



Introduction

I'm excited you're in! The recipes in this book are ones I used to lose 40 pounds and keep it off – WITH a super busy life.

Getting to the Best Shape of my Life...

While Having a Demanding Career and 2 Kids

Do you find it impossible to go to the gym for hours a day? So did I

I struggled for my entire life to lose weight – never getting the body I really wanted.

With all the demands on my adult life, it was not easy to find extra time to lose weight.

I was a busy Management Consultant, traveling several nights a week, jumping on trains and planes for different assignments in multiple cities and working 12+ hour days. On top of all of this, I had a husband and 2 young kids at home.

After a lifetime of trying to find the right diet and exercise plan and failing, I finally found the easiest and most straightforward way to lose weight is through my food choices.

After making changes to what I was eating, I lost 10 pounds in 1 month, 20 pounds after 3 months, and over 40 pounds in a little less than a year.

My stomach got flatter than ever before in my life – slimmer than before I had kids!

My upper arms FINALLY thinned out and I was no longer shy to wear sleeveless tops (love this especially when it's hot outside)!

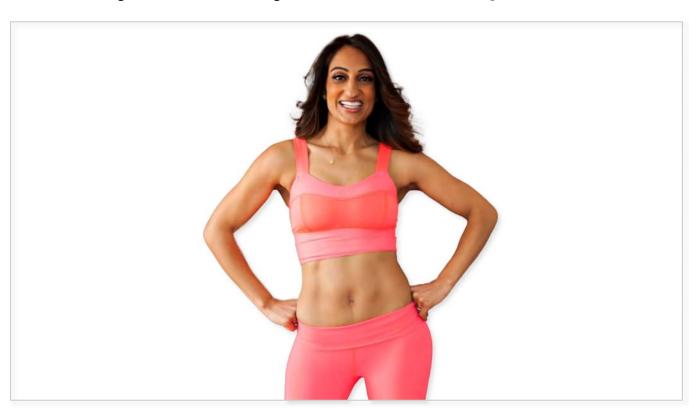


I lost the weight and kept it off by eating the recipes I share on MasalaBody.com and in this recipe book.

I am so excited to share my recipes with you today! My recipes will help you lose weight:

- > Even if you have been trying your whole life to lose weight
- Even if you do not think you can lose weight due to your genetics
- > Even if you have an extremely busy life

Are you ready to lose 10 pounds?



INSTRUCTIONS TO LOSE WEIGHT FROM RECIPES IN THIS BOOK:

Don't skip this part!!

This recipe book is a structured week of meals, including 1 breakfast smoothie and 3 complete dinners/lunches, and is perfect for people who are busy during the week.

You WILL lose weight if you follow these instructions:

- 1. Use the easy **grocery list** to stock up during the weekend
- 2. **Make and/or marinate** Dinners #1 and #2, except asparagus, **when you have down time** (on a Sunday or other day when you have downtime) to save work when you're tired and hungry at the end of your busy days
- 3. Asparagus, Dinner #3 and Smoothie can be made right before eating because they are fast to make
- 4. Eat meals for more than one night and pack/eat for lunch the following day. Have the smoothie for multiple mornings

This isn't a typical recipe book, where you open it, try one recipe, and then close it forever. You will not lose weight if you do that.



MasalaBody.com Grocery List

Key **S** = Smoothie; **#** = Dinner

FISH / MEAT	Have It	Meals
2 pounds (900g) tilapia or cod (ask for it cubed)		1
12 oz. (340g) boneless, skinless turkey breasts (cut into 6 oz./170g fillets)		2
VEGETABLES	Have It	Meals
1 bunch cilantro		1, 2
1 bunch asparagus		2, 3
1 small tomato		2
1 zucchini		1
1 small bunch mint leaves		S
1 10 oz. (285g) frozen spinach package or 1 bunch fresh spinach		S
1 head garlic		1, 2
2 inches ginger		1, 2
3-4 serrano or jalapeno peppers		1, 2
1 medium yellow onion		2
FRUITS	Have It	Meals
1 pint (475 ml) strawberries		S
1 lemon		2
DAIRY & EGGS	Have It	Meals
Half dozen eggs		3
Half gallon (1L) almond milk		S
1 5.5 oz. (155g) nonfat Greek yogurt		S
1 small package Feta cheese		3

GROCERY	Have It	Meals
1 15.5 oz. (440g) can garbanzo beans		2
2 cups raw split yellow lentils (moong dal)*		1
1 bottle hot sauce or salsa		3
1 small can tomato paste		2
1 small bottle white vinegar		1
Cooking spray		1, 2, 3
Olive oil		1, 2
Bag of flax seed (Bob's Red Mill Brand or other)		S

SPICES	Have It	Meals
Salt		1, 2
Sea salt		2, 3
Fresh cracked black pepper		2, 3
Red chili powder		1, 2
Cumin powder		1, 2
Coriander powder		1, 2
Turmeric powder		1, 2
Garam masala		1, 2
Cumin seeds		1
Lemon pepper		2

^{*} Split yellow lentils (moong dal) can be found in beans/lentils section or ethnic section of grocery or at Indian store

Breakfast

Mint Spinach & Strawberries

Protein Smoothie



The Mint Spinach & Strawberries Smoothie has only a few ingredients and is a quick and easy meal replacement – it has high protein, high fiber, and a ton of nutrients. It goes down quickly but will keep you full for hours.

I drink my Mint Spinach smoothies as a meal replacement for breakfast and/or lunch and then have a dinner with protein (fish, egg or meat) and vegetables.

I feel immediately energized and refreshed after having this smoothie!

Prep Time: 2 minutes
Cooking Time: None
Makes: 1 serving

Ingredients

- ❖ 5 oz. (140g) almond milk (or water)
- ❖ 5.5 oz. (155g) nonfat plain Greek Yogurt (1 scoop whey or egg protein are replacements)
- ❖ 10 oz. (285g) frozen spinach or ½ bunch of fresh spinach, roughly chopped
- ❖ 6-8 mint leaves, washed
- ❖ ½ cup strawberries
- 2 tablespoons flax seed



Directions

1. Add all ingredients in Vitamix or blender. Add more or less almond milk depending on preference for thickness.



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Cumin Coriander Fish



Prep Time: 15 minutes
Cooking Time: 20 minutes
Makes: 6 servings

Ingredients

- ❖ 2 ½ tablespoons vinegar
- 1 ½ teaspoons garlic (about 2 cloves)
- ❖ 1 ½ teaspoons ginger (about 1 inch), peeled
- 2 teaspoons salt
- ❖ 1 teaspoon red chili powder (quantity based on level of spice desired)
- ❖ 1½ teaspoons coriander powder
- ❖ 1½ teaspoons cumin powder
- 2 pounds (900g) tilapia or cod (cubed)
- ❖ ¼ cup chopped cilantro (optional), for garnish
- 2 tablespoons olive oil

Directions

- 1. Blend the vinegar, garlic, ginger, red chili powder, salt, coriander, and cumin in a mini-food processor, blender or by hand until it is a thick paste.
- 2. Place the cubed fish in a shallow baking dish and brush with the mixture to coat evenly. Marinate in refrigerator for at least 4 hours.
- 3. Preheat the oven broiler.
- 4. Place the baking dish with marinated fish under the broiler on the oven's center rack for 10 minutes. Turn the fish and continue cooking until the fish flakes easily, about 7 more minutes. Serve immediately or to seal in the flavor, see Step 5 (recommended).

5. Add olive oil in a skillet and sauté until the fish is darker brown and hot. Top with optional cilantro if you have it available. Enjoy!



To watch my cooking video, click above

Split Yellow Lentils with Zucchini



Split yellow lentils is one of my favorite feel-good foods because it is so tasty and comforting, especially finished off with roasted cumin seeds. It is a light dish that's full of fiber and protein but doesn't weigh you down. If you choose to add zucchini, it will almost melt into the lentils while lending even more nutritional value. Spinach, broccoli or other vegetables can also be added for heartier dish.

Split yellow lentils are a low-sugar, high protein, tasty side dish for any meal. They can also be eaten like a soup and mixed with vegetables and/or shredded or cubed meat for an easy one-dish meal.

My kids also love this dish!

Prep Time: 5 minutes (plus time to soak lentils)

Cooking Time: 1 hour and 15 minutes [10 minutes hands-on time]

Makes: 4-6 servings

Ingredients



- 2 cups raw split yellow lentils (moong dal)
- 1 tablespoon ginger (about 2 inches), chopped
- 1-2 serrano or jalapeno peppers, chopped (quantity based on level of spice desired)
- ½ teaspoon chili powder (quantity based on level of spice desired)
- 2 teaspoons salt
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala
- 8 cups of water

- 1 cubed zucchini, or spinach or broccoli (10 oz/285g frozen or 2 cups fresh); chopped celery (1 cup)
- ❖ 1 tablespoon roasted cumin seeds (roasted in cooking spray)
- ❖ ½ cup cilantro, chopped (optional), for garnish

Directions

1. Soak beans for 3-5 hours or overnight. Drain and rinse beans after soaking.



Yellow lentils after soaking for a few hours – lighter color and softer

2. Add lentils, ginger, green chilies, chile powder, salt, turmeric, garam masala and 8 cups water into a pot. Partially cover the pot, turn to high and let it come to a boil (will take approximately 10-15 minutes).



3. Turn the heat down to low-medium and simmer partially covered. Add zucchini or any other vegetables.



Recipes: Dinner 1

- 4. Cook lentils for 45 minutes and then add roasted cumin seeds.
- 5. Cook for 15 more minutes until the lentils become very soft and almost blend together. Turn off heat and cover until ready to serve.
- 6. Can top with chopped cilantro for a fresh infusion of flavor.





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Lemon Pepper Turkey



Prep Time: 10 minutes

Cooking Time: 15 minutes (+optional marinating time)

Makes: 2 servings

Ingredients

- ❖ 12 oz. (340g) boneless, skinless turkey breast cut into 2 fillets
- 1 tablespoon olive oil
- ¾ teaspoon garam masala
- 1 teaspoon lemon pepper
- 1 teaspoon salt
- ❖ ¾ teaspoon cumin powder
- 1 teaspoon chopped garlic
- 1 teaspoon chopped ginger
- ½ teaspoon red chili powder
- Cooking spray
- ❖ Juice of ½ lemon

Modifications

- ❖ Vegetarian: Replace turkey with ½ eggplant, chopped into 1" (2.5cm) rounds or 14 oz. (400g) tofu cut into 7 oz. (200g) tofu steak sizes
- Pescatarian: Replace turkey with 12 oz. (340g) white fish (cod, sole, catfish, tilapia). Follow same directions but cook for 10 minutes or until soft and flaky

Directions

- 1. Add all ingredients except cooking spray and fresh lemon into a bowl. Pour over turkey or fish, coating with spices. Marinate turkey fillets in the fridge for 3-4 hours and up to overnight.
- 2. Heat oven to 375F/190C.
- 3. Spray cooking spray on baking pan. Place turkey on baking pan and bake for 15 minutes or until tender in the middle.
- 4. Squeeze with lemon and enjoy.

Curied Garbanzo Beans

Prep Time: 20 minutes
Cooking Time: 50 minutes
Makes: 3-4 servings

Ingredients

- Cooking spray
- 1 medium yellow onion, chopped lengthwise
- ❖ 1 ½ teaspoons garlic (about 2 cloves), chopped
- ❖ 1 ½ teaspoons ginger, chopped
- ½ large jalapeno or 1-2 small jalapeno or serrano, chopped (quantity based on level of heat desired)
- ❖ ½ small or 1 Roma tomato, chopped
- ❖ ¼ small can tomato paste (if do not have paste can use 1/4 small can of tomato sauce or use another ½ tomato)
- ❖ ¾ teaspoon salt
- ❖ ¾ teaspoons turmeric powder
- ¼ teaspoons red chili powder
- ❖ ½ teaspoons cumin powder
- ½ teaspoons coriander powder
- ❖ ½ teaspoons garam masala (½ tsp. cinnamon is a replacement)
- ❖ 1 15.5 oz. (440g) can of garbanzo beans, rinsed and drained
- 2 cups water
- ❖ Garnish: ½ cup chopped cilantro

Directions

1. Heat cooking spray in medium sized pot on medium heat.

- 2. Add onion, garlic, ginger and chilies and mix until onion becomes light brown, about 10 15 minutes.
- 3. Add tomato and tomato paste and mix.
- 4. Add spices and roast uncovered for 2-3 minutes.
- 5. Add beans and mix together for 5 minutes.
- 6. Add 2 cups of water, or enough to more than cover the beans. Cover and cook on medium low heat for 30 minutes.
- 7. Garnish with cilantro.





To watch my cooking video, click above

Crilled Asparagus



Grilled asparagus is a versatile, elegant vegetable and so quick to make. It adds a fancy, gourmet touch to any meal, from fish or meat to your weekend omelet. It can be steamed, broiled or grilled; I love the juices and flavor that result in grilling it with simple sea salt and fresh cracked black pepper. With only 5 calories per spear and approximately 5 stalks as a serving size, in only 25 calories you will get a huge share of your daily fiber, folate and B-complex vitamins. Asparagus are also a natural diuretic and help to decrease water retention, reducing stomach bloating.

Prep Time: 5 minutes
Cooking Time: 15 minutes
Makes: 4 servings

Ingredients

- ❖ 1 bunch or 1 pound (450g) of asparagus
- ½ teaspoon sea salt, or to taste
- ❖ ½ teaspoon fresh cracked black pepper, or to taste
- Cooking spray

Directions

1. Wash asparagus and thoroughly dry. Bend asparagus and break or cut at natural breaking point, about ¾ down from tip.





My husband Ibrahim preparing asparagus for us

- 2. Sprinkle salt and pepper to taste on asparagus.
- 3. Heat cooking spray in a large skillet on medium high heat. Make sure pan is hot.
- 4. Add asparagus spears and sauté covered for a few minutes, until darkened on one side.

Recipes: Dinner 2





Spears can be cooked alone or with fish since cooking times are similar.

5. Turn spears over and cook again. Spears will be softened but still slightly firm when they are done.



Sunny-Side Up Sggs with Asparagus & Feta

Prep Time: 2 minutes
Cooking Time: 8 minutes
Makes: 1 serving

Ingredients

- Cooking spray or ½ tablespoon olive oil
- 2 eggs
- ❖ ½ teaspoon sea salt for eggs, ½ teaspoon for asparagus
- ½ teaspoon fresh cracked black pepper for eggs, ½ teaspoon for asparagus
- 6 stalks of asparagus
- ❖ 2 oz. (60g) feta cheese
- ❖ Hot sauce (fire-roasted, chipotle, or salsa)

Directions

- 1. Heat cooking spray over medium high heat in a medium size skillet.
- 2. Break off ends of asparagus, wash, and sprinkle salt and pepper.
- 3. Crack eggs onto pan, and sprinkle salt and pepper directly on it.
- 4. Add asparagus stalks next to eggs, and cover.
- 5. Turn asparagus over after 4 minutes, sprinkle crumbled feta cheese on top of eggs, and add hot sauce over eggs. Cover again.
- 6. When egg whites have just become firm and yolk is cooked to your liking (I like it slightly runny), remove eggs from pan and place on your plate (may be 2-3 more minutes).

Recipes: Dinner 3

7. Asparagus may need a few more minutes to cook, and are finished when they are slightly soft.

