

A Simple Weight Loss Cookbook:

Quick and Easy Single Portion Recipes for Lasting Weight Loss (Book Sample)

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Introduction

Thank you and congratulations on downloading A Simple Weight Loss Cookbook: Quick and Easy Single Portion Recipes for Lasting Weight Loss!

We all know the struggle of trying to lose a few pounds. Our year starts with a resolution to drop three pants sizes, climaxes into the dreaded summer months of bathing suit weather and then resolves once again to feelings of regret and remorse as we enjoy yet another helping of mom's Christmas feast. Although many of us wish that we could go to the gym and enjoy only eating salad, the reality is that our busy lives keep us from pursuing a weight loss regiment for more than a few weeks. And once we start getting the results we want, we end up cheating on the program and binge on a sugary, carb- filled meal.

The problem is, there are many issues with dieting programs that you find on the internet or in bookstores. Firstly, these regiments only account for a few weeks or months' worth of meals. This means that after going through the entire meal plan and grocery list three or four times, you are left having to make the same boring recipes again and again in order to keep off the weight you just lost. How many times are you supposed to go through the same cycle before it stops working or you get so tired of the same food that you cheat on your diet?

Secondly, most recipes that are included in weight loss programs make serving sizes big enough to feed a family of four. If you are single, why would you make so much food for just one meal? Or perhaps your partner does not want to participate in this new meal plan and you have to struggle to cut down the recipe measurement? And any parent knows that getting your kids to eat is already a nightly struggle, and trying to force them to taste new foods is a whole other battle.

This cookbook cuts out the common problems that healthy eaters always come across with other programs by providing a variety of easy, single serving recipes for you to enjoy! This

book contains recipes that are proven to help you lose weight, save money on groceries, and continue making progress towards your health and fitness goals. The ingredients this book encourages you to use are fresh and provide you with the necessary proteins, fats, and carbohydrates that will fulfill your daily nutritional requirements.

Here is an inescapable fact: everyone wishes that they could lose weight by eating delicious food. While the instructions in this book won't have you carbo-loading on pasta, they will make cooking for yourself easier and much more enjoyable. With over seventy recipes included, the meals in this book are delicious and diverse, so you will always have new flavours to try. You no longer have to sacrifice great flavour to achieve that desired pant size. You can achieve your fitness goals and come to love and nourish your body just by following these recipes.

The best part about this weight loss cookbook is that you don't need any fancy kitchen equipment or school taught techniques to make them. With any standard kitchen, you can prepare all of these recipes in less than a half an hour, so you can still satisfy your sweet and savoury cravings without worrying about bingeing or cheating during your meals.

It's time for you to become an amazing chef with an even more amazing body! In no time at all, you will finally have the physique of your dreams. Without any special tricks, costly supplements, or advice from a top notch professional trainer you will easily burn fat and becoming a healthier, better you. Thank you again for downloading this book. Good luck on your health and wellness journey; enjoy every last bite!

Chapter 1: 20 Energizing Breakfast Recipes

1. Classic Smoked Salmon on Toast

Ingredients

2 Oz. of Smoked Salmon

½ Tbs. of Chives

1 Slice of Whole Grain Bread

1 Slice of Red Onion

1 Tbs. of Cream Cheese

Directions

1. Simply toast your slice of whole grain bread before adding a thin coat of cream cheese on top.
2. Next, place your fresh salmon cuts over the cream cheese layer, followed by the slice of sweet red onion.
3. Top your decadent breakfast with a sprinkle of chives and enjoy!

Calorie Estimate: 350

2. Ham and Cheese English Breakfast

Ingredients

2 Oz of Sliced Black Forest Ham

2 Tbs. of Light Cheddar Cheese

1 Whole Wheat English Muffin

¼ Cup of Kale, torn with stems removed

¼ Cup of Spinach, leaves torn

1 tsp. of Extra Virgin Olive Oil

Directions

1. Start off by lightly toasting your English muffin halves.
2. Once toasted, begin layering the rest of the solid ingredients onto your muffin halves. Starting with the ham, followed by the greens, then cheese.
3. Next, drizzle the open sandwich with the teaspoon of olive oil.
4. Place the English muffin halves into a preheated oven set at 375 degrees Fahrenheit. Continue toasting the muffin halves until the cheese melts onto the bread.

Calorie Estimate: 300

3. Sweet Potato Wedges with Sausage

Ingredients

- 3 Links of Chicken and Sage Sausage
- 1 Sweet Potato, roughly chopped into cubes
- 2 Tbs. of Extra Virgin Olive Oil
- 1 Cup of Baby Spinach

Directions:

1. Start by heating your oven to 350 degrees. Place your sausage on a baking sheet and transfer into the oven.
2. In a skillet, sauté the sweet potato cubes in olive oil until they become soft. Add in the spinach leaves and stir gently.
3. Once the sausage is heated and cooked all the way through, remove the baking sheet from the oven. Transfer your sausage and vegetables onto a plate.
4. Season with red pepper, pink Himalayan sea salt, or Italian herbs. Enjoy!

Calorie Estimate: 300

4. Breakfast Egg and Veggie Quesadilla

Ingredients

- 1 Whole Egg
- 1 Egg White
- 1 8-in. Whole Wheat Tortilla
- ¼ White Onion, diced
- ¼ Red Pepper, Diced
- 1 Oz. of Mozzarella Cheese
- 2 Tbs. of Salsa

Directions

1. Start by heating your pepper and onion in a heated skillet. When the vegetables are almost fully cooked, pour in the whisked eggs and scramble the ingredients together.
2. Once the ingredients are mixed together in the pan, fold the eggs into the tortilla and top with cheese. Fold the tortilla to make a breakfast quesadilla.
3. Simply pour the salsa over top of your quesadilla or cut the tortilla into slices to dip into the salsa.

Calorie Estimate: 330

5. Ricotta and Honey Breakfast for Sweet Tooth's

Ingredients

1 Cup of Part-Skim Ricotta Cheese

½ Cup of Mango, chopped

1 tsp. of Organic Honey

½ Tbs. of Ground Flaxseed

Directions

1. Simply scoop the ricotta cheese into a small bowl. Next, drizzle in the honey and stir in the flaxseeds.
2. Finally, top your sweet breakfast with the mango and enjoy!

Calorie Estimate: 400

6. Cottage Cheese and Egg Muffin Breakfast

Ingredients

1 Whole Wheat English Muffin

1 Hard Boiled Egg

½ Cup of Light Cottage Cheese

2 Strawberries, sliced

Directions

1. Start out your breakfast by toasting your English muffin halves. As your muffin is heating up, peel your hardboiled egg and slice it. Top your toasted muffin halves with the slices of egg.
2. Complete your breakfast by simply mixing the cottage cheese with the strawberries. Keep in mind that you can enjoy many different fruits with cottage cheese, so you can mix up this recipe a dozen different ways!

Calorie Estimate: 350

7. Artichoke and Tomato Protein Frittata

Ingredients

1 Whole Egg

1 Egg White

½ Tomato, Diced

2 Tbs. of Feta Cheese, crumbled

1.2 Cup of Canned Artichoke Hearts, drained and diced

Directions

1. Start by whisking your egg and egg white together. Heat a skillet to medium heat and coat with cooking spray.
2. Add the tomato and artichoke to the pan and cook for about two minutes.
3. Reduce the heat to a lower setting before slowly pouring the eggs into pan.
4. Cover your skillet and let the ingredients cook for approximately three minutes, until the eggs are cooked and firm.
5. Remove the frittata from the skillet and top with the crumbled feta cheese. Enjoy!

Calorie Estimate: 250

8. Yogurt and Fruit Parfait

Ingredients

8 Oz. of Light Greek Yogurt

½ tsp. of Organic Honey

½ Medium Grapefruit

1 tsp. of Ground Flaxseed

Directions

1. Start by combining the flaxseed and yogurt.
2. In a tall cup, stack alternating layers of the grapefruit and yogurt until you reach the rim of the glass.
3. Drizzle on some sweet honey and enjoy!

Calorie Estimate: 250

9. Pumpkin Pancakes

Ingredients

½ Cup of Pumpkin Puree

1 Egg

2 Tbs. of Almond Flour

¼ tsp. of Allspice

¼ tsp. of Pumpkin Spice

¼ tsp. of Cinnamon

Directions

1. Start by beating the egg in a small bowl. Next, mix in the pumpkin puree until well-combined.
2. Once you have mixed together the egg and pumpkin, add in the almond flour and combine into the other ingredients.
3. Heat your skillet over medium- high heat and lightly coat with cooking spray. Spoon one tablespoon of your pancake batter onto the skillet to form each pancake. Cook each pancake until the batter begins to form bubbles and the edges become firm.

4. Gently flip the pancakes and allow the underside to cook. When both sides are cooked and a light golden brown, remove the pancakes from the skillet onto a plate.
5. Enjoy with a half a tablespoon of light maple syrup or honey!

Calorie Estimate: 210

10. Nut Butter and Strawberry Breakfast Wrap

Ingredients

2 Tbs. of Almond Butter

1 8-in. Whole Wheat Tortilla

½ Cup of Sliced Strawberries

Directions

1. Simply spread the almond butter evenly onto the tortilla. Next, layer on the strawberry slices.
2. Roll up the tortilla and enjoy with a cup of chilled almond milk!

Calorie Estimate: 370

11. Citrus Fruit Salad

Ingredients

1 Red Grapefruit

1 Navel Orange

¼ of a Lime

½ Cup of Blueberries

Directions

1. Start by cutting the peel and white pith from the orange and grapefruit. Then, cut the orange and grapefruit into pieces, placing them into a small bowl.
2. Next, squeeze the lime wedge over top of the fruit. Finish your fruit salad by carefully tossing the blueberries into the mix. Enjoy!

Calorie Estimate: 220

12. Low- Carb Banana Pancakes

Ingredients

1 Large Extra Ripe Banana

2 Large Eggs

¼ Cup of Almond Butter

Directions

1. Start by peeling the banana, then mashing it with a fork in a medium- size bowl.
2. Add in the almond butter and continue mashing the banana and nut butter until you achieve a smooth consistency. Next, add in the eggs and whisk them with a fork. Continue combining the mixture until the ingredients are incorporated into a blended batter.
3. Heat a skillet over medium- low heat and lightly coat with cooking spray. Spoon two tablespoons of batter into the skillet to create one pancake. Cook the pancake on one side until bubble begin to form and disperse and the edges of the cake become firm.
4. Flip the pancake and continue cooking on the other side for one more minute until the underside becomes golden brown.
5. Enjoy your low- carb pancakes with half a tablespoon of honey or a glass of chilled almond milk.

Calorie Estimate: 450

13. Toasted Coconut Oatmeal

Ingredients

1 Serving of Quick- Cooking Rolled Oats

2 Tbs. of Coconut Flakes, unsweetened

1 Tbs. of Cashews, roughly chopped

2 tsp. of Brown Sugar

¼ Cup of Mango, chopped

Directions

1. Preheat your oven to 350 degrees. Prepare a baking sheet with aluminium foil. Start by spreading the coconut across the baking sheet. Toast in the oven for three to five minutes, until they achieve a golden tone.
2. Prepare your serving of oats in accordance with the provided instructions on the packaging. Once you have cooked the oats, sprinkle the brown sugar on top and mix into the oatmeal.
3. Finally, top your oatmeal with the coconut, mango, and cashews.

Calorie Estimate: 250

14. Sunflower and Blueberry Oatmeal

Ingredients

1 Serving of Quick-Cookie Rolled Oats

1 Tbs. of Unshelled Sunflower Seeds

½ Cup of Blueberries

½ Tbs. of Honey

Directions

1. Simply prepare your oats according to the instructions provided on the packaging.
 2. Top off your oatmeal with the fruit and seeds before drizzling the honey on top.
- Enjoy!

Calorie Estimate: 200

15. Savoury Egg and Avocado Oatmeal

Ingredients

1 Serving of Quick- Cooking Rolled Oats

1 Large Egg

¼ of an Avocado, sliced

2 tsp. of Extra Virgin Olive Oil

1 Tbs. of Salsa

Directions

1. Start by preparing your oats according to the instructions provided on the packaging.
2. As the oats are cooking, heat the olive oil in a skillet over medium heat. Crack your egg into the skillet and cook sunny-side up. Simply do this by cracking the egg into the pan, then covering it for two to four minutes until the egg whites have become solid while the yolk remains liquid on the inside.
3. Transfer your egg from the pan to the top of your oatmeal. Add in the sliced avocado and salsa, and enjoy!

Calorie Estimate: 200

16. Vanilla and Almond Chia Seed Pudding

Ingredients

½ Cup of Vanilla Flavoured Almond Milk

¼ tsp. of Ground Cinnamon

2 ½ Tbs. of Chia Seeds

1 Pinch of Pink Himalayan Sea Salt

½ Tbs. of Agave Nectar

¼ tsp. of Vanilla Extract

Directions

1. This is a recipe that requires a bit more preparation time than usual. It will take approximately two hours for the chia seeds to absorb the almond milk. Therefore, you should prepare your breakfast first thing in the morning before starting your morning routine.
2. Start by combining all of the ingredients in a large bowl. Stir together the ingredients until well combined. Make sure that the seeds are entirely coated in the almond milk.

3. Cover the bowl with aluminium foil and place in the refrigerator. Refrigerate for approximately two hours. When the pudding is thick, remove from the refrigerator and stir. Enjoy!

Calorie Estimate: 200

17. Stuffed Tomatoes

Ingredients

- 1 Large Garden Tomato
- 1 Large Egg
- ¼ Cup of Shredded Light Cheddar Cheese
- ½ an Onion, chopped
- 1 tsp. of Extra Virgin Olive Oil
- 1 tsp. of Ginger- Garlic Paste
- A Pinch of Dried Parsley

Directions:

1. Start by thoroughly washing your tomato. Then, cut the top and bottom off of the tomato, so that it can stand up straight. Use a spoon to scoop out the flesh of the tomato, ensuring that the shell is still intact. Your tomato should look like a small bowl.
2. In a skillet, heat up the olive oil and fry your onion and ginger- garlic paste. Add in the parsley and allow the vegetables to cook. Then, remove from the pan and allow to cool.
3. Prepare a baking sheet with aluminium foil and place your tomato onto the sheet. Preheat your oven to 180 degrees Fahrenheit.
4. Spoon the onion mixture into the tomato, so that it is filled halfway. Next, crack your egg into the tomato bowl.
5. Top your egg with the cheddar cheese and then place in the oven for approximately twelve to fifteen minutes, or until the tomato skin starts to wrinkle.

Calorie Estimate: 180

18. Breakfast Skillet Stir-fry

Ingredients

1 cup of Frozen Shredded Hash Brown Potatoes

¼ Cup of Shredded Light Cheddar Cheese

1 Large Egg

1 Slice of Bacon, cooked and chopped

¼ Tbs. of Extra Virgin Olive Oil

Directions

1. Heat a small skillet over medium heat and add in the olive oil.
2. Once the oil is hot, place the potatoes into the pan and allow to cook until the potatoes become brown and crisp. Season with salt, pepper, and red pepper if desired.
3. While your potatoes are cooking, crack the egg into a bowl and whisk to scramble. Preheat your oven to 350 degrees.
4. Next, add the eggs, bacon, and cheese into the small pan with the potatoes. Scramble the ingredients together to make a stir- fry. Do not cook the eggs all the way through.
5. Remove the skillet from the stovetop and carefully place in the oven for approximately five minutes, or until the eggs have set and the cheese is melted. Enjoy!

Calorie Estimate: 460

19. Kate's Fresh Garden Stir-fry

Ingredients

1 Large Egg

1 Egg White

¼ of a Red Bell Pepper, diced

½ a Tomato, Diced

¼ Cup of Crumbled Feta Cheese

¼ tsp. of Dried Mixed Herbs

1 Slice of Whole Grain Bread

2 tsp. of Extra Virgin Olive Oil

Directions

1. Start by heating a skillet over medium heat, adding in the olive oil as the pan heats up.
2. Once the oil is hot, add in the diced tomato and red bell pepper to the pan. Stir the contents of the pan occasionally and cook until the vegetables are almost cooked through.
3. As the vegetables are heating up, crack the egg into a small bowl and whisk. Place the slice of whole- grain into the toaster and lightly toast.
4. Add the egg into the pan and scramble into the vegetables until the eggs are almost thoroughly cooked. Then, add in the feta cheese and fold into the egg- vegetable mixture until the cheese has melted.
5. Remove the bread from the toaster. Scoop the contents of the skillet onto the piece of toast, and top with the dried herbs. Enjoy!

Calorie Estimate: 280

20. Low- Carb Blueberry Pancakes

Ingredients

½ Cup of Old- Fashioned Rolled Oats

½ Cup of Blueberries

¼ of a Cup of Low- Fat Cottage Cheese

1 Egg

½ tsp. of Vanilla Extract

Directions

1. Start by combining your oats, egg, cottage cheese, and vanilla extract in a blender or food processor. Pulse the ingredients until you achieve a smooth consistency. Next, add in the blueberries. Do not blend into the batter, but simply fold into the oats.
2. Heat a skillet over medium heat and prepare with a coating of cooking spray. Spoon two tablespoons of the batter onto the pan to create one pancake. Cook the cake for

approximately three minutes, until bubbles begin to appear on the top and the edges are cooked. Then, flip the pancake and continue cooking until the underside is golden brown.

3. Remove from heat and enjoy with a side of low- yogurt.

Chapter 2: 20 Filling Low- Carb Lunch Recipes

1. Cauliflower and Shrimp Salad

Ingredients

- ¼ Head of Cauliflower
- ¼ lb. of Raw Shrimp
- ½ Tbs. of Extra Virgin Olive Oil
- ½ a Cucumber
- 1 Tbs. of Lemon Juice
- 1 tsp. of Lemon Zest

Directions

1. Start by peeling, cleaning, and removing the tails of your shrimp.
2. Preheat your oven to 350 degrees and prepare a baking sheet with cooking spray or aluminium foil. Place your shrimp onto the sheet and drizzle half a tablespoon of olive oil on top. Add seasoning if desired. Place the baking sheet in the oven and cook for eight to ten minutes, or until they become opaque.
3. As the shrimp is cooking, cut off the cauliflower florets, tossing away the bottom stalk. Cut the cauliflower into small pieces, so they will be easier to break down later. Next, place the cauliflower to in a microwave- safe dish and microwave for approximately four to five minutes. Make sure that it cooks evenly and becomes soft, but not mushy in texture.
4. When the cauliflower and shrimp are cooling, begin to seed, peel, and chop the cucumber into small ½ in. pieces.

5. Once your shrimp have cooled down enough to handle, slice them into halves. In a medium bowl, combine your ingredients, adding the lemon juice and zest on top of your salad.

Calorie Estimate: 210

End of Book Sample

Editor's Note: Thank you for downloading this book sample! I hope you enjoyed these simple and time saving recipes for weight loss. Do check out the full book on Amazon titled **“A Simple Weight Loss Cookbook”** by **Vincent Naing** to access over 100 recipes that are guaranteed to help you lose weight and establish healthy, sustainable eating habits.