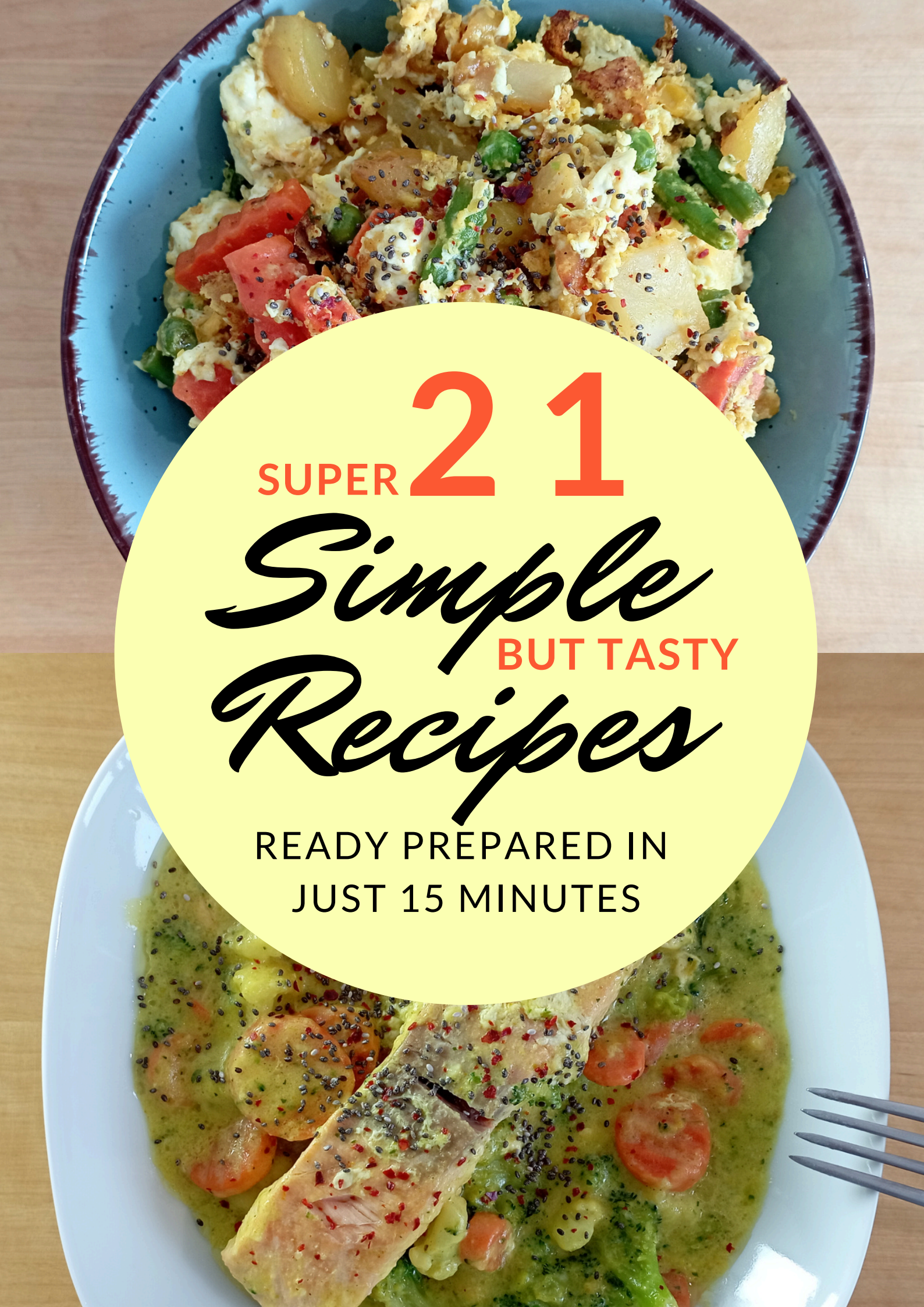
SUPER 21
Simple
BUT TASTY
Recipes
READY PREPARED IN
JUST 15 MINUTES

The recipe ideas presented here
are super easy and quick to prepare—in just
15 minutes—very tasty and inexpensive, and
are great for shedding those extra pounds.

Have fun cooking!

© WEIGHTLOSSRELAXED.COM



1

Oatmeal / Basic porridge with mixed berries and chia seeds

It is best to leave it to soak overnight.



2

Three scrambled eggs with fried bacon strips, cherry tomatoes, chia seeds, and chili flakes



3

Sautéed broad beans with scrambled eggs, chili flakes, chia seeds, and flaxseed oil



4

Vegetable stir-fry “rustic style” with goat cheese



5

Vegetable stir-fry “Asian style” with egg



6

Vegetable stir-fry “rustic style” with shredded turkey



7

Vegetable stir-fry “Gourmet style” with salmon fillet and goat cheese



8

Vegetable stir-fry “Italian style” with salmon fillet and goat cheese in broth



9

Vegetable stir-fry “Italian style” with goat cheese in broth



10

Vegetable stir-fry “Asian style” with egg, chili flakes, and chia seeds



11

Vegetable stir-fry “rustic style” with egg, chili flakes, and chia seeds



12

Vegetable stir-fry “Asian style” with shredded turkey and goat cheese



13

Kaisergemüse (imperial vegetables) with shrimp and paprika powder in broth



14

Kaisergemüse
(mixed vegetables)
with shredded chicken/turkey
and goat cheese



15

Vegetable stir-fry “rustic style” with shrimp



16

French-style vegetable stir-fry with vegan steak made from seitan



17

Asian-style vegetables with mussels and goat cheese in broth



18

Pollock fillet with vegetable stir-fry “Asian style”



19

Italian-style vegetable stir-fry with mussels and chia seeds



19

Rustic vegetable stir-fry with mussels and chia seeds



20

Salmon fillet with imperial vegetables, chili flakes, and chia seeds in broth



21

Festive dish:
Lamb fillet and asparagus with hollandaise sauce