

"THE TASTE
OF
SLIMMING:
HEALTHY
RECIPES
FOR A
BALANCED
LIFE"



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HEALTHY DIET HELPS YOU
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INTRODUCTION:

WHY A HEALTHY DIET HELPS YOU
LOSE WEIGHT

HEALTHY EATING (HE) IS ALL
ABOUT BALANCING PROTEINS,
FATS, AND CARBOHYDRATES IN
YOUR DIET. IT INVOLVES
CONSUMING NATURAL FOODS,
CONTROLLING PORTION SIZES, AND
AVOIDING HIGHLY PROCESSED
FOODS. WEIGHT LOSS HAPPENS
DUE TO A CALORIE DEFICIT AND A
BALANCED MENU. IN THIS BOOK,
YOU WILL FIND SIMPLE AND
DELICIOUS RECIPES TO HELP YOU
ACHIEVE YOUR GOALS.



OATMEAL WITH BERRIES AND NUTS

INGREDIENTS:

OAT FLAKES – 50 G

MILK OR WATER – 200 ML

FRESH BERRIES (BLUEBERRIES,
RASPBERRIES) – 50 G

NUTS (ALMONDS OR WALNUTS) – 10
G

HONEY – 1 TSP (OPTIONAL)

INSTRUCTIONS:

1. COOK THE OATS WITH MILK OR
WATER FOR 5-7 MINUTES.

2. ADD BERRIES, NUTS, AND HONEY
BEFORE SERVING.



VEGETABLE OMELET

INGREDIENTS:

EGGS – 2 PCS

MILK – 30 ML

BELL PEPPER, SPINACH, TOMATOES
– 100 G

OLIVE OIL – 1 TSP

INSTRUCTIONS:

1. BEAT THE EGGS WITH MILK.

2. CHOP THE VEGETABLES AND
SAUTÉ THEM IN OLIVE OIL FOR 2-3
MINUTES.

3. POUR THE EGG MIXTURE OVER
THE VEGETABLES AND COOK ON
MEDIUM HEAT UNTIL DONE.



CHICKEN FILLET WITH QUINOA AND BROCCOLI

INGREDIENTS:

CHICKEN FILLET – 150 G

QUINOA – 50 G

BROCCOLI – 100 G

OLIVE OIL – 1 TSP

SALT, SPICES TO TASTE

INSTRUCTIONS:

1. COOK THE QUINOA ACCORDING TO THE PACKAGE INSTRUCTIONS.
2. FRY OR BAKE THE CHICKEN FILLET WITH SALT AND SPICES.
3. BOIL OR STEAM THE BROCCOLI.
4. SERVE ALL INGREDIENTS TOGETHER.



FISH PATTIES WITH ZUCCHINI

INGREDIENTS:

FISH FILLET (COD, HAKE) – 200 G

ZUCCHINI – 100 G

EGG – 1 PC

OAT FLAKES – 30 G

INSTRUCTIONS:

- 1. BLEND THE FISH AND ZUCCHINI
IN A FOOD PROCESSOR.**
- 2. ADD THE EGG AND OATS, FORM
PATTIES.**
- 3. BAKE AT 180°C FOR 20 MINUTES.**



QUINOA SALAD WITH AVOCADO AND CHICKEN

INGREDIENTS:

QUINOA – 50 G

AVOCADO – 1/2 PC

CHICKEN FILLET – 100 G

SALAD LEAVES – 50 G

OLIVE OIL – 1 TSP

INSTRUCTIONS:

1. COOK THE QUINOA AND CHICKEN FILLET.
2. CHOP THE AVOCADO AND SALAD, MIX ALL INGREDIENTS.
3. DRIZZLE WITH OLIVE OIL BEFORE SERVING.



BAKED ZUCCHINI WITH CHEESE

INGREDIENTS:

ZUCCHINI – 1 PC

HARD CHEESE (LOW-FAT) – 30 G

GARLIC – 1 CLOVE

INSTRUCTIONS:

- 1. SLICE THE ZUCCHINI AND PLACE
ON A BAKING SHEET.**
- 2. GRATE THE CHEESE, MIX WITH
MINCED GARLIC, AND SPRINKLE
OVER ZUCCHINI.**
- 3. BAKE AT 180°C FOR 15 MINUTES.**



SUGAR-FREE CHEESECAKES

INGREDIENTS:

LOW-FAT COTTAGE CHEESE – 200 G

EGG – 1 PC

RICE FLOUR – 30 G

INSTRUCTIONS:

1. MIX ALL INGREDIENTS AND FORM SMALL CHEESECAKES.

2. FRY IN A NON-STICK PAN WITHOUT OIL.



Nut and Fruit Mix

Ingredients:

Almonds – 20 g

Hazelnuts – 20 g

Dried cranberries – 20 g

Instructions:

1. Combine all ingredients.



Kefir and Berry Smoothie

Ingredients:

Low-fat kefir – 200 ml

Frozen berries – 100 g

Honey – 1 tsp

Instructions:

1. Blend all ingredients in a blender.



Green Tea with Lemon

Ingredients:

Green tea leaves – 1 tsp

Lemon – 1 slice

Instructions:

Brew the tea and add lemon before serving.

Conclusion: How to Stay Motivated

Plan your meals ahead of time.

Track your progress but don't be too hard
on yourself.

Add variety to your diet.

Enjoy the process of cooking!

**Enjoy your meals and good luck
achieving your goals!**