

TOP 10

TASTY VEGETARIAN AND PES CETARIAN RECIPES FOR UNDER 600 CALORIES



MARIA KRAUSE

Hi BEAUTIFUL,

Here I share with you
some of my favorite
recipes for healthy
meals, that the whole
family can enjoy so you
don't have two separate
meals ANYMORE!

ENJOY YOUR MEAL!



Black bean and zucchini (courgette) quesadilla

- Chopped zucchini
- Black beans (rinse and drained)
- 2 tbsp. olive oil
- 1 tsp. cumin
- Whole tortilla wraps
- Low-fat shredded cheese
- Salsa

Bean Margherita penne

- Canned white beans
- Whole penne pasta
- Cherry tomatoes
- Olive oil
- Garlic
- Basil

Florentine spinach and goat cheese flatbread

- Baby spinach
- 2 tsp. olive oil
- Garlic
- Whole grain flatbread or pitta bread
- Crumbled goat cheese



Quinoa stir fry with vegetables and shrimps

- Quinoa
- Shrimps
- Snow peas
- Garlic
- Ginger
- Carrots
- Bell peppers
- Chilies

Lemon basil pasta with summer squash

- Whole penne pasta
- Chopped zucchini
- Yellow squash
- White beans
- Lemon juice
- Olive oil
- Basil



Stuff chili and cheese potato

- 1 medium potato
- 1/2 cup of vegetarian mince
- 2 cups of broccoli
- 1/4 low fat shredded cheese



Thai beef stir fry

- Vegetarian beef or soy
- Red pepper flakes
- Cilantro
- Olive oil
- Brown sugar
- Green onions
- Yellow peppers
- Snow peas
- Cherry tomatoes

Cilantro taco shrimps

- Sliced onions
- Bell peppers or chilies
- Olive oil
- Minced garlic
- Shrimps
- Chopped cilantro
- Lime juice
- Whole grain tortillas



Barbecued salmon with herbed couscous and asparagus

- Salmon
- Barbecue sauce
- Asparagus spears
- Olive oil
- Couscous
- Chopped basil
- Chopped chive

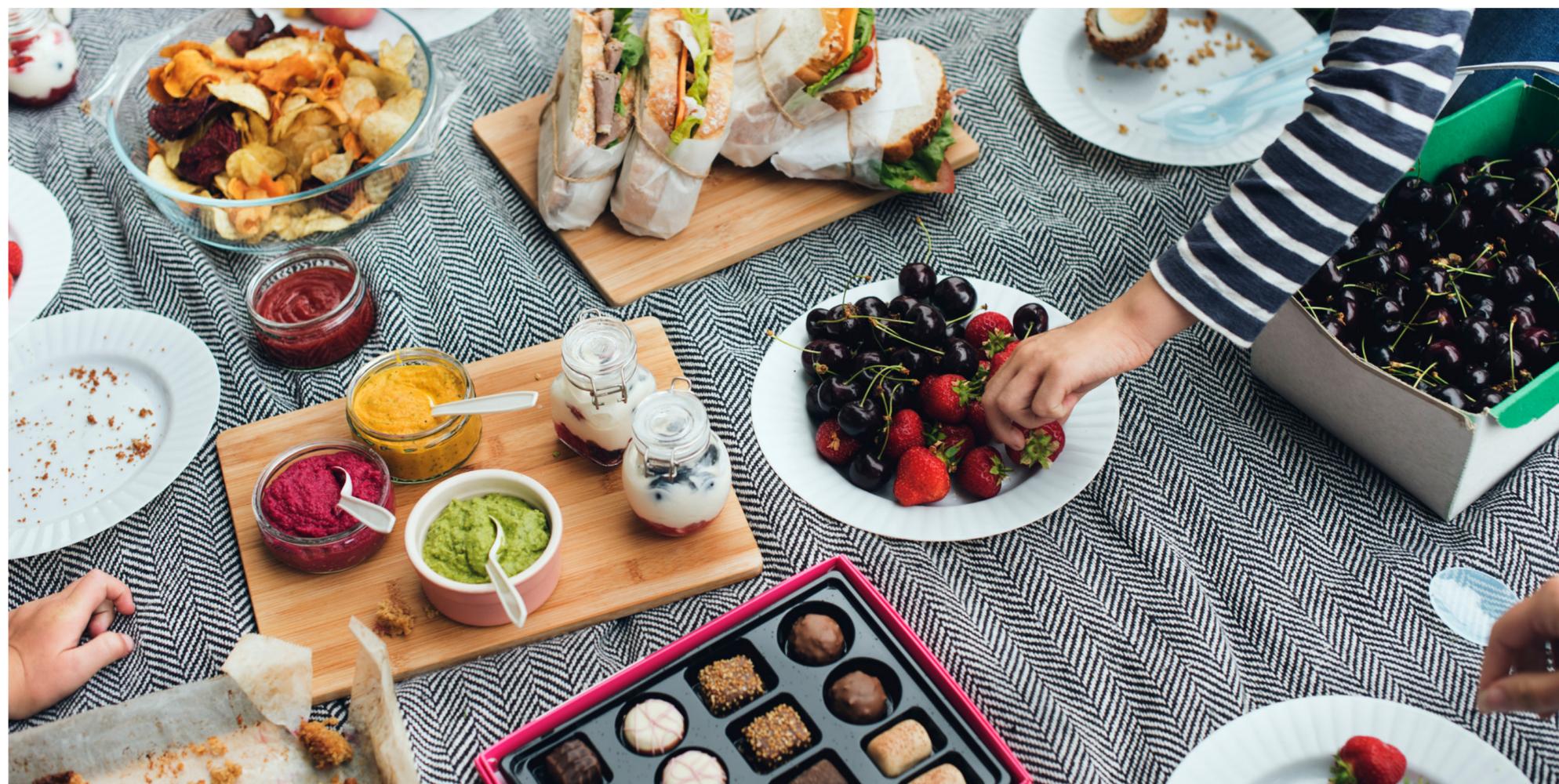




my inner strength is my freedom
Kraus
Maria Krause Ltd.

Cajun vegetarian chicken with dirty rice

- Cajun seasoning
- Vegetarian chicken breast (or fish of your choice)
- Olive oil
- Minced garlic
- Chopped onions
- Green bell peppers
- Tomato paste
- Tabasco sauce
- Brown rice



**And there's also
SWEETS!
Yummmm!**



Peanut butter power treats

- 1/2 of vanilla or chocolate protein shake powder
- 1 cup of natural peanut butter
- 1/2 cup of your choice: fresh coconut, granola, oat meal, raisins



Pancakes

- 1 scoop of vanilla or chocolate protein shake powder
- 2 egg whites
- 1 1/2 cup of oats
- Cinnamon
- Dash of unsweetened almond milk

TIP: Replace syrup with organic honey.

TIPS TO REMEMBER:

- You can use coconut oil to replace olive oil.
- Go easy on the salt! Try to replace it by using herbs instead.
- Make sure to buy organic fruits and vegetables for all your meals.
- Check labels for sugar and salt contents (some cans of chopped tomatoes can have a high content of sugar)
- Drink WATER! Very important for keeping your inside and outside look beautiful and healthy

And remember YOUR BODY IS A TEMPLE,
LOVE IT AND PAMPER IT!

Love,
Maria Krause. XXX