

# LEANA'S HEALTHY CRAVINGS

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Your Go-To Cookbook to Break  
Free from Sugar Cravings

**80% of Your Results Come from What You Eat:** Workouts are important, but without the right fuel, **progress slows down.**

When we talk about healthy cravings, we often imagine bland or unappetizing desserts, but **this cookbook will reinvent what you think about it!**

**My recipes feature a favorable calorie-to-protein ratio, helping you repair and grow muscles after every workout while keeping you lean.**

Say goodbye to boring diets. These recipes are crafted to **be delicious, easy to make, and sustainable for your lifestyle.**

*This cookbook offers the perfect balance to keep you energized, strong, and help you achieve your full physical potential.*

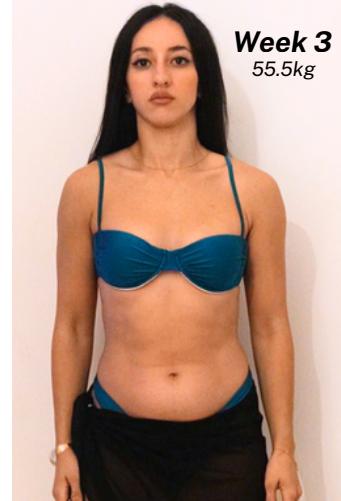


Includes Vegan Recipes



With these recipes, you'll **fuel your body** to lift heavier, recover faster, and finally build the shape you've been dreaming of.

*These recipes turned my weight loss journey into something simple, enjoyable, and truly sustainable.*



*Belly Fat Shred Program*



**Ready ? Let's cook!**



# THE COOKBOOK GUIDELINES

*Use this cookbook as a general guide and adjust recipes to suit your dietary needs and preferences.*

- **Serving Information:** Calories and macros are listed per serving intended for one person. If a recipe serves multiple people, the number of servings will be specified. The macros will be specified for one serving.
- **Nutritional Variations:** Values may vary depending on the specific products you use. Optional ingredients are included in the nutritional values; excluding or substituting them will alter these values.
- **Disclaimer:** These meals are ones I usually eat to lose fat and gain muscle and are meant to inspire you. I am not a nutritionist, so please consult a professional for tailored meal plans or if you have any dietary concerns.
- **Food Safety:** Always follow proper food safety and hygiene practices when preparing and storing food.



# CHOCOLATE MOUSSE



Calories: 315 | Protein: 45g | Carbohydrates: 13g | Fat: 12g

## Ingredients

- 300 g silken tofu (drained)
- 1 scoop chocolate whey or vanilla protein powder
- 1 ½ tbsp unsweetened cocoa powder
- 1 tbsp stevia (to taste)
- A pinch of salt
- (Optional toppings: raspberries, basil, blueberries, or almond pieces)

## Instructions

1. Blend silken tofu, protein powder, cocoa powder, stevia and salt until the texture is completely smooth and airy.
2. Taste and adjust sweetness if needed.
3. Pour into a bowl and refrigerate for at least 30 minutes before serving, it'll firm up into a rich mousse texture.
4. Optional: top with fresh berries, basil, or crushed almonds before serving.



# MANDARIN ICE CREAM



Calories: 125 | Protein: 1.5g | Carbohydrates: 23g | Fiber: 2.5g | Fat: 4.3g

## Ingredients

- 2 mandarins (peeled, seedless)
- 1/2 tsp pumpkin spice or cinnamon
- 1 square dark chocolate, crushed for topping

## Instructions

1. Blend the mandarins with the pumpkin spice (or cinnamon) until smooth.
2. Pour the mixture into a small container or ice cream molds.
3. Freeze for 2–3 hours, or until firm.
4. Top with crushed dark chocolate and a sprinkle of pumpkin spice or cinnamon before serving.



# RASPBERRY CHEESECAKE

Calories: 102 | Protein: 15g | Carbohydrates: 6g | Fiber: 1g | Fat: 2g

## Ingredients

8 servings

- 3 scoops protein powder (vanilla or unflavored)
- 200g cottage cheese (low-fat)
- 1 banana, mashed
- 2 eggs
- 1/2 cup fresh or frozen raspberries (adjust to taste)
- Zest and juice of 1/2 lemon
- Optional topping: 2 tablespoons Skyr (or dip slices into milk when serving)
- Optional : Blueberries (adjust to taste)

## Instructions

1. Preheat oven to 350°F (175°C) and grease a baking dish.
2. Blend cottage cheese, protein powder, mashed banana, eggs, lemon zest/juice until smooth.
3. Fold in raspberries and pour the mixture into the dish.
4. Bake for 25-30 minutes or until set.
5. Cool, then slice into 8 servings. Serve with Skyr or blueberries if desired.



# FROZEN BOWL

Calories: 330 | Protein: 38g | Carbohydrates: 30g | Fiber: 3g | Fat: 5g

## Ingredients

- 1 cup Skyr or any high-protein unsweetened yogurt
- 1 scoop of whey protein isolate (vanilla or your preferred flavor)
- 1 cup mixed frozen fruits (e.g., berries, mango, banana)
- 1/2 cup ice cubes
- Fresh fruit for topping (e.g., sliced strawberries, blueberries, kiwi)
- 2 tablespoons dark chocolate chunks

## Instructions

1. In a blender, combine the Skyr, whey protein isolate, frozen fruits, and ice cubes.
2. Blend on high until the mixture is smooth and thick.
3. Pour the mixture into a bowl, top with fresh fruit and sprinkle with dark chocolate chunks.



# CHOCOLATE CHIA SEED PUDDING



Calories: 350 | Protein: 30g | Carbohydrates: 40g | Fiber: 6g | Sugar: 22g | Fat: 8g

## Ingredients

- 1/4 cup cacao powder or unsweetened cocoa powder
- 3-5 tablespoons maple syrup (adjust for sweetness)
- 1 pinch sea salt
- 1/2 teaspoon vanilla extract
- 1 1/2 cups almond milk (unsweetened) or light coconut milk for creamier texture
- 1/2 cup chia seeds
- 1 scoop (30g) protein powder (vanilla or chocolate)

## Instructions

1. In a mixing bowl, whisk cacao powder, maple syrup, sea salt, vanilla extract, almond milk, and protein powder until smooth.
2. Stir in chia seeds, ensuring they are evenly distributed.
3. Cover and refrigerate for at least 3-4 hours (or overnight) until thickened. Stir once after 30 minutes to prevent clumping.
4. Serve chilled, optionally topped with fresh fruit or nuts for added flavor and texture.

