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Healthy Valentine's Day Dessert Recipes to Enjoy on a VLCD

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Ahhhh, Valentine's Day, the day of love! On 14th February we celebrate the love we share with our most precious companions – our husbands, wives, girlfriends, and boyfriends. Not forgetting some self-love too.

Over the years Valentine's Day has also become a day for exchanging often extravagant and lavish gifts whilst overindulging in rich and calorific feasts. But for those of us following a very low calorie diet (VLCD), Valentine's Day should not be an excuse to go off plan. **Loving yourself means being mindful of your health** and staying on track rather than overindulging and then beating yourself up afterwards.

So, is it possible to enjoy yourself while you're on plan? Yes, indeed it is! Here are **some easy, delicious, healthy Valentine's Day desserts recipes ideas**, plus some **alternative Valentine's Day gifts** that don't revolve around food, to help you create a day full of love that doesn't compromise your diet or your health.

Chocolate IS on your Valentine's Day menu

And the good news is, you **don't have to go without your chocolate fix** this Valentine's Day. We have lots of easy Chocolate Foodpack options for you to choose from including:

[Chocolate Mug Cake](#)

[Chocolate Raisin Bar](#)

[Chocolate Peanut Bar](#)

[Double Chocolate Bar](#)

[Chocolate Shake](#)

[Chocolate Smoothie](#)

[Nut Fudge Bar](#) (wrapped in chocolate)

[Toffee Bar](#) (wrapped in chocolate)

[Salted Caramel Bar](#) (wrapped in chocolate)

Easy and healthy Valentine's Day dessert recipes

Need help? Send us a message

When you're craving something extra special why not try one of our healthy **Foodpack Recipe Hacks**? These are all low calorie, dairy-free, sugar-free and perfect as healthy high protein Valentine's Day desserts.

Try a **Chocolate Mug Cake** with a side order of Vanilla ice-cream made up from half a **Vanilla Shake** and crushed ice.

Going with the classic chocolate and strawberries theme, whip up some Strawberry ice cream from half a **Strawberry Shake** and crushed ice to accompany your **Chocolate Mug Cake**.

Enjoy a silky chocolate orange mousse made by adding **Sunrise Orange Drinks Mix** and **Mousse Mix** to your **Chocolate Shake**.

Try a **Chocolate Mug Cake** with hot salted caramel sauce by melting half a **Salted Caramel Bar** in a pan, then pouring the sauce over the Mug Cake – delicious!

Alcohol-free Valentine's Day drinks

Skip the champagne and go for some sparkling water, flavoured with any of our Drinks Mixes to add some colour and pop. Choose from zesty **Sunrise Orange**, zingy **Pink Grapefruit**, or berry-licious **Fruits of the Forest** for a refreshing, non-alcoholic spritzer that's full of flavour and low on guilt.

Alternative healthy Valentine's Day gifts

Instead of giving or receiving large boxes of chocolates, bottles of champagne, or any other sweet treat that will **take you out of ketosis**, why not drop some hints for one (or more!) of these **thoughtful and healthy Valentine's Day gift ideas** while you're on your VLCD:

- **Fitness Tracker or Smart Watch** – a practical gift to help track steps, heart rate, and fitness goals.
- **Exercise Ball** – great for home workouts or building strength without bulky equipment.
- **Yoga Mat or Yoga Accessories** – perfect for relaxation, stretching, or fitness routines.
- **Aromatherapy Set** – essential oils and a diffuser to help create a calming and stress-free environment.
- **Spa or Massage Voucher** – a relaxing treat to help you unwind and focus on self-care.
- **Journal** – to encourage mindfulness, prompt self-care, chart your progress, and record your wins.
- **Potted Plant or Succulent** – a lovely, low-maintenance gift that brightens any room – bonus points if you go for an air-cleaning plant..
- **Weighted Blanket** – promotes better sleep and reduces stress, contributing to overall wellness.
- **Stylish Water Bottle or Infuser** – encourages hydration and can be paired with herbal teas too.
- **Comfortable Athletic Wear** – high-quality leggings, tops, or trainers for workouts or casual wear.
- **Gift card** – for LighterLife products or for your favourite clothes store – enjoy spending online when you drop that dress size.

This way you'll be **promoting wellness, mindfulness, and self-care** for a healthier and more meaningful Valentine's Day celebration.

We all enjoy Valentine's gifts, but the most important thing is spending time with our loved ones. So, let's pledge to **show our love for each other every day** (not just on Valentine's), and make a special effort to extend that to loving ourselves as well.

Re-Creating Me, the Premium Plan

And with self-love in mind, are you ready to take back control of your weight and make this year your healthiest yet – physically, mentally, and emotionally? Then our **NEW Re-Creating Me, The Premium Plan** is for you.

What do you get?

- TotalFast VLCD Subscription featuring delicious, nutritious meals to help you lose weight safely
- a new Starter Kit
- an Extras bundle
- free Mentor support
- free weekly CBT Mindfulness sessions.
- free delivery to your door.

Designed to help you achieve your goals and feel your best for good, we're here to help you, every step of the way. This Valentine's Day, creating a life you don't want to escape from is only a click away -> **NEW Re-Creating Me, The Premium Plan**.