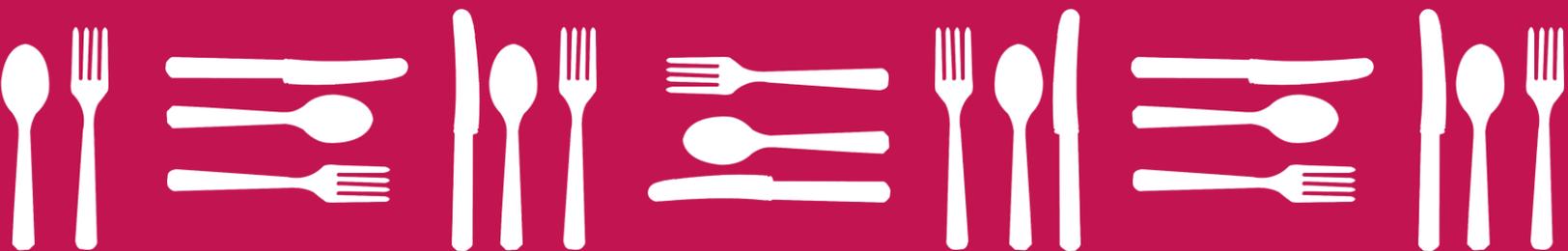


- A PUBLICATION OF ANNA'S NUTRITION -

*Healthy 20 Minute
Weight-Loss Recipes for*

FOOD LOVERS

*FOR BUSY WOMEN WHO WANT TO LOSE WEIGHT
WHILE EATING FOOD THEY LOVE, WITHOUT
SPENDING ENDLESS TIME IN
THE KITCHEN.*



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CHAPTER ONE

INTRODUCTION



Welcome to the Food Lovers Recipe eBook

Hey Anna here,

Welcome, I hope you will enjoy The Food Lovers eBook!

In this book I give you a peek into my world. I am a huge food lover and I guess I am known for showing people how to lose weight in a way that doesn't involve munching on endless lettuce leaves and crunching on carrots.

This recipe book has 30 proven weight loss recipes that can be prepared in less than 20 minutes. I know you don't have much time with your busy schedule, so I like to make this as easy as possible for you!

A little about me.

I am a Registered Nutritionist and Food Freedom Coach and I help busy working women and business owners in their 30's with a hectic schedule lose weight in a way that doesn't self destruct. So that they can sustain weight loss for the rest of their life and create healthy habits and a lifestyle that works for them.



What's my motto?

Life's for living, don't bog yourself down with restrictive diets that don't allow carbs after 6pm or tell you to exclude foods you enjoy, everyday.

Firstly these diets are not sustainable for the regular person, that's why you aren't getting any success from them. Meaning once you stop you go back to your old eating habits, nothing has changed and you will probably gain any weight you lost plus more.

Sound familiar? This is what I call the diet train. Many people are on this train and they can't get off. Is it time for you to jump off the diet train once and for all?

I am a great believer of enjoying food, not restricting myself to a certain way of eating with rules. I focus more on eating good quality delicious food and allowing myself to enjoy that chocolate cake when I want it, in a non guilty way.

Eating food that you love is key for sustainability, when you enjoy it, you can sustain it. Makes sense doesn't it? Eating nutritious and delicious food while losing weight, trust me you will feel amazing!

Enjoy the recipes and let me know how it goes!

To a healthier and happier you,

Anna

***“Results come when
you enjoy the process”
-Anna Wallace-***

CHAPTER TWO

BREAKFAST



Overnight Oats with Pear

1 SERVING

5 MINS



INGREDIENTS

135 ml milk
1/2 cup of oats
1 pear
1 tsp of honey

INSTRUCTIONS

- 1 Add all ingredients apart from the pear into a plastic box or glass and mix
- 2 Place into the fridge overnight
- 3 In the morning top with sliced pear

Oats and Banana Smoothie

1 SERVING

5 MINS



INGREDIENTS

250 ml milk
½ cup of oats
1 small banana
1 tsp of honey
½ tsp of cinnamon

INSTRUCTIONS

1. Add all ingredients into a blender and whizz until smooth!

Homemade Muesli

1 SERVING

20 MINS



INGREDIENTS

300g of oats
½ cup of almonds
½ cup of pistachio
½ cup of raisins
½ cup of cranberries
¼ cup of desiccated coconut
1 tblsp of coconut oil
Drop of vanilla essence

INSTRUCTIONS

- 1 Pre-heat oven at 180 degrees
- 2 Line a baking tray with tinfoil
- 3 Melt the coconut oil and add to a mixing bowl
- 4 Add the oats along with the vanilla essence, then mix altogether
- 5 Spread the oats over the baking tray and put into the oven for 10 minutes
- 6 Keep checking as they burn very easily
- 7 After 10 minutes or so take out and mix around then put back in again for a further 10 minutes
- 8 However again, do keep checking

Homemade Muesli (2)

Instructions

- 9 Take out and allow to cool
- 10 In a bowl add all the other ingredients
- 11 I used a food blender to chop up the almonds a little but you can keep them whole if you like
- 12 Once the oats are cold add to the other ingredients and mix around
- 13 Put into an air-tight container and it will keep for 3 weeks or even more
- 14 Such a delicious breakfast served with milk or Greek yogurt and fruit



Sun Dried Tomato and Feta Omelette

1 SERVING

10 MINS



INGREDIENTS

2 eggs
5 cubes of feta cheese
4 sun dried tomatoes
1 tsp of olive oil
Black pepper for seasoning

INSTRUCTIONS

- 1 In a bowl add the eggs and black pepper
- 2 Beat the eggs and then add in the feta and sun dried tomatoes
- 3 Turn on the grill to heat up
- 4 Heat some olive oil in a non-stick pan
- 5 Then add the egg mixture
- 6 Allow to cook for 5 minutes or so
- 7 When almost ready then pop until the grill to finish off for a few minutes

Strawberries, Blueberry and Chia Seed Pudding

1 SERVING

5 MINS



INGREDIENTS

125g Greek yoghurt
3 small strawberries
8 blueberries
1 tblsp of chia-seeds
1 tsp of honey

INSTRUCTIONS

- 1 Add all ingredients (not the fruit) into a plastic box or glass jar, mix and leave in the fridge overnight
- 2 Next morning take out of fridge, add fruit on top and enjoy!!

Overnight Oats with Berries

1 SERVING

5 MINS



INGREDIENTS

135ml milk
½ cup of oats
5 raspberries
8 blueberries
1 tsp of honey

INSTRUCTIONS

- 1 Place all ingredients into a resealable box or jar and place into the fridge overnight
- 2 Next morning enjoy cold or heat up if you like

Cinnamon, Peanut Butter and Banana Smoothie

1 SERVING

5 MINS



INGREDIENTS

1 cup of milk
1 tblsp of Greek
yoghurt
1 small banana
1 tsp of peanut butter
½ tsp of cinnamon

INSTRUCTIONS

- 1 Add all ingredients into a blender and whizz until smooth, then enjoy!
- 2 Great pre or post workout snack!

Smoked Salmon Omelette

1 SERVING

10 MINS



INGREDIENTS

56g smoked salmon
3 eggs
1 tsp of olive oil
Black pepper for seasoning

INSTRUCTIONS

- 1 Beat the eggs, then add in the smoked salmon. Season with the black pepper
- 2 Turn on the grill and heat up
- 3 Heat some olive oil in a non-stick pan
- 4 Then add the egg mixture
- 5 Allow to cook for 5 minutes
- 6 When almost ready pop under the grill to finish off for a few minutes

Mozzarella and Tomato Omelette

1 SERVING

10 MINS



INGREDIENTS

3 eggs
1 large tomato
Few slices of mozzarella
1 tsp of olive oil
Black pepper for seasoning

INSTRUCTIONS

- 1 In a bowl add the eggs and black pepper
- 2 Beat the eggs
- 3 Heat some olive oil in a non-stick pan
- 4 Add mozzarella and tomato to egg mixture and pour into a non-stick pan
- 5 Allow to cook for 5 minutes or so
- 6 When almost ready pop under the grill to finish off for a few minutes

Mango Smoothie

1 SERVING

5 MINS



INGREDIENTS

250ml milk
30g Greek yoghurt
52g mango

INSTRUCTIONS

- 1 Add all ingredients together in a blender and whizz until smooth!

CHAPTER TWO

LUNCH



Tuna Rice Salad

1 SERVING

20 MINS



INGREDIENTS

1 tin of tuna
35g brown rice
3 tblsp of peas
1 tomato
½ bell pepper
1 spring onion
1 tsp of mayonaise
½ tsp of mixed herbs
½ tsp of black pepper

INSTRUCTIONS

- 1 Prepare rice according to packet instructions
- 2 Boil peas uncovered for 2 to 3 minutes
- 3 In a bowl add the tuna, mayo and black pepper and mix
- 4 Then add in tomato, pepper, onion and mixed herbs
- 5 When the rice and peas are ready allow to cool before adding to salad
- 6 Add rice and peas when cool. Then mix and serve!

Goat's Cheese and Pear Salad

1 SERVING

20 MINS



INGREDIENTS

1 pear
40g bulgur
1 cup of spinach
3 walnuts
30g goat's cheese
1 tblsp of lemon juice
1 tblsp of balsamic vinegar

INSTRUCTIONS

- 1 Prepare bulgur according to packet instructions
- 2 In a bowl add the spinach. Then slice some pear and goat's cheese and add to the salad
- 3 Drizzle over some lemon juice and balsamic vinegar
- 4 Add some walnuts and serve with bulgur

Smashed Avocado Wrap

1 SERVING

10 MINS



INGREDIENTS

1 tortilla wrap
½ avocado
1 tomato
1 cup of leaves
½ tsp of paprika powder
Squeeze of lemon juice
Black pepper for seasoning

INSTRUCTIONS

- 1 In a bowl add the avocado, paprika powder and lemon juice
- 2 Mix and crush the avocado so it turns into a spread
- 3 Season with pepper
- 4 Toast the wrap
- 5 Spread the avocado on the wrap and put the leaves and sliced tomato on top

Greek Chicken Pitta

1 SERVING

20 MINS



INGREDIENTS

- 1 chicken fillet
- 1 pitta bread
- 7 slices of cucumber
- ½ small red onion
- 2 tomatoes
- 2 tbsp of tzatziki
- 1 tbsp of lemon juice
- 1 tsp of olive oil
- ½ tsp of oregano
- ½ tsp of dill

INSTRUCTIONS

- 1 Preheat oven at 180 degrees
- 2 Slice chicken into strips or cubes then add to a bowl
- 3 Drizzle over a little olive oil, some dill, lemon juice and oregano
- 4 Pop into an oven dish, cover with tinfoil and place into the oven for 20 minutes or until cooked thoroughly
- 5 Halfway through baking the chicken remove the tin-foil
- 6 Prepare side salad
- 7 Toast pitta

Greek Chicken Pitta (2)

Instructions

- 6 When the chicken is ready, stuff into the pitta bread with cucumber, tomatoes, red onion and tzatziki
- 7 Serve with side salad



Bacon, Avocado and Egg Salad

1 SERVING

15 MINS



INGREDIENTS

2 slices of bacon rashers
1 egg
1 tomato
½ avocado
4 small potatoes
24g cucumber
1 bowl of rocket
1 tbsp of lemon juice
1 tbsp of balsamic vinegar

INSTRUCTIONS

- 1 Boil an egg and also boil potatoes
- 2 Grill the bacon until cooked
- 3 Prepare all salad ingredients
- 4 When bacon is ready, slice into small pieces and add to salad
- 5 Add egg and potatoes to salad when chilled
- 6 Drizzle over some lemon juice and balsamic vinegar. Then serve.

Smoked Mackerel and Beetroot Salad

1 SERVING

10 MINS



INGREDIENTS

- 1 smoked mackerel fillet
- 2 beetroots
- ½ small onion
- 2 tomatoes
- 5 slices of cucumber
- ½ bell pepper
- 1 cup of leaves/rocket
- 1 tbsp of balsamic vinegar

INSTRUCTIONS

- 1 In a bowl add the salad leaves, sliced tomato, onion, bell pepper, cucumber and beetroot
- 2 Mix around and add in some balsamic vinegar
- 3 Plate up salad and serve mackerel fillet on top

Italian Bean and Olive Salad with Couscous

1 SERVING

20 MINS



INGREDIENTS

50g couscous
3 tbsp of red kidney beans
5 tbsp of green beans
1 small tomato
½ bell pepper
5 olives
Handful of mixed leaves
5 cubes of feta cheese
1 tbsp of lemon juice
1 tsp of olive oil
½ tsp of mixed herbs

INSTRUCTIONS

- 1 Prepare the couscous according to the instructions on the pack
- 2 Boil the green beans for 5 minutes
- 3 Heat up the kidney beans for 5 minutes
- 4 Slice the tomato and bell pepper and add the green beans and kidney beans when ready
- 5 Add the couscous, salad leaves, feta cheese and olives. Sprinkle some olive oil, lemon juice and mixed herbs over the salad. Then serve

One Pan Eggs

1 SERVING

15 MINS



INGREDIENTS

2 eggs
½ bell pepper
80g courgette
½ avocado
4 mushrooms
1 tsp of olive oil
Black pepper for seasoning

INSTRUCTIONS

- 1 In a frying pan add some olive oil, peppers, mushrooms and courgette
- 2 Allow to sauté for a few minutes, season with pepper
- 3 Once the vegetables are cooked, make two spaces in the middle of the pan and crack open the two eggs into these spaces
- 4 Cover the pan with a lid until the eggs are ready
- 5 Serve with avocado

Avocado and Hummus Wrap

1 SERVING

10 MINS



INGREDIENTS

1 wholemeal tortilla wrap
½ avocado
1 tomato
1 cup of raw leaves
1 tsp of hummus
Little squeeze of lemon juice

INSTRUCTIONS

- 1 Toast the wrap in a dry frying pan for a minute on each side
- 2 When the wrap is toasted, spread some hummus on top then add sliced avocado, tomato, raw leaves and a squeeze of lemon juice
- 3 Fold the wrap and enjoy!

Chorizo Salad

1 SERVING

10 MINS



INGREDIENTS

60g chorizo
½ red onion
5 cherry tomatoes
5 slices of cucumber
½ bell pepper
1 cup of mixed leaves
1 tbsp of balsamic
vinegar
Handful of fresh
coriander

INSTRUCTIONS

- 1 In a bowl add sliced chorizo, peppers, onion, tomatoes, cucumber, mixed leaves and fresh coriander
- 2 Add in some balsamic vinegar and mix then serve

CHAPTER FOUR

DINNER



Parma Ham Tortilla Pizza

1 SERVING

20 MINS



INGREDIENTS

2 slices of Parma ham
1 tortilla wrap
½ bell pepper
4 cherry tomatoes
1 cup of rocket leaves
40g buffalo mozzarella
1 tbsp of passata
1 tsp of oregano

INSTRUCTIONS

- 1 Preheat oven at 180 degrees
- 2 Get a tortilla wrap and spread either tomato puree or tomato sauce over the wrap
- 3 Sprinkle over some oregano
- 4 Then place some parma ham, mozzarella and tomatoes on top of the wrap
- 5 Pop into the oven on a baking tray for 10 minutes or so (watch it can burn easily)
- 6 When ready toss some rocket on top and serve

Stir Fried Prawns and Green Beans

1 SERVING

20 MINS



INGREDIENTS

140g prawns
50g soba noodles
4 tbsp of green beans
5 cherry tomatoes
½ clove of garlic
½ thumb of ginger
1 tsp of olive oil
Black pepper for seasoning

INSTRUCTIONS

- 1 In a frying pan add a little olive oil, garlic and ginger, allow to cook for a few minutes
- 2 Then add in the prawns and green beans
- 3 Boil soba noodles as per instructions on pack
- 4 Just before serving add in cherry tomatoes and cook for another couple of minutes then serve on bed of noodles

Harissa Prawns and Carrot Couscous

1 SERVING

20 MINS



INGREDIENTS

140g prawns
50g couscous
2 carrots
1 tomato
1 cup of rocket
1 tbsp of hummus
1 tbsp of harissa
1 tbsp of lemon juice
1 tsp of cumin seeds

INSTRUCTIONS

- 1 Fry the prawns in some harissa paste and cook until ready
- 2 Prepare couscous as per instructions
- 3 Add some cumin into the couscous
- 4 Slice carrots very finely and add to the couscous when ready
- 5 Add some tomato, rocket then the prawns on top when they are ready
- 6 Squeeze over some lemon juice and add some hummus on the side if you like

Greek Salmon and Couscous

1 SERVING

20 MINS



INGREDIENTS

1 salmon fillet
50g couscous
3 tbsp of peas
4 tbsp of green beans
½ bell pepper
30g feta cheese
2 tbsp of tzatziki
1 tbsp of lemon juice
1 tsp of olive oil
1 tsp of oregano
1 tsp of dill

INSTRUCTIONS

- 1 Pan fry salmon and peppers with a little olive oil, will take no more than 10 mins
- 2 Boil some green beans and peas
- 3 Prepare couscous according to the instructions on the pack
- 4 When couscous is ready add some dill, oregano, lemon juice and feta
- 5 Mix around
- 6 When green beans, peas, salmon and peppers are ready add to the couscous
- 7 Mix around and serve with tzatziki

Chorizo Pasta Arrabiata

1 SERVING

20 MINS



INGREDIENTS

30g chorizo
50g pasta
4 mushrooms
1 small onion
3 sun dried tomatoes
½ bell pepper
6 olives
½ clove of garlic
100g canned tomatoes
1 tsp of olive oil
½ tsp of thyme
½ tsp of basil
½ tsp of oregano

INSTRUCTIONS

- 1 Boil pasta as per instructions on the packet
- 2 In a frying pan sauté garlic, onions, mushrooms, pepper and chorizo in a little olive oil
- 3 Add tinned tomatoes
- 4 Season with thyme, basil, oregano and sliced sun dried tomatoes
- 5 Allow to simmer for 5 minutes
- 6 Pour sauce over pasta, toss a few olives on top before serving

Falafel Bowl

1 SERVING

20 MINS



INGREDIENTS

4 falafels
2 tbsp of couscous
100g sugar snap peas
Handful of spinach
½ avocado
3 cherry tomatoes
Few slices of cucumber
Small handful of cabbage
Small handful of feta
1 tbsp of natural yoghurt
Black pepper for seasoning

INSTRUCTIONS

- 1 Preheat oven at 180 degrees and bake falafels as per instructions on the pack
- 2 Prepare some couscous according to the instructions on the pack
- 3 Then in a bowl add the spinach, rocket, couscous, tomatoes, cucumber, cabbage, feta, sugar snap peas, avocado and the falafels when cooked
- 4 Season with black pepper and add a big dollop of natural yoghurt
- 5 I know you will enjoy this as much as I did!

Veggie Tacos

1 SERVING

20 MINS



INGREDIENTS

2 taco shells
30g brown rice
3 tbsp of red kidney beans
3 tbsp of black beans
½ small onion
1 tomato
Side salad
30g Cheddar cheese
½ tsp of paprika powder

INSTRUCTIONS

- 1 Prepare rice as per instructions
- 2 In a pot heat up the beans for 5 minutes
- 3 In a frying pan add the onion and tomato in a little olive oil and season with paprika powder
- 4 In the meantime prepare salad
- 5 When the rice, beans, onions and tomatoes are ready stuff into the tacos
- 6 Top with cheese and serve with salad

Chicken Mexican Bowl

1 SERVING

20 MINS



INGREDIENTS

1 medium chicken fillet
60g quinoa
½ bell pepper
½ cup of cucumber
3 tbsp of sweetcorn
3 tbsp of red kidney beans
½ avocado
1/2 vegetable stock cube
1 tbsp of sour cream
1 tsp of olive oil
1 tbsp of coriander seeds
½ tsp of cumin seeds

INSTRUCTIONS

- 1 Boil quinoa as per instructions with ½ stock cube
- 2 Fry chicken in a little olive oil with some cumin
- 3 Heat kidney beans and corn up in a pot
- 4 Once chicken is cooked slice into small pieces
- 5 Add to a bowl with cooked quinoa, avocado, kidney beans, corn, sliced cucumber and sliced pepper. Sprinkle some coriander seeds on top before serving

Chicken Skewers and Peanut Sauce

1 SERVING

20 MINS



INGREDIENTS

1 chicken fillet
½ bell pepper
4 mushrooms
Small side salad
1 tbsp of peanut butter
1 tbsp of soy sauce
1 tsp of olive oil
½ tsp of chilli sauce
Black pepper for seasoning

INSTRUCTIONS

- 1 Slice chicken into cubes, with mushrooms and peppers. Season and drizzle with olive oil, place on a skewer
- 2 Turn on grill and grill chicken until cooked
- 3 Add some peanut butter and chilli sauce to a pot. Add water and soy sauce
- 4 Allow to simmer on a medium heat, stirring continuously
- 5 Prepare a small side salad
- 6 When skewers are nicely grilled serve dipped in peanut sauce with salad

Stir Fried Shiitake Mushrooms

1 SERVING

20 MINS



INGREDIENTS

½ cup of tofu
50g soba noodles
5 cherry tomatoes
4 tbsp of green beans
4 shiitake mushrooms
½ clove of garlic
½ thumb of ginger
1 tbsp of soy sauce
1 tsp of olive oil
Black pepper for seasoning

INSTRUCTIONS

- 1 In a frying pan add a little olive oil, tofu, mushrooms, garlic and ginger. Allow to cook for a few minutes
- 2 Then add in the green beans
- 3 Boil soba noodles as per instructions on pack
- 4 Before serving add in cherry tomatoes, then soy sauce and cook for another couple of minutes then serve on bed of noodles

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Anna's Nutrition