

# Free Weight Loss Recipes and Programs

If you have been surfing the net for weight loss diet programs. You will notice a proliferation of so-called quick diet programs. These are known as fad diets. You will realise that when fashion is over, their popularity will wanes, and the plans are actually not reliable.

What you have to look out for are programs that encourage skipping meals. Skipping meals is really unhealthy, as it causes hypoglycaemia, where your blood sugar level becomes dangerously low. You will also end up with a lower metabolism, which is essential burning away the extra fat in your body. So, taking regular meals will not only keep you healthy, but also help you burn fat. You can find a few delicious free weight loss recipes towards the end of the article.

The next thing you have to be aware of is programs that do not include exercising or vice versa. Exercise is crucial in enhancing the various functions of your body like blood circulation. If you can exercise as well as follow a healthy diet program, then you will find yourself losing weight and staying healthy at the same time

Finally, if you are really overweight, do be patient because it does take time and effort for you to burn away the extra fat that may have taken years to accumulate. But if you keep at it and never give up, I am very sure you will achieve your goal sooner rather than later.

Here then are the weight loss recipes.

## Chicken Broccoli Casserole

### Ingredients:

1 pound chicken Boiled and deboned. – (1 to 5)  
8 broccoli flowerets  
1 cup mayonnaise  
1/2 cup sour cream  
1/2 cup chicken stock  
12 ounces cheddar cheese  
3 tablespoons french fried onions  
3 tablespoons bacon bits  
1 1/2 teaspoons curry powder

### How to Prepare:

Boil and debone the chicken. Boil the broccoli and drain. Mix mayo, sour cream, chicken stock and curry powder. Arrange shredded chicken on bottom of casserole dish, then broccoli. Pour mayo mixture over the chicken and the broccoli. Layer cheddar cheese and then onions and bacon. Bake in a 350 degree oven for 25 minutes. Allow to cool for five minutes and then serve.

## Stir Fry Ground Beef

### Ingredients:

1 pound ground beef – lean  
1/2 cup chopped onion  
2 tablespoons soy sauce – low sodium if desired  
2 cups zucchini slices  
1 cup diced tomato – large dice  
1 packet sweetener  
1/2 cup water

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1/2 teaspoon salt and pepper – each

1/2 teaspoon ground ginger

### **How to Prepare:**

Mix ground beef, onion, soya sauce and salt together. Peel and slice zucchini. Dice tomatoes. Heat oil on high. Stir fry ground beef mixture until browned, about 7-8 minutes. Add zucchini and water, stir well, then cover. Cook 5 minutes, stirring occasionally. Add tomatoes and sweetener, cook 2 or 3 minutes more or until tomatoes just warm through and start to wilt.

### **Creamy Mushroom Pork Chop**

#### **Ingredients:**

1 tablespoon Butter

4 pork chops – (4 to 6), bone in Garlic Salt Black Pepper

1 Jar Ragu Parmesan Alfredo Sauce – (16 oz.)


8 ounces button mushrooms – whole

1 Pinch Dried Thyme

#### **How to Prepare:**

Melt butter in large skillet. Season chops on both sides with garlic salt and pepper, and brown in butter. Transfer chops to slow cooker. Remove skillet from heat and stir alfredo sauce into drippings. Slice mushrooms and scatter over chops in slow cooker. Pour alfredo sauce over all Sprinkle with dried thyme. Simmer on medium low heat about two hours or until chops are fork tender

Dave Lu is a health and fitness enthusiast. He researches, writes articles and reviews on various weight loss and health

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