



MEDITERRANEAN BACON & ASPARAGUS SALAD

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KAZ'S KITCHEN

MORE DELICIOUS RECIPES FROM • KAZ RANDALL
PHOTOGRAPHY BY • SALVATORE BRUNETTI



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Publisher: Quick And Simple Weight Loss
Designer: Florence James
Photographer: Salvatore Brunetti

Contact: Steve.Randall@QuickAndSimpleWeightLoss.com
www.QuickAndSimpleWeightLoss.com
www.LoseADressSize.com

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WELCOME

HI KAZ HERE! THROUGH KAZ'S KITCHEN, I AM SHARING SOME OF MY FAV RECIPES FOR YOU AND YOUR FAMILY. ITS YOUR TIME TO FEEL INCREDIBLE.

I DONT KNOW ABOUT YOU BUT THE WORD DIET MAKES MY STOMACH MOAN, MEMORIES OF TASTLESS MEALS, SHAKES, LIVING ON LETTUCE LEAVES OR EXERCISING UNTIL I DROP... NO THANK YOU!

FORGET DIETS THE'RE SO YESTERDAY.

THE KEY IS YUMMY, FRESH, HEALTHY MEALS... THAT ARE QUICK AND SIMPLE

TO PREPARE... SERIOUSLY, WHO HAS TIME FOR COMPLEX RECIPES? NOT ME! YOU DESERVE TO LOOK AMAZING, SEXY & CONFIDENT, SO TOGETHER LETS FIND THE INCREDIBLE YOU,

THOSE OF YOU WHO KNOW ME KNOW THAT I CREATED THE HUGELY POPULAR QUICK & SIMPLE WEIGHT LOSS SYSTEM FOR BUSY MUMS, 12 WEEKS TO INCREDIBLE YOU, TO CHANGE YOUR BODY & YOUR LIFE FOREVER.

I CREATED THAT FOR MY HUSBAND, WHO LOST A LIFE CHANGING 25 KILOS IN

Kaz xx

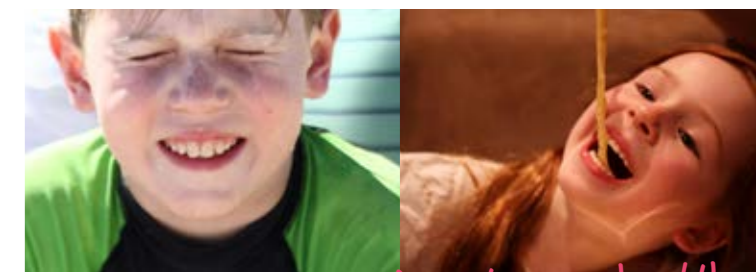
16 WEEKS! NOW WE'RE TAKING IT TO BUSY MUMS ALL OVER AUSTRALIA.

THE FAMILIES WE HAVE HELPED AND THE LIVES WE HAVE CHANGED HAVE BEEN BEYOND MY WILDEST DREAMS.

FOR MORE FROM KAZ'S KITCHEN, VISIT WWW.QUICKANDSIMPLEWEIGHTLOSS.COM

DROP BY AND SAY HI! 

THIS IS FROM ME TO YOU.



my reasons for staying healthy

MEDITERRANEAN BACON & ASPARAGUS SALAD

SENSATIONALLY GOOD & ON THE TABLE IN 15 MINUTES! GIVE YOUR TASTE BUDS A TREAT!

PREPARATION

Serves 2

- 1 Trim the bacon of any fat and chop into bit sized pieces
- 2 Wash the asparagus and snap the ends off
- 3 Sizzle the bacon in a pan until nice & crispy
- 4 Melt the coconut oil in a separate pan and sauté asparagus & pinenuts together until brown
- 5 While that is cooking prepare the dressing. Grab a small jar and fill with the Dijon mustard, olive oil, apple cider vinegar, salt & pepper. Then it's time to do the shake dance – shake it up girls!
- 6 Time to plate up! Start with the spinach then pile on the asparagus, pinenuts, bacon, hard boiled eggs and feta cheese.
- 7 Drizzle with the vinaigrette & there you have it, a perfect spring salad - Bellissimo!

INGREDIENTS

- 2 Hard Boiled Eggs, shelled & cut in halves
- 4 slices short cut bacon
- 1 teaspoon coconut oil
- 12 asparagus spears
- 2 cups baby spinach leaves
- 1 tablespoon pine nuts
- 1 tablespoon feta cheese
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon Mustard
- Sea salt and black pepper

Feeds Two
Prep Time: 5 Minutes
Cook Time: 10 Minutes



FOOD FOR THOUGHT

“When I walk into my kitchen today, I am not alone. Whether we know it or not, none of us is. We bring fathers and mothers and kitchen tables, and every meal we have ever eaten. Food is never just food. It’s also a way of getting at something else: who we are, who we have been, and who we want to be.”
— Molly Wizenberg

I HAVE CREATED KAZ’S KITCHEN FOR YOU, A PASSIONATE WOMAN WHO WORKS SO HARD EVERYDAY MAKING YOUR FAMILY’S LIVES SO WONDERFUL.

WITHOUT A DOUBT THESE RECIPES WILL CHANGE YOURS AND THEIR LIVES.

I WANT YOU TO KNOW THAT YOU ARE INCREDIBLE. I WANT YOU TO KNOW YOU ARE LOVED.

IT’S TIME TO MAKE YOURSELF A HIGH PRIORITY, AND DON’T LET IT SLIP. GO OUT AND STRUT YOUR STUFF GIRL, SMILE, MAKE SOMEBODY’S DAY AND ENJOY BEING INCREDIBLE.

*Thanks also go to my loving family.
I love you guys too. xox*

