

HEALTHY FOOD RECIPES LOSE WEIGHT



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Lemon Chicken with Gazpacho. Gazpacho 1 cup stewed tomatoes 3 cloves garlic, minced 1/2 cup onion, chopped 1/4 cup cucumber, chopped 1/4 cup green pepper, chopped 1 Tbsp white wine vinegar Coat chicken with olive oil. Cover with lemon slices and rosemary, and bake at 350 F for 25 to 30 minutes.

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Fettucine Carbonara with Green Beans. Pasta is considered a no-no by many dieters, but if done right noodles can be a sound addition to any weight loss diet plan. In this recipe, the addition of green beans means you're taking in more fiber- and protein-filled calories and fewer calories from empty carbs.

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