
BY GLENDA THOMPSON

20X HEALTHY FAST FOOD RECIPES

INCLUDES RECIPES FOR HEALTHY FRIED CHICKEN,
ZUCCHINI WITH MEATBALLS, MUSHROOM PIZZA AND
MORE...

*Enjoy the flavors of fast food while supporting
your weight loss and health goals*



Healthy Fast Food

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supporting your weight loss and health
goals

By Glenda Thompson

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Introduction

This cookbook is your guide to enjoying the flavors of fast food while supporting your health goals. Each recipe recreates classic dishes using wholesome, nutrient-dense ingredients, so you can indulge without compromising your well-being.

By swapping high-calorie, unhealthy ingredients for lighter, nutritious alternatives, these recipes help you reduce calorie intake, stabilize blood sugar, and provide essential nutrients. Plus, with quick and easy preparation, you can stick to your healthy eating plan even on the busiest of days.

Explore a diverse range of flavors and cuisines, from

Italian-inspired Eggplant Lasagna to Mexican-style Lettuce Wrap Tacos. These recipes will keep you excited about healthy eating and help you achieve your weight loss goals while feeling energetic and confident.

So get ready for a culinary journey that transforms your perspective on fast food and healthy eating. With the recipes in this cookbook, you'll discover that eating well can be both delicious and rewarding.

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Zucchini Noodles with Meatballs

Serves: 4 people | **Prep:** 20 mins | **Cook:** 25 mins

Calories	Fats	Carbohydrates	Protein
350 kcal	20 grams	10 grams	30 grams

INGREDIENTS

- 1 lb ground beef (or turkey for a leaner option)
- 1/2 cup grated Parmesan cheese
- 1/4 cup chopped fresh parsley
- 1 egg, beaten
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 4 medium zucchini, spiralized into noodles
- 2 cups marinara sauce, low-sugar
- Fresh basil leaves for garnish

INSTRUCTIONS

1. In a large bowl, mix ground meat, Parmesan, parsley, egg, garlic, salt, and pepper. Form into 1-inch meatballs.
2. In a large skillet over medium heat, cook meatballs until browned and cooked through, about 10-12 minutes. Remove from skillet and set aside.
3. In the same skillet, add marinara sauce and bring to a simmer. Return meatballs to the skillet and simmer for 5 minutes.
4. Meanwhile, in a separate pan, sauté zucchini noodles until tender, about 3-5 minutes.
5. Serve meatballs and sauce over zucchini noodles. Garnish with fresh basil.



Lettuce Wrap Burgers

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
300 kcal	20 grams	5 grams	25 grams

INGREDIENTS

- 1 lb ground beef (or turkey for a leaner option)
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste
- 4 large lettuce leaves (butter or iceberg lettuce works well)
- Toppings of choice (e.g., tomato slices, onion, avocado, cheese)
- Condiments of choice (e.g., mustard, low-sugar ketchup, mayo)

INSTRUCTIONS

1. In a large bowl, mix ground meat, Worcestershire sauce, garlic powder, salt, and pepper. Form into 4 patties.
2. Grill or cook patties in a skillet over medium-high heat until cooked to desired doneness, about 4-5 minutes per side.
3. Wrap each patty in a lettuce leaf and add desired toppings and condiments.
4. Serve immediately and enjoy your low-carb burger!



Cauliflower Rice Stir-Fry

Serves: 4 | **Prep time:** 15 mins | **Bake time:** 15 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	10 grams	15 gram	10 grams

INGREDIENTS

- 1 medium head cauliflower, grated
- 2 tablespoons oil (olive, avocado, or coconut)
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1 cup mixed vegetables
- 2 eggs, beaten
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- Green onions, sliced, for garnish

INSTRUCTIONS

1. Heat oil in a skillet or wok over medium-high heat. Add onion and garlic; stir-fry for about 1-2 minutes.
2. Add mixed vegetables and stir-fry until tender-crisp, about 3-4 minutes.
3. Push vegetables to one side of the skillet. Pour beaten eggs on the other side and scramble.
4. Add cauliflower rice, soy sauce, and sesame oil. Stir-fry everything together for about 5 minutes.
5. Garnish with sliced green onions and serve hot.



Oven-Baked Chicken Tenders

Serves: 4 | **Prep time:** 10 mins | **Bake time:** 20 mins

Calories	Fats	Carbohydrates	Protein
250 kcal	10 grams	5 grams	35 grams

INGREDIENTS

- 1 lb chicken tenders
- 1/2 cup almond flour
- 1/2 cup grated Parmesan cheese
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- Salt and pepper, to taste
- 1 egg, beaten
- Cooking spray

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and spray with cooking spray.
2. In a shallow dish, mix almond flour, Parmesan, paprika, garlic powder, salt, and pepper.
3. Dip each chicken tender in the beaten egg, then coat with the almond flour mixture.
4. Place coated chicken tenders on the prepared baking sheet. Spray with cooking spray.
5. Bake for 18–20 minutes, or until golden brown and cooked through.



Portobello Mushroom Pizza

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	12 grams	8 grams	12 grams

INGREDIENTS

- 2 large portobello mushroom caps
- 1/4 cup marinara sauce
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup sliced pepperoni (optional)
- 1/4 teaspoon Italian seasoning
- Fresh basil leaves for garnish

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Remove stems from mushroom caps and scrape out gills with a spoon.
3. Place mushroom caps on the prepared baking sheet, gill side up.
4. Spread marinara sauce evenly over each mushroom cap.
5. Top with mozzarella, Parmesan, pepperoni (if using), and Italian seasoning.
6. Bake for 12–15 minutes, or until cheese is melted and bubbly.
7. Garnish with fresh basil leaves and serve hot.



Greek Yogurt Parfait

Serves: 1 | **Prep time:** 10 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
250 kcal	10 grams	20 grams	20 grams

INGREDIENTS

- 1 cup plain Greek yogurt
- 1/2 cup mixed berries (fresh or frozen)
- 1/4 cup low-sugar granola
- 1 tablespoon honey (optional)

INSTRUCTIONS

1. In a parfait glass or jar, layer 1/2 cup of Greek yogurt.
2. Top with 1/4 cup of mixed berries.
3. Sprinkle 2 tablespoons of granola over the berries.
4. Repeat layers with remaining yogurt, berries, and granola.
5. Drizzle with honey, if desired.
6. Serve immediately.



Eggplant Lasagna

Serves: 6 | **Prep time:** 20 mins | **Chill time:** 40 mins

Calories	Fats	Carbohydrates	Protein
300 kcal	20 grams	15 grams	20 grams

INGREDIENTS

- 2 large eggplants, sliced into 1/4-inch slices
- 1 lb ground beef (or turkey for a leaner option)
- 2 cups marinara sauce, low-sugar
- 1 cup ricotta cheese
- 1 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1 egg
- 1 tablespoon Italian seasoning
- Salt and pepper, to taste
- Fresh basil leaves for garnish

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease a baking dish.
2. In a skillet over medium heat, cook ground meat until browned and cooked through. Drain excess fat.
3. Add marinara sauce and simmer for 5 minutes.
4. In a bowl, mix ricotta, 1/2 cup mozzarella, 1/4 cup Parmesan, egg, Italian seasoning, salt, and pepper.
5. Arrange a layer of eggplant slices in the prepared baking dish. Top with half of the meat sauce, followed by half of the ricotta mixture. Repeat layers.
6. Sprinkle remaining mozzarella and Parmesan on top.
7. Bake for 30–35 minutes, or until cheese is melted and bubbly.
8. Garnish with fresh basil leaves and let stand for 5 minutes before serving.



Stuffed Bell Peppers

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 30 mins

Calories	Fats	Carbohydrates	Protein
350 kcal	20 grams	15 grams	30 grams

INGREDIENTS

- 4 large bell peppers (any color)
- 1 lb ground beef (or turkey for a leaner option)
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1 cup cauliflower rice
- 1 cup diced tomatoes
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and pepper, to taste
- 1 cup shredded cheddar cheese
- Fresh cilantro for garnish

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease a baking dish.
2. Cut tops off bell peppers and remove seeds and membranes. Place peppers in the prepared baking dish.
3. In a large skillet over medium heat, cook ground meat, onion, and garlic until meat is browned and cooked through. Drain excess fat.
4. Add cauliflower rice, tomatoes, chili powder, cumin, salt, and pepper to the skillet. Stir and cook for 5 minutes.
5. Spoon the mixture into the bell peppers. Top with shredded cheese.
6. Bake for 25-30 minutes, or until peppers are tender and cheese is melted.
7. Garnish with fresh cilantro and serve hot.



Spaghetti Squash Carbonara

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 45 mins

Calories	Fats	Carbohydrates	Protein
300 kcal	20 grams	15 grams	15 grams

INGREDIENTS

- 1 large spaghetti squash
- 4 slices bacon, diced
- 2 cloves garlic, minced
- 2 eggs
- 1/2 cup grated Parmesan cheese
- Salt and pepper, to taste
- Fresh parsley for garnish

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Cut spaghetti squash in half lengthwise and scoop out seeds.
2. Place squash halves cut-side down on a baking sheet and bake for 30–35 minutes, or until tender.
3. In a skillet, cook bacon until crispy.
4. Add garlic to the skillet and cook until for 1 minute.
5. In a bowl, whisk eggs and Parmesan cheese.
6. Mash the spaghetti squash into strands and add to the skillet. Toss with the garlic and bacon fat.
7. Remove skillet from heat and stir in the egg mixture, constantly stirring until the eggs are cooked.
8. Season with salt and pepper. Garnish with crispy bacon and fresh parsley.



Salmon Sushi Rolls

Serves: 2 | **Prep time:** 20 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
250 kcal	10 grams	5 grams	30 grams

INGREDIENTS

- 4 sheets nori seaweed
- 8 oz smoked salmon, sliced
- 1 avocado, sliced
- 1 cucumber, julienned
- 1 carrot, julienned
- 2 tablespoons cream cheese, softened
- Soy sauce (or coconut aminos) for serving
- Wasabi and pickled ginger (optional)

INSTRUCTIONS

1. Place a sheet of nori on a bamboo sushi mat.
2. Spread a thin layer of cream cheese over the nori.
3. Arrange slices of smoked salmon, avocado, cucumber, and carrot on top of the cream cheese.
4. Using the bamboo mat, roll the sushi tightly. Repeat with remaining ingredients.
5. Slice each roll into 6-8 pieces.
6. Serve with soy sauce (or coconut aminos), wasabi, and pickled ginger, if desired.



Oven-Baked Potato Wedges

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 30 mins

Calories	Fats	Carbohydrates	Protein
200 kcal	10 grams	25 grams	5 grams

INGREDIENTS

- 2 large russet potatoes, cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and pepper, to taste
- Fresh parsley for garnish

INSTRUCTIONS

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss potato wedges with olive oil, garlic powder, paprika, salt, and pepper.
3. Arrange potato wedges in a single layer on the prepared baking sheet.
4. Bake for 25–30 minutes, flipping halfway through, or until golden brown and crispy.
5. Garnish with fresh parsley and serve hot.



Healthier Fried Chicken

Serves: 4 | **Prep time:** 15 mins | **Bake time:** 25 mins

Calories	Fats	Carbohydrates	Protein
350 kcal	15 grams	10 grams	40 grams

INGREDIENTS

- 1 lb boneless, skinless chicken breasts, cut into strips
- 1 cup almond flour
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 eggs, beaten
- Cooking spray

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and spray with cooking spray.
2. In a shallow dish, mix almond flour, paprika, garlic powder, salt, and pepper.
3. Dip each chicken strip in the beaten eggs, then coat with the almond flour mixture.
4. Place coated chicken strips on the prepared baking sheet. Spray with cooking spray.
5. Bake for 20-25 minutes, or until golden brown and cooked through.
7. Serve with low-carb marinara sauce for dipping.



Turkey and Avocado Wraps

Serves: 2 | **Prep time:** 10 mins | **Bake time:** 0 mins

Calories	Fats	Carbohydrates	Protein
300 kcal	15 grams	10 grams	30 grams

INGREDIENTS

- 2 large lettuce leaves (butter or romaine)
- 6 oz sliced turkey breast
- 1 avocado, sliced
- 1/2 cucumber, sliced
- 1/4 red onion, thinly sliced
- 2 tablespoons hummus
- Salt and pepper, to taste

INSTRUCTIONS

1. Lay out the lettuce leaves on a flat surface.
2. Spread 1 tablespoon of hummus on each lettuce leaf.
3. Divide turkey, avocado, cucumber, and red onion between the lettuce leaves.
4. Season with salt and pepper.
5. Roll up each lettuce leaf tightly, tucking in the sides as you roll.
6. Slice in half and serve immediately.



Quinoa and Black Bean Salad

Serves: 4 | **Prep time:** 15 mins | **Bake time:** 20 mins

Calories	Fats	Carbohydrates	Protein
300 kcal	10 grams	40 grams	15 grams

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups water
- 1 can (15 oz) black beans, drained and rinsed
- 1 red bell pepper, diced
- 1/2 red onion, diced
- 1/2 cup fresh cilantro, chopped
- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 1 teaspoon ground cumin
- Salt and pepper, to taste

INSTRUCTIONS

1. In a saucepan, bring quinoa and water to a boil. Reduce heat, cover, and simmer for 15 minutes or until water is absorbed.
2. In a large bowl, combine cooked quinoa, black beans, bell pepper, onion, and cilantro.
3. In a small bowl, whisk together olive oil, lime juice, cumin, salt, and pepper.
4. Pour dressing over the quinoa mixture and toss to coat.
5. Serve chilled or at room temperature.



Spinach and Feta Stuffed Chicken Breast

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
350 kcal	20 grams	5 grams	40 grams

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 4 oz crumbled feta cheese
- 1 cup fresh spinach, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper, to taste
- Toothpicks

INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Cut a pocket into the side of each chicken breast.
3. In a bowl, mix feta cheese, spinach, garlic, salt, and pepper.
4. Stuff each chicken breast with the feta mixture and secure with toothpicks.
5. Heat olive oil in an oven-safe skillet over medium-high heat. Sear chicken breasts for 2-3 minutes per side.
6. Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until chicken is cooked through.
7. Remove toothpicks and serve hot.



Zucchini Lasagna Rolls

Serves: 6 | **Prep time:** 20 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
250 kcal	15 grams	10 grams	20 grams

INGREDIENTS

- 3 large zucchini, sliced into 1/4-inch thick strips
- 1 cup ricotta cheese
- 1 egg
- 1/2 cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- Salt and pepper, to taste
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- Fresh basil for garnish

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease a baking dish.
2. In a bowl, mix ricotta, egg, Parmesan, Italian seasoning, salt, and pepper.
3. Spread a thin layer of marinara sauce in the prepared baking dish.
4. Lay zucchini strips flat on a cutting board. Spread ricotta mixture evenly on each strip.
5. Roll up each zucchini strip and in the baking dish.
6. Top with remaining marinara sauce and mozzarella cheese.
7. Bake for 20–25 minutes, or until cheese is melted and bubbly.
8. Garnish with fresh basil and serve hot.



Cauliflower Crust Pizza

Serves: 2 | **Prep time:** 20 mins | **Cook time:** 25 hours

Calories	Fats	Carbohydrates	Protein
300 kcal	20 grams	15 grams	20 grams

INGREDIENTS

- 1 head cauliflower, grated
- 1 egg
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- Salt and pepper, to taste
- 1/2 cup marinara sauce
- Toppings of choice (e.g. veggies, meats, cheeses)

INSTRUCTIONS

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a microwave-safe bowl, microwave grated cauliflower for 5 minutes. Let cool slightly.
3. Transfer cauliflower to a clean kitchen towel and squeeze out excess moisture.
4. In a bowl, mix cauliflower, egg, mozzarella, Parmesan, Italian seasoning, salt, and pepper.
5. Spread the cauliflower mixture onto the prepared baking sheet, forming a thin crust.
6. Bake for 15–20 minutes, or until golden brown.
7. Top with marinara sauce and desired toppings. Bake for an additional 5–10 minutes, or until toppings are heated through.



Lettuce Wrap Tacos

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
300 kcal	20 grams	5 grams	25 grams

INGREDIENTS

- 1 lb ground beef (or turkey for a leaner option)
- 1 tablespoon taco seasoning
- 8 large lettuce leaves (butter or romaine)
- 1 avocado, diced
- 1/2 cup salsa
- 1/2 cup shredded cheddar cheese
- 1/4 cup sour cream (optional)
- Fresh cilantro for garnish

INSTRUCTIONS

1. In a skillet over medium heat, cook ground meat until browned and cooked through. Drain excess fat.
2. Add taco seasoning to the meat and stir to combine.
3. Lay out the lettuce leaves on a flat surface.
4. Divide the meat mixture among the lettuce leaves.
5. Top with avocado, salsa, cheese, and sour cream (if using).
6. Garnish with fresh cilantro.
7. Fold the lettuce leaves into tacos and serve immediately.



Broccoli and Cheese Stuffed Sweet Potatoes

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 1 hour

Calories	Fats	Carbohydrates	Protein
350 kcal	15 grams	40 grams	15 grams

INGREDIENTS

- 4 medium sweet potatoes
- 2 cups broccoli florets, steamed
- 1 cup shredded cheddar cheese
- 1/4 cup milk
- Salt and pepper, to taste
- Butter (optional)

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Pierce sweet potatoes with a fork and place on a baking sheet.
2. Bake for 45–60 minutes, or until tender.
3. Cut a slit in the top of each sweet potato and carefully scoop out the flesh, leaving the skins intact.
4. In a bowl, mash the sweet potato flesh with milk, salt, and pepper.
5. Stir in steamed broccoli and cheddar cheese.
6. Spoon the mixture back into the sweet potato skins. Top with remaining cheese.
7. Bake for 5–10 minutes, or until cheese is melted.
8. Serve hot, with a pat of butter if desired.



Pesto Zoodles with Grilled Shrimp

Serves: 2 | **Prep time:** 15 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
300 kcal	20 grams	10 grams	25 grams

INGREDIENTS

- 2 large zucchini, spiralized into noodles
- 1/2 lb large shrimp, peeled and deveined
- 1/4 cup basil pesto
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Salt and pepper, to taste
- Fresh basil for garnish

INSTRUCTIONS

1. In a large skillet over medium heat, heat olive oil. Add garlic and cook until fragrant, about 1 minute.
2. Add zucchini noodles to the skillet and cook for 2-3 minutes, or until slightly softened. Remove from skillet and set aside.
3. Season shrimp with salt and pepper. In the same skillet, cook shrimp for 2-3 minutes per side, or until pink and cooked through.
4. Return zucchini noodles to the skillet and stir in basil pesto. Toss to coat.
5. Serve hot, topped with grilled shrimp and garnished with fresh basil.



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