

8 Low-Calorie Recipes for Healthy Weight Loss

Simple • Healthy • Effective



Welcome

Welcome to this simple and practical recipe guide designed to help you eat healthier and lose weight without complicated diets.

All recipes in this guide are:

- Low in calories
- Rich in nutrients
- Quick and easy to prepare

For best results, combine these meals with healthy smoothies and consistent daily habits.



Chicken Avocado Salad

Ingredients:

- 100g grilled chicken breast
- 1/2 avocado
- Mixed greens
- Cucumber
- Olive oil

Preparation:

- Grill and slice the chicken
- Mix with vegetables
- Add avocado

Nutrition

- ~350 kcal
- High in protein

Tip:

Perfect for a filling low-calorie lunch.



Vegetable Omelette

Ingredients:

- 2 eggs
- Spinach
- Cherry tomatoes
- 30g feta cheese

Preparation:

- Cook vegetables in a pan
- Add beaten eggs
- Sprinkle feta and cook until done

Nutrition

- ~250 kcal

Tip:

Great for breakfast or light dinner.



Oatmeal with Berries

Ingredients:

- 50g oats
- Almond milk
- Blueberries

Preparation:

- Cook oats in almond milk
Add berries on top

Nutrition

- ~300 kcal

Tip:

Perfect energy boost in the morning.



Quinoa Veggie Bowl

Ingredients:

- Cooked quinoa
- Bell pepper
- Zucchini
- Olive oil

Preparation:

- Cook quinoa
- Sauté vegetables
- Mix together

Nutrition

- ~400 kcal

Tip:

Very filling and nutrient-dense.



Light Vegetable Soup

Ingredients:

- Carrots
- Celery
- Onion
- Vegetable broth

Preparation:

- Chop vegetables
- Boil in broth
Simmer 20 minutes

Nutrition

- ~150 kcal

Tip:

Great for detox days.



Cucumber Chicken Wraps

Ingredients:

- Cucumber slices
- Chicken strips
- Hummus

Preparation:

- Use cucumber as wrap
Fill with chicken hummus

Nutrition

- ~200 kcal

Tip:

Low-carb and refreshing



Zucchini Pasta

Ingredients:

- Zucchini noodles
- Tomato sauce
- Herbs

Preparation:

- Cook zucchini briefly
- Add sauce and herbs

Nutrition

- ~220 kcal

Tip:

Great pasta alternative.



Tuna Salad (Light)

Ingredients:

- Tuna (in water)
- Greek yogurt
- Lettuce

Preparation:

- Mix tuna with yogurt
- Serve on lettuce

Nutrition

- ~250 kcal

Tip:

High-protein and low-calorie.

