



The Supper Newsletter

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Here are four healthy weight loss recipes:

1. Grilled Chicken and Veggie Salad

Ingredients:

- Boneless, skinless chicken breasts
- Mixed greens (lettuce, spinach, arugula)
- Cherry tomatoes
- Cucumber
- Red onion
- Olive oil
- Balsamic vinegar
- Salt and pepper

2. Quinoa and Black Bean Bowl

Ingredients:

- Quinoa
- Black beans
- Bell peppers (red, yellow, green)
- Corn
- Avocado
- Lime
- Cilantro
- Olive oil
- Salt and pepper

3. Baked Salmon with Asparagus

Ingredients:

- Salmon fillets
- Asparagus
- Lemon
- Garlic
- Olive oil
- Salt and pepper

4. Turkey and Vegetable Stir-Fry

Ingredients:

- Ground turkey
- Broccoli
- Bell peppers (red, yellow, green)
- Carrots
- Onion
- Garlic
- Soy sauce (low-sodium)
- Olive oil
- Brown rice (optional)

Enjoy these healthy and delicious recipes!