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# 17 Weight Loss Recipes That Are Incredibly Nutritious and Super Delicious



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Fitness is not limited to workouts. In fact, your workout is just the beginning. Proper nutrition and supplementation are key components for a well-rounded fitness plan.

This article not only provides healthy nutritional alternatives, but tips on which foods are best before and after a workout. Before your workout, your body needs calories. Not just any old calories, not empty calories, but calories that will fuel your workout with energy. After your workout, your muscles need replenishment, so it's just as important to eat not long after exercise.

The following recipes contain essential nutrients: Protein, fat, and carbohydrates. They are not only delicious and nutritious, these recipes will help you burn fat and gain lean mass. Not to mention, they are filling, easy, and don't require a lot of prep time.

## 1. 15-Minute Tex-Mex Chicken Salad



Got 15 minutes? This is a great post-workout meal. It contains Omega-3 oil, protein, potassium, carbohydrates and a host of other nutrients to help replenish those lost during exercise. This Tex-Mex Chicken Salad is courtesy of Registered Dietician Matthew Kadey.

Check out the recipe here: [15-Minute Tex-Mex Chicken Salad, Muscle & Fitness](#)

## 2. Chocolate Chia Recovery Drink



Think about it. Our bodies lose a lot of water during exercise, leaving us dehydrated. And what's one of the natural supplements to replace lost electrolytes? Coconut water.

After a spin class, Crossfit, or HIIT, a Chocolate Chia Recovery Drink is perfect. Chia seeds are full of “good” carbs, mostly fiber, which means your body digests them slowly, keeping your hunger at bay. Bananas contain potassium which helps to curtail muscle cramps. Just blend and go!

Here's the recipe from the “Minimalist Baker:” [Chocolate Chia Recovery Drink](#)

### 3. Blueberry-Almond Overnight Oats



Let's face it, getting to the gym is hard enough. Who has time to muster up all kinds of ingredients, cook, and consume? Prepare Blueberry-Almond Overnight Oats. Full of fiber, protein and complex carbohydrates, this filling meal awaits you in the morning.

The antioxidants in the blueberries will help kick up and spit out free radicals that exists in the body, making way for smooth cellular activity. Prep time: Five minutes!

Here you go: [Blueberry-Almond Overnight Oats](#)

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## 4. Asian Jalapeno Chicken



Boost your metabolism! Spicy foods are great for speeding up your metabolism. They contain the almighty chemical, capsaicin, which will shift your body – and weight loss – into high gear!

If you can take the heat, get this perfect combination of protein and spiciness here: [Damn Delicious Asian Jalapeno Chicken](#)

## 5. Fat-Burning Chef Salad



Getting lean can require a lot of discipline for some people, but when you eat tasty foods, like eggs, smoked turkey, and an abundance of greens, your goal is more attainable.

Certain foods have fat-burning properties, such as turkey breast, tomatoes, celery, broccoli, blueberries, grapefruit, apples, onion, raw vegetables, and many others. Whether you're getting in shape for a wedding or the beach, this salad will get you ready!

Check out the recipe here: [Fat-Burning Chef Salad](#)

## 6. High-Protein Chicken Meatballs



Protein shakes aren't the only way to put on mass. It's always preferable to consume real food as the body digests these more efficiently.

High-protein meals are best for gaining muscle mass, so if you want to get buffed or toned, a combination of protein, complex carbs, and heavy weight-training will get you there. Get the recipe, then get to the gym!

Here's the recipe: [High Protein Chicken Meatballs Recipe](#)

## 7. Peanut Butter Banana Bulking Protein Shake



If you do, however, enjoy the convenience of a protein shake, make your own.

While it's tempting to grab a protein bar or ready-to-drink protein shake, these usually contain ingredients which classify them as inflammatory foods. Unless you want to be bloated, steer clear.

This Peanut Butter Banana Bulking Protein Shake has a whopping 58 grams of protein, it's a powerful source of fuel for athletes, and it tastes incredible!

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Here's the recipe: [Peanut Butter Banana Bulking Protein Shake Recipe](#)

## 8. The Best Protein Brownies



Not a quick recipe but worth the wait, these melt-in-your-mouth brownies provide just the right amount of protein and "good carbs," not to mention decadent dark chocolate.

So, if you're the type who skips dessert due to guilt, you can enjoy these brownies with a clear conscience. Don't forget to complement them with a nice cold glass of unsweetened almond milk.

For The Best Protein Brownies, go here: [The Best Protein Brownies](#)

## 9. Trainer Terri's Light 'N Healthy Chinese Vegetable Fried Rice



Yours truly loves Chinese Fried Rice so I came up with a way to remove all of the oily fats and sodium that are typical of this dish while maintaining the flavor. It's packed with vegetables and healthy carbs, so if you need a little energy before your workout.

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Try my recipe here: [Light 'n Healthy Chinese Fried Rice](#)

## 10. Stuffed Bell Peppers with Turkey and Vegetables



Vitamins A and C are your friends when it comes to maintaining healthy immune system, and bell peppers contain them both.

This recipe for stuffed bell peppers is the complete package, with protein, vitamins, metabolism-boosters, Omega-3 oil, antioxidants, and potassium.

Check it out here: [Stuffed Peppers with Turkey and Vegetables](#)

## 11. Skillet Chicken with Cranberries & Apples



Not getting enough fiber in your diet? If you're irregular or you often feel hungry, it could be that your body isn't getting enough of this much-needed nutrient.

Soluble fiber, like oats, beans, barley, and even Brussel sprouts digest slowly which keep you from feeling hungry. You are sure to cut back on grazing throughout your day when you incorporate more fiber into your diet. Happy eating!

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Here's the recipe: [Skillet Chicken with Cranberries & Apples](#)

## 12. Herby Pea and Lemon Pasta Salad



Big on carbs? Try this wonderful medley of green peas, pasta shells, and rotisserie chicken and you'll be in carbohydrate heaven.

Loaded with B vitamins, the green peas will serve as good source of energy. This recipe yields four servings so you'll have plenty left over for your lunchtime meal at work.

Here's the recipe: [Herby Pea and Lemon Pasta Salad](#)

## 13. No-Cook Chicken Lettuce Wraps



Not in the mood for carbs? Try these low-carb chicken lettuce wraps that have fewer than 8 grams of carbohydrates.

With minimal prep, this meal is great when you don't feel like cooking. Kids will be so focused on the chicken they'll forget that it is wrapped in a vegetable.

Get the recipe here: [No-Cook Chicken Lettuce Wraps](#)

## 14. Turmeric Tomato Detox Soup



In the winter months, instead of seeking out a good soup at a restaurant, you can have soup du jour in your own home!

Rather than use drugs, like Ibuprofen, turmeric is a natural source of relief to alleviate inflammation in joints and muscles. This anti-inflammatory-detox soup is perfect when snuggling under a blanket while watching a movie.

Get the recipe here: [Turmeric Tomato Detox Soup](#)

## 15. Almond Snowballs



The holidays just aren't the same without cookies. These Almond Snowballs are yummy as an after-dinner dessert or to share at office holiday parties, or even as a reward after your workout.

This recipe calls for all-purpose flour, a refined carbohydrate, and sugar, both of which have a high glycemic index, causing your blood sugar to spike. These ingredients can be substituted with almond flour which is high in healthy fats and fiber, and Stevia, a sweetener that has zero calories and is plant-based.

Get Rachael Ray's recipe: [Almond Snowballs](#)

## 16. Avo-Tahini Toast



Avocado toast has become a healthy trend that is now popularly-featured on restaurant menus.

It only takes four minutes to prepare, unless you add the boiled eggs, which could take another ten minutes but will add protein to this toasty treat.

The Omega-3 fat from the avocado and the fiber from the whole grain bread will leave you satisfied and full. A great pre-workout meal!

Get the recipe here: [Avo-Tahini Toast](#)

## 17. Salmon Salad Sandwich



You'll look at a fish sandwich differently with this 15-minute meal. Perfect for lunch, this high-protein, high-fiber, Omega-3-rich Salmon Salad sandwich serves four, which is great for a small luncheon with friends.

You can even serve them as hors d'oeuvres for a dinner party by cutting the sandwiches into fourths and pin them together with toothpicks.

Get the recipe here: [Salmon Salad Sandwich](#)

## Final Words

It is important to consume the aforementioned nutrient-based meals 45 minutes to an hour, both before and after your workout. If not, your body will use muscle for fuel instead of nutrients and, ultimately, you will lose lean muscle mass and become flabby.

There is also the risk of getting light-headed and fainting due to low blood sugar as well as poor brain function, nausea, and, of course, you won't achieve optimal exercise performance.<sup>[1]</sup>

Featured photo credit: [Christian Kaindl via unsplash.com](#)

## Reference



# Consider Yourself Successful but Still Feel like Something's Missing in Life?

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## Haircare 101: Hairstyling Tricks for Both Men and Women

[Dejan Kvirgic](#)

Blogger, Writer [Read full profile](#)



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Do you have a hairstyle routine? How does it look like? How often do you go to get your hair done, and how much do you spend on it? For basic hair care, most people use shampoos and moisturizers. Yet, many would like to have the hair like those people in shampoo commercials. Is that only a production trick, or can it be achieved in real life?

Turns out that it can, and it includes a plethora of products and an intensive hair care routine. You can use a hair mask, wax, mousse, gel, spray, volumizer, misc, pomade. As you can guess, this is a neverending list, which costs a significant amount, and it takes a lot of hustle. And we can all agree that we're too busy with our daily lives to concentrate on hair that much. Still, when you see a pretty guy or a girl, you can't help yourself but look with your eyes wide open.

The goal is to achieve that look without going bonkers and spend a ton of money.

## How to do it?

First of all, you need to know yourself and your style, and then to follow it. One of the fundamental mistakes people make regarding hairstyles is the wrong choice of hairstyle. You need to choose based on your head shape and your type of hair.

You simply can't have a particular hairstyle if your head and hair aren't compatible with it. [Guys – check here.](#) [Girls – here.](#) When you've picked the perfect one, you should get into the process of mastering it. Ladies first.

## Hair defines your femininity

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Through the history, the hair was a symbol of femininity. The average woman, during her lifetime, spends approximately \$50,000 on her hair and almost two hours a week, washing and styling it. It is believed that our hair represents our thoughts, personality, and beliefs.

There are dozens and [dozens of hairstyles](#) available today. The most popular hairstyles for women for short, medium and long hair are curls, waves, and straight hairstyles. Let's get into those styles in depth, so you can make them easier.

## Curls

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Curls give you a bit of glamorous look ideal for every occasion. If you weren't blessed with them naturally, there are easy ways to get them. The easiest way is to do it with a curling iron. The first and the most important step is to choose a [high-quality curling iron](#). If you are going to use it on the daily or weekly basis, it is crucial to choose one that is not going to damage your hair.

Using heat protection hairsprays before curling your hair is necessary. For short hair, it's recommended to use a ¾ "barrel curling iron; for medium hair, the 1"barrel is recommended, and for long hair, you should use 1¼ "barrel curling iron. Then, it's all about the usage of this product. It might make your hair stunning, or burn your hair. Here's a [detailed guide on how to do it](#).

## Waves

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Wavy hair is perfect for the casual and romantic look. The process of making them is same as creating curls, but the secret is in curling iron size. For short hair, you should use 1"barrel, 1 ¼ "barrel for medium hair, and 1 ½ "barrel for long hair.

If you want to have loose waves, after using a curling iron just brush out the lower half of your hair or shake your head until you get the look you want. To master the curling iron, check out the [ultra-useful article from BuzzFeed](#).

## Straight

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Straight hair gives you classic look and classic is always fashionable. Girls with natural curls or waves need to spend more time to get this look because they need to use a flat iron, but this process is very easy and quick. Straightening irons are very dangerous to your hair, and you should be careful while [choosing the best straightening iron for yourself](#).

Before using the iron, apply the heat protection hairspray and divide the hair into sections. The thickness of your hair determines the number of sections – more thick hair, more small sections. Wash, dry and brush your hair carefully before using a flat iron. Make sure to set your straightener to the lowest heat if your hair is particularly thin and brittle.

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With these styles covered, you are one step closer to getting a perfect hairstyle/haircut.

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## What about guys?



Since the beginning of time, it is well known that a good man takes care of himself. Remember, the single most important element of grooming, aside from basic washing and scrubbing, is your hairstyle.

Besides making you look neat and handsome, your hairstyle tells a lot about you. Men's grooming has reached a whole new level, and more and more people have been breaking out with their personal style. Here are some useful steps to get your personal hairstyle started:

## Everyday hair due on the go

When it comes to choosing an everyday hairstyle, it is best to keep the details about your life in mind. Regardless of the style you want, it should work with your personality, and you'll need to be comfortable with it. Consider all your needs, how much time you spend to style your hair, and how much effort you are willing to put in your daily look.

First of all, decide how you want your hair to look. For the most part, you'll want to keep it pretty much the same you usually wear. It all starts with the right tools.

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Of course, you won't get very far without a quality hair clipper with different guards and blades. Hair clippers are perfect for a casual maintaining at home. As a bonus, you can trim your beard and your intimate parts as well. You'll be able to save a lot of money by trimming your hair yourself, so it might be a good idea to spend more upfront to get good and long-lasting equipment. Check out this [hair clippers buying guide](#) to get informed and buy the best one for yourself.

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The purchase of the right model might seem pricey at the first glance, but think of it as an investment. [Using the hair clipper](#) on yourself might seem strange or uncomfortable, but you'll get used to. Now you're one step closer to a great haircut.

## Styling

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[Styling your hair](#) is the next important thing, especially if you go with the longer hair. Your hair might require styling every day, but when you get used to it, you won't even notice the process. On the other hand, you'll be rewarded with a perfect hairstyle every day. For that form and performance, you'll need some products to help you out.

## Products

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Select styling products that fit you and your hairstyle the most such as gel, pomade, hair wax or hair spray. Unfortunately, most of us will need more than water and a comb to get the desirable hairstyle.

Depending on the product and hairstyle, you'll have several options to apply the styling product. Setting up your hair with the product before you comb your hair is a good practice, for most types of products, except spray.



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