

## Weight Loss Recipes for a Healthier Body (And Immune System)



### 1. BREAKFAST: Lemon Yogurt Eggs

What came first, the chicken or the egg? If you're concerned about weight loss, you'll want to start each day with eggs. Eggs are very high in protein, which helps reduce your appetite for the rest of the day to support healthy weight management.

In one [study](#), women who ate eggs for breakfast reported significant feelings of being full throughout the day, and ate fewer calories later in the day. In another [study](#), replacing a typical carb-heavy breakfast with eggs resulted in 65 percent more weight loss, and 34 percent more of a reduction in waist measurements, compared to those who kept with their traditional meals.

This recipe takes just 10 minutes to prepare, and five minutes to cook, and elevates ordinary fried eggs to culinary stardom. Plus, the lemon-infused yogurt adds further health benefits. In a [study](#) of more than 8,000 people, those who ate a serving of yogurt every day had a lower risk of being overweight.

1/4 cup plain yogurt  
1/2 of an organic lemon  
Salt and pepper  
2 tbsp extra-virgin olive oil (or your favorite plant oil)  
2 eggs (ideally local, free-ranged and organic for optimal nutrition)  
1 tablespoon minced dill

In a mixing bowl, squeeze the juice from half a lemon, then whisk in the yogurt and a pinch of salt and pepper.

Swirl the lemon-infused yogurt onto a serving plate and set aside.

In a frying pan, warm up some oil then crack open two eggs and add to the pan. Add a splash of water, then cover the pan to seal the hot air in the pan. Let them cook for a minute or two. The closed top of the pan will speed up the cooking and give the egg whites and yolk a gentle, soft texture (not too dissimilar from soft poaching).

Remove from heat and slide the fried eggs onto the lemon yogurt. Garnish with dill and enjoy!

## **2. LUNCH: Avocado Grapefruit Salad**

This delightfully refreshing, tangy salad is exactly the crisp, cool lunch that you crave on a hot summer day. And if you've never tried adding grapefruit to a lunch salad, you're in luck!

In one three-month-long [study](#), those who ate grapefruit every day lost five times more weight than those who didn't. And in another [study](#) of more than 80 people, eating grapefruit every day for 12 weeks led to an average weight loss rate of 7.1%, and people who ate grapefruit also ended up eating nearly 30% fewer calories each day.

This salad pairs grapefruit with avocados and almonds, which keep you feeling satisfied thanks to their rich levels of healthy fats.

### **SALAD**

- 2 cucumbers, diced
- 2 cups of grapefruit, peeled and chopped
- 1 1/2 cups of diced avocado
- 1/3 cup almonds, chopped
- 2 tablespoons fresh mint, chopped
- 3–4 tablespoons fresh chives, chopped

### **DRESSING**

- 1 tablespoon vinegar
- 1 1/2 tablespoon honey
- 1 1/2 tablespoons extra-virgin olive oil (or the plant oil of your choice)
- Salt and black pepper

In a mixing bowl, whisk together all of the dressing ingredients. Add as much or as little salt and pepper as you desire. Set aside in your fridge to chill.

Assemble the salad by tossing the avocado, cucumber and grapefruit in a salad bowl. Top with the almonds, mint and chives, then drizzling with cold dressing and enjoy!

## **3. DINNER: Cheddar “Grits”**

Enjoy a taste of the south with this grits-inspired dinner. While grits is traditionally porridge made from cornmeal, this healthy dinner takes your weight loss to another level with whole grain oats.

Oats are high in beta-glucan, a special type of fiber that [researchers](#) have found to help balance your blood sugar levels. This can help control late-night cravings and snacking, which is a common habit that sabotages many people's weight loss efforts. One interesting [study](#) of overweight men and women found that people who had higher levels of beta-glucan also had higher levels of peptide YY, a hormone that helps to regulate and ensure a healthy, manageable appetite.

If you think oats are just for breakfast, this cheesy, savory dish will make you think again!

1/4 cup dry whole grain quick oats  
3/4 cup water  
Salt and pepper  
2 tablespoons shredded cheddar cheese (or a plant-based cheese alternative)  
1 tsp coconut oil, divided  
1/4 cup red bell pepper, chopped  
2 tablespoons minced white or yellow onion  
1 large egg (preferably local, organic and free-ranged)

On your stove, boil the water then add the oats and let it simmer for 2-4 minutes, or until the oats are soft and the water has been absorbed.

Remove the pot from heat and stir in the cheese and a pinch of salt and pepper to taste.

Next, in a frying pan, saute the red bell pepper in coconut oil for three minutes or until tender. Add the bell pepper to the top of your pot of oats.

Return the frying pan to the stove and fry an egg, then slide the egg onto the oats and veggies and enjoy!

If you want to get creative, you can also garnish this easy, delicious dinner with your favorite savory toppings, such as chopped scallions, minced chives, chopped green onions, or crushed almonds or pine nuts!

### **More Ways to Support Your Health**

Your diet is just one piece in your immune system's wellness puzzle. [Thymic proteins](#) are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins drops as you age. [BioPro-Plus 500](#) offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining a healthy diet with healthy supplements!



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