



GENEPRO

Cookbook

HEALTHY RECIPES FOR A NEW YOU





HEALTHY WEIGHT LOSS

BREAKFAST RECIPES



Table of Contents:

Recipe 1: Spinach and Mushroom Egg White Omelette

Recipe 2: Greek Yogurt and Berry Parfait

Recipe 3: Veggie-Loaded Breakfast Burrito

Recipe 4: Chia Seed Pudding with Fruit

Recipe 5: Overnight Oats with Almond Butter and Banana

Recipe 6: Breakfast Quinoa with Blueberries and Almonds

Recipe 7: Green Smoothie Bowl

Recipe 8: Whole Wheat Banana Pancakes

Recipe 9: Avocado Toast with Poached Egg

Recipe 10: Healthy Breakfast Muffins





Guidelines for Healthy Eating and Weight Loss

- Prioritize whole, unprocessed foods: fruits, vegetables, lean proteins, whole grains, and healthy fats.
- Watch portion sizes and avoid overeating.
- Limit added sugars, unhealthy fats, and processed foods.
- Stay hydrated and drink plenty of water.
- Plan your meals and snacks to avoid impulsive choices.

This breakfast recipe book provides a variety of healthy options for those looking to lose weight. The recipes are designed to be easy to prepare and incorporate whole foods to ensure proper nutrition.

Enjoy these tasty breakfasts as part of a balanced and nutritious diet to support your weight loss journey.





RECIPE 1:

Spinach and Mushroom Egg White Omelette

Ingredients:

- 1 cup baby spinach
- 1/2 cup sliced mushrooms
- 3 egg whites
- 1 tbsp chopped onion
- 1 tbsp low-fat feta cheese
- Salt and pepper, to taste
- Non-stick cooking spray

Instructions:

1. In a glass or bowl, layer half of the Greek yogurt.
2. Add half of the mixed berries and half of the granola.
3. Repeat the layers with the remaining yogurt, berries, and granola.
4. Drizzle honey on top and serve.





RECIPE 2:

Greek Yogurt and Berry Parfait

Ingredients:

- 1 cup non-fat Greek yogurt
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1/4 cup low-fat granola
- 1 tbsp honey

Instructions:

1. In a glass or bowl, layer half of the Greek yogurt.
2. Add half of the mixed berries and half of the granola.
3. Repeat the layers with the remaining yogurt, berries, and granola.
4. Drizzle honey on top and serve.





RECIPE 3:

Veggie-Loaded Breakfast Burrito

Ingredients:

- 1 whole wheat tortilla
- 1/4 cup black beans, rinsed and drained
- 1/4 cup chopped bell pepper
- 1/4 cup chopped onion
- 1/4 cup chopped tomato
- 1/4 cup chopped spinach
- 2 large egg whites
- 1/4 cup low-fat shredded cheese (such as cheddar or mozzarella)
- 1 tbsp salsa
- Salt and pepper, to taste
- Non-stick cooking spray

Instructions:

1. Heat a non-stick skillet over medium heat and spray with non-stick cooking spray.
2. Add onions and bell pepper and sauté until softened, about 5 minutes.
3. In a bowl, whisk the egg whites with salt and pepper. Add the egg whites and black beans to the skillet with the vegetables.
4. Cook, stirring occasionally, until the egg whites are set.
5. Remove from heat and stir in the spinach and tomato.
6. Warm the tortilla in the microwave for 10-15 seconds.
7. Spoon the egg and vegetable mixture onto the center of the tortilla, and sprinkle with cheese and salsa.
8. Fold in the sides of the tortilla and roll up to form the burrito.
9. Serve immediately.





RECIPE 4:

Chia Seed Pudding with Fruit

Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 1/2 tsp vanilla extract
- 1 tbsp honey or maple syrup
- 1/2 cup mixed fruit (such as berries, kiwi, or mango)

Instructions:

1. In a bowl or jar, combine chia seeds, almond milk, vanilla extract, and honey or maple syrup.
2. Stir well to combine, and let sit for 5 minutes.
3. Stir again to break up any clumps of chia seeds, then cover and refrigerate for at least 4 hours, or overnight.
4. When ready to serve, give the pudding a good stir and top with mixed fruit.





RECIPE 5:

Overnight Oats with Almond Butter and Banana

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk
- 1/2 cup non-fat Greek yogurt
- 1 tbsp almond butter
- 1/2 banana, sliced
- 1 tbsp honey or maple syrup

Instructions:

1. In a jar or container, combine the rolled oats, almond milk, and Greek yogurt.
2. Stir well to combine, then cover and refrigerate overnight.
3. In the morning, give the oats a good stir and top with almond butter, banana slices, and a drizzle of honey or maple syrup.



RECIPE 6:

Breakfast Quinoa with Blueberries and Almonds

Ingredients:

- 1/2 cup cooked quinoa
- 1/4 cup unsweetened almond milk
- 1/4 cup fresh blueberries
- 1 tbsp sliced almonds
- 1 tsp honey or maple syrup
- 1/2 tsp ground cinnamon

Instructions:

1. In a small saucepan, combine cooked quinoa and almond milk. Heat over medium-low heat until warm.
2. Stir in honey or maple syrup and ground cinnamon.
3. Transfer the quinoa to a bowl and top with blueberries and sliced almonds.
4. Serve immediately.





RECIPE 7:

Green Smoothie Bowl

Ingredients:

- 1 cup baby spinach
- 1/2 cup unsweetened almond milk
- 1/2 banana, frozen
- 1/2 cup frozen pineapple chunks
- 1/2 cup frozen mango chunks
- 1 tbsp chia seeds
- Toppings: sliced almonds, fresh berries, unsweetened coconut flakes

Instructions:

1. In a blender, combine spinach, almond milk, banana, pineapple, and mango.
2. Blend until smooth and creamy, adding more almond milk if necessary to achieve desired consistency.
3. Pour the smoothie into a bowl and top with chia seeds, sliced almonds, fresh berries, and unsweetened coconut flakes.
4. Serve immediately.





RECIPE 8:

Whole Wheat Banana Pancakes

Ingredients:

- 1 cup whole wheat flour
 - 1 tsp baking powder
 - 1/4 tsp salt
 - 1 ripe banana, mashed
 - 1 cup non-fat milk
 - 1 large egg
 - 1 tsp vanilla extract
 - Non-stick cooking spray
- Toppings: fresh berries, a drizzle of honey or maple syrup

Instructions:

1. In a large bowl, whisk together whole wheat flour, baking powder, and salt.
2. In a separate bowl, mix mashed banana, non-fat milk, egg, and vanilla extract.
3. Add the wet ingredients to the dry ingredients and stir until just combined.
4. Heat a non-stick skillet or griddle over medium heat and spray with non-stick cooking spray.
5. Pour 1/4 cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface, then flip and cook for an additional 1-2 minutes or until golden brown.
6. Serve with fresh berries and a drizzle of honey or maple syrup.





RECIPE 9:

Avocado Toast with Poached Egg

Ingredients:

- 1 slice whole wheat bread
- 1/2 ripe avocado
- 1 large egg
- 1 tsp white vinegar
- Salt and pepper, to taste
- Red pepper flakes (optional)

Instructions:

1. Toast the bread until golden brown.
2. In a small bowl, mash the avocado with salt and pepper to taste.
3. Spread the mashed avocado onto the toast.
4. Fill a small saucepan with water and add white vinegar. Bring to a simmer over medium heat.
5. Crack the egg into a small dish, then gently slide it into the simmering water.
6. Cook the egg for 3-4 minutes for a soft yolk, then use a slotted spoon to remove it from the water.
7. Place the poached egg on top of the avocado toast and season with salt, pepper, and red pepper flakes if desired.
8. Serve immediately.





RECIPE 10:

Healthy Breakfast Muffins

Ingredients:

- 1 cup whole wheat flour
- 1/cup rolled oats
- 1/2 cup unsweetened applesauce
- 1/4 cup honey or maple syrup
- 1/4 cup non-fat Greek yogurt
- 1 large egg
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1 cup mixed berries (blueberries, raspberries, and/or chopped strawberries)

Instructions:

1. Preheat oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners or spray with non-stick cooking spray.
2. In a large bowl, whisk together whole wheat flour, rolled oats, baking powder, baking soda, cinnamon, and salt.
3. In a separate bowl, mix together applesauce, honey or maple syrup, Greek yogurt, and egg.
4. Add the wet ingredients to the dry ingredients and stir until just combined.
5. Gently fold in the mixed berries.
6. Divide the batter evenly among the muffin cups.
7. Bake for 20-25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
8. Remove from oven and let cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.





HEALTHY WEIGHT LOSS LUNCH RECIPES



Table of Contents:

Recipe 1: Quinoa Salad with Roasted Vegetables and Feta

Recipe 2: Lentil Soup with Spinach and Lemon

Recipe 3: Grilled Chicken and Avocado Wrap

Recipe 4: Asian Sesame Zucchini Noodle Salad

Recipe 5: Cauliflower Fried Rice with Shrimp

Recipe 6: Mediterranean Chickpea Salad

Recipe 7: Turkey and Veggie Stuffed Pita

Recipe 8: Spinach, Strawberry, and Goat Cheese Salad

Recipe 9: Roasted Vegetable and Hummus Flatbread

Recipe 10: Zesty Tuna Lettuce Wraps





RECIPE 1:

Quinoa Salad with Roasted Vegetables and Feta

Ingredients:

- 1 cup cooked quinoa
- 2 cups mixed vegetables (bell pepper, zucchini, cherry tomatoes, red onion), chopped
- 1/4 cup crumbled feta cheese
- 2 tbsp olive oil
- Salt and pepper, to taste
- 1 tbsp balsamic vinegar
- 1 tbsp fresh basil, chopped

Instructions:

1. Preheat oven to 400°F (200°C)
2. Toss mixed vegetables with 1 tbsp of olive oil, salt, and pepper. Spread them out on a baking sheet and roast for 20-25 minutes or until tender.
3. In a large bowl, combine roasted vegetables, cooked quinoa, and crumbled feta cheese.
4. Drizzle with remaining olive oil, balsamic vinegar, and toss to combine. Top with fresh basil before serving.





RECIPE 2:

Lentil Soup with Spinach and Lemon

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 garlic cloves, minced
- 1 cup green or brown lentils, rinsed and drained
- 4 cups low-sodium vegetable broth
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- Salt and pepper, to taste
- 2 cups chopped spinach
- Juice of 1 lemon

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery, and cook for 5-7 minutes or until softened.
2. Add garlic and cook for 1 more minute.
3. Stir in lentils, vegetable broth, cumin, turmeric, salt, and pepper. Bring to a boil, then reduce heat and simmer for 25-30 minutes or until lentils are tender.
4. Stir in chopped spinach and lemon juice. Cook for an additional 3-4 minutes or until spinach is wilted. Serve hot.



RECIPE 3:

Grilled Chicken and Avocado Wrap

Ingredients:

- 1 whole wheat tortilla
- 4 oz grilled chicken breast, sliced
- 1/2 avocado, sliced
- 1/2 cup mixed greens (such as baby spinach and arugula)
- 1/4 cup chopped red bell pepper
- 1/4 cup shredded carrots
- 2 tbsp Greek yogurt
- 1 tsp lemon juice
- Salt and pepper, to taste

Instructions:

1. Lay the whole wheat tortilla on a flat surface.
2. Spread the Greek yogurt on the tortilla, then layer grilled chicken, avocado, mixed greens, red bell pepper, and shredded carrots.
3. Drizzle with lemon juice and season with salt and pepper.
4. Roll up the tortilla, folding in the sides as you go. Cut in half and serve immediately.





RECIPE 4:

Asian Sesame Zucchini Noodle Salad

Ingredients:

- 2 medium zucchinis, spiralized into noodles
- 1/2 cup shredded red cabbage
- 1/2 cup shredded carrots
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh cilantro
- 2 tbsp sesame seeds
- 2 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp honey
- 1 tsp grated ginger
- 1 garlic clove, minced

Instructions:

1. In a large bowl, combine zucchini noodles, red cabbage, carrots, red bell pepper, green onions, cilantro, and sesame seeds.
2. In a small bowl, whisk together soy sauce, sesame oil, rice vinegar, honey, ginger, and garlic.
3. Pour the dressing over the salad and toss to combine. Serve chilled or at room temperature.





RECIPE 5:

Cauliflower Fried Rice with Shrimp

Ingredients:

- 1 small head cauliflower, grated or processed into rice-sized pieces
- 8 oz cooked shrimp, peeled and deveined
- 1 tbsp olive oil
- 1/2 cup frozen peas and carrots
- 1/2 cup chopped onion
- 2 garlic cloves, minced
- 2 large eggs, beaten
- 2 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- 1/4 cup chopped green onions
- Salt and pepper, to taste

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add onion and cook for 3-4 minutes or until softened.
2. Add garlic and cook for 1 more minute.
3. Stir in cauliflower rice and frozen peas and carrots. Cook for 5-7 minutes or until vegetables are tender.
4. Push the cauliflower rice mixture to one side of the skillet and pour beaten eggs on the other side. Scramble the eggs until cooked, then stir them into the cauliflower rice mixture.
5. Add cooked shrimp, soy sauce, and sesame oil to the skillet. Cook for 2-3 minutes or until heated through.
6. Season with salt and pepper, and top with green onions before serving.





RECIPE 6:

Mediterranean Chickpea Salad

Ingredients:

- 1 can (15 oz) chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1/2 cup chopped cucumber
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped red onion
- 1/4 cup chopped fresh parsley
- 1/4 cup crumbled feta cheese
- 3 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper, to taste

Instructions:

1. In a large bowl, combine chickpeas, cherry tomatoes, cucumber, red bell pepper, red onion, parsley, and feta cheese.
2. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss to combine. Serve chilled or at room temperature.





RECIPE 7:

Turkey and Veggie Stuffed Pita

Ingredients:

- 1 whole wheat pita pocket, halved
- 4 oz sliced deli turkey
- 1/2 cup mixed greens
- 1/4 cup shredded carrots
- 1/4 cup chopped cucumber
- 1/4 cup chopped red bell pepper
- 2 tbsp hummus

Instructions:

1. Spread 1 tbsp of hummus inside each pita pocket half.
2. Stuff each pita pocket half with equal amounts of turkey, mixed greens, carrots, cucumber, and red bell pepper.
3. Serve immediately or wrap tightly in plastic wrap and refrigerate until ready to eat.





RECIPE 8:

Spinach, Strawberry, and Goat Cheese Salad

Ingredients:

- 4 cups baby spinach
- 1 cup sliced strawberries
- 1/4 cup crumbled goat cheese
- 1/4 cup chopped walnuts
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- Salt and pepper, to taste

Instructions:

1. In a large bowl, combine baby spinach, sliced strawberries, crumbled goat cheese, and chopped walnuts.
2. Drizzle with balsamic vinegar and olive oil, then season with salt and pepper. Toss to combine. Serve immediately.



RECIPE 9:

Roasted Vegetable and Hummus Flatbread

Ingredients:

- 1 whole wheat flatbread or naan
- 1/2 cup hummus
- 2 cups mixed vegetables (such as bell pepper, zucchini, and red onion), chopped and roasted
- 1/4 cup crumbled feta cheese
- 2 tbsp chopped fresh parsley

Instructions:

1. Preheat oven to 350°F (175°C).
2. Spread hummus evenly on the whole wheat flatbread.
3. Top with roasted vegetables and crumbled feta cheese.
4. Bake for 10-12 minutes or until flatbread is crisp and warmed through.
5. Remove from oven, sprinkle with fresh parsley, and serve immediately.





RECIPE 10:

Zesty Tuna Lettuce Wraps

Ingredients:

- 1 can (5 oz) tuna in water, drained
- 1/4 cup chopped celery
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped cucumber
- 2 tbsp plain Greek yogurt
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and pepper, to taste
- 4 large lettuce leaves
(such as Romaine or Bibb lettuce)

Instructions:

1. In a medium bowl, combine tuna, celery, red bell pepper, and cucumber.
2. Add Greek yogurt, lemon juice, and Dijon mustard. Mix until well combined. Season with salt and pepper to taste.
3. Spoon equal amounts of tuna salad onto each lettuce leaf.
4. Roll up the lettuce leaves, tucking in the sides as you go. Secure with a toothpick if necessary. Serve immediately or refrigerate until ready to eat.





HEALTHY WEIGHT LOSS DINNER RECIPES



Table of Contents:

Recipe 1: Baked Lemon Herb Chicken with Quinoa and Asparagus

Recipe 2: Turkey and Vegetable Stuffed Peppers

Recipe 3: Baked Cod with Tomato and Olive Salsa

Recipe 4: Spaghetti Squash with Turkey Meatballs

Recipe 5: Grilled Chicken Fajita Salad

Recipe 6: Roasted Vegetable Buddha Bowls

Recipe 7: Broiled Salmon with Steamed Green Beans and Brown Rice

Recipe 8: Cauliflower and Chickpea Curry

Recipe 9: Zucchini Noodles with Pesto and Cherry Tomatoes

Recipe 10: Chicken and Vegetable Stir-Fry





RECIPE 1:

Baked Lemon Herb Chicken with Quinoa and Asparagus

Ingredients:

- 4 boneless, skinless chicken breasts
- 1/2 cup fresh lemon juice
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 tsp dried basil
- 1 tsp dried thyme
- Salt and pepper, to taste
- 1 cup uncooked quinoa
- 2 cups chopped asparagus

Instructions:

1. Preheat oven to 375°F (190°C). Grease a large baking dish.
2. In a small bowl, whisk together lemon juice, olive oil, garlic, basil, thyme, salt, and pepper.
3. Place chicken breasts in the prepared baking dish and pour the lemon herb mixture over the top.
4. Bake for 25-30 minutes or until chicken is cooked through and reaches an internal temperature of 165°F (75°C).
5. While the chicken is baking, cook quinoa according to package instructions. Steam asparagus for 4-5 minutes or until tender-crisp.
6. Serve chicken over quinoa and asparagus.





RECIPE 2:

Turkey and Vegetable Stuffed Peppers

Ingredients:

- 4 large bell peppers, halved and seeds removed
- 1 lb lean ground turkey
- 1 tbsp olive oil
- 1/2 cup chopped onion
- 2 garlic cloves, minced
- 1 cup cooked brown rice
- 1 cup chopped zucchini
- 1 cup chopped tomatoes
- 1/2 cup tomato sauce
- 1 tsp dried oregano
- Salt and pepper, to taste
- 1/2 cup shredded low-fat mozzarella cheese

Instructions:

1. Preheat oven to 375°F (190°C). Place bell pepper halves in a baking dish and set aside.
2. Heat olive oil in a large skillet over medium heat. Add onion and cook for 3-4 minutes or until softened.
3. Add garlic and cook for 1 more minute.
4. Add ground turkey and cook, breaking it up with a spoon, until cooked through and no longer pink. Drain any excess fat.
5. Stir in cooked brown rice, zucchini, tomatoes, tomato sauce, oregano, salt, and pepper. Cook for 5-7 minutes or until vegetables are softened.
6. Spoon the turkey and vegetable mixture into the bell pepper halves. Top each with a sprinkle of shredded mozzarella cheese.
7. Bake for 25-30 minutes or until peppers are tender and cheese is melted and bubbly.





RECIPE 3:

Baked Cod with Tomato and Olive Salsa

Ingredients:

- 4 cod fillets
- Salt and pepper, to taste
- 1 cup cherry tomatoes, halved
- 1/4 cup pitted Kalamata olives, halved
- 2 tbsp capers, drained
- 1/4 cup chopped fresh parsley
- 1 tbsp olive oil
- 1 tbsp lemon juice

Instructions:

1. Preheat oven to 400°F (200°C). Grease a large baking dish.
2. Season cod fillets with salt and pepper, then place in the prepared baking dish.
3. In a small bowl, combine cherry tomatoes, olives, capers, parsley, olive oil, and lemon juice. Spoon the tomato and olive salsa over the cod fillets.
4. Bake for 15-20 minutes or until fish flakes easily with a fork. Serve immediately.





RECIPE 4:

Spaghetti Squash with Turkey Meatballs

Ingredients:

- 1 large spaghetti squash, halved lengthwise and seeds removed
- 1 lb lean ground turkey
- 1/4 cup whole wheat breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped fresh parsley
- 1 egg, beaten
- 2 garlic cloves, minced
- Salt and pepper, to taste
- 2 cups marinara sauce

Instructions:

1. Preheat oven to 400°F (200°C). Place spaghetti squash halves cut-side down on a baking sheet. Bake for 40-45 minutes or until tender.
2. In a large bowl, combine ground turkey, breadcrumbs, Parmesan cheese, parsley, egg, garlic, salt, and pepper. Mix well and form into 16 meatballs.
3. Heat a large non-stick skillet over medium heat. Add meatballs and cook, turning occasionally, for 10-12 minutes or until browned and cooked through.
4. Warm marinara sauce in a saucepan over low heat. Add cooked meatballs to the sauce and simmer for 5 minutes.
5. Use a fork to scrape the spaghetti squash strands into a large bowl. Serve turkey meatballs and marinara sauce over the spaghetti squash.





RECIPE 5:

Grilled Chicken Fajita Salad

Ingredients:

- 1 lb boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1 tbsp lime juice
- 1 tsp ground cumin
- 1 tsp chili powder
- Salt and pepper, to taste
- 1 large red bell pepper, sliced
- 1 large green bell pepper, sliced
- 1 medium red onion, sliced
- 6 cups mixed greens
- 1 avocado, sliced
- 1/4 cup chopped fresh cilantro

Instructions:

1. In a small bowl, whisk together olive oil, lime juice, ground cumin, chili powder, salt, and pepper. Pour the marinade over the chicken breasts and let marinate for 30 minutes to 1 hour.
2. Preheat a grill or grill pan over medium-high heat. Grill the chicken for 6-7 minutes per side or until cooked through and reaches an internal temperature of 165°F (75°C). Remove from grill and let rest for 5 minutes before slicing.
3. In the same grill pan, cook the bell peppers and onion for 4-5 minutes or until slightly softened and charred.
4. Assemble the salad with mixed greens, grilled chicken, bell peppers, onion, avocado, and cilantro. Serve with your choice of low-fat dressing.



RECIPE 6:

Roasted Vegetable Buddha Bowls

Ingredients:

- 2 cups chopped sweet potatoes
- 2 cups chopped Brussels sprouts
- 1 cup chopped red onion
- 1 cup cooked quinoa
- 2 cups chopped kale
- 1/4 cup chopped almonds
- 1/4 cup dried cranberries
- 2 tbsp olive oil
- Salt and pepper, to taste
- 1/4 cup tahini
- 2 tbsp lemon juice
- 1 tbsp maple syrup
- 2 tbsp water

Instructions:

1. Preheat oven to 400°F (200°C). Toss sweet potatoes, Brussels sprouts, and red onion with olive oil, salt, and pepper. Spread on a baking sheet in a single layer.
2. Roast vegetables for 25-30 minutes or until tender and golden brown.
3. While vegetables are roasting, whisk together tahini, lemon juice, maple syrup, and water in a small bowl.
4. Assemble the Buddha bowls with cooked quinoa, kale, roasted vegetables, almonds, and dried cranberries. Drizzle with tahini dressing before serving.





RECIPE 7:

Broiled Salmon with Steamed Green Beans and Brown Rice

Ingredients:

- 4 salmon fillets
- 2 tbsp olive oil
- Salt and pepper, to taste
- 1 lemon, sliced
- 4 cups green beans, trimmed
- 2 cups cooked brown rice

Instructions:

1. Preheat broiler on high. Grease a broiler pan.
2. Place salmon fillets on the broiler pan and brush with olive oil. Season with salt and pepper, then top with lemon slices.
3. Broil salmon for 8-10 minutes or until it flakes easily with a fork.
4. Steam green beans for 5-6 minutes or until tender-crisp.
5. Serve broiled salmon with steamed green beans and cooked brown rice.





RECIPE 8:

Cauliflower and Chickpea Curry

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tbsp curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper (optional)
- 1 head cauliflower, cut into florets
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14.5 oz) diced tomatoes
- 1 can (13.5 oz) light coconut milk
- Salt and pepper, to taste
- 1/4 cup chopped fresh cilantro
- 2 cups cooked brown rice or cauliflower rice

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add onion and cook for 5-6 minutes or until softened.
2. Add garlic and cook for 1 more minute.
3. Stir in curry powder, cumin, turmeric, coriander, and cayenne pepper (if using). Cook for 1-2 minutes or until fragrant.
4. Add cauliflower, chickpeas, diced tomatoes, and coconut milk to the skillet. Stir to combine and bring to a simmer.
5. Cover and cook for 15-20 minutes or until cauliflower is tender. Season with salt and pepper to taste.
6. Serve curry over cooked brown rice or cauliflower rice, garnished with chopped cilantro.





RECIPE 9:

Zucchini Noodles with Pesto and Cherry Tomatoes

Ingredients:

- 4 medium zucchini, spiralized into noodles
- 1 cup cherry tomatoes, halved
- 1/2 cup basil pesto (store-bought or homemade)
- 1/4 cup grated Parmesan cheese
- Salt and pepper, to taste

Instructions:

1. In a large bowl, toss zucchini noodles with pesto until evenly coated.
2. Add cherry tomatoes and gently toss to combine.
3. Season with salt and pepper to taste.
4. Serve zucchini noodles topped with grated Parmesan cheese.





RECIPE 10:

Chicken and Vegetable Stir-Fry

Ingredients:

- 1 lb boneless, skinless chicken breasts, thinly sliced
- 2 tbsp olive oil, divided
- 1/2 cup low-sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp honey
- 1 tbsp cornstarch
- 1 cup broccoli florets
- 1 cup sliced bell pepper
- 1 cup sliced carrots
- 1/2 cup sliced onion
- 2 garlic cloves, minced

Instructions:

1. In a small bowl, whisk together soy sauce, rice vinegar, honey, and cornstarch. Set aside.
2. Heat 1 tbsp olive oil in a large non-stick skillet or wok over medium-high heat. Add chicken and cook, stirring occasionally, for 5-6 minutes or until cooked through. Remove from skillet and set aside.
3. Heat the remaining 1 tbsp olive oil in the skillet. Add broccoli, bell pepper, carrots, onion, and garlic. Cook for 5-7 minutes or until vegetables are tender-crisp.
4. Return cooked chicken to the skillet and pour the soy sauce mixture over the top. Cook for an additional 2-3 minutes, stirring to coat the chicken and vegetables in the sauce.
5. Serve the chicken and vegetable stir-fry over cooked brown rice or quinoa, if desired.





HEALTHY WEIGHT LOSS DESSERT RECIPES



Table of Contents:

Recipe 1: Greek Yogurt with Berries and Honey

Recipe 2: Chocolate Avocado Mousse

Recipe 3: Baked Cinnamon Apple Slices

Recipe 4: Fruit Salad with Lime Mint Dressing

Recipe 5: Banana Oat Cookies

Recipe 6: Chia Seed Pudding

Recipe 7: Raspberry Coconut Bars

Recipe 8: Mini Lemon Cheesecake Bites

Recipe 9: Chocolate Dipped Strawberries

Recipe 10: No-Bake Almond Butter Energy Bites





RECIPE 1:

Greek Yogurt with Berries and Honey

Ingredients:

- 1 cup nonfat Greek yogurt
- 1/2 cup mixed berries (fresh or frozen)
- 1 tbsp honey
- 1 tbsp chopped nuts (optional)

Instructions:

1. In a bowl, layer Greek yogurt and mixed berries.
2. Drizzle honey on top and sprinkle with chopped nuts if desired.
3. Serve immediately or chill until ready to eat.





RECIPE 2:

Chocolate Avocado Mousse

Ingredients:

- 2 ripe avocados
- 1/4 cup unsweetened cocoa powder
- 1/4 cup honey or maple syrup
- 1/4 cup unsweetened almond milk
- 1 tsp vanilla extract
- Pinch of salt

Instructions:

1. Scoop avocado flesh into a food processor or blender.
2. Add cocoa powder, honey or maple syrup, almond milk, vanilla extract, and a pinch of salt.
3. Process until smooth and creamy, scraping down the sides as needed.
4. Spoon mousse into serving dishes and chill for at least 1 hour before serving. Garnish with fresh fruit or a sprinkle of cocoa powder if desired.





RECIPE 3:

Baked Cinnamon Apple Slices

Ingredients:

- 4 medium apples, cored and thinly sliced
- 2 tbsp melted coconut oil
- 1 tbsp honey
- 1 tsp ground cinnamon

Instructions:

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss apple slices with melted coconut oil, honey, and cinnamon until evenly coated.
3. Spread apple slices in a single layer on the prepared baking sheet.
4. Bake for 20-25 minutes or until apples are tender and lightly browned. Enjoy warm or chilled.





RECIPE 4:

Fruit Salad with Lime Mint Dressing

Ingredients:

- 2 cups strawberries, hulled and quartered
- 2 cups pineapple chunks
- 2 cups blueberries
- 2 cups kiwi, peeled and sliced
- 1/4 cup lime juice
- 1/4 cup chopped fresh mint leaves
- 1 tbsp honey

Instructions:

1. In a large bowl, combine strawberries, pineapple, blueberries, and kiwi.
2. In a small bowl, whisk together lime juice, chopped mint leaves, and honey.
3. Pour the dressing over the fruit and gently toss to combine. Serve immediately or refrigerate until ready to serve.





RECIPE 5:

Banana Oat Cookies

Ingredients:

- 2 ripe bananas, mashed
- 1 cup rolled oats
- 1/4 cup unsweetened shredded coconut
- 1/4 cup dried cranberries or raisins
- 1 tsp vanilla extract
- Pinch of salt

Instructions:

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine mashed bananas, rolled oats, shredded coconut, dried cranberries or raisins, vanilla extract, and a pinch of salt.
3. Drop spoonfuls of the cookie mixture onto the prepared baking sheet, flattening slightly with the back of a spoon.
4. Bake for 15-18 minutes or until cookies are lightly golden. Allow cookies to cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely.





RECIPE 6:

Chia Seed Pudding

Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 1 tbsp honey or maple syrup
- 1/2 tsp vanilla extract
- Fresh fruit and nuts for serving

Instructions:

1. In a mason jar or airtight container, combine chia seeds, almond milk, honey or maple syrup, and vanilla extract.
2. Stir well, ensuring chia seeds are evenly dispersed.
3. Seal the container and refrigerate for at least 4 hours or overnight, stirring occasionally to prevent clumping.
4. To serve, spoon the pudding into bowls and top with fresh fruit and nuts.





RECIPE 7:

Raspberry Coconut Bars

Ingredients:

- 1 cup almond flour
- 1/4 cup unsweetened shredded coconut
- 1/4 cup coconut oil, melted
- 1/4 cup honey or maple syrup
- 1/2 tsp vanilla extract
- Pinch of salt
- 1 cup fresh raspberries

Instructions:

1. Preheat oven to 350°F (175°C). Line an 8x8-inch baking dish with parchment paper.
2. In a large bowl, combine almond flour, shredded coconut, melted coconut oil, honey or maple syrup, vanilla extract, and a pinch of salt. Mix well.
3. Press the mixture into the bottom of the prepared baking dish, creating an even layer.
4. Scatter raspberries evenly over the top of the crust.
5. Bake for 20-25 minutes or until the edges are lightly golden. Allow the bars to cool completely in the baking dish before cutting into squares and serving.





RECIPE 8:

Mini Lemon Cheesecake Bites

Ingredients:

- 1 cup almond flour
- 3 tbsp coconut oil, melted
- 1 tbsp honey
- 8 oz low-fat cream cheese, softened
- 1/4 cup plain Greek yogurt
- 1/4 cup honey
- 1 large egg
- Zest and juice of 1 lemon
- 1 tsp vanilla extract

Instructions:

1. Preheat oven to 325°F (160°C). Line a mini muffin tin with paper liners.
2. In a small bowl, mix almond flour, melted coconut oil, and 1 tbsp honey. Press about 1 tsp of the mixture into the bottom of each muffin cup.
3. In a large bowl, beat the cream cheese until smooth. Add Greek yogurt, 1/4 cup honey, egg, lemon zest, lemon juice, and vanilla extract. Beat until well combined.
4. Spoon the cheesecake filling over the crusts, filling each muffin cup almost to the top.
5. Bake for 18-20 minutes or until the cheesecakes are set. Allow them to cool in the muffin tin for 30 minutes before transferring to a wire rack to cool completely. Chill the mini cheesecakes in the refrigerator for at least 2 hours before serving.



RECIPE 9:

Chocolate Dipped Strawberries

Ingredients:

- 12 large strawberries
- 3/4 cup dark chocolate chips (at least 70% cocoa)
- 1 tsp coconut oil

Instructions:

1. Line a baking sheet with parchment paper.
2. In a microwave-safe bowl, combine dark chocolate chips and coconut oil. Heat in 30-second increments, stirring in between, until chocolate is melted and smooth.
3. Holding each strawberry by the stem, dip it into the melted chocolate, allowing the excess to drip off.
4. Place the chocolate-dipped strawberries on the prepared baking sheet.
5. Refrigerate for at least 30 minutes or until the chocolate has hardened. Serve chilled.





RECIPE 10:

No-Bake Almond Butter Energy Bites

Ingredients:

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/4 cup honey or maple syrup
- 1/4 cup ground flaxseeds
- 1/4 cup unsweetened shredded coconut
- 1/4 cup dark chocolate chips (at least 70% cocoa)
- 1/2 tsp vanilla extract
- Pinch of salt

Instructions:

1. In a large bowl, combine rolled oats, almond butter, honey or maple syrup, ground flaxseeds, shredded coconut, dark chocolate chips, vanilla extract, and a pinch of salt. Mix well until all ingredients are well combined.
2. Using your hands, roll the mixture into small balls, about 1-inch in diameter.
3. Place the energy bites on a plate or tray lined with parchment paper.
4. Chill in the refrigerator for at least 30 minutes or until firm.
5. Store the energy bites in an airtight container in the refrigerator for up to one week, or freeze them for longer storage. Enjoy them as a healthy, portion-controlled dessert or snack.

