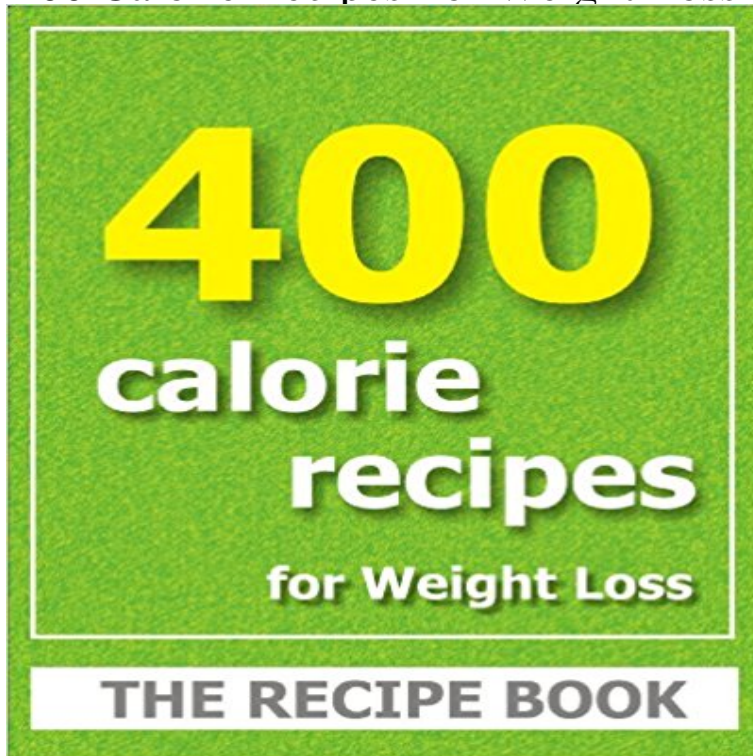


400 Calorie Recipes For Weight Loss



The book contains more than 110 recipes of 400 calorie dishes for fast weight loss. All dishes contain monounsaturated fatty acids and are quick to cook. Table of content

Magic of monounsaturated fatty acids

Breakfasts- Apple and almond oatmeal- Apple and cinnamon waffles- Tako with avocado tomatoes and herbs- Banana and pecan oatmeal- Banana and strawberry oatmeal- Banana waffle- Nuts and blueberry oatmeal- Tapenade with black olives- Tako- Sandwich with cashew- Cherry and chocolate waffles- Toast with cinnamon and raisins- Dijon-style sandwich with egg- Farm breakfast- Fruit and nut flakes- Mediterranean sandwich- Muesli with yoghurt- Bread with peanut butter- Peach and pecan oatmeal- Toast with banana and peanut butter- Toast with peanut butter and yogurt- Flakes with pecan and raisins- Potato fritters 1- Potato fritters 2- Toast with almond and raisins- Fried sandwich with egg and cheese- Tropical waffles- Vanilla dessert with macadamia

Dinners- Tako- Turkey burger- Chicken and lettuce roll 1- Chicken and lettuce roll 2- Cheese and spinach pasta- Pasta with chicken- Cold spicy Italian pasta with a sausage- Hot sandwich with tuna- Dijon-style turkey roll- Beans and carrot- Turkey rolls- Salad with ham and blue cheese- Roll with Italian sausage- Meatballs with cheese- Mediterranean roll- Savory roll- Potato salad- Ham and cheese sandwich with pesto

Snacks- Roll with lettuce and shrimps- Pita with cheese- Vegetarian cutlet- Spaghetti with meatballs- Spinach roll with black beans- Pita with tuna- Tuna salad- Wholegrain bread with cranberries and turkey- Pita

Dishes for a family table- California salad with turkey- Vegetarian pasta with cheese- Hot-dog- Salad Cesar with chicken- Caprese salad with chicken- Green soy beans salad- Wild rice salad with green soy beans- Salad with roasted chicken- Salad with roasted pork- Mexican

salad- Pizza with pepperoni- Pizza with ham and pineapple- Pork with vegetables- Calzone with Ricotta- Salmon roll with pistachios- Salmon sandwich- Salmon steak with almond- Pasta with savory turkey- Roll with shrimps, sesame and ginger- Pasta with shrimps and peas in pods- Sausage with cabbage- Spicy shrimps- Spinach burritos- Chinese-style chicken- Turkey quesadilla- Roasted turkey- Tako with turkey- Salad with salmon and cashewSnacksSweet snacks- Oatmeal with blueberry and almond- Oatmeal with raspberry and chocolate- Oatmeal with pineapple and nuts- Oatmeal with peanut paste and an apple- Apple snack- Pineapple snack- Strawberry with chocolate- Wholegrain bread with peanut paste and an apple- Apples and crisps- Yoghurt with berries and nutsSavory snacks- Snack with hummus- Crisps with turkey- Black beans with cheese- Black beans with tomatoes- Sandwich with turkey- Sandwich with tomatoes- Cheese and crisps- Turkey roll with hummus- Turkey roll with avocado- Chicken roll with pestoReady-made snacks- Variant 1- Variant 2- Variant 3- Variant 4Fruit cocktails- Blueberry- Raspberry and chocolate- Lemon- Apple

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