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Maintenance Phase



Week 1

Start your day with a glass of water (try Penta water or Essentia) and a slice of lemon. Some people like exercising in the morning before breakfast for 30 minutes either by walking or going to gym. If you have blood pressure problem or diabetic please always consult your primary care on exercising. If you have exercised on an empty stomach and do not like doing that then do not. Make sure you have breakfast first.

Every week such as this, you will be given specific food menus, recipes and shopping lists. Follow the plan along with your Soza healthy life and and supplements. Every week you will be introduced new topic in order to improve your nutrition information. First week, since you just completed a very successful weight loss program you might continue to be successful, even in maintenance phase. For those who are asking all the time during follow-ups 'how can I loose more weight even during maintenance phase?' here is the answer.

TOP TEN WEIGHT LOSS TIPS

1 DRINK WATER

Hunger is often confused with dehydration. Next time you feel like a snack, have a glass of water. Even mild dehydration can alter our body's metabolism, so aim to drink eight glasses a day and limit soda, caffeine, and alcohol. It is also agreed that drinking water before meals can help promote weight loss. Studies show people who drink two glasses of water before meals feel fuller and eat less.

2 EAT CARBS—REAL CARBS!

Replace refined carbohydrates like white bread, pasta, bagels, cereal, and pretzels with complex carbohydrates from fruits, vegetables, whole grains, nuts, seeds, and legumes. Fruits and vegetables are high in fiber which slows digestion and promotes stable blood sugar levels. They're also packed with antioxidants which help reduce inflammation in the body. Whole grain carbohydrates should always be chosen over refined varieties. Think about eating them as you would find them in nature – breads made from wheat that's milled, brown rice simply taken straight from the plant – complete with fiber and phytonutrients the way Mother Nature intended they be eaten!

3 CHOOSE HEALTHY FATS

A common misconception is that fats should be completely eliminated. In reality, we could not live without fat. The body utilizes dietary fat for energy, health of hair, skin and nails, vitamin absorption, and normal everyday bodily functions. Good fats promote several health benefits such as protection against heart disease, cancer, Alzheimer's, and depression, as well as reduced blood pressure and lower cholesterol. Choose sources such as nuts, seeds, fish, avocados, and extra virgin olive oil.

4 EMPHASIZE LEAN PROTEIN

Our bodies require protein to continuously renew and replenish our cells, stabilize our blood sugar, and give us energy. Our bodies are literally made out of the amino acids that make up protein in our food. Many foods contain protein, but the richest sources include animal products like meat, dairy, eggs, and fish, as well as plant sources like beans, nuts, and seeds.^{1,2} When choosing animal protein sources, be conscious of the way the animal was raised and what it ate. Grass-fed beef and free-range chicken are healthier and more ethically sound choices than feedlot meats. Organic yogurt and cage-free eggs are great for vegetarians, while tofu, tempeh, and peanut butter are good vegan protein sources.

5 EAT BREAKFAST

By eating a hearty breakfast, you'll give your metabolism a jumpstart and be in better control of your cravings. When we miss our first fuel of the day, by mid-morning we are hungry and more likely to engage in mindless nibbling, snacking, overeating, and over compensating for any calories "saved" by skipping breakfast. Studies repeatedly show daily breakfast consumption is associated with maintaining a healthy weight.³ But if you're not ready for breakfast early in the morning, listen to your body and eat when you feel it's best for you.

6 EAT MORE FREQUENTLY

It's important to balance your food intake throughout the day to help maintain normal blood sugar and decrease the chances of binging when hunger strikes. Try to keep track of your meal choices and balance your caloric intake. Feeding your body on a regular basis lets it know food is available and it's okay to burn energy rather than conserve and store it as fat.

7 EXERCISE YOUR BODY AND MIND

Exercise has enormous benefits for your mind and body with research boasting decreased body weight, smaller waist circumference, lower resting heart rate and blood pressure, AND it boosts your mood! Strive to be active at least 30 minutes every day to help keep your body strong and lean. It doesn't have to be expensive – any movement is better than none. Try these tips to get moving:

- Get off the subway or bus one stop earlier.
- Take the stairs instead of the elevator.
- Go on nightly jogs or walks with your dog.

Even playing with your children in the park or trying a hand at gardening will keep your body active. It's also just as important to keep your mind active. Boost brainpower by spending time thinking positively, meditating, or practicing activities that require deep thought like reading or playing Sudoku.

8 CATCH SOME ZZZZS

Research suggests that those who sleep five hours or less weigh five pounds more than those getting at least seven hours of shut eye per night. Over time, weight gain can increase more rapidly in those who get five hours of sleep when compared to those getting seven hours. Lack of sleep disrupts circadian rhythms and can lead to inefficient body regulation of energy balance, metabolism, and appetite. Abnormal leptin and ghrelin levels – hormones that tell your body “I'm full, stop eating” – can go awry with too little sleep. Said simply – sleep more, eat and weigh less! Strive for seven to eight hours of sleep each night.

9 LEARN TO COOK

Cooking meals at home allows you to control portion sizes and quality of ingredients, and it cuts your intake of sodium, fat, and calories. Avoid frying foods by learning to roast or bake, and eat more raw foods to boost flavor and cut calories. Use herbs and spices to reduce salt intake.

10 KEEP TRACK OF WHAT YOU EAT

Be a food detective, and investigate what you choose to put into your body. Check labels, and avoid ingredients such as sugar, trans fats, high fructose corn syrup, and long “chemical names” that are hard to pronounce. The healthiest foods are those found just as nature intended – whole and unprocessed. When was the last time you saw an ingredient list on a stalk of broccoli or a fresh fillet of salmon?

Week One Shopping List

Protein

Egg; Chicken Breast; Canned Salmon; Whole Chicken; Egg Beater; Extra-firm Tofu; Red Snapper Fillet; Chorizo Sausage; Cottage Cheese; Whole Turkey; Large Shrimps.

Vegetables

Tomato; Cherry Tomato; Red Onion; Bell Pepper; Carrot; Garlic; Celery; Plum Tomato; Shiitake Mushroom; Swiss chard; English Cucumber; Zucchini; Corn Kernel; Yellow Squash; Bok Choy; Poblano Pepper; Sweet Potato; Frozen Spinach (or fresh); Shallot; Carrot; Yellow Onion; Roma Tomatoes; Artichoke Hearts; Spinach; Eggplant; Red Bell Pepper.

Herbs

Italian Parsley; Rosemary; Chive; Basil; Kale; Watercress; Fresh Mint.

Fruits

Dates; Honey crisp Apple; Lemon; Blueberry; Avocado; Grape; Frozen Fruits (Banana, Berries); Mixed Berries; Frozen Strawberries; Banana; Fresh Strawberries.

Dairy Products

Goat Cheese; Mozzarella Cheese; Full Fat Yogurt; Greek Yogurt; Low-Fat Yogurt; Reduced-fat Ricotta; Low Fat Cheese; Parmesan Cheese; Milk; Fat Free Vanilla Frozen Yogurt; Low Fat Sour Cream.

Fats/Oils

Extra Virgin Olive Oil; Almond Butter; Coconut Oil; Sesame Oil; Canola Oil; Cooking Spray; Organic Margarine.

Nuts

Almond; Sweetish Nuts; Raw Walnut; Raw Pecan; Raw Cashew.

Grains

Bulgur; Short-grain Brown Rice.

Condiments/Spices

Sea Salt; Black Pepper; Onion Powder; Dried Parsley; Kalamata Olives; Capers; Balsamic Vinegar; Brown Sugar; Dried Rosemary; Cinnamon; Ginger; Vanilla Extract; Tomato Paste; Cumin; Coriander; Turmeric; Soy Sauce; Unsweetened-Coconut Flakes; Hummus; Red Wine Vinegar; Honey; Coconut extract; Paprika; Corn Starch; Fresh Ginger; Can Tomatoes; Garlic Powder; Thyme.

Crackers/Bread/Pasta

Whole-Grain Crackers; Spaghetti.

Beverage

Coconut Water; Coconut Milk; Fresh Orange Juice; Fresh Lime Juice; Soy Milk.

Legume

Green Lentil; Red Kidney Beans; White Beans.

Seeds

Chia Seeds; Fennel Seeds.

Broth

Fat Free Less Sodium Chicken Broth.

Week One **Menu** (Please See the Recipes below)

Snack options are there for you to mismatch through recipes. You don't have to follow exactly what was given to you in the recipes you can choose different options from recipes depends on what you feel like having that day.

Day 1

Breakfast: Baked Tomato and Eggs

Snack: Cherry Tomatoes with Goat Cheese

Lunch: Kale and Apple Salad

Snack: Either repeat the same snack you had or choose from the recipe snack section something alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Grilled Chicken Breast

Day 2

Breakfast: Blueberry avocado Power Smoothie

Snack: Krispy Kale Chips

Lunch: Salmon Salad

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Balsamic Roasted Chicken

Day 3

Breakfast: Fruit and Yogurt Smoothie

Snack: Healthy Nuts

Lunch: Tomato Soup

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Spiced Lentils and Greens

Day 4

Breakfast: Herb Frittata

Snack: Chia Pudding

Lunch: Tabbouleh with Chicken

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Kale and Tofu Salad

Day 5

Breakfast: Creamy Berries

Snack: Celery Sticks with Hummus and Olives

Lunch: Garden Salad

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Grilled Snapper

Day 6

Breakfast: Spanish Eggs

Snack: Cottage Cheese-Filled Avocado

Lunch: Sweet Potato Bake

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Roasted Turkey

Day 7

Breakfast: Strawberry Banana Milkshake

Snack: Artichoke Dip

Lunch: Stuffed eggplant

Snack: Either repeat the same snack you had or choose from the recipe snack section some thing alternative. Such as seasonal, local or organic (if possible) fresh fruit.

Dinner: Shrimp Scampi

Week One Recipes

Baked Tomato and Eggs

Ingredients

- 2 Medium/Large Fresh Tomatoes
- 2 Large Eggs
- 1 tsp Fresh Italian Parsley
- Sea Salt & Cracked Black Pepper to Taste

Directions

1. Preheat oven to 350 F.
2. Line a baking sheet with aluminum foil.
3. Cut the tops of the tomatoes off.
4. With a spoon (I like to use a serrated grapefruit spoon), spoon out all the tomato innards.
5. Crack an egg in each hollowed-out tomato.

6. Bake at 350 F for 30 minutes.
7. Let cool for a few minutes.
8. Dust with minced parsley, salt & pepper

Cherry Tomatoes With Goat Cheese

Top 5 halved cherry tomatoes with 2 tablespoons fresh goat cheese, then sprinkle with chopped herbs (chives, basil, or parsley).



Kale and Apple Salad

Ingredients

- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- Kosher salt
- 1 bunch kale, ribs removed, leaves very thinly sliced
- 1/4 cup dates
- 1 Honeycrisp apple
- 1/4 cup slivered almonds, toasted
- 1 ounce mozerella cheese (1/4 cup)
- Freshly ground black pepper

Directions

Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.

While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

Grilled Chicken Breast

Ingredients

- 4 skinless, boneless chicken breast halves
- 1/2 cup lemon juice
- 1/2 teaspoon onion powder
- Ground black pepper to taste
- Seasoning salt to taste
- 2 teaspoons dried parsley

Directions

1. Preheat an outdoor grill for medium-high heat, and lightly oil grate.
2. Dip chicken in lemon juice, and sprinkle with the onion powder, ground black pepper, seasoning salt and parsley. Discard any remaining lemon juice.
3. Cook on the prepared grill 10 to 15 minutes per side, or until no longer pink and juices run clear.

Blueberry Avocado Power Smoothie

Ingredients

- 1 cup blueberries
- 1/2 ripe avocado
- 1 apple, cored and diced
- 1 cup crushed ice
- 1 cup water or coconut milk
- 1/2 cup plain, full fat yoghurt
- 1 tbsp almond butter
- 1 tbsp coconut oil

Directions

Blend all the above together until smooth. Drink.

Krispy Kale Chips

This unbelievable source of vitamins K, A, and C may become your new go-to late-afternoon snack. Place 1 large bunch raw kale leaves, stems removed, on a cookie sheet, then drizzle with 1 teaspoon olive oil and a pinch of salt. Cook at 350 degrees Fahrenheit until crispy, about 10 to 12 minutes.

Salmon salad



Ingredients

- 1/2 cup boneless, skinless canned salmon, flaked (2 1/2 ounces)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 2 kalamata olives, pitted and diced
- 1 teaspoon minced red onion, or to taste
- 1 teaspoon minced fresh parsley
- 1 teaspoon rinsed and chopped capers
- 1/2 cup watercress, tough stems removed
- 1 ounce small whole-grain crackers, (about 16)
- 1 cup mixed vegetables, such as bell peppers and carrots, cut into sticks
- 1 cup mixed grapes

Directions

1. Combine salmon, oil, lemon juice, olives, red onion, parsley and capers in a small bowl.
2. Pack the salmon salad, watercress and crackers in one medium container.
3. Fill another medium container with vegetables and grapes.

Balsamic Roasted Chicken

Ingredients

- 1 whole chicken, about 4 pounds
- 1 tablespoon fresh rosemary or 1 teaspoon dried rosemary
- 1 garlic clove
- 1 tablespoon olive oil
- 1/8 teaspoon freshly ground black pepper
- 8 sprigs fresh rosemary
- 1/2 cup balsamic vinegar
- 1 teaspoon brown sugar

Directions

Preheat the oven to 350 F.

In a small bowl, mince together the rosemary and garlic. Loosen the chicken skin from the flesh, and rub the flesh with olive oil and then the herb mixture. Sprinkle with black pepper. Put 2 rosemary sprigs into the cavity of the chicken. Truss the chicken.

Place the chicken into a roasting pan and roast for 20 to 25 minutes per pound, about 1 hour and 20 minutes. Whole chicken should cook to a minimum internal temperature of 165 F. Baste frequently with pan juices. When browned and juices run clear, transfer the chicken to a serving platter.

In a small saucepan, combine the balsamic vinegar and brown sugar. Heat until warmed and brown sugar dissolves, but don't boil.

Carve the chicken and remove the skin. Top the pieces with the vinegar mixture. Garnish with the remaining rosemary sprigs and serve immediately.

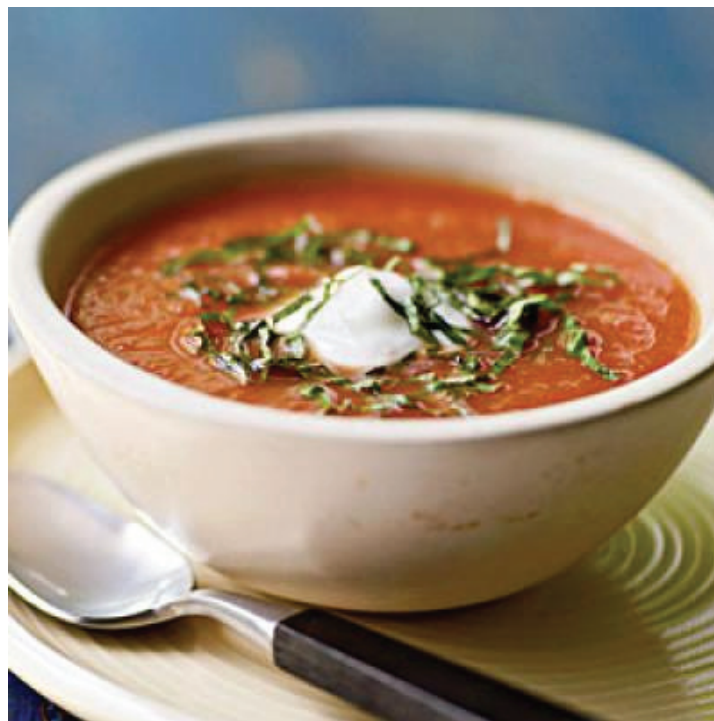
Fruit and Yogurt Smoothie

Blend 1 cup plain Greek yogurt with 1 cup frozen fruit (banana and berries work very well) with 1/2 cup liquid (milk, juice, coconut water—whatever you like). Freeze overnight and thaw throughout the day to enjoy in the afternoon, or blend up in the morning.

Healthy Nuts

Sweetish Nuts which are sugar-free but still manage a natural sweetness from the spices. Preheat the oven to 325 degrees Fahrenheit. Mix 1 1/2 teaspoons ground cinnamon, 1 teaspoon ground ginger, 1 1/2 teaspoons vanilla extract, and 1 1/2 teaspoons extra-virgin olive in a large bowl. Add 4 ounces shelled raw walnut halves, 4 ounces shelled raw pecan halves, and 4 ounces raw cashews. Massage in the spices well, then place on baking sheet and bake for 10-12 minutes. Store in an airtight container once cooled.

Tomato Soup



Ingredients

- 2 cups fat-free, less-sodium chicken broth
- 1 cup chopped onion
- 3/4 cup chopped celery
- 1 tablespoon thinly sliced fresh basil
- 1 tablespoon tomato paste

- 2 pounds plum tomatoes, cut into wedges
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 6 tablespoons plain low-fat yogurt
- 3 tablespoons thinly sliced fresh basil

Directions

Combine first 6 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 30 minutes. Place half of tomato mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining tomato mixture. Stir in salt and pepper. Ladle 3/4 cup soup into each of 6 bowls; top each serving with 1 tablespoon yogurt and 1 1/2 teaspoons basil.

Spiced Lentils and Greens



Ingredients

1. 1/2 cup brown or green lentils
2. 3 tablespoons extra-virgin olive oil
3. 1/2 pound shiitake mushrooms, stems discarded and caps sliced 1/4 inch thick
4. Salt
5. 1 garlic clove, minced
6. 1/4 teaspoon ground cumin

7. 1/4 teaspoon ground coriander
8. 1/4 teaspoon freshly ground black pepper
9. 1/8 teaspoon turmeric
10. 1 tablespoon chopped parsley
11. 1/2 pound Swiss chard or other tender greens, large stems discarded and leaves coarsely chopped

Directions

1. In a small saucepan, cover the lentils with 2 1/2 cups of water and bring to a boil. Cover and cook over low heat until the lentils are tender, about 30 minutes.
2. Meanwhile, in a medium saucepan, heat 2 tablespoons of the olive oil. Add the shiitake and season with salt. Cover and cook over moderate heat, stirring, until the mushrooms are tender and starting to brown, 5 minutes. Add the remaining 1 tablespoon of olive oil along with the garlic, cumin, coriander, pepper and turmeric and cook, stirring, until fragrant, 1 minute. Add the greens and cook, stirring, until wilted, 2 minutes.
3. Add the lentils and their cooking liquid to the mushrooms and simmer for 3 minutes. Add up to 1/4 cup of water if the lentils are too dry. Season with salt. Ladle the lentils into bowls, garnish with the parsley and serve.

Herb Frittata

Ingredients

- 1 cup diced onion
- 1/4 cup plus 1 tablespoon water, divided
- 1 teaspoon extra-virgin olive oil
- 1/2 cup liquid egg substitute, such as Egg Beaters
- 2 teaspoons chopped fresh herbs, or 1/2 teaspoon dried
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 tablespoons farmer's cheese, or reduced-fat ricotta

Directions

1. Bring onion and 1/4 cup water to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes. Uncover and continue cooking until the water has evaporated, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion is beginning to brown, 1 to 2 minutes more.

2. Pour in egg substitute, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
3. Reduce heat to low. Sprinkle herbs, salt and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

Chia Pudding

Chia seeds, a great source of omega-3s and fiber, are in this tasty tapioca-like pudding. Place 2 and 1/2 cups unsweetened almond or coconut milk, 1/2 cup chia seeds, 1 teaspoon vanilla extract, and 1 teaspoon ground cinnamon in a bowl. Cover and refrigerate for at least 4 hours or overnight, stirring occasionally, until it has a pudding-like consistency.

Tabbouleh with Chicken

Ingredients

- 1/2 cup uncooked bulgur
- 1/2 cup boiling water
- 1 1/2 cups diced plum tomato
- 3/4 cup shredded cooked chicken breast
- 3/4 cup minced fresh flat-leaf parsley
- 1/2 cup finely chopped red bell pepper
- 1/2 cup diced English cucumber
- 1/4 cup minced fresh mint
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions

1. Combine bulgur and 1/2 cup boiling water in a large bowl. Cover and let stand 15 minutes or until the bulgur is tender. Drain well; return bulgur to bowl. Cool.
2. Add tomato and remaining ingredients; toss well.

Kale and Tofu Salad

Ingredients

1. 1 cup short-grain brown rice
2. Salt
3. 1/3 cup extra-virgin olive oil
4. 1 teaspoon toasted sesame oil
5. 2 tablespoons soy sauce
6. 1 1/2 pounds kale—stems and ribs removed, leaves chopped
7. 1/2 cup unsweetened coconut flakes
8. 1/2 pound extra-firm tofu, cut into 1/4-inch cubes (about 2 cups)

Directions

1. Preheat the oven to 350° and position racks in the lower and upper thirds of the oven. In a sauce pan, combine the rice with 2 cups of water and a pinch of salt; bring to a boil. Cover and simmer over low heat for 35 minutes, until the rice is tender.
2. In a small bowl, whisk the olive oil with the sesame oil and soy sauce. Transfer two-thirds of the dressing to a large bowl. Add the kale, coconut and tofu; toss to coat, then spread on 2 rimmed baking sheets. Bake for 25 minutes, until crispy. Stir once or twice and shift the pans halfway through baking. Return the mixture to the large bowl and toss with the remaining dressing and rice. Season with salt and serve right away.

Creamy berries

Ingredients

- 1 cup mixed berries of your choice (I frequently mix blackberries, blueberries, and raspberries)
- 1 can coconut milk

Directions

1. Place the can of coconut milk in the fridge overnight, or at least 4 hours.
2. Gently open the can, and scoop the heavy cream that has risen to the top into a container. You'll only need a tablespoon at a time of this, so store it covered in the fridge. You can use the coconut water that's left over for shakes and other things.
3. Wash your berries and serve with a tablespoon of coconut cream. I like the subtle sweetness of the cream on it's own, but you can mix in a teaspoon of honey if you' like it a little sweeter.

Celery Sticks With Hummus and Olives

Dividing evenly, top 3 celery sticks with 3 tablespoons hummus and 3 sliced kalamata olives.

Garden Salad

Ingredients

1. Vinaigrette:

- 3 tablespoons fresh orange juice
- 1 1/2 tablespoons fresh lime juice
- 2 1/2 teaspoons extra virgin olive oil
- 2 teaspoons honey
- 1 teaspoon red wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

2. Salad:

- 1 1/2 cups (1 x 1/4-inch) julienne-cut zucchini
- 1 1/2 cups (1 x 1/4-inch) julienne-cut yellow squash
- 1 cup fresh corn kernels (about 2 ears)
- 2 tablespoons finely chopped red onion
- 1 tablespoon finely chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped fresh basil

Directions

To prepare vinaigrette, combine the first 7 ingredients, stirring with a whisk.

To prepare salad, combine zucchini and remaining ingredients in a large bowl. Add vinaigrette; toss well. Cover and chill.

Grilled Snapper

Ingredients

- 1/2 teaspoon coconut extract
- 1 teaspoon black pepper
- 1/2 teaspoon fennel seed
- 1 tablespoon tumeric

- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 cup soy or skim milk
- 1 teaspoon cornstarch
- 1 teaspoon canola oil
- 2 tablespoons fresh ginger, minced
- 1 poblano pepper, sliced
- 2 cups sliced bok choy
- 2 cups sliced celery
- 1 cup sliced red bell pepper
- 1 cup sliced onion
- 2 cloves garlic, minced
- 4 six-ounce red snapper fillets (each will be about 4 ounces when cooked)

Directions

Mix coconut extract and spices with milk and cornstarch. Set aside.

Heat large skillet to medium-high, add oil and quickly saute vegetables. Cook for a few minutes, until some browning has occurred and vegetables are soft. Add milk and spice mixture to pan and stir to combine. Heat gently, but do not boil. Remove from heat.

Grill snapper on charcoal grill until it reaches an internal temperature of 145 F. Serve each grilled fillet with 1 1/2 cups of vegetables and sauce.

Spanish Eggs

Ingredients

- 1 tsp. olive oil
- ½ onion, diced
- 1/3 chorizo, sliced
- ½ can tomatoes, diced
- 1 can red kidney beans, drained & rinsed
- 2 eggs
- 1 tsp. smoked paprika
- 1 tsp. cumin, ground
- ¼ cup water
- Sprinkle rosemary
- S & P to taste

Directions

1. Preheat oven to 200C.
2. In a non-stick frypan, (we used a suitable one to go into the oven), heat olive oil and sauté onion & chorizo for 5 minutes. Add red kidney beans then paprika, cumin and rosemary. Stir for a couple of minutes then add the canned tomato and water bringing the heat down to a simmer. Season with salt and pepper and cook 5 minutes.
3. If you are using a pan that can go into oven, crack 2 eggs into beans and cover with foil and place into oven. Otherwise use a small oven proof dish, transfer beans to dish and crack eggs on top.
4. Cook for 15 minutes or less if you like runny eggs. Take off foil half way through.
5. Place on table to serve.

Cottage cheese-filled avocado

Remove the pit from one half of an avocado and fill the space with 2 ounces of 1% cottage cheese.

Sweet Potato Bake

Ingredients

- 1 large sweet potato (aka Kumara / Yam), peeled and sliced thinly
- 1 large pkt frozen spinach (500g / 17oz), defrosted and drained
- 2 cloves garlic
- Sprinkle Thyme or Rosemary
- Small tub Ricotta Cheese (250g / 9oz)
- $\frac{3}{4}$ cup grated low fat cheese
- 2 tbsp. fresh parmesan cheese
- Salt & Pepper for seasoning
- Sprinkle of onion powder
- Sprinkle of garlic powder
- 1 cup Evaporated Milk Light & Creamy
- Spray of cooking spray

Directions

1. Preheat oven 180C (350F).
2. Place your evaporated milk in a microwave proof dish with crushed garlic, sprinkle of thyme/ rosemary and heat for 1-1.5 minutes, take out and set aside.

Roasted Turkey

Ingredients

- 1 medium shallot, peeled and finely chopped
- 4 garlic cloves, finely chopped
- Coarse ground black pepper, to taste
- 2 carrots, cut into bite-size pieces
- 2 celery stalks, chopped
- 2 yellow onions, chopped
- 1 whole turkey (about 12 pounds), thawed
- 8 Roma tomatoes, cut in half through stem

Directions

Preheat the oven to 400 F (200 C).

In a small bowl, add the shallots, garlic and black pepper to taste. Stir until evenly mixed and set aside.

Arrange carrots, celery and onion in the bottom of a roasting pan. Unwrap the turkey from its package and remove the neck, giblets and fatty tissues from body and neck cavities. Discard giblets and fatty tissues; reserve the neck for making stock. Rinse the turkey inside and out. Pat dry with paper towels.

Place the turkey breast-side up on top of the vegetables in the roasting pan. Tuck the wing tips behind the back of the turkey. Rub the turkey with the shallot mixture. Arrange tomatoes around the outside of the turkey. Place into the middle of the oven uncovered.

Bake for 20 minutes at 400 F (200 C), then reduce the oven temperature to 325 F (about 162 C). Check the doneness after the bird has roasted about 3 to 3 1/2 hours. Turkey is done when the thigh is pierced deeply and juices run clear (180 to 185 F, or 82 C to 85 C) or when the breast muscle reaches 170 to 175 F (77 to 79 C).

While the turkey is in the oven, put the turkey neck into a small saucepan. Add 4 cups of water. Place over medium heat, cover and simmer for at least an hour, while the turkey roasts. You can use this stock to make gravy or freeze it to use later as a base for soup.

Remove the turkey from the roasting pan and set on a platter. With a slotted spoon, remove the vegetables and arrange around the turkey. Cover the turkey and vegetables tightly with aluminum foil and allow to rest for 20 minutes before carving.

Carve turkey and serve.

Strawberry Banana Milkshake



Ingredients

- 6 frozen strawberries, chopped
- 1 medium banana
- 1/2 cup soy milk
- 1 cup fat-free vanilla frozen yogurt
- 2 fresh strawberries, sliced

Directions

In a blender, combine the frozen strawberries, banana, soy milk and frozen yogurt. Blend until smooth. Pour into tall, frosty glasses and garnish each with fresh strawberry slices. Serve immediately.

Artichoke Dip

Ingredients

- 2 cups artichoke hearts
- 1 tablespoon black pepper
- 4 cups chopped spinach
- 1 teaspoon minced thyme
- 2 cloves garlic, minced

- 1 tablespoon minced parsley
- 1 cup white beans, prepared
- 2 tablespoons Parmesan cheese
- 1/2 cup low-fat sour cream

Directions

Mix all ingredients together. Put in glass or ceramic dish and bake at 350 F for 30 minutes. Serve with whole-grain bread, crackers or vegetables for dipping.

Stuffed Eggplant

Ingredients

- 1 large eggplant (aubergine)
- 1.5 tbsp. olive oil
- ½ small onion
- 2 cloves garlic
- ¼ red capsicum (bell pepper)
- ½ can dice tomatoes (or 2 tomatoes, chopped)
- ½ chorizo sausage, diced
- ¼ cup water
- Sprinkle rosemary
- S&P

Directions

1. Preheat oven to 200C (400F)
2. Cut eggplant in half, length ways. Cut stalk off also.
3. With a small knife cut middle of eggplant, spoon out the centre and set aside.
4. Spray with olive oil spray all over the eggplant and season with salt and pepper.
5. Bake in oven on a tray lined with baking paper, for 30 mins.
6. While this is baking heat a small frypan heat 1 tbs. olive oil and sauté the onion and capsicum for 5 mins. Add chorizo and cook a further 5 mins. Add garlic, cook 1 more min.
7. Turn down the heat and add the tomato and water sprinkle with rosemary and season with S & P. Simmer for 10 mins, turn off heat and set aside until eggplant ready.
8. After 30 mins, take the eggplant out of the oven and spoon the mixture in and bake a further 20 mins.
9. Serve with crumbled feta on top.

Shrimp Scampi

Ingredients

- 8 ounces uncooked spaghetti
- 1 tablespoon olive oil
- 2 pounds large shrimp, peeled and deveined
- 1 tablespoon minced garlic
- 1/4 cup chopped shallots or green onions
- 2 tablespoons lemon juice
- 2 tablespoons brandy or sherry, optional
- 1/4 cup chopped parsley
- 1/4 teaspoon salt
- Ground black pepper, to taste
- 4 tablespoons trans fat-free margarine

Directions

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook according to package directions. Drain the pasta thoroughly.

While the pasta is cooking, heat the olive oil in a large saucepan over medium heat. Add the shrimp and cook for about 3 minutes. Turn the shrimp and cook until pink and opaque, about 2 minutes longer. Transfer to a bowl and keep warm.

Add garlic and shallots to the saucepan and cook until fragrant, about 10 seconds. Add lemon juice, brandy or sherry if desired, parsley, salt, and pepper. Remove the saucepan from the heat and add margarine and cooked shrimp. Toss until shrimp are coated with sauce.

Divide pasta among warmed individual bowls. Top each serving with shrimp and sauce. Serve immediately.



so simple. so different.

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