to the desired consistency.
- Serve on a piece of toast or lettuce leaves.

No-bake oatmeal energy balls









INGREDIENTS:

- 40 g rolled oats
- 80 g almond butter
- 1 tablespoon of honey
- 1 tablespoon of cacao powder
- Pinch of salt



- Combine all ingredients in a small bowl and mix until thoroughly combined.
- Chill in the refrigerator for 30 minutes.
- Use a spoon to evenly divide the mixture into 6 balls. Use your hands to form the ball.
- You can store them in a sealed container in the fridge for up to 1 week.

Parmesan chips







INGREDIENTS:

- 12 tablespoons of Parmesan cheese – shredded
- 2 teaspoons of pepper

- 1/2 a teaspoon of oregano
- 1/2 a teaspoon of basil
- 1/2 a teaspoon of thyme
- ½ a teaspoon of garlic powder



- Preheat oven to 200°C.
- Layer your baking sheet with baking paper and place each tablespoon of cheese on parchment paper about 5 cm apart.
- Mix all the spices in one cup and sprinkle over parmesan.
- Bake for about 3-5 minutes.
- Edges should be browned, but not burnt. Remove from oven and allow to cool on a rack.
- Store in an airtight container.

Fresh apple or slices with almond butter







INGREDIENTS:

- 1 apple
- 1 tablespoon of almond butter



PREPARATION:

 $\bullet\,$ Slice the apple into thin slices and serve with almond butter dip.

OPTIONAL: you can replace the apple with celery or carrot sticks and make it a super low-calorie snack

Banana and oatmeal cookies





INGREDIENTS:

- 2 ripe bananas
- 100 g rolled oats
- 2 tablespoons of dark chocolate chips
- 2 tablespoons dried mulberries fruit
- 2 tablespoons of almonds



- Mash the bananas in a bowl with a fork.
- Chop the oatmeal, mulberries and almonds in a mixer.
- Add them to the bananas, as well as the chocolate chips. Mix well.
- Take a spoonful of the mixture and spread it on the baking paper.
- Bake for 15-20 minutes on 180°C.

Kiwi sorbet







INGREDIENTS:

- 4 frozen kiwis, sliced (you can put it in a freezer 2 hours beforehand)
- 2 tablespoons of honey (or preferred sweetener)



PREPARATION:

- Blend all ingredients in a blender until thoroughly combined.
- Pour into a Champaign glass and enjoy.

OPTION: Strawberries are very low in calories and make a great sorbet. Combine a cup of frozen strawberries, 1 tablespoon of vanilla whey powder and $\frac{1}{2}$ a cup of water and blend

Frozen berry ice lollies





INGREDIENTS:

- 1 can of coconut milk
- 250 g mixed berries
- 3 tablespoons of honey



- Place all the ingredients in a blender and blend until the mixture is smooth.
- Pour the mixture into moulds and freeze for at least 4 hours.
- Unmould the ice lollies and serve.

Walnut-stuffed baked apples









INGREDIENTS:

- 4 medium to large apples
- 40 g rolled oats
- 50 g chopped almonds
- 35 g dried mulberries
- 1 teaspoon of ground cinnamon
- 1 teaspoon of vanilla extract
- Pinch of finely-ground sea salt
- 100 ml and 45 ml of water, divided



PRFPARATION.

- Preheat oven to 180°C.
- Wash and carefully core the apples with a knife.
- Scrape the bottom of the core out with a spoon, making sure that you don't make a hole in the bottom of the apple.
- Prepare the filling by combining oats, almonds, mulberries, cinnamon, vanilla, salt, and 45 ml of water in a large bowl.
- Use your hands to mix it together, pressing the batter into the oats until it becomes sticky.
- Put the apples in a deep baking dish and pour 100 ml of water in the pan.
- Spoon the filling into the apples to the top and cover the pan with foil.
- Bake for approximately one hour or until tender.
- Serve warm

