



Simple & Delicious Recipes For Weight Loss

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Congratulations you have just taken the first step to your transformation. Thank you for choosing to try out my weight loss recipe collection.

Here you will find 10 simple and delicious low to moderate-calorie recipes that can help you lose your next 10+ pounds. My intention is to inspire you and show you simple ways to incorporate more nutritious foods into your current diet.

How to Use

Get started by adding a couple of new recipes from this collection to your regular meal rotation.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Leftovers

Cook once, and eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Next step

Don't forget to take a picture or a boomerang of your meals and share them in your Instagram or Facebook stories and tag @getfitwithabe. I'd love to see which recipes you enjoyed the most.

If you have any weight loss-related questions such as:

- How to lose stubborn belly fat?
- How many calories to consume to lose 15 lbs in 3 months?
- How much water should you drink daily?
- Should you cut out carbs or not to lose fat?
- How much protein should you eat daily to promote muscle tone?
- Should you take fat loss supplements or not?
- Or any other questions

Feel free to email me at getfitwithabenezer@gmail.com or send me a DM on social media @getfitwithabe.

Enjoy and thanks again,
Coach Abe





Apple with Peanut Butter

1 serving
5 minutes

Ingredients

1 Apple (medium, cored and sliced)
2 tbsps All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	286
Fat	17g
Saturated	3g
Carbs	32g
Fiber	6g
Sugar	22g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	27mg
Iron	1mg

Directions

- 1 Arrange the apple slices on a plate with peanut butter. Dip and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up four days.



Blueberry Protein Smoothie

1 serving
5 minutes

Ingredients

1/3 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
1 cup Water (cold)

Nutrition

Amount per serving	
Calories	235
Fat	4g
Saturated	0g
Carbs	24g
Fiber	7g
Sugar	13g
Protein	28g
Cholesterol	5mg
Sodium	80mg
Vitamin A	2884IU
Vitamin C	12mg
Calcium	227mg
Iron	2mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries: Use any type of frozen berry instead.

No Protein Powder: Use hemp seeds instead



Almond, Chia & Banana Whole Wheat Toast - med calorie

1 serving

5 minutes

Ingredients

- 1 tbsp Almond Butter
- 1 slice Whole Wheat Bread (toasted)
- 1 tbsp Chia Seeds
- 1/4 tsp Cinnamon
- 1 Banana (sliced)

Nutrition

Amount per serving	
Calories	356
Fat	15g
Saturated	1g
Carbs	51g
Fiber	10g
Sugar	17g
Protein	11g
Cholesterol	0mg
Sodium	166mg
Vitamin A	78IU
Vitamin C	10mg
Calcium	193mg
Iron	3mg

Directions

1

Spread the almond butter on top of the toast and top with the chia seeds, cinnamon and banana slices. Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead.

No Chia Seeds: Use hemp seeds instead.

No Almond Butter: Use another nut butter instead.



Tofu Taco Bowl_no tomatoes

4 servings

20 minutes

Ingredients

- 1 cup Quinoa
- 2 tbsps Avocado Oil
- 500 grams Tofu (crumbled)
- 2 tsps Chili Powder
- 2 tsps Cumin
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 2 Jalapeno Pepper (small, seeds removed and finely chopped)
- 2 Lime (juiced, divided)
- 8 leaves Romaine (chopped)

Nutrition

Amount per serving	
Calories	347
Fat	17g
Saturated	2g
Carbs	34g
Fiber	6g
Sugar	2g
Protein	20g
Cholesterol	0mg
Sodium	348mg
Vitamin A	5388IU
Vitamin C	17mg
Calcium	413mg
Iron	6mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 Heat the oil in a pan over medium-high heat. Add the tofu and cook for about five minutes until browned. Add the chili powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
- 3 Add half of the lime juice and continue to cook for another three to five minutes. Add a little bit of water if it starts to stick to the pan. Season with additional salt if needed.
- 4 To serve, divide the lettuce, quinoa, and tofu between bowls and drizzle with the remaining lime juice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add other dried herbs and spices to the tempeh or use taco seasoning instead.

Additional Toppings: Add avocado, salsa, sour cream, cilantro, green onion, or extra jalapeno.

No Quinoa: Use white or brown rice or cauliflower rice instead.



Spinach Scramble with Fruit_High Protein_Low cholesterol

1 serving
10 minutes

Ingredients

- 2 Egg
- 1/8 tsp Sea Salt (divided)
- 1/8 tsp Black Pepper (divided)
- 1 tsp Extra Virgin Olive Oil
- 2 cups Baby Spinach
- 1 Tomato (medium, diced)
- 1 Navel Orange (sliced)
- 3/4 cup Egg Whites

Nutrition

Amount per serving	
Calories	379
Fat	15g
Saturated	4g
Carbs	26g
Fiber	5g
Sugar	14g
Protein	37g
Cholesterol	372mg
Sodium	835mg
Vitamin A	8175IU
Vitamin C	117mg
Calcium	196mg
Iron	4mg

Directions

- 1 Whisk the eggs and egg white in a small bowl and season with half of the salt and half of the pepper. Set aside.
- 2 Heat the oil in a pan over medium heat. Add the spinach and cook until wilted and then add the tomato. Continue to cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt and pepper.
- 3 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through.
- 4 Transfer the eggs to a plate. Serve with orange slices and enjoy!

Notes

Leftovers: Best served immediately.

More Flavor: Add dried herbs and spices like garlic powder.

No Spinach: Use kale instead.

No Oranges: Serve with sliced strawberries or apple slices instead.



Ginger Chicken Stir Fry With Jasmine Rice_Low sodium

4 servings

30 minutes

Ingredients

- 1 tbsp Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 567 grams Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 4 cups Kale Leaves (chopped)
- 1 cup Jasmine Rice (Uncooked)

Nutrition

Amount per serving	
Calories	392
Fat	8g
Saturated	4g
Carbs	44g
Fiber	3g
Sugar	3g
Protein	37g
Cholesterol	103mg
Sodium	352mg
Vitamin A	2119IU
Vitamin C	59mg
Calcium	83mg
Iron	2mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 3 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery and red pepper. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 4 Plate rice and stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Veggies: Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Serve it With: Brown rice, pasta or quinoa.

Leftovers: Keeps well in the fridge up to 3 days.

Vegan and Vegetarian: Use chickpeas or tofu instead of chicken.

Make It Faster: Use pre-sliced veggies from the bag.



Fattoush Salad_Low Calorie

1 serving

10 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 1/4 tsps Ground Sumac
- 1/8 tsp Sea Salt (to taste)
- 35 grams White Pita Bread (divided into single layers)
- 1 Tomato (small, chopped)
- 1/2 Cucumber (medium, chopped)
- 1/2 head Romaine Hearts (chopped)
- 1/2 cup Radishes (trimmed, halved)
- 1/4 cup Mint Leaves (stems removed)
- 1/2 cup Parsley (tough stems removed, chopped)
- 2 tsps Lemon Juice (to taste)

Nutrition

Amount per serving	
Calories	304
Fat	15g
Saturated	2g
Carbs	38g
Fiber	8g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	578mg
Vitamin A	5877IU
Vitamin C	85mg
Calcium	162mg
Iron	5mg

Directions

- 1 Preheat the oven to 325°F (165°C). Line a baking sheet with parchment paper.
- 2 Whisk together the oil, sumac, and salt. Brush the dressing evenly over each pita layer and set aside the remaining oil mixture. Toast the pita in the oven for three to five minutes, or until brown and crispy.
- 3 In a large bowl, combine the tomatoes, cucumber, romaine lettuce, radishes, mint, parsley and lemon juice. Break the toasted pita into pieces and add them to the bowl along with the remaining dressing.
- 4 Toss until just combined, divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add pomegranate molasses to the dressing.

Additional Toppings: Add green onions, chickpeas, or cooked chicken breast.

No Pita: Use brown rice tortillas instead.



15 Minute Salmon Puttanesca

2 servings

15 minutes

Ingredients

128 grams Whole Wheat Linguine
 120 grams Salmon Fillet
 Sea Salt & Black Pepper (to taste)
 1 tbsp Extra Virgin Olive Oil
 1 1/2 Garlic (cloves, chopped)
 1 cup Crushed Tomatoes (from the can)
 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	394
Fat	13g
Saturated	2g
Carbs	56g
Fiber	9g
Sugar	8g
Protein	22g
Cholesterol	33mg
Sodium	254mg
Vitamin A	604IU
Vitamin C	17mg
Calcium	81mg
Iron	5mg

Directions

- 1 Cook the pasta according to the directions on the package. Drain and set aside.
- 2 Pat the salmon dry and season with salt and pepper (choice of lemon) then cut into bite sized cubes.
- 3 Meanwhile, heat a dutch oven over medium-low heat. Once warm, add the oil. Add the garlic and cook for one minute. Add the salmon and cook for several minutes. Remove the salmon with a slotted spoon and set aside.
- 4 Add the tomatoes with their juices to the pot and bring to a low simmer. Cook for about five to eight minutes, until slightly thickened. Remove from the heat, add the pasta and the salmon back in and toss to combine. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in and airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups of pasta with shrimp.

Gluten-Free: Use a gluten-free pasta instead.

Additional Toppings: Add chili flakes.

Make it Vegan: Omit the anchovy and shrimp.



Rice Cake with Greek Yogurt & Berries

1 serving

5 minutes

Ingredients

- 1 Plain Rice Cake
- 3/4 cup Plain Greek Yogurt
- 1/4 cup Raspberries

Nutrition

Amount per serving	
Calories	186
Fat	4g
Saturated	2g
Carbs	20g
Fiber	2g
Sugar	6g
Protein	18g
Cholesterol	25mg
Sodium	108mg
Vitamin A	947IU
Vitamin C	19mg
Calcium	383mg
Iron	1mg

Directions

- 1 Spread the greek yogurt onto the rice cake and top with the raspberries. Enjoy!

Notes

Leftovers: Store all ingredients separately until ready to serve.

More Flavor: Drizzle with honey or maple syrup or garnish with a pinch of cinnamon.

Additional Toppings: Sprinkle with hemp seeds, chia seeds or ground flax seeds.

No Raspberries: Use strawberries or blueberries instead.



Banana Coconut Protein Bars_High Protein

4 servings

20 minutes

Ingredients

- 1 Banana (mashed)
- 1 cup Oats
- 1/3 cup Unsweetened Coconut Flakes
- 2 tbsps Raw Honey
- 2 tbsps All Natural Peanut Butter
- 1 tsp Cinnamon
- 2 scoops Protein Powder

Nutrition

Amount per serving	
Calories	282
Fat	10g
Saturated	5g
Carbs	34g
Fiber	5g
Sugar	13g
Protein	17g
Cholesterol	2mg
Sodium	29mg
Vitamin A	21IU
Vitamin C	3mg
Calcium	95mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place all ingredients together in a bowl and mix well with a spatula.
- 3 Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
- 4 Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
- 5 When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.