

Quick & Easy Diabetic Diet After 60 Cookbook

Low-Carb, Low-Sugar Recipes for Managing Blood Sugar, Pre-Diabetes, and Type 2 Diabetes for the Newly Diagnosed with a 30-Day Meal Plan & Grocery List

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Introduction

Diabetic Diet After 60: An Easy Guide to Healthy Living

Other health issues arise with aging, especially for people already with diabetes. Blood sugar regulation becomes more challenging around age 60, increasing the risk of heart diseases, nerve damage, and eye issues.

Weight gain and insulin resistance might result from slower metabolism and less activity, and hypoglycemia (low blood sugar) is more difficult to detect. With nutritious meals and portion control, the "**Diabetic Diet After 60 For Beginners**" aims to promote stable blood sugar levels, heart health, and general well-being. Seniors can successfully control their diabetes and live active, healthy lives with the correct care, diet, and periodic exercise.

Understanding the Diabetic Diet After 60

This diet emphasizes complete, nutrient-dense meals that help control blood sugar levels and avoid diabetes-related problems like nerve damage and heart disease. The "Diabetic Diet After 60 for Beginners" recommends conscious meal planning of balanced portions of healthy fats, proteins, and carbs as an alternative to a restrictive diet.

Important Dietary Components

- ❖ **High-Fiber Carbohydrates:** Legumes, non-starchy vegetables, and whole grains (quinoa, oats, and brown rice) offer long-lasting energy and help avoid blood sugar spikes.
- ❖ **Lean Proteins:** Fish, skinless chicken, tofu, eggs, and low-fat dairy help maintain muscle mass and control appetite.
- ❖ **Healthy Fats:** Nuts, seeds, avocados, and olive oil all help control inflammation and support heart health.
- ❖ **Portion Control & Meal Timing:** You can avoid sharp blood sugar swings by eating smaller meals more frequently. Drinking water, herbal teas, and infused water can help you stay hydrated without consuming extra sweets.

Causes of Diabetes

Diabetes occurs when the body either produces too little insulin or fails to use insulin properly. Insulin is a hormone that controls blood sugar levels, allowing glucose to enter cells and provides energy. Many things contribute to the start of diabetes including:

- ❖ **Genetics:** A family history of diabetes increases the possibility of developing the condition.
- ❖ **Age:** As people grow older, their bodies may become more resistant to insulin or produce less of it.
- ❖ **Obesity and Unhealthy Diet:** Excess weight, especially around the abdomen, increases insulin resistance.
- ❖ **Sedentary Lifestyle:** Lack of physical activity can lead to weight gain and reduced insulin sensitivity.
- ❖ **High Blood Pressure and Cholesterol Levels:** These conditions often come with diabetes and contribute to its progression.
- ❖ **Hormonal Changes and Other Medical Conditions:** Certain illnesses, medications, and hormonal imbalances can impact blood sugar control.

Types of Diabetes

➤ **Type 1 Diabetes:**

- ❖ An autoimmune condition where the immune system attacks insulin-producing cells in the pancreas.
- ❖ Typically diagnosed in childhood or young adulthood but can occur later in life.
- ❖ Requires insulin therapy for blood sugar management.

➤ **Type 2 Diabetes:**

- ❖ The most common form, especially in individuals over 60.
- ❖ Characterized by insulin resistance, where the body does not use insulin properly.
- ❖ Often linked to lifestyle factors such as diet and exercise.
- ❖ Can be managed with diet, exercise, oral medications, and sometimes insulin.

➤ **Gestational Diabetes:**

- ❖ Develops during pregnancy and usually resolves after childbirth.
- ❖ Increases the risk of developing Type 2 diabetes later in life.

➤ **Prediabetes:**

- ❖ A condition where blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes.
- ❖ Lifestyle changes can prevent or delay progression to Type 2 diabetes.

Understanding Type 2 Diabetes

What is Type 2 Diabetes?

Type 2 diabetes is a chronic condition that affects the way the body processes blood sugar (glucose). It occurs when the body either blocks the effects of insulin or doesn't produce enough insulin to maintain normal glucose levels. This leads to high blood sugar levels, which can cause serious health issues if not managed properly.

Causes and Risk Factors

Although type 2 diabetes can develop at any age, it is more common in people over 45, and the risk increases with age. Some key risk factors include:

- Being overweight or obese
- A lazy lifestyle
- A diet high in processed sugars and unhealthy fats
- Family history of diabetes
- High blood pressure and cholesterol levels
- Insulin resistance

Symptoms to Watch For

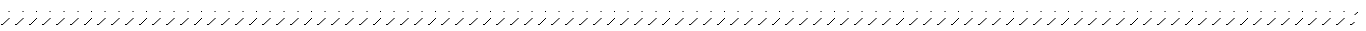
Many people with type 2 diabetes do not experience noticeable symptoms in the early stages. However, as the condition progresses, common symptoms may include:

- Increased thirst and frequent urination
- Fatigue and weakness
- Blurred vision
- Slow-healing sores or frequent infections
- Numbness or tingling in the hands and feet

Risk Factors

As we age, the risk of developing diabetes increases, mostly for those over the age of 60. Several triggers contribute to this heightened risk, including:

- ❖ **Genetics and Family History** – If you have close relatives with diabetes, your risk is significantly higher.
- ❖ **Being Overweight or Obese** – Excess body fat, especially around the abdomen, is linked to insulin resistance.
- ❖ **Physical Inactivity** – A sedentary lifestyle reduces the body’s ability to regulate blood sugar effectively.
- ❖ **Unhealthy Diet** – Consuming processed foods, sugary drinks, and refined carbohydrates can lead to weight gain and insulin resistance.
- ❖ **High Blood Pressure and Cholesterol Levels** – Hypertension and abnormal cholesterol levels increase the likelihood of diabetes and related complications.
- ❖ **Pre-existing Medical Conditions** – Conditions such as prediabetes, metabolic syndrome, or polycystic ovary syndrome (PCOS) in women can heighten the risk.
- ❖ **Medications and Hormonal Changes** – Certain medications, including steroids and antipsychotics, can impact blood sugar levels.
- ❖ **Chronic Stress and Poor Sleep** – These factors contribute to hormonal imbalances and affect insulin sensitivity.
- ❖ **Smoking and Excessive Alcohol Consumption** – These habits negatively impact insulin function and increase inflammation in the body.



Symptoms of Diabetes and The Importance of Early Detection

Recognizing the symptoms of diabetes is important for early diagnosis and effective management. Some of the most common symptoms include:

- ❖ **Frequent Urination (Polyuria)** – High blood sugar levels cause the kidneys to work harder, leading to excessive urination.
- ❖ **Increased Thirst (Polydipsia)** – Due to frequent urination, the body becomes dehydrated, leading to persistent thirst.
- ❖ **Unexplained Weight Loss** – Despite eating normally, some individuals experience weight loss due to improper glucose absorption.
- ❖ **Extreme Fatigue** – When cells cannot effectively use glucose for energy, fatigue and sluggishness occur.
- ❖ **Blurred Vision** – High blood sugar levels can affect the eyes, leading to vision problems.
- ❖ **Slow Healing of Wounds** – Poor circulation and nerve damage caused by diabetes slow down the healing process.
- ❖ **Frequent Infections** – Increased sugar levels in the blood and urine create an environment for bacteria and yeast to thrive, leading to infections.
- ❖ **Tingling or Numbness in Hands and Feet** – This is a sign of nerve damage (neuropathy) associated with prolonged high blood sugar levels.
- ❖ **Darkened Skin Patches (Acanthosis Nigricans)** – This condition, characterized by dark patches on the neck, armpits, or groin, is often a sign of insulin resistance.

Early Detection

If you experience any of these symptoms, it is important to talk to a healthcare provider for proper evaluation and testing. Early detection and lifestyle changes, such as a well-balanced diet and regular physical activity, can help prevent complications and improve overall well-being.

Understanding these risk factors and symptoms is the first step in taking control of your health and managing diabetes effectively after 60.

Why Diet is Important After 60

As we age, our metabolism slows down, and the body becomes less effective at processing sugar. A well-balanced diabetic diet can help manage blood sugar levels, reduce complications, and improve overall health. Making healthier food choices, staying physically active, and maintaining a healthy weight are crucial steps toward managing diabetes effectively.

The Role of a Diabetic-Friendly Diet

A diet designed for type 2 diabetes should focus on:

- **Whole Foods:** Incorporating fresh vegetables, lean proteins, whole grains, and healthy fats.
- **Low Glycemic Index (GI) Foods:** Choosing foods that have a slower impact on blood sugar levels, such as non-starchy vegetables, legumes, and nuts.
- **Portion Control:** Eating appropriate portion sizes to avoid spikes in blood sugar.
- **Regular Meal Times:** Consuming meals at consistent times each day to regulate glucose levels.
- **Hydration:** Drinking plenty of water and limiting sugary beverages.

Health Benefits of the Diabetic Diet After 60

1. Blood Sugar Regulation

By focusing on complex carbohydrates, fiber, and lean proteins, this diet helps prevent dangerous blood sugar spikes and crashes.

2. Weight Management & Metabolism Support

Since metabolism slows with age, prioritizing nutrient-dense, lower-calorie foods can aid in maintaining a healthy weight.

3. Heart Health

Diabetes increases the risk of cardiovascular disease, but this diet supports heart health with omega-3-rich foods, fiber, and reduced sodium intake.

4. Improved Digestion

High-fiber foods promote gut health, preventing constipation and other digestive issues common in older adults.

5. Enhanced Longevity & Quality of Life

Nutritional choices influence energy levels, mobility, and cognitive function, allowing individuals to stay active and engaged in their daily lives.

Making the Diabetic Diet After 60 a Part of Everyday Life

Adopting the "**Diabetic Diet After 60 for Beginners**" is about small, sustainable changes rather than strict restrictions. Start by choosing whole, fiber-rich foods like vegetables, legumes, and whole grains while limiting processed sugars and refined carbohydrates. Prioritize lean proteins and healthy fats to support heart health and blood sugar stability.

Planning balanced meals, staying hydrated, and eating at regular time frames help maintain steady energy levels. Simple swaps—like using herbs instead of salt or baking instead of frying—enhance both health and flavor.

Beyond food, staying active, managing stress, and enjoying meals with loved ones are key to long-term success. A healthier lifestyle isn't just about what's on the plate—it's about accepting habits that support longevity and well-being.

Mental and Emotional Benefits

Beyond physical health, the “**Diabetic Diet After 60 for Beginners**” also supports mental well-being by:

- **Stabilizing Mood:** Balanced blood sugar levels prevent mood swings and irritability.
- **Boosting Energy Levels:** Nutrient-dense foods provide sustained energy, reducing fatigue.
- **Promoting Better Sleep:** A diet low in sugar and processed foods helps regulate sleep patterns.
- **Enhancing Brain Health:** Essential fatty acids and antioxidants protect cognitive function and reduce brain fog.

Conclusion

The "Diabetic Diet After 60 for Beginners" is more than just a way to manage blood sugar; it is a healthy lifestyle that fosters long-term health, energy, and well-being. By making thoughtful food choices and embracing a balanced diet, individuals over 60 can enjoy a fulfilling, vibrant life. Start small, stay consistent, and celebrate the positive changes in your health. Embracing this diet is a powerful step toward longevity and vitality.

Diabetic Shopping List: Foods to Avoid & Foods to Eat

Foods To Avoid

CATEGORY	EXAMPLES
REFINED CARBS AND SUGARS	White bread, white rice, pasta, sugary drinks, baked goods, sugary cereals
HIGH-GLYCEMIC INDEX FRUITS	Watermelon, pineapple, overripe bananas
PROCESSED AND PACKAGED FOODS	Chips, crackers, instant noodles, prepackaged meals
SATURATED AND TRANS FATS	Fried foods, margarine, fatty cuts of red meat
HIGH-SODIUM FOODS	Processed meats, canned soups, pickles
FULL-FAT DAIRY	Full-cream milk, butter, cream, full-fat cheese
SWEETENED BEVERAGES	Energy drinks, soda, sweetened iced tea, flavored coffees
DESSERTS AND SWEETS	Candy, ice cream, sweet pastries, jam, honey
HIGH-CALORIE SNACKS	Popcorn with butter, chocolate-covered nuts, sugary protein bars
ARTIFICIAL SWEETENERS	Aspartame, saccharin, sucralose
FRIED SNACKS	Potato chips, fried chicken, fried samosas
WHITE FLOURS	All-purpose flour, cake flour, self-rising flour
HIGH-FAT PROCESSED MEATS	Hot dogs, sausages, salami
SUGARY CONDIMENTS	Ketchup, barbecue sauce, sweet salad dressings
PRE-FLAVORED DRINKS	Flavored milk, sweetened almond or soy milk
SUGARY ALCOHOLIC BEVERAGES	Cocktails, beer, flavored liqueurs
REFINED GRAIN SNACKS	Rice cakes, crackers, pretzels
DEEP-FRIED DESSERTS	Fried doughnuts, fried ice cream, churros
SUGARY BREAKFAST ITEMS	Sweetened pancakes, waffles with syrup, muffins

Foods To Eat

CATEGORY	EXAMPLES
WHOLE GRAINS	Brown rice, quinoa, whole wheat bread, oats
HIGH-FIBER LEGUMES	Beans, lentils, chickpeas
NON-STARCHY VEGETABLES	Leafy greens, bell peppers, broccoli, carrots
LEAN PROTEINS	Salmon, mackerel, sardines, skinless chicken, turkey
PLANT-BASED PROTEINS	Tofu, tempeh, nuts
HEALTHY FATS	Avocados, olive oil, almonds, walnuts, flaxseeds, chia seeds
LOW-GLYCEMIC FRUITS	Blueberries, strawberries, raspberries, apples, pears
CITRUS FRUITS	Oranges, grapefruits
DAIRY ALTERNATIVES OR LOW-FAT DAIRY	Greek yogurt, low-fat cheese, skim milk
HYDRATING BEVERAGES	Water, unsweetened herbal tea, black coffee
HEALTHY SNACKS	Unsalted nuts, hummus with veggies, Greek yogurt
NATURAL SWEETENERS	Stevia, monk fruit, small amounts of honey

Tips and Tricks

Meal Planning for Beginners

Proper meal planning is crucial to maintaining stable blood sugar levels and overall health. Here are some strategies to help you plan meals effectively:

- **Create a Weekly Menu:** Plan meals in advance to ensure variety and balanced nutrition.
- **Balance Macronutrients:** Aim for a mix of lean proteins, healthy fats, and complex carbohydrates to avoid blood sugar spikes.
- **Portion Control:** Use measuring tools and plates designed for portion control to prevent overeating.
- **Use Helpful Tools & Apps:** Try apps like MyFitnessPal or Carb Manager to track food intake and monitor nutrient levels.
- **Incorporate Fiber-Rich Foods:** Vegetables, whole grains, and legumes help regulate blood sugar and improve digestion.

Smart Grocery Shopping

Shopping wisely is key to staying on track with the **Diabetic Diet After 60**. Here are some helpful tips:

- **Read Food Labels:** Check for added sugars, unhealthy fats, and sodium levels.
- **Choose Fresh & Whole Foods:** choose for fresh vegetables, lean proteins, and whole grains instead of processed foods.
- **Buy in Bulk & Seasonal Produce:** Save money and get the freshest options by shopping for in-season produce and bulk items.
- **Limit Sugary & Processed Foods:** Avoid foods with high glycemic indexes, such as white bread and sugary snacks.
- **Plan Your Shopping List:** Stick to a list to prevent impulse purchases and ensure you buy the right foods

Cooking Techniques for Flavor & Health

Preparing meals at home allows you to control ingredients and portion sizes. Here are cooking methods that support a diabetic-friendly diet:

- **Grilling & Roasting:** Enhance natural flavors without excess oil.
- **Steaming & Boiling:** Preserve nutrients and avoid unnecessary fats.
- **Using Herbs & Spices:** Reduce sodium intake by seasoning with garlic, basil, turmeric, and cinnamon.
- **Healthy Substitutions:** Swap white rice for cauliflower rice, butter for avocado, and sugary sauces for vinegar-based dressings

Dining Out & Social Events

Eating out doesn't mean you have to sacrifice your diabetic diet. Follow these strategies to make healthier choices:

- **Research Menus Ahead of Time:** Many restaurants provide nutritional information online.
- **Communicate Dietary Needs:** Politely inform servers about dietary restrictions and ask for modifications.
- **Choose Lean Proteins & Vegetables:** Opt for grilled, steamed, or roasted options instead of fried foods.
- **Control Portions:** Consider sharing a dish or requesting a half portion.
- **Watch Your Beverages:** Choose water, unsweetened tea, or black coffee instead of sugary drinks.

Overcoming Challenges & Staying Motivated

Sticking to a diabetic diet can be challenging, but here's how you can stay committed:

- **Manage Cravings:** Keep healthy snacks like nuts, yogurt, or dark chocolate on hand.
- **Recover from Slip-Ups:** One mistake doesn't mean failure—get back on track with your next meal.
- **Stay Active:** Exercise complements your diet and helps regulate blood sugar.
- **Track Your Progress:** Use journals or apps to monitor blood sugar levels and meal choices.
- **Celebrate Small Wins:** Reward yourself for sticking to your diet with non-food incentives like a new book or a relaxing activity.

Mindset & Long-Term Motivation

- **Focus on What You Can Eat:** Instead of feeling restricted, embrace the variety of delicious and healthy foods you can enjoy.
- **Turn Challenges into Learning Opportunities:** If a certain food spikes your blood sugar, use it as a lesson to adjust future meals.
- **Practice Self-Compassion:** Progress is more important than perfection—acknowledge your efforts and keep going.

Building Sustainable Habits

- **Create a Meal Routine:** Having set meal and snack times can help stabilize blood sugar and reduce impulsive eating.
- **Plan Ahead for Special Occasions:** Research menus before dining out, bring a dish to gatherings, or eat a small, balanced meal before social events.
- **Find Healthy Alternatives for Comfort Foods:** Recreate favorite meals with diabetes-friendly ingredients to satisfy cravings.

Support & Accountability

- **Engage with a Community:** Join local or online diabetic support groups for encouragement and recipe ideas.
- **Get Family & Friends Involved:** Educate loved ones about your dietary needs so they can support your choices.
- **Work with a Nutritionist or Dietitian:** Personalized advice can help you refine your diet while keeping meals enjoyable.

30-Day Meal Plan

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 1	Unsweetened Coconut & Chia Seed Smoothie	Black Bean & Avocado Lettuce Wraps	Cauliflower Mash with Garlic & Roasted Turkey Breast	Chocolate Avocado Mousse (No Sugar Added)
Day 2	High-Protein Scrambled Eggs with Spinach & Mushrooms	Cauliflower Fried Rice with Shrimp	Low-Carb Zucchini Lasagna with Ricotta & Basil	Frozen Berry & Almond Milk Smoothie
Day 3	Quinoa Porridge with Almond Butter & Chia	Roasted Red Pepper & Hummus Collard Wrap	Herb-Grilled Salmon with Asparagus & Quinoa	Cashew & Coconut Flour Cheesecake Bites
Day 4	Smoked Salmon & Avocado on Whole-Grain Toast	Spaghetti Squash with Turkey Bolognese	Cauliflower Mash with Garlic & Roasted Turkey Breast	Baked Pears with Nutmeg & Toasted Almonds
Day 5	Greek Yogurt Parfait with Nuts & Fresh Berries	Low-Carb Eggplant & Tomato Stack with Ricotta	Mediterranean Baked Cod with Olive Tapenade	Cinnamon & Walnut Flaxseed Muffins
Day 6	Cinnamon-Spiced Apple & Walnut Bowl	Lentil & Quinoa Bowl with Roasted Vegetables	Grilled Tofu & Veggie Skewers with Tahini Dressing	Baked Pears with Nutmeg & Toasted Almonds
Day 7	Cottage Cheese with Flaxseeds & Sliced Peaches	Homemade Minestrone Soup (No Pasta)	Roasted Eggplant with Feta & Tomato Sauce	Almond & Flaxseed Banana Bread (Low-Carb)
Day 8	High-Protein Scrambled Eggs with Spinach & Mushrooms	Homemade Minestrone Soup (No Pasta)	Ginger & Garlic Stir-Fried Chicken with Broccoli	Cashew & Coconut Flour Cheesecake Bites
Day 9	Cinnamon-Spiced Apple & Walnut Bowl	Cauliflower & Broccoli Soup with Cheddar	Mediterranean Baked Cod with Olive Tapenade	Cinnamon & Walnut Flaxseed Muffins
Day 10	Greek Yogurt Parfait with Nuts & Fresh Berries	Zucchini Noodles with Pesto & Grilled Chicken	Quinoa & Black Bean Chili	Dark Chocolate & Almond Butter Bites

Days 1 – 10

Days 11 – 20

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 11	Avocado & Tomato Breakfast Salad	Zucchini Noodles with Pesto & Grilled Chicken	Cauliflower Pizza with Fresh Tomato & Basil	Pumpkin Spice Chia Pudding
Day 12	Almond Flour Blueberry Muffins (Sugar-Free)	Grilled Chicken & Avocado Salad with Lemon Dressing	Mushroom & Lentil Stuffed Peppers	Sugar-Free Baked Apples with Cinnamon & Nuts
Day 13	Zucchini & Carrot Pancakes with Greek Yogurt	Turkey & Spinach Wrap in a Whole-Grain Tortilla	Cauliflower Pizza with Fresh Tomato & Basil	Greek Yogurt with Walnuts & Berries
Day 14	Smoked Salmon & Avocado on Whole-Grain Toast	Turkey & Spinach Wrap in a Whole-Grain Tortilla	Almond-Crusted Chicken with Steamed Green Beans	Pumpkin Spice Chia Pudding
Day 15	Low-Carb Veggie Omelet with Goat Cheese	Roasted Red Pepper & Hummus Collard Wrap	Spaghetti Squash with Pesto & Grilled Shrimp	No-Bake Walnut & Coconut Energy Bites
Day 16	Steel-Cut Oats with Walnuts & Cinnamon (No Sugar Added)	Low-Carb Eggplant & Tomato Stack with Ricotta	Grilled Tofu & Veggie Skewers with Tahini Dressing	Dark Chocolate-Dipped Strawberries (No Sugar Added)
Day 17	Chia & Flaxseed Pudding with Almond Milk & Berries	Cauliflower & Broccoli Soup with Cheddar	Herb-Grilled Salmon with Asparagus & Quinoa	Coconut Flour Lemon Bars (No Added Sugar)
Day 18	Quinoa Porridge with Almond Butter & Chia	Cauliflower Fried Rice with Shrimp	Baked Lemon Garlic Chicken with Roasted Brussels Sprouts	Chia Pudding with Unsweetened Cocoa & Coconut
Day 19	Zucchini & Carrot Pancakes with Greek Yogurt	Asian-Style Cabbage & Chicken Slaw	Roasted Eggplant with Feta & Tomato Sauce	Sugar-Free Baked Apples with Cinnamon & Nuts
Day 20	Low-Carb Veggie Omelet with Goat Cheese	Wild Salmon & Kale Salad with Balsamic Vinaigrette	Baked Lemon Garlic Chicken with Roasted Brussels Sprouts	Low-Carb Peanut Butter Cookies (Almond Flour)

Days 21 – 30

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 21	Avocado & Tomato Breakfast Salad	Cucumber & Chickpea Greek Salad with Feta	Low-Carb Zucchini Lasagna with Ricotta & Basil	Coconut Flour Lemon Bars (No Added Sugar)
Day 22	Almond Flour Blueberry Muffins (Sugar-Free)	Lentil & Quinoa Bowl with Roasted Vegetables	Chickpea & Spinach Curry with Brown Rice	Low-Carb Peanut Butter Cookies (Almond Flour)
Day 23	Chia & Flaxseed Pudding with Almond Milk & Berries	Vegan Buddha Bowl with Tofu & Tahini Dressing	Quinoa & Black Bean Chili	Frozen Berry & Almond Milk Smoothie
Day 24	Cottage Cheese with Flaxseeds & Sliced Peaches	Black Bean & Avocado Lettuce Wraps	Grass-Fed Beef & Mushroom Stir-Fry (No Sugar Added)	Chia Pudding with Unsweetened Cocoa & Coconut
Day 25	Baked Egg Cups with Turkey & Veggies	Asian-Style Cabbage & Chicken Slaw	Chickpea & Spinach Curry with Brown Rice	Chocolate Avocado Mousse (No Sugar Added)
Day 26	Tofu Scramble with Turmeric & Peppers	Vegan Buddha Bowl with Tofu & Tahini Dressing	Grass-Fed Beef & Mushroom Stir-Fry (No Sugar Added)	Dark Chocolate & Almond Butter Bites
Day 27	Baked Egg Cups with Turkey & Veggies	Spaghetti Squash with Turkey Bolognese	Mushroom & Lentil Stuffed Peppers	Greek Yogurt with Walnuts & Berries
Day 28	Steel-Cut Oats with Walnuts & Cinnamon (No Sugar Added)	Grilled Chicken & Avocado Salad with Lemon Dressing	Spaghetti Squash with Pesto & Grilled Shrimp	Dark Chocolate-Dipped Strawberries (No Sugar Added)
Day 29	Tofu Scramble with Turmeric & Peppers	Cucumber & Chickpea Greek Salad with Feta	Ginger & Garlic Stir-Fried Chicken with Broccoli	No-Bake Walnut & Coconut Energy Bites
Day 30	Unsweetened Coconut & Chia Seed Smoothie	Wild Salmon & Kale Salad with Balsamic Vinaigrette	Almond-Crusted Chicken with Steamed Green Beans	Almond & Flaxseed Banana Bread (Low-Carb)

Chapter 1 Breakfast

High-Protein Scrambled Eggs with Spinach & Mushrooms

• INGREDIENTS

- 4 large eggs
- 1/4 cup low-fat milk
- 1 cup fresh spinach, chopped
- 1/2 cup mushrooms, sliced
- 1 tbsp olive oil or avocado oil
- 1/4 tsp turmeric
- 1/4 tsp garlic powder
- 1/8 tsp black pepper
- 1/8 tsp salt
- 1 tbsp feta cheese, crumbled (optional, adds a tangy flavor and calcium)
- 1 tbsp fresh parsley, chopped (optional, for freshness and added nutrients)

Prep. time:

10 mins

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

1. Prepare the Ingredients:

Crack the eggs into a mixing bowl, add milk (if using), and whisk until smooth.

Slice the mushrooms and chop the spinach.

2. Cook the Vegetables:

Heat the olive oil in a nonstick skillet over medium heat.

Add mushrooms and sauté for 3–4 minutes until soft.

Add spinach and cook for another 1–2 minutes until wilted.

3. Scramble the Eggs:

Reduce heat to low. Pour the beaten eggs over the vegetables.

Stir gently with a spatula, folding the eggs as they cook to keep them fluffy.

Season with turmeric, garlic powder, salt, and black pepper.

4. Final Touches:

Once the eggs are fully cooked but still soft (about 3–4 minutes), remove from heat.

Sprinkle feta cheese and parsley on top, if using.

5. Serve & Enjoy:

Plate the scrambled eggs warm and enjoy as a high-protein, low-carb meal.

Nutrition (per serving)

Calories: 230 | **Protein:** 18g | **Carbohydrates:** 6g | **Fiber:** 2g | **Total Fat:** 15g | **Saturated Fat:** 3.5g | **Cholesterol:** 330mg | **Sodium:** 280mg | **Potassium:** 420mg

Chia & Flaxseed Pudding with Almond Milk & Berries

INGREDIENTS

2 tablespoons chia seeds

1 tablespoon ground flaxseeds

1 cup unsweetened almond milk
(or coconut milk for extra creaminess)

1/2 teaspoon pure vanilla extract

1/4 teaspoon cinnamon
(optional, for blood sugar control)

1/2 teaspoon monk fruit sweetener or stevia (optional, for natural sweetness)

1/4 cup fresh berries
(blueberries, raspberries, or strawberries)

1 tablespoon chopped nuts
(walnuts, almonds, or pecans - optional, for healthy fats)

Prep. time:

5 min

Chilling time:

2-4 hours (or overnight)

servings:

2

DIRECTIONS

1. Mix Ingredients:

In a medium bowl or jar, combine chia seeds, ground flaxseeds, and unsweetened almond milk. Stir well.

2. Flavor It:

Add vanilla extract, cinnamon, and optional sweetener. Stir again to ensure everything is well mixed.

3. Let It Set:

Cover and refrigerate for at least 2 hours (or overnight for best consistency). Stir once after 30 minutes to prevent clumping.

4. Check Texture:

Once thickened to a pudding-like consistency, give it a good stir. If too thick, add a splash of almond milk.

5. Add Toppings:

Before serving, top with fresh berries and optional chopped nuts for crunch and extra nutrients.

6. Enjoy!

Eat chilled for a refreshing and satisfying snack or breakfast.

Nutrition (per serving)

Calories: 230 | **Protein:** 18g | **Carbohydrates:** 6g | **Fiber:** 2g | **Total Fat:** 15g | **Saturated Fat:** 3.5g | **Cholesterol:** 330mg | **Sodium:** 280mg | **Potassium:** 420mg

Steel-Cut Oats with Walnuts & Cinnamon (No Sugar Added)

INGREDIENTS

- 1 cup steel-cut oats
- 3 ½ cups water (or unsweetened almond milk for creaminess)
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- ¼ cup walnuts, chopped
- ½ teaspoon vanilla extract
- ½ teaspoon ground flaxseeds (optional, for extra fiber and omega-3s)
- ¼ teaspoon nutmeg (optional, for added warmth and flavor)
- ¼ cup unsweetened almond butter or Greek yogurt (optional, for extra protein)
- ½ cup fresh or frozen berries (optional, for natural sweetness without sugar)

Prep. time:

Cooking time:

servings:

5 min

25 mins

4

DIRECTIONS

1. Boil the Liquid:

In a medium saucepan, bring 3 ½ cups of water (or almond milk) to a gentle boil over medium-high heat.

2. Add Oats & Cook:

Stir in 1 cup steel-cut oats and ¼ teaspoon salt. Reduce heat to low and let simmer, stirring occasionally, for about 20–25 minutes until the oats are tender but still slightly chewy.

3. Add Flavor Enhancers:

Once the oats are cooked, stir in 1 teaspoon cinnamon, ½ teaspoon vanilla extract, and ¼ teaspoon nutmeg (if using).

4. Incorporate Healthy Fats & Fiber:

Stir in ¼ cup chopped walnuts and ½ teaspoon ground flaxseeds for added fiber and heart-healthy fats.

5. Enhance with Protein (Optional):

If desired, mix in ¼ cup unsweetened almond butter or Greek yogurt for extra protein and creaminess.

6. Final Touches:

Let the oatmeal sit for a couple of minutes before serving.

For natural sweetness, top with ½ cup fresh or frozen berries (like blueberries or raspberries)

Nutrition (per serving)

Calories: 210 | **Protein:** 7g | **Carbohydrates:** 28g | **Fats:** 10g | **Fiber:** 6g | **Cholesterol:** 0mg | **Sodium:** 85mg | **Potassium:** 180mg

Greek Yogurt Parfait with Nuts & Fresh Berries

INGREDIENTS

- 1 cup (240g) plain Greek yogurt (unsweetened, full-fat or low-fat)
- ½ cup (75g) mixed fresh berries (strawberries, blueberries, raspberries, or blackberries)
- 2 tablespoons (16g) chopped nuts (almonds, walnuts, or pecans)
- 1 tablespoon (10g) chia seeds or ground flaxseeds (adds fiber and omega-3s)
- ½ teaspoon cinnamon (helps regulate blood sugar)
- ¼ teaspoon pure vanilla extract (for natural sweetness, optional)
- ½ teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- 1 tablespoon unsweetened shredded coconut (optional, for texture and flavor)

Prep. time:

10 min

Cooking time:

0 mins

servings:

2

DIRECTIONS

1. Prepare the Ingredients:

Wash and dry the fresh berries.

Chop the nuts into small pieces for a crunchy texture.

2. Mix the Yogurt Base:

In a bowl, combine the Greek yogurt, vanilla extract, and stevia or monk fruit sweetener (if using).

Stir well until smooth.

3. Layer the Parfait:

In two serving glasses or bowls, start with a spoonful of the yogurt mixture at the bottom.

Add a layer of fresh berries.

Sprinkle with some chopped nuts, chia seeds, and cinnamon.

Repeat the layers until all ingredients are used.

4. Final Touches:

Top with a final sprinkle of nuts, cinnamon, and shredded coconut (if using).

5. Serve Immediately or Chill:

Enjoy immediately for a fresh taste, or refrigerate for 15 minutes to let the flavors meld together.

Nutrition (per serving)

Calories: 210 | **Protein:** 7g | **Carbohydrates:** 28g | **Fats:** 10g | **Fiber:** 6g | **Cholesterol:** 0mg | **Sodium:** 85mg | **Potassium:** 180mg

Smoked Salmon & Avocado on Whole-Grain Toast

INGREDIENTS

- 2 slices whole-grain or sprouted whole-wheat bread (low glycemic index)
- ½ medium avocado, mashed
- 4 oz (115g) smoked salmon (preferably low-sodium)
- 1 tsp lemon juice
- ½ tsp extra virgin olive oil
- ¼ tsp black pepper
- ¼ tsp garlic powder (optional)
- ¼ tsp red pepper flakes (optional, for slight heat)
- 1 tbsp plain Greek yogurt (optional, for creaminess)
- 1 tbsp capers, drained (optional, for extra flavor)
- 2 tbsp microgreens or fresh arugula (optional, for extra nutrients)

Prep. time:

Cooking time:

servings:

10 min

0 mins

2

DIRECTIONS

1. Prepare the Avocado Spread:

In a small bowl, mash the avocado with a fork.

Add lemon juice, olive oil, black pepper, and garlic powder (if using). Mix well.

2. Toast the Bread:

Lightly toast the whole-grain bread to a golden-brown crisp.

3. Assemble the Toast:

Spread the mashed avocado mixture evenly over the toasted bread.

Layer the smoked salmon evenly on top.

4. Enhance the Flavor (Optional):

If desired, add a dollop of Greek yogurt for extra creaminess.

Sprinkle capers and red pepper flakes for added taste.

Garnish with microgreens or arugula for a nutritional boost.

5. Serve & Enjoy:

Serve immediately with a side of fresh cucumber slices or cherry tomatoes for extra fiber and hydration.

Nutrition (per serving)

Calories: 250 | Protein: 18g | Carbohydrates: 20g | Fats: 12g | Fiber: 6g | Cholesterol: 25mg | Sodium: 500mg | Potassium: 450mg

Low-Carb Veggie Omelet with Goat Cheese

INGREDIENTS

- 2 large eggs (rich in protein and healthy fats)
- 1 tablespoon unsweetened almond milk (for a fluffy texture, low in carbs)
- ¼ teaspoon sea salt (or to taste)
- ¼ teaspoon black pepper (or to taste)
- ½ teaspoon olive oil or avocado oil (healthy fat for cooking)
- ¼ cup baby spinach, chopped (high in fiber and vitamins)
- ¼ cup mushrooms, sliced (low in carbs, rich in antioxidants)
- ¼ small bell pepper, diced (adds natural sweetness and vitamin C)
- 1 ounce goat cheese, crumbled (provides creamy texture and calcium)
- ½ teaspoon fresh chives or parsley, chopped (optional, for garnish)
- Optional Add-ins (for additional flavor and nutrients):
 - ¼ teaspoon garlic powder (for added depth of flavor)
 - Pinch of red pepper flakes (for a slight kick)
 - 1 tablespoon diced tomatoes (adds freshness and lycopene)

Prep. time:

Cooking time:

servings:

10 min

5 mins

1

DIRECTIONS

1. Whisk the eggs:

In a small bowl, whisk together the eggs, almond milk, salt, and black pepper until well combined and slightly frothy.

2. Sauté the veggies:

Heat the olive oil in a non-stick skillet over medium heat. Add the mushrooms, bell peppers, and spinach. Sauté for 2–3 minutes until softened.

3. Cook the omelet:

Reduce heat to medium-low. Pour the egg mixture over the sautéed veggies, tilting the pan to spread evenly.

4. Add cheese:

Once the eggs start to set (about 1–2 minutes), sprinkle crumbled goat cheese on one half of the omelet.

5. Fold & finish:

Carefully fold the omelet in half and cook for another 30 seconds to 1 minute until fully set.

6. Garnish & serve:

Transfer to a plate, sprinkle with fresh herbs (if using), and enjoy immediately.

Nutrition (per serving)

Calories: 250 | **Protein:** 18g | **Carbohydrates:** 6g | **Fats:** 18g | **Fiber:** 2g | **Cholesterol:** 380mg | **Sodium:** 320mg | **Potassium:** 380mg

Almond Flour Blueberry Muffins (Sugar-Free)

INGREDIENTS

- 2 cups almond flour
- 1/2 cup granulated erythritol (or monk fruit sweetener)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp ground cinnamon (optional, for extra flavor)
- 3 large eggs
- 1/3 cup unsweetened almond milk (or coconut milk)
- 1/4 cup melted coconut oil (or unsalted butter)
- 1 tsp vanilla extract
- 1 tsp apple cider vinegar (helps muffins rise)
- 3/4 cup fresh or frozen blueberries (do not thaw if frozen)
- 2 tbsp chopped walnuts (optional, for extra crunch and omega-3s)

Prep. time:

10 min

Cooking time:

20-25 mins

servings:

12 muffins

DIRECTIONS

1. Preheat the Oven:

Set to 350°F (175°C) and line a 12-cup muffin tin with liners or grease lightly.

2. Mix Dry Ingredients:

In a large bowl, whisk almond flour, erythritol, baking powder, baking soda, salt, and cinnamon (if using).

3. Mix Wet Ingredients:

In another bowl, beat eggs, then whisk in almond milk, melted coconut oil, vanilla, and apple cider vinegar.

4. Combine & Fold in Blueberries:

Stir wet ingredients into dry until just combined. Gently fold in blueberries and optional walnuts.

5. Fill & Bake:

Divide batter into muffin cups, filling $\frac{3}{4}$ full. Bake for 20-25 minutes, or until a toothpick comes out clean.

6. Cool & Serve:

Let muffins cool in the pan for 5 minutes, then transfer to a rack. Enjoy warm or store for later.

Nutrition (per serving)

Calories: 160 | **Protein:** 5g | **Carbohydrates:** 6g | **Net Carbs:** 3g | **Fats:** 14g | **Fiber:** 3g | **Cholesterol:** 41mg | **Sodium:** 90mg | **Potassium:** 80mg

Tofu Scramble with Turmeric & Peppers

INGREDIENTS

- 7 oz (200g) firm tofu, drained and crumbled
- 1/2 small red bell pepper, diced
- 1/2 small yellow bell pepper, diced
- 1/4 small red onion, finely chopped
- 1 clove garlic, minced
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin powder
- 1/4 teaspoon smoked paprika (optional, for extra depth of flavor)
- 1/4 teaspoon black pepper (helps with turmeric absorption)
- 1/4 teaspoon salt (or to taste)
- 1 tablespoon extra virgin olive oil (or avocado oil)
- 1/2 teaspoon lemon juice (for freshness)
- 1 tablespoon fresh parsley or cilantro, chopped (optional)
- 1 tablespoon nutritional yeast (optional, adds a cheesy flavor and extra B vitamins)
- 1/4 avocado, sliced (optional, for added healthy fats)

Prep. time:

10 min

Cooking time:

10 mins

servings:

2

DIRECTIONS

1. Prepare the Tofu

Drain the firm tofu and pat it dry with a paper towel. Crumble it into small, scrambled egg-like pieces using your hands or a fork.

2. Sauté the Aromatics

Heat 1 tablespoon olive oil in a non-stick pan over medium heat. Add chopped onions and garlic, sauté for 1–2 minutes until fragrant.

3. Add Peppers & Spices

Stir in diced bell peppers and cook for 3–4 minutes until slightly softened.

Sprinkle in turmeric, cumin, smoked paprika (if using), black pepper, and salt.

Stir well to coat the vegetables with spices.

4. Cook the Tofu

Add the crumbled tofu to the pan, stirring well to combine with the spices and vegetables.

Let it cook for 3–4 minutes, stirring occasionally.

5. Enhance the Flavor

Stir in lemon juice, nutritional yeast (if using), and fresh herbs. Cook for another 1–2 minutes, then remove from heat.

6. Serve & Enjoy

Plate the scramble and optionally top with sliced avocado for extra healthy fats.

Serve warm with a side of whole-grain toast (low-carb option) or a small salad.

Nutrition (per serving)

Calories: 180 | **Protein:** 13g | **Carbohydrates:** 9g | **Fats:** 11g | **Fiber:** 3g | **Cholesterol:** 0mg | **Sodium:** 180mg | **Potassium:** 350mg

Cottage Cheese with Flaxseeds & Sliced Peaches

INGREDIENTS

- 1 cup low-fat cottage cheese (or full-fat for extra satiety)
- 1 small ripe peach, sliced (or ½ cup frozen unsweetened peach slices, thawed)
- 1 tablespoon ground flaxseeds
- ½ teaspoon cinnamon (optional, for flavor & blood sugar control)
- ½ teaspoon vanilla extract (optional, for added sweetness without sugar)
- 5-6 chopped walnuts or almonds (optional, for crunch and healthy fats)
- ½ teaspoon chia seeds (optional, for extra fiber and omega-3s)
- 2-3 drops liquid stevia or monk fruit sweetener (optional, for extra sweetness)

Prep. time:

5 min

Cooking time:

0 mins

servings:

2

DIRECTIONS

1. Prepare Ingredients:

Slice the peach into thin wedges and set aside.

2. Mix Base:

In a bowl, stir the cottage cheese to create a creamy consistency. Add vanilla extract and mix well.

3. Add Flaxseeds:

Sprinkle the ground flaxseeds over the cottage cheese, stirring gently to distribute evenly.

4. Top with Peaches:

Arrange the sliced peaches on top of the cottage cheese mixture.

5. Enhance with Optional Ingredients:

Sprinkle cinnamon, chopped nuts, and chia seeds if using. If additional sweetness is desired, add a few drops of liquid stevia or monk fruit sweetener.

6. Serve & Enjoy:

Enjoy immediately or refrigerate for a chilled treat.

Nutrition (per serving)

Calories: 140 | **Protein:** 12g | **Carbohydrates:** 10g | **Fats:** 6g | **Fiber:** 3g | **Cholesterol:** 5mg | **Sodium:** 300mg | **Potassium:** 200mg

Unsweetened Coconut & Chia Seed Smoothie

INGREDIENTS

- 1 cup (240 ml) unsweetened coconut milk (preferably from a carton, not canned, to keep it light)
- ½ cup (120 ml) water
- 2 tbsp chia seeds (rich in fiber and omega-3s)
- ¼ cup (25 g) unsweetened shredded coconut
- ½ cup (75 g) frozen or fresh blueberries (low glycemic index fruit)
- ¼ cup (50 g) plain Greek yogurt (unsweetened, full-fat or low-fat)
- ½ tsp cinnamon (helps regulate blood sugar)
- ½ tsp vanilla extract (for flavor without sugar)
- 4–6 ice cubes (optional, for a chilled texture)
- Liquid stevia or monk fruit sweetener (optional, to taste, if extra sweetness is desired)
- **Optional Add-ins for Extra Nutrition**
- **1 tbsp flaxseeds** (additional fiber & healthy fats)
- **½ scoop unsweetened protein powder** (for higher protein content)
- **1 tbsp almond butter** (healthy fats & protein)

Prep. time:

5 min

Cooking time:

0 mins

servings:

2

DIRECTIONS

1. Prepare the chia seeds:

In a small bowl, mix chia seeds with ½ cup water and let them sit for 5 minutes to form a gel-like consistency. This boosts fiber content and thickens the smoothie.

2. Blend the base ingredients:

In a blender, add unsweetened coconut milk, Greek yogurt, cinnamon, vanilla extract, and blueberries. Blend for 30 seconds until smooth.

3. Incorporate fiber and texture:

Add the soaked chia seeds, shredded coconut, and optional ingredients (flaxseeds, protein powder, or almond butter). Blend again until fully mixed.

4. Adjust thickness:

If the smoothie is too thick, add a bit more water or coconut milk. For a colder smoothie, add ice cubes and blend until smooth.

5. Taste and sweeten if necessary:

Add a few drops of liquid stevia or monk fruit sweetener if desired.

6. Serve immediately:

Pour into two glasses and enjoy fresh.

Nutrition (per serving)

Calories: 175 | **Protein:** 7g | **Carbohydrates:** 11g | **Fats:** 12g | **Fiber:** 7g | **Cholesterol:** 5mg | **Sodium:** 50mg | **Potassium:** 320mg

Zucchini & Carrot Pancakes with Greek Yogurt

INGREDIENTS

- 1 medium zucchini (about 1 cup, grated)
- 1 medium carrot (about ½ cup, grated)
- ½ small onion (finely chopped)
- 2 large eggs
- ¼ cup almond flour (or coconut flour for lower carbs)
- ¼ cup ground flaxseed (adds fiber and omega-3s)
- ¼ teaspoon baking powder
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano (or any preferred herb)
- ½ teaspoon salt (or to taste)
- ¼ teaspoon black pepper
- ½ teaspoon turmeric powder (optional, anti-inflammatory)
- 1 tablespoon olive oil or avocado oil (for cooking)
- For the Greek Yogurt Topping:
 - ½ cup plain Greek yogurt (unsweetened, full-fat or low-fat)
 - 1 teaspoon lemon juice
 - 1 tablespoon fresh chopped parsley or dill

Prep. time:

15 min

Cooking time:

15 mins

servings:

8 pancakes

DIRECTIONS

1. Prepare the Vegetables:

Grate the zucchini and carrot using a box grater.

Place the grated zucchini in a clean kitchen towel or cheesecloth and squeeze out excess moisture. This prevents soggy pancakes.

In a bowl, combine the zucchini, carrot, and chopped onion.

2. Make the Batter:

In a separate bowl, whisk the eggs.

Add almond flour, ground flaxseed, baking powder, garlic powder, oregano, salt, pepper, and turmeric (if using). Mix well.

Stir in the grated vegetables and combine until evenly mixed.

3. Cook the Pancakes:

Heat 1 tablespoon olive oil in a non-stick pan over medium heat.

Scoop about ¼ cup of the batter for each pancake and flatten slightly.

Cook for 3-4 minutes per side until golden brown and firm. Repeat with remaining batter, adding more oil if needed.

4. Prepare the Yogurt Topping:

Mix Greek yogurt, lemon juice, and fresh herbs in a small bowl.

5. Serve:

Serve warm with a dollop of Greek yogurt topping.

Nutrition (per serving)

Calories: 160 | **Protein:** 9g | **Carbohydrates:** 8g | **Fats:** 11g | **Fiber:** 4g | **Cholesterol:** 95mg | **Sodium:** 280mg | **Potassium:** 400mg

Baked Egg Cups with Turkey & Veggies

INGREDIENTS

- 6 large eggs
- ½ cup unsweetened almond milk (or low-fat milk)
- 1 cup lean ground turkey (or diced cooked turkey breast)
- ½ cup bell peppers, finely chopped (any color)
- ½ cup fresh spinach, chopped
- ¼ cup onion, finely chopped
- ¼ cup shredded reduced-fat cheese (cheddar, mozzarella, or feta) (optional)
- ½ tsp garlic powder
- ½ tsp black pepper
- ¼ tsp salt (optional, or adjust to preference)
- ¼ tsp paprika (optional, for added flavor)
- ½ tsp dried oregano or Italian seasoning
- 1 tbsp olive oil (for sautéing)

Prep. time:

10 min

Cooking time:

20 mins

servings:

6

DIRECTIONS

1. Preheat Oven:

Preheat your oven to 375°F (190°C). Lightly grease a 12-cup muffin tin with non-stick spray or line with silicone muffin liners.

2. Cook the Turkey & Veggies:

Heat a skillet over medium heat and add olive oil.

Add chopped onions and bell peppers, sauté for 2–3 minutes until softened.

Add ground turkey, breaking it apart with a spatula. Cook until no longer pink, about 5 minutes.

Stir in spinach and cook for another 1–2 minutes until wilted. Remove from heat and let cool slightly.

3. Prepare the Egg Mixture:

In a large bowl, whisk together eggs, almond milk, garlic powder, black pepper, salt (if using), paprika, and oregano.

4. Assemble the Egg Cups:

Evenly distribute the turkey and vegetable mixture into the muffin cups.

Pour the egg mixture over the fillings, filling each cup about ¾ full.

Sprinkle with shredded cheese if using.

5. Bake:

Place the muffin tin in the preheated oven and bake for 18–20 minutes, or until the eggs are set and slightly golden on top.

Remove from the oven and let the egg cups cool for a few minutes before removing them from the tin.

6. Serve & Store:

Enjoy warm or store in an airtight container in the refrigerator for up to 4 days.

Nutrition (per serving)

Calories: 150 | **Protein:** 16g | **Carbohydrates:** 3g | **Fats:** 8g | **Fiber:** 1g | **Cholesterol:** 185mg | **Sodium:** 250mg | **Potassium:** 280mg

Quinoa Porridge with Almond Butter & Chia

INGREDIENTS

- ½ cup quinoa, rinsed
- 1 cup unsweetened almond milk (or water for a lower-calorie option)
- ½ cup water
- 1 tbsp chia seeds
- 1 tbsp almond butter (unsweetened, natural)
- ½ tsp cinnamon (helps regulate blood sugar)
- ½ tsp vanilla extract (optional)
- 1 tsp monk fruit sweetener (or stevia, optional)
- ¼ cup fresh berries (blueberries or raspberries, optional)
- 1 tbsp crushed almonds or walnuts (optional, for added crunch)

Prep. time:

5 min

Cooking time:

15 mins

servings:

2

DIRECTIONS

1. Cook the Quinoa:

In a small pot, combine rinsed quinoa, almond milk, and water. Bring to a boil over medium heat.

2. Simmer:

Reduce heat to low, cover, and simmer for 12-15 minutes until quinoa is soft and liquid is absorbed. Stir occasionally.

3. Add Fiber & Flavor:

Stir in chia seeds, almond butter, cinnamon, and vanilla extract. Mix well and let sit for 2 minutes to allow chia seeds to thicken the porridge.

4. Sweeten Naturally (Optional):

If desired, add monk fruit sweetener or stevia for extra sweetness.

5. Serve & Garnish:

Transfer to bowls and top with fresh berries and crushed nuts for extra texture and nutrients.

Nutrition (per serving)

Calories: 235 | **Protein:** 8g | **Carbohydrates:** 29g | **Fats:** 10g | **Fiber:** 7g | **Cholesterol:** 0mg | **Sodium:** 90mg | **Potassium:** 320mg

Cinnamon-Spiced Apple & Walnut Bowl

INGREDIENTS

- 1 medium apple (Granny Smith or Fuji, diced)
- ½ cup unsweetened Greek yogurt (plain, full-fat or low-fat)
- ¼ cup chopped walnuts (lightly toasted for extra flavor)
- 1 tbsp ground flaxseeds (adds fiber and omega-3s)
- ½ tsp ground cinnamon (blood sugar-friendly spice)
- 1 tsp vanilla extract
- ½ tsp monk fruit sweetener (or stevia, optional for extra sweetness)
- 1 tbsp unsweetened shredded coconut (optional for texture)
- 1 tbsp chia seeds (for fiber and protein)
- ½ tsp lemon juice (to prevent apple browning)
- A pinch of sea salt

Prep. time:

10 min

Cooking time:

5 mins

servings:

2

DIRECTIONS

1. Prepare the Apple:

Dice the apple into small bite-sized pieces. Sprinkle with lemon juice and mix to prevent browning.

2. Toast the Walnuts (Optional):

–In a dry skillet over low heat, toast the walnuts for 2–3 minutes until fragrant. Set aside.

3. Mix the Base:

In a medium bowl, combine Greek yogurt, cinnamon, vanilla extract, and sweetener. Stir well.

4. Combine Ingredients:

Add the diced apple, toasted walnuts, flaxseeds, chia seeds, and shredded coconut (if using) to the yogurt mixture. Stir to combine.

Let It Rest – Allow the mixture to sit for a couple of minutes so the chia seeds can absorb some moisture.

5. Serve & Enjoy:

Divide into two bowls and enjoy a healthy breakfast, snack, or light dessert.

Nutrition (per serving)

Calories: 210 | **Protein:** 9g | **Carbohydrates:** 18g | **Fats:** 13g | **Fiber:** 6g | **Cholesterol:** 4mg | **Sodium:** 45mg | **Potassium:** 250mg

Avocado & Tomato Breakfast Salad

INGREDIENTS

- 1 medium avocado, diced
- 1 cup cherry tomatoes, halved
- 1/4 small red onion, thinly sliced
- 1/2 cup cucumber, diced
- 1/2 cup cooked chickpeas (or substitute with cottage cheese for extra protein)
- 2 boiled eggs, chopped
- 1 tbsp extra virgin olive oil
- 1 tbsp lemon juice (or apple cider vinegar)
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/2 tsp dried oregano (or fresh basil, chopped)
- 1 tbsp chia seeds or flaxseeds (for fiber & omega-3s)
- 1 tbsp feta cheese (optional, for extra flavor)

Prep. time:

10 min

Cooking time:

0 mins

servings:

2

DIRECTIONS

1. Prepare the vegetables:

Dice the avocado, halve the cherry tomatoes, slice the red onion, and dice the cucumber.

2. Add protein:

Chop the boiled eggs and add them along with chickpeas to a mixing bowl.

3. Make the dressing:

In a small bowl, whisk together olive oil, lemon juice, sea salt, black pepper, and oregano.

4. Combine the ingredients:

Drizzle the dressing over the salad and toss gently to combine. Boost nutrition: Sprinkle chia or flaxseeds over the salad for extra fiber and omega-3s.

5. Optional topping:

Add crumbled feta cheese for extra flavor.

Serve immediately or refrigerate for up to 2 hours for enhanced flavors.

Nutrition (per serving)

Calories: 320 | **Protein:** 14g | **Carbohydrates:** 22g | **Fats:** 22g | **Fiber:** 10g | **Cholesterol:** 185mg | **Sodium:** 290mg | **Potassium:** 740mg

Chapter 2 Lunch

Grilled Chicken & Avocado Salad with Lemon Dressing

INGREDIENTS

- **For the Salad:**
- 2 boneless, skinless chicken breasts (4 oz each)
- 4 cups mixed leafy greens (such as spinach, kale, and romaine)
- 1 medium avocado, sliced
- ½ cup cherry tomatoes, halved
- ¼ small red onion, thinly sliced
- ¼ cup cucumber, diced
- 2 tbsp crumbled feta cheese (optional, for added flavor)
- 1 tbsp chopped fresh parsley or cilantro (optional)
- 1 tbsp toasted pumpkin seeds or slivered almonds (optional, for crunch)
- **For the Lemon Dressing:**
- 2 tbsp extra-virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- ½ tsp garlic powder
- ½ tsp dried oregano
- ¼ tsp salt
- ¼ tsp black pepper

Prep. time:

15 mins

Cook time:

25 mins

Servings:

2

DIRECTIONS

1. Prepare & Grill the Chicken:

Preheat a grill or stovetop grill pan over medium heat.

Season the chicken breasts with salt, black pepper, and oregano. Lightly brush with 1 teaspoon of olive oil.

Grill the chicken for about 4-5 minutes per side until it reaches an internal temperature of 165°F (75°C).

Remove from heat and let rest for 5 minutes before slicing into strips.

2. Make the Lemon Dressing:

In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic powder, oregano, salt, and black pepper until well combined.

3. Assemble the Salad:

In a large salad bowl, combine mixed leafy greens, cherry tomatoes, cucumber, and red onion.

Add the sliced grilled chicken and avocado.

Sprinkle with feta cheese and pumpkin seeds or almonds (if using).

Drizzle the lemon dressing over the salad and toss gently to coat all ingredients.

4. Serve & Enjoy:

Serve immediately for the best taste and freshness.

Pair with a glass of water with lemon or an unsweetened herbal tea for a refreshing, diabetes-friendly meal.

Nutrition (per serving)

Calories: 380 | **Protein:** 36g | **Carbohydrates:** 12g | **Fats:** 22g | **Fiber:** 6g | **Cholesterol:** 85mg | **Sodium:** 320mg | **Potassium:** 900mg

Lentil & Quinoa Bowl with Roasted Vegetables

INGREDIENTS

Base:

½ cup quinoa, rinsed
½ cup green or brown lentils, rinsed
2 cups water or low-sodium vegetable broth

Roasted Vegetables:

1 small zucchini, diced
1 small red bell pepper, diced
1 small yellow bell pepper, diced
1 cup cauliflower florets
½ small red onion, sliced
1 tablespoon olive oil
1 teaspoon garlic powder
1 teaspoon dried oregano
½ teaspoon smoked paprika
¼ teaspoon ground black pepper
¼ teaspoon salt (or to taste)

Dressing (Optional for Extra Flavor):

1 tablespoon lemon juice
1 tablespoon extra virgin olive oil
1 teaspoon Dijon mustard
½ teaspoon ground cumin

Toppings (Optional for Extra Nutrients):

¼ cup crumbled feta cheese (optional)
2 tablespoons chopped fresh parsley or cilantro
1 tablespoon toasted pumpkin seeds or sunflower seeds

Prep. time:

Cooking time:

servings:

15 min

30 mins

4

DIRECTIONS

1. Cook the Quinoa and Lentils

In a medium saucepan, bring 2 cups of water or broth to a boil.

Add the quinoa and lentils, reduce the heat to low, cover, and simmer for 20–25 minutes until both are tender and the liquid is absorbed.

Remove from heat, fluff with a fork, and set aside.

2. Roast the Vegetables

Preheat the oven to 400°F (200°C).

In a large mixing bowl, toss the zucchini, bell peppers, cauliflower, and red onion with olive oil, garlic powder, oregano, smoked paprika, black pepper, and salt.

Spread the vegetables on a baking sheet in a single layer.

Roast for 20 minutes, stirring halfway through, until tender and slightly caramelized.

3. Prepare the Dressing (Optional)

In a small bowl, whisk together lemon juice, olive oil, Dijon mustard, and ground cumin.

4. Assemble the Bowl

Divide the cooked quinoa and lentils among four bowls.

Top with roasted vegetables.

Drizzle with the dressing, if using.

Sprinkle with feta cheese, fresh parsley, and seeds if desired.

Nutrition (per serving)

Calories: 290 | **Protein:** 12g | **Carbohydrates:** 38g | **Fats:** 9g | **Fiber:** 10g | **Cholesterol:** 0mg | **Sodium:** 150mg | **Potassium:** 600mg

Wild Salmon & Kale Salad with Balsamic Vinaigrette

INGREDIENTS

For the Salad:

6 oz wild-caught salmon fillet
4 cups fresh kale, stems removed, chopped
1/2 small red onion, thinly sliced
1/2 cup cherry tomatoes, halved
1/4 cup cucumber, sliced
1/4 cup avocado, diced
2 tbsp walnuts, chopped (*optional, for added healthy fats and crunch*)
1 tbsp pumpkin seeds (*optional, for extra fiber and minerals*)
1/4 cup crumbled feta cheese (*optional, for a creamy texture and flavor boost*)
1/2 tsp garlic powder
1/2 tsp smoked paprika
1 tbsp olive oil
Salt and black pepper to taste

For the Balsamic Vinaigrette:

2 tbsp extra virgin olive oil
1 tbsp balsamic vinegar
1 tsp Dijon mustard (*helps emulsify the dressing and adds flavor*)
1/2 tsp lemon juice
1/4 tsp dried oregano
1 small garlic clove, minced
Salt and black pepper to taste

Prep. time:

15 min

Cooking time:

10 mins

servings:

2

DIRECTIONS

Step 1: Prepare the Salmon

Preheat a non-stick pan over medium heat.

Rub the salmon fillet with olive oil, garlic powder, smoked paprika, salt, and black pepper.

Cook for about 4–5 minutes per side until the salmon is golden brown and flakes easily with a fork. Remove from heat and set aside to cool slightly.

Step 2: Prepare the Kale

Place chopped kale in a large mixing bowl.

Drizzle with a teaspoon of olive oil and a pinch of salt.

Massage the kale with your hands for about 2 minutes until the leaves become tender and slightly wilted.

Step 3: Make the Balsamic Vinaigrette

In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard, lemon juice, oregano, minced garlic, salt, and black pepper until well combined.

Step 4: Assemble the Salad

Add the sliced red onion, cherry tomatoes, cucumber, and avocado to the massaged kale.

Drizzle the balsamic vinaigrette over the salad and toss gently to coat all ingredients evenly.

Flake the cooked salmon into bite-sized pieces and place on top of the salad.

Sprinkle with walnuts, pumpkin seeds, and feta cheese (if using).

Nutrition (per serving)

Calories: 420 | **Protein:** 35g | **Carbohydrates:** 14g | **Fats:** 28g | **Fiber:** 6g | **Cholesterol:** 65mg | **Sodium:** 320mg | **Potassium:** 850mg

Cucumber & Chickpea Greek Salad with Feta

INGREDIENTS

- 1 ½ cups canned chickpeas, drained and rinsed
- 1 large cucumber, diced
- 1 cup cherry tomatoes, halved
- ½ red onion, thinly sliced
- ¼ cup kalamata olives, pitted and sliced
- ¼ cup feta cheese, crumbled
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh mint (optional, for extra freshness)
- Dressing
- 3 tbsp extra virgin olive oil
- 2 tbsp lemon juice (freshly squeezed)
- 1 tsp red wine vinegar
- 1 garlic clove, minced
- ½ tsp dried oregano
- ¼ tsp black pepper
- ¼ tsp salt (optional, as feta and olives add saltiness)

Prep. time:

15 min

Cooking time:

0 mins

servings:

4

DIRECTIONS

1. Prepare the Ingredients

Rinse and drain canned chickpeas thoroughly to remove excess sodium.

Dice the cucumber, halve the cherry tomatoes, slice the red onion, and chop the parsley and mint (if using).

2. Assemble the Salad

In a large mixing bowl, combine chickpeas, cucumber, tomatoes, red onion, and olives.

Sprinkle crumbled feta cheese and fresh herbs on top.

3. Prepare the Dressing

In a small bowl or jar, whisk together olive oil, lemon juice, red wine vinegar, minced garlic, oregano, black pepper, and salt (if using).

4. Toss & Serve

Pour the dressing over the salad and toss gently until well combined.

Let the salad sit for 5-10 minutes to allow flavors to meld.

5. Enjoy!

Serve immediately or refrigerate for up to 2 days for a chilled version.

Nutrition (per serving)

Calories: 210 | **Protein:** 7g | **Carbohydrates:** 19g | **Fats:** 12g | **Fiber:** 5g | **Cholesterol:** 10mg | **Sodium:** 320mg | **Potassium:** 360mg

Cauliflower Fried Rice with Shrimp

INGREDIENTS

- 1 lb (16 oz) shrimp, peeled and deveined
- 4 cups cauliflower rice (fresh or frozen)
- 1 tbsp olive oil or avocado oil
- 1/2 medium onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup bell peppers, diced (any color)
- 1/2 cup carrots, finely diced
- 1/2 cup green peas (optional, limit for very low-carb diets)
- 2 large eggs, beaten
- 3 tbsp low-sodium soy sauce or coconut aminos
- 1 tsp sesame oil
- 1/2 tsp ground black pepper
- 1/2 tsp ground ginger or 1 tsp fresh grated ginger
- 2 green onions, chopped (for garnish)
- 1 tbsp fresh cilantro, chopped (optional)
- 1/2 tsp red pepper flakes (optional for a bit of heat)

Prep. time:

Cooking time:

servings:

15 min

0 mins

4

DIRECTIONS

1. Prepare the Shrimp

Heat 1/2 tbsp oil in a large skillet or wok over medium-high heat.

Add shrimp, season lightly with black pepper, and cook for about 2 minutes per side until pink and opaque.

Remove shrimp from the skillet and set aside.

2. Sauté the Vegetables

In the same skillet, add the remaining oil.

Sauté onion, garlic, carrots, and bell peppers for 2-3 minutes until softened.

If using peas, add them now and stir.

3. Cook the Cauliflower Rice

Add the cauliflower rice to the pan and stir well.

Cook for 3-4 minutes, stirring occasionally, until the cauliflower is tender but not mushy.

4. Scramble the Eggs

Push the vegetables and cauliflower rice to one side of the pan.

Pour the beaten eggs into the empty side and scramble until fully cooked.

Mix the scrambled eggs with the rest of the ingredients.

5. Add Seasoning and Shrimp

Pour in soy sauce (or coconut aminos), sesame oil, and ground ginger. Stir well.

Return the cooked shrimp to the skillet and mix everything together.

Cook for another 2 minutes to allow the flavors to blend.

6. Garnish and Serve

Remove from heat and sprinkle with green onions, cilantro, and red pepper flakes if using.

Serve warm and enjoy!

Nutrition (per serving)

Calories: 220 | Protein: 28g | Carbohydrates: 10g | Fats: 8g | Fiber: 4g | Cholesterol: 190mg | Sodium: 460mg | Potassium: 520mg

Zucchini Noodles with Pesto & Grilled Chicken

INGREDIENTS

- **For the Zucchini Noodles**
- 2 medium zucchini, spiralized (~4 cups)
- 1 teaspoon olive oil
- 1 clove garlic, minced
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- **For the Pesto**
- 1 cup fresh basil leaves, packed
- ¼ cup walnuts (or almonds, for variation)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons grated Parmesan cheese (optional)
- 1 small garlic clove, minced
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1–2 tablespoons water (as needed for consistency)
- **For the Grilled Chicken**
- 2 small boneless, skinless chicken breasts (~4 oz each)
- ½ teaspoon olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ teaspoon dried oregano
- ½ teaspoon smoked paprika (optional)
- **Optional Add-Ons (for extra flavor and nutrition)**
- 1 tablespoon pine nuts (for garnish)
- ½ teaspoon red pepper flakes (for a spicy kick)
- ½ cup cherry tomatoes, halved
- 2 teaspoons grated Parmesan cheese for topping (optional)

Prep. time:

Cooking time:

servings:

15 min

15 mins

2

DIRECTIONS

Step 1: Prepare the Pesto

In a food processor, combine basil, walnuts, olive oil, lemon juice, Parmesan (if using), garlic, salt, and pepper.

Pulse until blended, adding water 1 tablespoon at a time until smooth and spreadable. Set aside.

Step 2: Grill the Chicken

Preheat a grill pan or skillet over medium heat.

Rub the chicken breasts with olive oil, salt, black pepper, oregano, and smoked paprika.

Grill for 5–7 minutes per side until cooked through (internal temperature of 165°F).

Remove from heat, let rest for 5 minutes, then slice into strips.

Step 3: Cook the Zucchini Noodles

Heat olive oil in a large pan over medium heat.

Add minced garlic and sauté for 30 seconds until fragrant.

Add zucchini noodles, salt, and pepper, and cook for 2–3 minutes, stirring frequently. Avoid overcooking to keep them firm.

Remove from heat and toss with the prepared pesto.

Step 4: Assemble and Serve

Divide the zucchini noodles between two plates.

Top with grilled chicken strips.

Garnish with pine nuts, cherry tomatoes, red pepper flakes, or Parmesan (if using).

Serve immediately and enjoy!

Nutrition (per serving)

Calories: 350 | **Protein:** 32g | **Carbohydrates:** 9g | **Fats:** 21g | **Fiber:** 3g | **Cholesterol:** 65mg | **Sodium:** 320mg | **Potassium:** 750mg

Spaghetti Squash with Turkey Bolognese

INGREDIENTS

- **For the Spaghetti Squash:**
- 1 medium spaghetti squash (about 3 lbs)
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- **For the Turkey Bolognese:**
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 small carrot, finely diced (optional, for natural sweetness)
- 1 small celery stalk, finely diced
- 1 lb lean ground turkey (93% lean)
- 1 (14.5 oz) can no-salt-added diced tomatoes
- 1 (8 oz) can no-salt-added tomato sauce
- 1 tbsp tomato paste
- ½ tsp dried oregano
- ½ tsp dried basil
- ¼ tsp red pepper flakes (optional, for spice)
- ¼ tsp salt (or to taste)
- ¼ tsp black pepper
- ¼ tsp cinnamon (optional, enhances flavor without sugar)
- ½ cup low-sodium chicken broth or water (if needed for consistency)
- **For Garnish:**
- 2 tbsp grated Parmesan cheese (optional)
- 2 tbsp fresh parsley or basil, chopped

Prep. time:

Cooking time:

servings:

15 min

40 mins

4

DIRECTIONS

1. Prepare the Spaghetti Squash:

Preheat oven to 400°F (200°C).

Cut spaghetti squash in half lengthwise and remove seeds. Brush the cut sides with 1 tbsp olive oil, and season with ¼ tsp salt and ¼ tsp black pepper.

Place cut-side down on a baking sheet lined with parchment paper. Roast for 35-40 minutes, until tender.

Let it cool slightly, then use a fork to shred the flesh into spaghetti-like strands. Set aside.

2. Cook the Turkey Bolognese:

Heat 1 tbsp olive oil in a large skillet over medium heat.

Add chopped onion, garlic, carrot (if using), and celery. Sauté for 3-4 minutes until softened.

Add ground turkey and cook for 5-7 minutes, breaking it up with a spoon until browned.

Stir in diced tomatoes, tomato sauce, tomato paste, oregano, basil, red pepper flakes (if using), salt, black pepper, and cinnamon (if using).

Simmer uncovered for 15-20 minutes, stirring occasionally. If the sauce thickens too much, add chicken broth or water gradually.

3. Assemble and Serve:

Divide spaghetti squash among four plates.

Top with turkey Bolognese.

Sprinkle with Parmesan cheese (if using) and fresh parsley or basil.

Serve warm and enjoy!

Nutrition (per serving)

Calories: 275 | **Protein:** 28g | **Carbohydrates:** 18g | **Fats:** 9g | **Fiber:** 4g | **Cholesterol:** 55mg | **Sodium:** 320mg | **Potassium:** 700mg

Vegan Buddha Bowl with Tofu & Tahini Dressing

INGREDIENTS

- **For the Bowl:**
- 1 cup cauliflower rice (low-carb alternative to grains)
- 1/2 cup cooked quinoa (optional but adds protein & fiber)
- 1/2 cup chickpeas (rinsed & drained, great for fiber)
- 1/2 cup firm tofu (cubed)
- 1/2 teaspoon turmeric (anti-inflammatory)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1 teaspoon olive oil
- 1 cup baby spinach (or kale)
- 1/4 cup shredded carrots
- 1/4 cup cherry tomatoes, halved
- 1/4 avocado, sliced (healthy fats for blood sugar balance)
- 1 tablespoon pumpkin seeds (for crunch & magnesium)
- **For the Tahini Dressing:**
- 1 tablespoon tahini (good fats & low-carb)
- 1 teaspoon lemon juice (vitamin C for better iron absorption)
- 1 teaspoon apple cider vinegar (may help regulate blood sugar)
- 1/2 teaspoon Dijon mustard
- 1 small garlic clove, minced
- 1–2 tablespoons water (to thin the dressing as needed)
- Salt & pepper to taste
- **Optional Ingredients for Extra Flavor & Nutrition:**
- 1 teaspoon nutritional yeast (adds a cheesy flavor & B12)
- 1/2 teaspoon ground cumin (supports digestion)
- A pinch of red pepper flakes (adds a mild kick)

Prep. time:

Cooking time:

servings:

15 min

20 mins

2

DIRECTIONS

Step 1: Prepare the Tofu

Preheat the oven to 375°F (190°C) or heat a skillet over medium heat.

Toss the cubed tofu with olive oil, turmeric, garlic powder, smoked paprika, and a pinch of salt.

Bake for 20 minutes, flipping halfway through, or pan-fry for 8–10 minutes, until golden brown and crispy.

Step 2: Cook the Cauliflower Rice & Quinoa

Heat a pan over medium heat and lightly sauté cauliflower rice for 3–4 minutes until tender.

If using quinoa, make sure it's pre-cooked.

Step 3: Assemble the Bowl

Arrange baby spinach at the base of each bowl.

Add cooked cauliflower rice and quinoa.

Layer on roasted tofu, chickpeas, shredded carrots, cherry tomatoes, and avocado slices.

Sprinkle with pumpkin seeds.

Step 4: Make the Dressing

Whisk together tahini, lemon juice, apple cider vinegar, Dijon mustard, garlic, salt, and pepper in a small bowl.

Add water as needed to reach the desired consistency.

Step 5: Serve & Enjoy!

Drizzle the tahini dressing over the bowl.

Sprinkle with nutritional yeast, cumin, or red pepper flakes, if using.

Enjoy warm or at room temperature

Nutrition (per serving)

Calories: 320 | **Protein:** 16g | **Carbohydrates:** 28g | **Fats:** 16g | **Fiber:** 9g | **Cholesterol:** 0mg | **Sodium:** 200mg | **Potassium:** 650mg

Low-Carb Eggplant & Tomato Stack with Ricotta

INGREDIENTS

- 1 large eggplant, sliced into ½-inch rounds
- 2 large tomatoes, sliced into ¼-inch rounds
- 1 cup ricotta cheese (preferably part-skim)
- ¼ cup grated Parmesan cheese
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt (or to taste)
- ¼ teaspoon black pepper
- ¼ teaspoon red pepper flakes (optional, for a slight kick)
- ¼ cup fresh basil leaves, chopped (for garnish)
- **Optional Additions (for extra flavor & nutrition):**
- ½ teaspoon balsamic vinegar (for a touch of sweetness)
- 2 tablespoons pine nuts (for crunch and healthy fats)
- ¼ teaspoon smoked paprika (for a deeper flavor)

Prep. time:

15 min

Cooking time:

20 mins

servings:

4

DIRECTIONS

Step 1: Prepare the Eggplant

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.

Lay the eggplant slices on a clean kitchen towel or paper towel and sprinkle with a pinch of salt. Let them sit for 10 minutes to draw out excess moisture. Pat them dry.

Brush both sides of the eggplant slices with olive oil and place them on the baking sheet.

Bake for 15 minutes, flipping halfway through, until tender and slightly golden.

Step 2: Prepare the Ricotta Mixture

In a small bowl, mix ricotta cheese, Parmesan, garlic powder, oregano, black pepper, and red pepper flakes (if using).

Step 3: Assemble the Stacks

Remove the eggplant from the oven. Place a slice of eggplant on a serving plate, add a spoonful of the ricotta mixture, and top with a slice of tomato. Repeat the layers, ending with a tomato slice.

Drizzle lightly with balsamic vinegar (if using) and top with fresh basil.

Step 4: Serve & Enjoy

Serve warm or at room temperature. Optionally, garnish with pine nuts for added texture

Nutrition (per serving)

Calories: 160 | **Protein:** 9g | **Carbohydrates:** 10g | **Fats:** 10g | **Fiber:** 4g | **Cholesterol:** 20mg | **Sodium:** 280mg | **Potassium:** 450mg

Turkey & Spinach Wrap in a Whole-Grain Tortilla

INGREDIENTS

- 2 medium whole-grain tortillas (6-inch, low-carb, high-fiber)
- 6 oz lean roasted turkey breast (sliced, low-sodium)
- 1 cup fresh baby spinach (packed)
- ½ medium avocado (mashed, optional for creaminess and healthy fats)
- 2 tbsp Greek yogurt (plain, non-fat)
- 1 tsp Dijon mustard (low-sodium, optional for extra flavor)
- ¼ cup shredded carrots (adds fiber and crunch)
- 2 tbsp chopped walnuts (optional for extra texture and heart-healthy fats)
- ¼ tsp black pepper (to taste)
- ¼ tsp garlic powder (optional)

Prep. time:

15 min

Cooking time:

20 mins

servings:

4

DIRECTIONS

1. Prepare the Spread:

In a small bowl, mix Greek yogurt and Dijon mustard.

Add mashed avocado (if using) and stir until smooth.

2. Assemble the Wrap:

Lay the whole-grain tortilla flat on a clean surface.

Spread a thin layer of the yogurt-mustard mixture evenly over the tortilla.

3. Layer the Ingredients:

Place 3 oz of turkey slices in the center of each tortilla.

Add ½ cup fresh baby spinach on top of the turkey.

Sprinkle 2 tbsp shredded carrots and 1 tbsp chopped walnuts (if using).

Lightly season with black pepper and garlic powder.

4. Wrap it Up:

Fold in the sides of the tortilla, then roll it tightly from the bottom up.

Slice in half diagonally for easy eating.

5. Serve and Enjoy:

Serve immediately or wrap in foil for a convenient meal on the go.

Nutrition (per serving)

Calories: 290 | **Protein:** 32g | **Carbohydrates:** 24g | **Fats:** 9g | **Fiber:** 7g | **Cholesterol:** 40mg | **Sodium:** 480mg | **Potassium:** 540mg

Roasted Red Pepper & Hummus Collard Wrap

INGREDIENTS

- **Collard Wraps:**
- 2 large collard green leaves, washed and stems trimmed
- ½ cup hummus (preferably low-carb, homemade, or store-bought with no added sugars)
- ½ cup roasted red bell peppers, sliced (no added sugars or oils)
- ½ cup cucumber, julienned
- ½ cup carrot, julienned (optional for added fiber)
- ¼ cup red onion, thinly sliced
- ¼ cup avocado, sliced (adds healthy fats and fiber)
- ¼ cup cherry tomatoes, halved
- 2 tbsp feta cheese, crumbled (optional, for extra protein and calcium)
- ½ tsp lemon juice (for extra freshness)
- ½ tsp olive oil (optional, for added healthy fats)
- ½ tsp ground cumin (for flavor boost)
- ¼ tsp black pepper
- ¼ tsp sea salt

Prep. time:

15 min

Cooking time:

5 mins

servings:

2

DIRECTIONS

Step 1: Prepare the Collard Green Wraps

Bring a pot of water to a boil. Blanch the collard greens by submerging them in boiling water for 30 seconds, then transfer them to an ice bath. Pat dry with a clean towel. This softens the leaves, making them more pliable for wrapping.

Step 2: Assemble the Wraps

Lay each collard green leaf flat on a cutting board, stem-side down.

Spread ¼ cup of hummus on the center of each leaf.

Layer the following ingredients evenly:

- Roasted red peppers
- Cucumber
- Carrots (if using)
- Red onion
- Avocado slices
- Cherry tomatoes
- Feta cheese (if using)

Drizzle with lemon juice and olive oil (if using). Sprinkle with cumin, black pepper, and sea salt for extra flavor.

Step 3: Wrap & Serve

Fold in the sides of the collard leaf, then roll tightly like a burrito to enclose the filling.

Slice in half diagonally and serve immediately.

Nutrition (per serving)

Calories: 210 | **Protein:** 7g | **Carbohydrates:** 22g | **Fats:** 10g | **Fiber:** 8g | **Cholesterol:** 5mg | **Sodium:** 290mg | **Potassium:** 640mg

Homemade Minestrone Soup (No Pasta)

INGREDIENTS

- **Vegetables & Legumes:**
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup celery, chopped

- 1 cup carrots, diced
- 1 cup zucchini, chopped
- 1 ½ cups green beans, chopped
- 1 ½ cups chopped tomatoes (fresh or canned, no added sugar)
- 1 cup kale or spinach, chopped
- 1 cup cooked cannellini beans (or chickpeas for variety)
- **Broth & Seasonings:**
- 4 cups low-sodium vegetable broth
- 2 cups water
- 1 cup crushed tomatoes (no added sugar)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- ½ teaspoon black pepper
- ¼ teaspoon crushed red pepper flakes (optional for heat)
- 1 bay leaf
- **Protein Boost (Optional):**
- 1 cup cooked shredded chicken or turkey (optional)
- ½ cup diced firm tofu (optional, for plant-based protein)
- **Healthy Fats:**
- 1 tablespoon olive oil
- **Optional Flavor Enhancers:**
- 1 tablespoon balsamic vinegar (for added depth)
- ½ teaspoon smoked paprika (for a richer taste)
- 1 tablespoon nutritional yeast (for a cheesy umami boost)

Prep. time:

15 min

Cooking time:

40 mins

servings:

6

DIRECTIONS

1. Sauté Aromatics:

Heat olive oil in a large pot over medium heat.

Add onion, garlic, celery, and carrots. Sauté for 5 minutes until softened.

2. Build the Base:

Stir in green beans, zucchini, tomatoes, and crushed tomatoes.

Add the vegetable broth, water, and all seasonings, including the bay leaf.

3. Simmer for Flavor:

Bring the soup to a gentle boil, then reduce heat to low.

Simmer uncovered for 25–30 minutes, stirring occasionally.

4. Add Protein & Greens:

Stir in cooked beans and kale (or spinach).

If using shredded chicken or tofu, add them at this stage.

Simmer for another 5 minutes.

Final Adjustments:

Remove bay leaf and discard.

Taste and adjust seasonings if needed.

If using balsamic vinegar, stir it in before serving.

Nutrition (per serving)

Calories: 140 | **Protein:** 7g | **Carbohydrates:** 18g | **Fats:** 3g | **Fiber:** 6g | **Cholesterol:** 0mg | **Sodium:** 290mg | **Potassium:** 650mg

Black Bean & Avocado Lettuce Wraps

INGREDIENTS

- 8 large Romaine or Butter lettuce leaves (for wrapping)
- 1 cup black beans, drained and rinsed
- 1 small avocado, diced
- 1/2 cup cherry tomatoes, diced
- 1/4 cup red bell pepper, finely chopped
- 1/4 cup red onion, finely chopped
- 1/4 cup cilantro, chopped
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1 tbsp fresh lime juice
- 1 tbsp olive oil
- 1/4 cup plain Greek yogurt (optional, for topping)
- 1 tbsp sunflower seeds or chopped walnuts (optional, for extra crunch)

Prep. time:

15 min

Cooking time:

5 mins

servings:

4

DIRECTIONS

1. Prepare the Filling:

In a mixing bowl, combine black beans, avocado, cherry tomatoes, red bell pepper, red onion, and cilantro.

2. Season the Mixture:

Add cumin, garlic powder, black pepper, lime juice, and olive oil.

Toss gently to combine, ensuring the avocado stays in chunks.

Assemble the Wraps:

Lay out lettuce leaves and spoon the black bean mixture evenly onto each leaf.

3. Optional Toppings:

Drizzle with plain Greek yogurt for extra creaminess.

Sprinkle with sunflower seeds or walnuts for added texture.

4. Serve & Enjoy:

Fold the lettuce leaves gently around the filling and enjoy fresh.

Nutrition (per serving)

Calories: 180 | **Protein:** 6g | **Carbohydrates:** 20g | **Fats:** 9g | **Fiber:** 7g | **Cholesterol:** 0mg | **Sodium:** 120mg | **Potassium:** 480mg

Cauliflower & Broccoli Soup with Cheddar

INGREDIENTS

- 2 cups cauliflower florets
- 2 cups broccoli florets
- 1 small onion, diced
- 2 cloves garlic, minced
- 3 cups low-sodium vegetable or chicken broth
- 1 cup unsweetened almond milk (or low-fat milk)
- 1 cup shredded sharp cheddar cheese (reduced-fat if preferred)
- 1 tablespoon olive oil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt (optional, adjust to taste)
- Optional Additions for Extra Flavor & Nutrition:
 - 1/4 teaspoon cayenne pepper (for a mild spice)
 - 1 tablespoon nutritional yeast (for extra cheesy flavor and B vitamins)
 - 1/2 teaspoon turmeric (anti-inflammatory benefits)
 - 1 tablespoon plain Greek yogurt (for creamier texture and extra protein)

Prep. time:

15 min

Cooking time:

25 mins

servings:

4

DIRECTIONS

1. Prepare the Vegetables:

Wash and chop cauliflower and broccoli into small florets.

Dice the onion and mince the garlic.

2. Sauté the Aromatics:

In a large pot, heat olive oil over medium heat.

Add diced onion and sauté for 3–4 minutes until softened.

Stir in minced garlic, thyme, and black pepper. Cook for another minute until fragrant.

3. Cook the Vegetables:

Add cauliflower and broccoli florets to the pot.

Pour in the low-sodium broth and bring to a boil.

Reduce heat and let simmer for 15 minutes until vegetables are tender.

4. Blend the Soup:

Use an immersion blender to blend until smooth. Alternatively, transfer the soup to a blender in batches and blend until creamy.

5. Add Milk & Cheese:

Str in unsweetened almond milk and shredded cheddar cheese.

Cook over low heat, stirring until the cheese is fully melted and the soup is creamy.

6. Taste & Adjust:

Add salt if needed and stir in optional seasonings like cayenne or turmeric for extra flavor.

7. Serve Warm:

Garnish with extra shredded cheddar or a dollop of Greek yogurt if desired.

Nutrition (per serving)

Calories: 180 | **Protein:** 12g | **Carbohydrates:** 9g | **Fats:** 11g | **Fiber:** 3g | **Cholesterol:** 20mg | **Sodium:** 320mg | **Potassium:** 450mg

Asian-Style Cabbage & Chicken Slaw

INGREDIENTS

- **For the Slaw:**
- 2 cups green cabbage, shredded
- 2 cups red cabbage, shredded
- 1 cup carrots, julienned
- 1/2 cup red bell pepper, thinly sliced
- 1/2 cup cucumber, thinly sliced
- 2 cups cooked chicken breast, shredded (skinless, boneless)
- 2 green onions, finely chopped
- 1/4 cup cilantro, chopped
- 1/4 cup unsalted peanuts or almonds, chopped (optional, for crunch)
- **For the Dressing:**
- 2 tablespoons rice vinegar (unsweetened)
- 1 tablespoon low-sodium soy sauce (or tamari for gluten-free)
- 1 tablespoon sesame oil
- 1 tablespoon fresh lime juice
- 1 teaspoon fresh ginger, grated
- 1 teaspoon garlic, minced
- 1 teaspoon monk fruit sweetener (or stevia, optional)
- 1/4 teaspoon red pepper flakes (optional, for heat)

Prep. time:

15 min

Cooking time:

10 mins

servings:

4

DIRECTIONS

1. Prepare the Vegetables:

Shred the cabbage and carrots, slice the bell pepper and cucumber, and chop the green onions and cilantro.

2. Cook the Chicken:

If using raw chicken, boil or grill until fully cooked, then shred.

Make the Dressing:

In a small bowl, whisk together rice vinegar, soy sauce, sesame oil, lime juice, ginger, garlic, and sweetener (if using).

3. Assemble the Slaw:

In a large bowl, combine the cabbage, carrots, bell pepper, cucumber, and chicken.

4. Toss with Dressing:

Pour the dressing over the slaw and toss to coat evenly.

5. Garnish and Serve:

Sprinkle with green onions, cilantro, and optional nuts for added crunch. Serve immediately or chill for 15 minutes to enhance flavors.

Nutrition (per serving)

Calories: 180 | **Protein:** 12g | **Carbohydrates:** 9g | **Fats:** 11g | **Fiber:** 3g | **Cholesterol:** 20mg | **Sodium:** 320mg | **Potassium:** 450mg

Chapter 3 Dinner

Garlic Butter Steak with Roasted Potatoes

INGREDIENTS

- **For the Steak:**
- 1 lb (16 oz) lean sirloin steak (or grass-fed ribeye)
- 1 tbsp olive oil
- ½ tsp salt (or to taste)
- ½ tsp black pepper
- 1 tsp smoked paprika (optional for extra flavor)
- 3 cloves garlic, minced
- 1 tbsp unsalted butter (or ghee for a healthier option)
- 1 tbsp fresh parsley, chopped
- ½ tsp dried thyme (or 1 tsp fresh thyme)
- 1 tbsp lemon juice (for added freshness)
- **For the Roasted Potatoes:**
- 2 cups baby potatoes, halved (or substitute with turnips for a lower-carb option)
- 1 tbsp olive oil
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp paprika
- 1 tsp dried rosemary (or fresh, finely chopped)
- **Optional Additions:**
- 1 cup steamed green beans or asparagus (for added fiber and vitamins)
- ¼ tsp red pepper flakes (for a spicy kick)

Prep. time:

15 mins

Cook time:

30 mins

Servings:

4

DIRECTIONS

Step 1: Prepare the Potatoes

Preheat oven to 400°F (200°C).

In a bowl, toss the halved baby potatoes with olive oil, salt, pepper, garlic powder, onion powder, paprika, and rosemary.

Spread evenly on a baking sheet and roast for 25-30 minutes, flipping halfway, until golden and crispy.

Step 2: Prepare the Steak

While potatoes are roasting, pat the steak dry with paper towels and season both sides with salt, pepper, and smoked paprika.

Heat 1 tbsp olive oil in a skillet over medium-high heat.

Sear the steak for 3-4 minutes per side (for medium-rare) or 5-6 minutes per side (for medium), adjusting based on thickness.

Reduce heat to low, add butter, minced garlic, thyme, and lemon juice. Spoon the garlic butter over the steak for 1-2 minutes.

Remove steak from heat, cover with foil, and let rest for 5 minutes before slicing.

Step 3: Serve and Enjoy

Slice steak thinly and serve alongside roasted potatoes and an optional side of steamed green beans or asparagus.

Garnish with fresh parsley and enjoy!

Nutrition (per serving)

Calories: 380 | **Protein:** 36g | **Carbohydrates:** 12g | **Fats:** 22g | **Fiber:** 6g | **Cholesterol:** 85mg | **Sodium:** 320mg | **Potassium:** 900mg

Creamy Tuscan Chicken with Sun-Dried Tomatoes

INGREDIENTS

- 4 small boneless, skinless chicken breasts (about 5 oz each)
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- ½ cup sun-dried tomatoes (no sugar added), chopped
- 1 ½ cups fresh spinach, chopped
- 1 cup unsweetened almond milk
- ½ cup low-fat Greek yogurt (or low-fat cream cheese)
- ¼ cup grated Parmesan cheese
- ½ teaspoon red pepper flakes (optional for mild heat)
- 1 teaspoon lemon juice (for freshness)
- **Optional Ingredients for Extra Flavor & Nutrition:**
-
- ½ cup mushrooms, sliced
- ¼ cup fresh basil, chopped (for garnish)

Prep. time:

15 min

Cooking time:

20 mins

servings:

4

DIRECTIONS

Season the Chicken:

Pat the chicken breasts dry and season both sides with salt, pepper, garlic powder, and Italian seasoning.

Sear the Chicken:

Heat olive oil in a large skillet over medium heat. Add the chicken and cook for 5-6 minutes per side, or until golden brown and cooked through (internal temperature 165°F). Remove from skillet and set aside.

Prepare the Sauce:

In the same skillet, add minced garlic and sun-dried tomatoes. Sauté for 1-2 minutes until fragrant. Add chopped spinach (and mushrooms if using), stirring until wilted.

Make it Creamy:

Lower heat to medium-low. Pour in unsweetened almond milk and stir. Then, mix in Greek yogurt (or low-fat cream cheese) and Parmesan cheese, stirring continuously until a creamy sauce forms. If the sauce is too thick, add a splash of water or more almond milk.

Combine Chicken & Sauce:

Return the cooked chicken to the skillet, coating it in the sauce. Simmer for 3-5 minutes, allowing flavors to meld.

Finish & Serve:

Add red pepper flakes and lemon juice for an extra kick of flavor. Garnish with fresh basil if desired.

Nutrition (per serving)

Calories: 280 | **Protein:** 35g | **Carbohydrates:** 8g | **Fats:** 11g | **Fiber:** 2g | **Cholesterol:** 80mg | **Sodium:** 420mg | **Potassium:** 750mg

Shrimp Scampi with Linguine

INGREDIENTS

- 8 oz low-carb linguine (such as whole wheat, chickpea, or zucchini noodles)
- 1 lb large shrimp, peeled and deveined
- 1 tbsp olive oil
- 2 tbsp unsalted butter
- 4 cloves garlic, minced
- ½ cup low-sodium chicken broth (or dry white wine)
- 2 tbsp lemon juice (freshly squeezed)
- ½ tsp red pepper flakes (optional)
- ½ tsp black pepper
- ¼ tsp salt
- 1 tbsp fresh parsley, chopped
- ¼ cup grated Parmesan cheese (optional)
- 1 cup cherry tomatoes, halved (optional)
- 1 small zucchini, spiralized (optional for extra fiber)

Prep. time:

15 min

Cooking time:

15 mins

servings:

4

DIRECTIONS

Cook the Linguine:

Bring a large pot of water to a boil. Add a pinch of salt.

Cook low-carb linguine according to package instructions until al dente (about 8-10 minutes).

(If using zucchini noodles, skip boiling and lightly sauté them in a pan for 2 minutes before serving.)

- Drain and set aside.

2. Sauté the Shrimp:

In a large skillet over medium heat, heat olive oil and 1 tbsp butter.

Add shrimp in a single layer and cook for 1-2 minutes per side until pink and opaque.

Remove shrimp from the skillet and set aside.

3. Prepare the Scampi Sauce:

In the same skillet, add garlic and cook for 30 seconds until fragrant.

Pour in low-sodium chicken broth (or wine) and lemon juice.

Scrape up any browned bits from the pan for extra flavor.

Let simmer for 2-3 minutes until slightly reduced.

Stir in red pepper flakes, black pepper, and salt.

4. Combine and Serve:

Add cooked linguine to the skillet, tossing to coat with the sauce.

Return shrimp to the pan and stir to combine.

Stir in remaining 1 tbsp butter for richness.

Remove from heat and sprinkle with fresh parsley and Parmesan cheese if desired.

Optionally, mix in cherry tomatoes or spiralized zucchini for extra fiber and nutrients.

Nutrition (per serving)

Calories: 280 | **Protein:** 35g | **Carbohydrates:** 8g | **Fats:** 11g | **Fiber:** 2g | **Cholesterol:** 80mg | **Sodium:** 420mg | **Potassium:** 750mg

Classic Beef Stroganoff with Mushrooms

INGREDIENTS

- 1 lb (450g) lean beef sirloin, sliced into thin strips
- 1 tbsp olive oil
- 1 tbsp unsalted butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 8 oz (225g) cremini or button mushrooms, sliced
- 1 cup low-sodium beef broth
- 1 tbsp Dijon mustard
- 1/2 cup plain Greek yogurt (unsweetened, full-fat or low-fat)
- 1/2 tsp paprika
- 1/2 tsp ground black pepper
- 1/4 tsp salt (or to taste)
- 1/4 tsp smoked paprika (optional, for extra depth of flavor)
- 1/2 tsp dried thyme (or 1 tsp fresh thyme)
- 1 tbsp fresh parsley, chopped (for garnish)
- **Optional Ingredients for Extra Nutrition & Flavor:**
- 1/4 tsp red pepper flakes (for slight heat)
- 1 tbsp Worcestershire sauce (ensure it's sugar-free)
- 1/2 tsp lemon zest (for brightness)

Nutrition (per serving)

Calories: 290 | **Protein:** 30g | **Carbohydrates:** 9g | **Fats:** 14g | **Fiber:** 2g | **Cholesterol:** 70mg | **Sodium:** 290mg | **Potassium:** 580mg

Prep. time:

15 min

Cooking time:

25 mins

servings:

4

DIRECTIONS

1. Prepare the Beef:

Pat the beef strips dry with a paper towel and season with black pepper, paprika, and a pinch of salt.

2. Sauté the Beef:

Heat 1 tbsp olive oil in a large skillet over medium-high heat.

Add the beef strips and sear for 2-3 minutes per side, until browned but not overcooked.

Remove the beef from the pan and set aside.

3. Cook the Vegetables:

In the same skillet, add 1 tbsp unsalted butter.

Sauté onions for 2-3 minutes until soft, then add garlic and mushrooms.

Cook for another 5-6 minutes, stirring occasionally, until mushrooms release their liquid and become tender.

4. Make the Sauce:

Stir in Dijon mustard, thyme, and smoked paprika (if using).

Pour in low-sodium beef broth and simmer for 5 minutes, allowing flavors to meld.

5. Finish with Yogurt:

Reduce heat to low and stir in Greek yogurt slowly to create a creamy sauce.

Add the cooked beef back into the skillet and stir well.

Simmer for another 2-3 minutes to heat through.

6. Final Touches & Serve:

Taste and adjust seasoning if needed.

Garnish with fresh parsley before serving.

Honey Soy Glazed Salmon with Asparagus

INGREDIENTS

- **For the Salmon & Glaze:**
- 2 (5-6 oz) salmon fillets, skin-on or skinless
- 1 tbsp low-sodium soy sauce or tamari (for gluten-free)
- 1 tsp honey (or sugar-free honey substitute)
- 1 tsp olive oil
- 1 tsp fresh lemon juice
- ½ tsp minced garlic
- ½ tsp grated fresh ginger (optional for added flavor)
- ¼ tsp black pepper
- ⅛ tsp red pepper flakes (optional for a hint of spice)
- ½ tsp sesame seeds (optional for garnish)
- **For the Asparagus:**
- 1 cup fresh asparagus, trimmed
- 1 tsp olive oil
- ¼ tsp black pepper
- ¼ tsp garlic powder
- 1 tbsp fresh parsley or cilantro, chopped (optional)

Prep. time:

10 min

Cooking time:

15 mins

servings:

2

DIRECTIONS

Step 1: Prepare the Glaze

In a small bowl, whisk together soy sauce, honey, olive oil, lemon juice, garlic, ginger, and black pepper. Set aside.

Step 2: Cook the Asparagus

Heat a skillet over medium heat and add 1 tsp olive oil.

Add the asparagus, seasoning with black pepper and garlic powder.

Cook for 4-5 minutes, stirring occasionally until tender but still crisp.

Remove from the pan and set aside.

Step 3: Cook the Salmon

Using the same skillet, heat over medium-high heat and add a touch of olive oil if needed.

Place salmon fillets skin-side down (if using skin-on). Sear for 2-3 minutes until golden.

Flip the fillets and brush with the honey-soy glaze. Cook for another 2-3 minutes.

Flip once more and cook for another 2 minutes, brushing with more glaze, until salmon is fully cooked (internal temperature should reach 145°F / 63°C).

Step 4: Serve & Garnish

Plate the asparagus and salmon together.

Sprinkle sesame seeds and fresh parsley or cilantro (if using) on top.

Serve with a fresh lemon wedge for added zest.

Nutrition (per serving)

Calories: 290 | **Protein:** 32g | **Carbohydrates:** 8g | **Fats:** 14g | **Fiber:** 2g | **Cholesterol:** 65mg | **Sodium:** 360mg | **Potassium:** 680mg

Baked Ziti with Mozzarella & Basil

INGREDIENTS

- 8 oz whole wheat or chickpea ziti pasta
- 1 tbsp extra-virgin olive oil
- 3 cloves garlic, minced
- 1 small onion, finely chopped
- 1 lb lean ground turkey (or chicken)
- 1 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp black pepper
- 1/4 tsp red pepper flakes (optional, for spice)
- 1 can (15 oz) no-salt-added diced tomatoes, drained
- 1 cup no-sugar-added tomato sauce
- 1/2 cup part-skim ricotta cheese
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup fresh basil leaves, chopped
- Optional Ingredients for Extra Flavor & Nutrition
- 1 cup baby spinach, chopped (for added fiber and nutrients)
- 1/2 cup chopped mushrooms (adds depth and umami)
- 1/4 cup chopped red bell peppers (for natural sweetness and vitamin C)

Nutrition (per serving)

Calories: 290 | **Protein:** 32g | **Carbohydrates:** 8g | **Fats:** 14g | **Fiber:** 2g | **Cholesterol:** 65mg | **Sodium:** 360mg | **Potassium:** 680mg

Prep. time:

15 min

Cooking time:

30 mins

servings:

6

DIRECTIONS

Step 1: Preheat & Prepare the Pasta

Preheat oven to 375°F (190°C).

Cook the whole wheat or chickpea ziti according to package directions until al dente. Drain and set aside.

Step 2: Prepare the Sauce

Heat 1 tbsp olive oil in a large skillet over medium heat. Add minced garlic and chopped onion; sauté for 2–3 minutes until softened.

Add ground turkey (or chicken) and cook until browned, breaking it apart with a spatula.

Stir in oregano, dried basil, black pepper, and optional red pepper flakes.

Cook for 1 minute.

Add diced tomatoes and tomato sauce. Simmer on low heat for 5–7 minutes, stirring occasionally.

Step 3: Assemble the Baked Ziti

In a large mixing bowl, combine cooked ziti, ricotta cheese, and half of the chopped basil. Stir in half of the sauce mixture and mix well.

Transfer the pasta mixture to a lightly greased 9x13-inch baking dish.

Pour the remaining sauce over the top and spread evenly.

Step 4: Add Cheese & Bake

Sprinkle mozzarella and Parmesan cheese evenly over the top.

Bake uncovered for 20–25 minutes or until cheese is melted and bubbly.

Step 5: Garnish & Serve

Remove from the oven and let it sit for 5 minutes.

Garnish with remaining fresh basil before serving.

Slow Cooker Pulled Beef Tacos

INGREDIENTS

- **For the Pulled Beef:**
- 2 lbs beef chuck roast, trimmed of excess fat
- 1 cup low-sodium beef broth
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp tomato paste (no sugar added)
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp ground oregano
- ½ tsp black pepper
- ½ tsp salt (or to taste)
- ¼ tsp chipotle powder (optional, for heat)
- 1 medium onion, thinly sliced
- 2 cloves garlic, minced
- 1 small jalapeño, finely diced (optional)
- **For the Tacos:**
- 6 low-carb whole wheat tortillas (6-inch, ~4-5g net carbs per tortilla)
- 1 cup shredded lettuce
- ½ cup diced tomatoes
- ¼ cup red onion, diced
- ½ cup avocado, mashed (rich in healthy fats)
- ¼ cup cilantro, chopped
- ¼ cup reduced-fat crumbled feta or cotija cheese (optional)
- 2 tbsp plain Greek yogurt (as a sour cream substitute)
- Fresh lime wedges for serving

Prep. time:

15 min

Cooking time:

6-8 hours

servings:

6

DIRECTIONS

1. Prepare the Beef:

Pat the beef chuck roast dry and rub with olive oil, smoked paprika, cumin, garlic powder, onion powder, oregano, black pepper, and salt.

Place the sliced onions, minced garlic, and jalapeño (if using) at the bottom of the slow cooker.

2. Slow Cook the Beef:

Pour the beef broth, apple cider vinegar, and tomato paste into the slow cooker. Stir to combine.

Place the seasoned beef on top of the onions and garlic.

Cover and cook on low for 7-8 hours or high for 4-5 hours, until the beef is fork-tender and easily shreddable.

3. Shred the Beef:

Remove the beef from the slow cooker and use two forks to shred it. Return the shredded beef to the slow cooker and mix with the juices. Let it sit for 10-15 minutes on warm.

4. Assemble the Tacos:

Warm the tortillas in a dry skillet over medium heat for 30 seconds per side.

Fill each tortilla with a portion of the pulled beef, then top with shredded lettuce, diced tomatoes, red onion, avocado, and cilantro.

Add feta cheese and Greek yogurt if desired.

Serve with a lime wedge for an extra burst of flavor.

Nutrition (per serving)

Calories: 290 | **Protein:** 32g | **Carbohydrates:** 8g | **Fats:** 14g | **Fiber:** 2g | **Cholesterol:** 65mg | **Sodium:** 360mg | **Potassium:** 680mg

Stuffed Bell Peppers with Ground Turkey

INGREDIENTS

- 4 large bell peppers (any color)
- 1 lb (450g) lean ground turkey
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 medium zucchini, finely diced
- 1 cup fresh spinach, chopped
- 1 can (14.5 oz) no-salt-added diced tomatoes, drained
- ½ cup cooked quinoa (or riced cauliflower for lower carbs)
- 1 tsp olive oil
- ½ tsp salt (or to taste)
- ½ tsp black pepper
- ½ tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp cumin
- ¼ tsp red pepper flakes (optional for heat)
- **Optional for Added Flavor & Nutrition:**
- ¼ cup reduced-fat shredded cheese (cheddar, mozzarella, or parmesan)
- 1 tbsp chopped fresh parsley or cilantro for garnish
- 1 tbsp tomato paste (for a richer tomato flavor)

Nutrition (per serving)

Calories: 240 | **Protein:** 28g | **Carbohydrates:** 15g | **Fats:** 7g | **Fiber:** 5g | **Cholesterol:** 55mg | **Sodium:** 320mg | **Potassium:** 650mg

Prep. time:

15 min

Cooking time:

35 mins

servings:

4

DIRECTIONS

1. Prepare the Bell Peppers:

Preheat the oven to 375°F (190°C).

Slice the tops off the bell peppers and remove seeds and membranes.

Lightly brush the inside of the peppers with olive oil and place them upright in a baking dish.

2. Cook the Filling:

Heat 1 tsp olive oil in a large skillet over medium heat.

Add chopped onion and cook for 2 minutes until softened.

Stir in the garlic and cook for another 30 seconds.

Add the ground turkey and cook until browned, breaking it up with a spatula (about 5 minutes).

Stir in diced zucchini, spinach, diced tomatoes, and seasonings (salt, pepper, oregano, paprika, cumin, and red pepper flakes).

Cook for another 3-4 minutes until vegetables soften.

Add cooked quinoa (or riced cauliflower) and mix well.

3. Stuff the Peppers:

Spoon the turkey mixture evenly into each bell pepper.

If using cheese, sprinkle a small amount on top of each stuffed pepper.

4. Bake:

Pour ½ cup water into the bottom of the baking dish to help steam the peppers.

Cover with foil and bake for 25 minutes.

Remove foil and bake for another 10 minutes until the peppers are tender and cheese (if used) is melted.

5. Serve & Garnish:

Let cool for a few minutes.

Garnish with fresh parsley or cilantro if desired.

Lemon Garlic Herb Roasted Chicken

INGREDIENTS

- 1 whole chicken (3-4 lbs), skin removed for lower fat (or 4 bone-in, skinless chicken thighs)
- 2 tbsp extra virgin olive oil
- 3 cloves garlic, minced
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp dried oregano (or fresh, chopped)
- 1 tsp dried thyme (or fresh, chopped)
- 1 tsp dried rosemary (or fresh, chopped)
- ½ tsp ground black pepper
- ½ tsp sea salt (optional or reduced to fit sodium needs)
- ½ tsp paprika (for added color and mild spice)
- ½ tsp turmeric (optional, anti-inflammatory)
- 1 cup Brussels sprouts, halved (optional for fiber)
- 1 small zucchini, sliced (optional for extra fiber and vitamins)
- 1 small red onion, sliced (adds natural sweetness)

Prep. time:

15 min

Cooking time:

50-60 mins

servings:

4

DIRECTIONS

1. Prepare the Bell Peppers:

Preheat the oven to 375°F (190°C).

Slice the tops off the bell peppers and remove seeds and membranes.

Lightly brush the inside of the peppers with olive oil and place them upright in a baking dish.

2. Cook the Filling:

Heat 1 tsp olive oil in a large skillet over medium heat.

Add chopped onion and cook for 2 minutes until softened.

Stir in the garlic and cook for another 30 seconds.

Add the ground turkey and cook until browned, breaking it up with a spatula (about 5 minutes).

Stir in diced zucchini, spinach, diced tomatoes, and seasonings (salt, pepper, oregano, paprika, cumin, and red pepper flakes).

Cook for another 3-4 minutes until vegetables soften.

Add cooked quinoa (or riced cauliflower) and mix well.

3. Stuff the Peppers:

Spoon the turkey mixture evenly into each bell pepper.

If using cheese, sprinkle a small amount on top of each stuffed pepper.

4. Bake:

Pour ½ cup water into the bottom of the baking dish to help steam the peppers.

Cover with foil and bake for 25 minutes.

Remove foil and bake for another 10 minutes until the peppers are tender and cheese (if used) is melted.

5. Serve & Garnish:

Let cool for a few minutes.

Garnish with fresh parsley or cilantro if desired.

Nutrition (per serving)

Calories: 290 | **Protein:** 34g | **Carbohydrates:** 6g | **Fats:** 14g | **Fiber:** 3g | **Cholesterol:** 90mg | **Sodium:** 320mg | **Potassium:** 600mg

Spaghetti Carbonara with Crispy Bacon

INGREDIENTS

- 8 oz (225g) whole wheat spaghetti or chickpea spaghetti (lower in carbs, higher in fiber & protein)
- 4 oz (115g) uncured turkey bacon, chopped (lower in saturated fat & sodium)
- 2 large eggs (or 3 large egg whites for lower cholesterol)
- ½ cup (50g) grated Parmesan cheese (or a mix of Parmesan & nutritional yeast for a lower-sodium option)
- 2 cloves garlic, minced
- 1 tbsp extra virgin olive oil
- ½ tsp black pepper
- ¼ tsp sea salt (optional, as Parmesan is already salty)
- ½ tsp smoked paprika (for added depth of flavor)
- ¼ cup fresh parsley, chopped (optional, for freshness)
- **Optional Ingredients for Extra Nutrition:**
- 1 cup zucchini noodles (to reduce carbs further, mix with pasta)
- ¼ cup Greek yogurt (adds creaminess & protein without heavy cream)
- ½ tsp red pepper flakes (for a hint of spice)
- ¼ cup sautéed mushrooms (adds fiber & umami flavor)

Prep. time:

30 min

Cooking time:

15 mins

servings:

4

DIRECTIONS

Step 1: Cook the Pasta

Bring a large pot of water to a boil. Add a pinch of salt (optional) and cook the whole wheat or chickpea spaghetti according to the package instructions until al dente.

Reserve ½ cup of pasta water, then drain the pasta and set aside.

Step 2: Prepare the Crispy Turkey Bacon

In a large nonstick skillet, heat 1 tbsp olive oil over medium heat.

Add the chopped turkey bacon and cook until crispy, about 4-5 minutes.

Add minced garlic and sauté for another 30 seconds until fragrant. Turn off the heat.

Step 3: Make the Carbonara Sauce

In a bowl, whisk together eggs, Parmesan cheese, black pepper, and smoked paprika. For extra creaminess, add ¼ cup Greek yogurt (optional).

Step 4: Combine & Serve

Add the drained pasta to the skillet with the bacon and garlic. Toss to combine.

Slowly pour in the egg mixture, stirring continuously to coat the pasta. The heat from the pasta will create a silky sauce without scrambling the eggs.

If needed, add a splash of the reserved pasta water to achieve a creamy consistency.

Garnish with fresh parsley and extra Parmesan cheese if desired.

Nutrition (per serving)

Calories: 320 | **Protein:** 26g | **Carbohydrates:** 32g | **Fats:** 12g | **Fiber:** 8g | **Cholesterol:** 85mg | **Sodium:** 480mg | **Potassium:** 420mg

Butternut Squash & Sage Risotto

INGREDIENTS

- 1 cup cauliflower rice (low-carb alternative to arborio rice)
- 1 cup butternut squash, diced (provides fiber and natural sweetness)
- 2 cups low-sodium vegetable or chicken broth
- ½ cup unsweetened almond milk (adds creaminess without excess carbs)
- 2 tbsp extra virgin olive oil
- ½ small onion, finely chopped
- 2 cloves garlic, minced
- ½ tsp dried sage (or 1 tsp fresh sage, finely chopped)
- ¼ tsp ground nutmeg
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ cup grated Parmesan cheese (or nutritional yeast for a dairy-free option)
- **Optional Additions for Extra Protein & Flavor:**
 - ½ cup cooked chicken breast, shredded
 - ¼ cup toasted walnuts (for healthy fats and crunch)
 - 2 tbsp Greek yogurt (adds creaminess and protein)

Prep. time:

15 min

Cooking time:

30 mins

servings:

4

DIRECTIONS

1. Prepare the Butternut Squash:

In a saucepan, heat 1 tbsp olive oil over medium heat.

Add diced butternut squash and sauté for 5 minutes.

Pour in ½ cup broth, cover, and let it cook until tender (about 8 minutes).

Mash slightly with a fork to create a creamy texture.

2. Sauté the Aromatics:

In a separate large pan, heat the remaining 1 tbsp olive oil.

Add the chopped onion and garlic, sautéing until translucent (about 3 minutes).

- Stir in sage, nutmeg, salt, and black pepper.

3. Cook the "Risotto":

Add the cauliflower rice to the pan and mix well.

Gradually add the remaining broth, ½ cup at a time, stirring continuously until the liquid absorbs.

Stir in the cooked butternut squash and unsweetened almond milk.

Let it simmer for 5 minutes, allowing flavors to meld.

4. Finish & Serve:

Remove from heat and stir in Parmesan cheese (or nutritional yeast).

If using, add shredded chicken or Greek yogurt for extra protein.

Serve warm, garnished with toasted walnuts (if using) and extra sage leaves.

Nutrition (per serving)

Calories: 210 | **Protein:** 9g | **Carbohydrates:** 18g | **Fats:** 12g | **Fiber:** 5g | **Cholesterol:** 6mg | **Sodium:** 320mg | **Potassium:** 490mg

BBQ Glazed Meatloaf with Mashed Potatoes

INGREDIENTS

- **For the Meatloaf:**
- 1 lb lean ground turkey or lean ground beef (90% lean or higher)
- ½ cup almond flour (low-carb alternative to breadcrumbs)
- 1 large egg
- ¼ cup unsweetened almond milk (or skim milk)
- ½ cup finely chopped onion
- 2 cloves garlic, minced
- ½ tsp smoked paprika
- ½ tsp ground black pepper
- ½ tsp salt
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 tbsp Dijon mustard
- 1 tbsp low-sodium Worcestershire sauce
- **For the BBQ Glaze:**
- ¼ cup sugar-free BBQ sauce
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- **For the Mashed Potatoes:**
- 1 medium head of cauliflower, cut into florets
- 1 tbsp olive oil or unsalted butter
- ¼ cup unsweetened almond milk (or skim milk)
- ¼ cup grated Parmesan cheese
- 1 clove garlic, minced
- ½ tsp salt
- ¼ tsp black pepper
- **Optional: 1 tbsp fresh chives, chopped (for garnish)**

Prep. time:

20 min

Cooking time:

50 mins

servings:

4

DIRECTIONS

Step 1: Prepare the Meatloaf

Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.

In a large mixing bowl, combine the ground turkey or beef, almond flour, egg, unsweetened almond milk, onion, garlic, paprika, black pepper, salt, oregano, parsley, Dijon mustard, and Worcestershire sauce. Mix gently until just combined.

Shape the mixture into a loaf (about 8 inches long) and place it on the prepared baking sheet.

Step 2: Make the BBQ Glaze

In a small bowl, whisk together the sugar-free BBQ sauce, apple cider vinegar, and Dijon mustard.

Brush half of the glaze over the meatloaf, reserving the rest for later.

Step 3: Bake the Meatloaf

Bake in the preheated oven for 40 minutes.

Remove from the oven, brush with the remaining BBQ glaze, and bake for another 10 minutes, or until the internal temperature reaches 165°F (75°C).

Let the meatloaf rest for 5-10 minutes before slicing.

Step 4: Prepare the Mashed "Potatoes"

While the meatloaf is baking, steam or boil the cauliflower florets until very tender (about 10-12 minutes).

Drain and transfer the cauliflower to a food processor or a mixing bowl if mashing by hand.

Add olive oil (or butter), almond milk, Parmesan cheese, garlic, salt, and black pepper. Blend or mash until smooth and creamy.

Step 5: Serve and Enjoy

Slice the meatloaf and serve with a generous scoop of mashed cauliflower.

Garnish with fresh chives if desired.

Nutrition (per serving)

Calories: 320 | Protein: 32g | Carbohydrates: 12g | Fats: 14g | Fiber: 5g | Cholesterol: 90mg | Sodium: 420mg | Potassium: 780mg

Cajun Jambalaya with Sausage & Shrimp

INGREDIENTS

- 1 tablespoon olive oil
- 6 oz chicken or turkey sausage, sliced (low-sodium, nitrate-free)
- ½ lb shrimp, peeled & deveined (medium or large)
- 1 small onion, diced
- 1 medium bell pepper, diced (red or green)
- 1 medium celery stalk, chopped
- 2 cloves garlic, minced
- 1 small tomato, diced
- ½ cup cauliflower rice (low-carb alternative to white rice)
- ½ cup diced zucchini (adds fiber and nutrients)
- 1 cup low-sodium chicken broth
- ½ teaspoon smoked paprika
- ½ teaspoon cayenne pepper (adjust to spice preference)
- ½ teaspoon black pepper
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt (optional, or use salt substitute)
- 1 teaspoon Worcestershire sauce (low-sodium, no sugar added)
- 1 teaspoon hot sauce (optional, for extra spice)
- 1 teaspoon lemon juice
- 1 tablespoon fresh parsley, chopped (for garnish)
- 1 teaspoon green onions, chopped (for garnish)

Prep. time:

Cooking time:

servings:

15 min

35 mins

4

DIRECTIONS

Step 1: Prepare the Meatloaf

Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.

In a large mixing bowl, combine the ground turkey or beef, almond flour, egg, unsweetened almond milk, onion, garlic, paprika, black pepper, salt, oregano, parsley, Dijon mustard, and Worcestershire sauce. Mix gently until just combined.

Shape the mixture into a loaf (about 8 inches long) and place it on the prepared baking sheet.

Step 2: Make the BBQ Glaze

In a small bowl, whisk together the sugar-free BBQ sauce, apple cider vinegar, and Dijon mustard.

Brush half of the glaze over the meatloaf, reserving the rest for later.

Step 3: Bake the Meatloaf

Bake in the preheated oven for 40 minutes.

Remove from the oven, brush with the remaining BBQ glaze, and bake for another 10 minutes, or until the internal temperature reaches 165°F (75°C).

Let the meatloaf rest for 5-10 minutes before slicing.

Step 4: Prepare the Mashed "Potatoes"

While the meatloaf is baking, steam or boil the cauliflower florets until very tender (about 10-12 minutes).

Drain and transfer the cauliflower to a food processor or a mixing bowl if mashing by hand.

Add olive oil (or butter), almond milk, Parmesan cheese, garlic, salt, and black pepper. Blend or mash until smooth and creamy.

Step 5: Serve and Enjoy

Slice the meatloaf and serve with a generous scoop of mashed cauliflower.

Garnish with fresh chives if desired.

Nutrition (per serving)

Calories: 280 | **Protein:** 28g | **Carbohydrates:** 12g | **Fats:** 12g | **Fiber:** 5g | **Cholesterol:** 140mg | **Sodium:** 480mg | **Potassium:** 650mg

Mushroom & Spinach Stuffed Chicken Breast

INGREDIENTS

- **For the Stuffed Chicken:**
- 4 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 cup fresh spinach, chopped
- 1 cup mushrooms, finely chopped (button or cremini)
- 2 cloves garlic, minced
- ¼ teaspoon black pepper
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- ¼ teaspoon salt (optional or reduced for low sodium)
- ¼ cup part-skim ricotta cheese (or cottage cheese)
- ¼ cup shredded mozzarella cheese (low-fat)
- 2 tablespoons grated Parmesan cheese
- **Optional for Extra Flavor & Nutrition:**
- 1 teaspoon Dijon mustard (for a subtle tang)
- ½ teaspoon crushed red pepper flakes (for a slight kick)
- 1 teaspoon lemon zest (for a fresh taste)
- **For Sealing & Cooking:**
- 1 tablespoon olive oil (for searing)
- ½ teaspoon paprika (for color and flavor)

Prep. time:

15 min

Cooking time:

30 mins

servings:

4

DIRECTIONS

1. Preheat the Oven

Set your oven to 375°F (190°C) and grease a baking dish with a little olive oil or non-stick spray.

2. Prepare the Chicken

Using a sharp knife, carefully cut a pocket in each chicken breast without slicing all the way through.

Season the outside with a pinch of salt, pepper, paprika, and dried herbs.

3. Make the Filling

Heat 1 tablespoon of olive oil in a pan over medium heat.

Add mushrooms and garlic, sautéing for about 3 minutes until softened.

Stir in the chopped spinach, cooking until wilted (about 1-2 minutes). Remove from heat.

Mix in ricotta, mozzarella, Parmesan, and optional Dijon mustard or lemon zest.

4. Stuff the Chicken

Spoon the filling evenly into the chicken pockets.

Use toothpicks to seal the openings and keep the stuffing intact.

Sear for Extra Flavor

Heat 1 tablespoon olive oil in an oven-safe skillet over medium-high heat.

Sear the chicken for 2-3 minutes per side until golden brown.

5. Bake to Perfection

Transfer the skillet (or place the chicken in a baking dish) into the preheated oven.

Bake for 20-25 minutes or until the internal temperature reaches 165°F (74°C).

6. Rest & Serve

Let the chicken rest for 5 minutes, then remove toothpicks before serving.

Nutrition (per serving)

Calories: 280 | **Protein:** 40g | **Carbohydrates:** 6g | **Fats:** 10g | **Fiber:** 2g | **Cholesterol:** 85mg | **Sodium:** 290mg | **Potassium:** 620mg

Vegetable Stir-Fry with Teriyaki Tofu

INGREDIENTS

- **For the Teriyaki Tofu:**
- 1 block (14 oz) firm tofu, drained and pressed
- 1 tbsp avocado oil (or olive oil)
- 2 tbsp low-sodium soy sauce (or coconut aminos)
- 1 tbsp rice vinegar
- 1 tbsp sugar-free maple syrup (or monk fruit sweetener)
- 1 tsp fresh ginger, grated
- 1 clove garlic, minced
- 1 tsp toasted sesame oil
- 1 tsp cornstarch (optional, for thickening)
- 1 tbsp water (if using cornstarch)
- **For the Stir-Fry Vegetables:**
- 1 cup broccoli florets
- 1 small bell pepper (red, yellow, or green), sliced
- 1 small zucchini, sliced
- ½ cup snap peas or green beans
- 1 medium carrot, julienned
- 1 cup mushrooms, sliced
- 2 tsp avocado oil (or olive oil)
- 2 tbsp water
- 1 tsp sesame seeds (optional, for garnish)
- 2 green onions, chopped (for garnish)
- **For Serving (Optional but Recommended):**
- 1 cup cauliflower rice (low-carb alternative to rice)
- ½ small avocado, sliced (for healthy fats)

Prep. time:

Cooking time:

servings:

15 min

15 mins

4

DIRECTIONS

1. Prepare the Tofu

Press the tofu for about 10 minutes by wrapping it in a clean kitchen towel and placing a heavy object (such as a pan) on top. This removes excess moisture.

Cut the tofu into 1-inch cubes.

2. Make the Teriyaki Sauce

In a small bowl, whisk together soy sauce, rice vinegar, sugar-free maple syrup, ginger, garlic, and sesame oil.

If thickening, dissolve 1 tsp cornstarch in 1 tbsp water and stir it into the sauce.

3. Cook the Tofu

Heat 1 tbsp avocado oil in a large non-stick pan over medium heat.

Add tofu cubes and cook for 4-5 minutes per side, flipping occasionally, until golden brown.

Pour the teriyaki sauce over the tofu, stirring gently to coat. Let it simmer for 2 minutes, then remove from heat.

4. Stir-Fry the Vegetables

In the same pan, heat 2 tsp avocado oil over medium-high heat.

Add carrots, bell peppers, and broccoli, cooking for 3 minutes while stirring.

Add snap peas, zucchini, mushrooms, and water; stir-fry for another 3-4 minutes until veggies are slightly tender but still crisp.

5. Combine and Serve

Add the cooked teriyaki tofu back into the pan and toss everything together.

Sprinkle with sesame seeds and green onions.

Serve hot over cauliflower rice, optionally topped with sliced avocado for extra healthy fats.

Nutrition (per serving)

Calories: 210 | **Protein:** 15g | **Carbohydrates:** 14g | **Fats:** 12g | **Fiber:** 5g | **Cholesterol:** 0mg | **Sodium:** 360mg | **Potassium:** 550mg

Chapter 4 Desserts

Dark Chocolate & Almond Butter Bites

INGREDIENTS

- ½ cup (128g) natural almond butter (unsweetened, no added sugar or oils)
- ¼ cup (30g) almond flour (fine ground)
- 2 tablespoons chia seeds (adds fiber and omega-3s)
- 2 tablespoons ground flaxseed (optional for extra fiber)
- 1 tablespoon erythritol or monk fruit sweetener (optional, adjust to taste)
- 1 teaspoon pure vanilla extract
- Pinch of sea salt
- Chocolate Coating:
- ½ cup (85g) dark chocolate (85% cacao or higher) (choose no-sugar-added or diabetic-friendly brands)
- 1 teaspoon coconut oil (helps with smooth melting)
- Optional Additions for extra flavor/nutrition:
- 1 tablespoon finely chopped walnuts or pecans
- 1 teaspoon cinnamon
- Unsweetened shredded coconut for dusting

Prep. time:

15 mins

Chill time:

30 mins

Servings:

12

DIRECTIONS

1. Prepare the Filling:

In a medium bowl, mix together the almond butter, almond flour, chia seeds, ground flaxseed (if using), sweetener, vanilla extract, and a pinch of sea salt until a dough forms. The mixture should be firm enough to roll into balls. If too sticky, add a little more almond flour.

2. Shape the Bites:

Using a tablespoon, scoop the dough and roll it into 12 equal-sized balls. Place them on a parchment-lined baking sheet or plate.

3. Chill:

Place the balls in the refrigerator for 15 minutes to firm up.

4. Prepare the Chocolate Coating:

In a small microwave-safe bowl, combine the dark chocolate and coconut oil. Microwave in 20-second intervals, stirring each time, until melted and smooth (or melt over a double boiler).

5. Dip the Bites:

Using a fork or skewer, dip each chilled bite into the melted chocolate, allowing excess chocolate to drip off. Place them back on the parchment paper.

6. Optional Toppings:

Before the chocolate sets, sprinkle with chopped nuts, cinnamon, or coconut if desired.

7. Final Chill:

Refrigerate the bites for another 15 minutes or until the chocolate is set.

Nutrition (per serving)

Calories: 105 | **Protein:** 3g | **Carbohydrates:** 5g | **Fats:** 9g | **Fiber:** 3g | **Cholesterol:** 0mg | **Sodium:** 20mg | **Potassium:** 120mg

Chia Pudding with Unsweetened Cocoa & Coconut

INGREDIENTS

- Chia Seeds – 3 tablespoons
- Unsweetened Cocoa Powder – 1 tablespoon
- Unsweetened Coconut Milk (full-fat or light) – 1 cup
- Unsweetened Shredded Coconut – 1 tablespoon
- Vanilla Extract – ½ teaspoon
- Cinnamon (optional, for extra flavor & blood sugar support) – ¼ teaspoon
- Stevia or Monk Fruit Sweetener – 1 to 2 teaspoons (adjust to taste)
- Pinch of Sea Salt
- **Optional Additions (for extra nutrition & taste):**
- Ground Flaxseed – 1 teaspoon (for extra fiber and omega-3s)
- Chopped Nuts (almonds, walnuts, or pecans) – 1 tablespoon (for crunch and healthy fats)
- Unsweetened Dark Chocolate Chips or Cacao Nibs – 1 teaspoon (for added richness)

Prep. time:

15 min

Cooking time:

15 mins

servings:

4

DIRECTIONS

1. Mix Dry Ingredients

In a bowl or jar, whisk together chia seeds, cocoa powder, shredded coconut, cinnamon (if using), and a pinch of salt.

2. Add Liquids

Pour in the unsweetened coconut milk and vanilla extract. Add the sweetener of your choice and whisk until well combined.

3. Let it Set

Cover and refrigerate for at least 4 hours or overnight. Stir once after 30 minutes to prevent clumping.

4. Check Consistency

Before serving, stir the pudding. If it's too thick, add a little more coconut milk to reach your desired consistency.

5. Serve & Enjoy

Top with a sprinkle of chopped nuts, a few cacao nibs, or a light dusting of cocoa powder for extra flavor.

Nutrition (per serving)

Calories: 180 | **Protein:** 6g | **Carbohydrates:** 10g | **Fats:** 14g | **Fiber:** 7g | **Cholesterol:** 0mg | **Sodium:** 40mg | **Potassium:** 200mg

Sugar-Free Baked Apples with Cinnamon & Nuts

INGREDIENTS

- 4 medium Granny Smith apples (low glycemic index, about 150g each)
- 1/2 cup chopped walnuts (or pecans, high in healthy fats and protein)
- 1/4 cup almond flour (optional, adds protein and fiber)
- 2 tbsp ground flaxseed (optional, for extra fiber and omega-3s)
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg (optional, for added warmth)
- 1/4 tsp ground ginger (optional, anti-inflammatory benefit)
- 1 tsp vanilla extract
- 2 tbsp melted coconut oil (or olive oil, for healthy fats)
- 1 tbsp fresh lemon juice
- 1/4 cup water
- Pinch of sea salt
- **Optional for extra sweetness (diabetic-friendly):**
- 1-2 tbsp erythritol or monk fruit sweetener (adjust to taste)

Prep. time:

Cooking time:

servings:

15 min

30 mins

4

DIRECTIONS

Preheat the oven to 350°F (175°C).

Prepare the apples:

Wash and core each apple, creating a well in the center without cutting through the bottom. If desired, peel the top third for presentation. Place the apples upright in a baking dish.

Make the filling:

In a small bowl, mix the chopped walnuts, almond flour, ground flaxseed, cinnamon, nutmeg, ginger, vanilla extract, sea salt, and optional sweetener. Stir in the melted coconut oil until the mixture is crumbly and slightly moist.

Stuff the apples:

Divide the filling evenly among the apples, pressing it gently into the cored centers.

Add liquid:

Drizzle **lemon juice** over the apples and pour **water** into the bottom of the baking dish to keep the apples moist during baking.

Bake:

Cover loosely with foil and bake for **20 minutes**. Remove the foil and bake for another **10 minutes**, or until the apples are tender but not mushy.

Cool slightly before serving, as the filling will be hot

Nutrition (per serving)

Calories: 155 | **Protein:** 6g | **Carbohydrates:** 16g | **Fats:** 11g | **Fiber:** 5g | **Cholesterol:** 0mg | **Sodium:** 35mg | **Potassium:** 240mg

Coconut Flour Lemon Bars (No Added Sugar)

INGREDIENTS

- **For the crust:**
- ¾ cup coconut flour
- ½ cup almond flour (adds extra fiber and protein)
- ⅓ cup unsalted butter, melted (or coconut oil)
- 2 tablespoons powdered erythritol (like Swerve or Monk Fruit)
- 1 teaspoon vanilla extract
- ⅛ teaspoon salt
- 1 tablespoon unsweetened shredded coconut (optional, for texture)
- **For the lemon filling:**
- 4 large eggs
- ½ cup freshly squeezed lemon juice (about 2 large lemons)
- Zest of 1 lemon (optional, for extra flavor)
- ⅓ cup powdered erythritol (adjust to taste)
- 2 tablespoons coconut flour
- ½ teaspoon baking powder
- Pinch of salt
- **Optional Add-ins (for extra health benefits):**
- 1 tablespoon chia seeds (boosts fiber)
- 1 teaspoon ground turmeric (anti-inflammatory)

Prep. time:

15 min

Cooking time:

25 mins

servings:

12

DIRECTIONS

1 Prepare the crust:

Preheat the oven to 350°F (175°C). Line an 8x8-inch baking dish with parchment paper.

In a mixing bowl, combine coconut flour, almond flour, powdered erythritol, salt, and optional shredded coconut.

Stir in the melted butter and vanilla extract until a crumbly dough forms.

Press the dough evenly into the bottom of the prepared baking dish.

Bake for 10 minutes, or until the edges just start to turn golden.

2 Prepare the lemon filling:

In another bowl, whisk together the eggs, lemon juice, lemon zest, and powdered erythritol until smooth.

Sift in the coconut flour, baking powder, and a pinch of salt. Whisk thoroughly to avoid lumps.

If using, stir in chia seeds and/or turmeric.

Pour the lemon mixture over the pre-baked crust.

3 Bake:

Return to the oven and bake for 15 minutes, or until the filling is set but slightly soft in the center (it will firm up as it cools).

Let cool completely in the pan. Chill in the fridge for at least 1 hour before slicing into 12 bars.

Nutrition (per serving)

Calories: 115 | **Protein:** 5g | **Carbohydrates:** 6g | **Fats:** 9g | **Fiber:** 4g | **Cholesterol:** 55mg | **Sodium:** 60mg | **Potassium:** 85mg

Chocolate Avocado Mousse (No Sugar Added)

INGREDIENTS

- 2 ripe avocados (large, about 400g total)
- 1/4 cup unsweetened cocoa powder (high-quality, preferably Dutch-processed)
- 1/4 cup unsweetened almond milk (or any unsweetened plant-based milk)
- 2 tablespoons chia seeds (for fiber and protein boost)
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon (optional, helps with blood sugar regulation)
- Pinch of sea salt
- 1-2 tablespoons powdered erythritol or monk fruit sweetener (adjust to taste, diabetic-friendly)
- 2 tablespoons unflavored protein powder (whey isolate, pea, or collagen for extra protein—optional)
- Optional garnish: crushed walnuts, unsweetened coconut flakes, or a dollop of Greek yogurt (low-fat, no sugar added)

Prep. time:

10 min

chill time
optional:

30 mins

servings:

4

DIRECTIONS

1. Prepare Ingredients:

Cut avocados in half, remove the pits, and scoop the flesh into a blender or food processor.

2. Blend the Base:

Add the cocoa powder, almond milk, vanilla extract, cinnamon (if using), sea salt, and sweetener to the blender.

Blend on high until smooth and creamy.

3. Boost Fiber and Protein:

Add chia seeds and protein powder (if using). Blend again until fully incorporated. The chia seeds will also thicken the mousse as it rests.

4. Taste and Adjust:

Taste the mousse and add more sweetener if needed. If it's too thick, add a splash more almond milk to loosen the texture.

5. Chill (Optional):

For best texture and flavor, refrigerate for 30 minutes to let the chia seeds swell and the flavors meld.

6. Serve:

Spoon into serving dishes and garnish with your choice of crushed walnuts, coconut flakes, or Greek yogurt for extra texture and nutrition.

Nutrition (per serving)

Calories: 180 | **Protein:** 8g | **Carbohydrates:** 9g | **Fats:** 13g | **Fiber:** 7g | **Cholesterol:** 0mg | **Sodium:** 80mg
| **Potassium:** 520mg

Frozen Berry & Almond Milk Smoothie

INGREDIENTS

- 1 cup unsweetened almond milk (or unsweetened soy milk for extra protein)
- 1 cup frozen mixed berries (blueberries, raspberries, blackberries; avoid high-sugar fruits like bananas)
- ½ cup plain Greek yogurt (unsweetened, full-fat or low-fat)
- 1 tablespoon chia seeds (for fiber and healthy fats)
- 1 tablespoon ground flaxseed (optional; boosts fiber and omega-3s)
- 1 scoop unflavored or vanilla whey protein powder (preferably sugar-free)
- ½ teaspoon ground cinnamon (optional; helps regulate blood sugar)
- ½ teaspoon pure vanilla extract (optional; for extra flavor)
- Stevia or monk fruit sweetener to taste (optional; 100% natural, zero glycemic impact)
- ½ cup cold water or additional almond milk (adjust for desired consistency)

Prep. time:

5 min

Cook time:

0 mins

servings:

2

DIRECTIONS

1. Prepare Ingredients:

Cut avocados in half, remove the pits, and scoop the flesh into a blender or food processor.

2. Blend the Base:

Add the cocoa powder, almond milk, vanilla extract, cinnamon (if using), sea salt, and sweetener to the blender.

Blend on high until smooth and creamy.

3. Boost Fiber and Protein:

Add chia seeds and protein powder (if using). Blend again until fully incorporated. The chia seeds will also thicken the mousse as it rests.

4. Taste and Adjust:

Taste the mousse and add more sweetener if needed. If it's too thick, add a splash more almond milk to loosen the texture.

5. Chill (Optional):

For best texture and flavor, refrigerate for 30 minutes to let the chia seeds swell and the flavors meld.

6. Serve:

Spoon into serving dishes and garnish with your choice of crushed walnuts, coconut flakes, or Greek yogurt for extra texture and nutrition.

Nutrition (per serving)

Calories: 145 | **Protein:** 18g | **Carbohydrates:** 9g | **Fats:** 5g | **Fiber:** 6g | **Cholesterol:** 10mg | **Sodium:** 120 mg | **Potassium:** 330 mg

No-Bake Walnut & Coconut Energy Bites

INGREDIENTS

- 1 cup raw walnuts (unsalted)
- ½ cup unsweetened shredded coconut
- ¼ cup natural almond butter (no added sugar)
- 2 tablespoons ground flaxseed (for fiber boost)
- 1 tablespoon chia seeds (optional, for extra omega-3s)
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- Pinch of sea salt
- 1 tablespoon monk fruit sweetener or erythritol (optional, for added sweetness without sugar)
- 1–2 tablespoons water (as needed, to help bind the mixture)

Prep. time:

15 min

Cook time:

0 mins

servings:

12

DIRECTIONS

1. Prepare Ingredients:

In a food processor, add walnuts and pulse until they form a coarse meal.

2. Add Dry Ingredients:

Add shredded coconut, ground flaxseed, chia seeds (if using), cinnamon, and salt. Pulse a few times to combine.

3. Incorporate Wet Ingredients:

Add almond butter, vanilla extract, and monk fruit sweetener (if using). Pulse until the mixture starts to come together. If the mixture feels too dry to hold together, add water 1 tablespoon at a time until the dough sticks when pressed.

4. Form Bites:

Scoop about 1 tablespoon of mixture and roll into balls with your hands. Repeat until all mixture is used.

5. Chill:

Place the bites on a plate or tray and refrigerate for at least 30 minutes to firm up.

6. Store:

Keep stored in an airtight container in the refrigerator for up to 10 days or freeze for longer storage.

Nutrition (per serving)

Calories: 110 | **Protein:** 3g | **Carbohydrates:** 4g | **Fats:** 9g | **Fiber:** 3g | **Cholesterol:** 0mg | **Sodium:** 30mg | **Potassium:** 90mg

Baked Pears with Nutmeg & Toasted Almonds

INGREDIENTS

- 2 medium ripe but firm pears (such as Bosc or Anjou), halved and cored
- 1 tbsp fresh lemon juice
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground ginger (optional, for extra warmth)
- 1 tbsp melted coconut oil or unsalted butter (diabetic-friendly fat)
- 2 tbsp almond flour (adds protein and fiber)
- ¼ cup sliced almonds, toasted
- 2 tbsp ground flaxseed (optional, for added fiber and omega-3s)
- 1 tsp pure vanilla extract
- Pinch of sea salt
- 4 tsp monk fruit sweetener or stevia, adjust to taste (natural, blood sugar-friendly sweeteners)
- ½ cup plain Greek yogurt (unsweetened, full-fat) for serving (adds protein and creaminess)

Prep. time:

10 min

Cook time:

25 mins

servings:

4

DIRECTIONS

Preheat the oven to 350°F (175°C) and lightly grease a baking dish with coconut oil or butter.

1. Prepare the pears:

Slice the pears in half lengthwise and carefully remove the core with a spoon or melon baller. Brush the cut sides with lemon juice to prevent browning.

2. Make the spiced mixture:

In a small bowl, combine cinnamon, nutmeg, ginger (optional), almond flour, flaxseed (if using), monk fruit sweetener, sea salt, vanilla extract, and melted coconut oil. Stir until it forms a crumbly mixture.

3. Fill the pears:

Place the pear halves cut-side up in the baking dish. Spoon the spiced mixture into the hollow centers of each pear.

Bake for 20–25 minutes, or until the pears are tender but still hold their shape.

4. Toast the almonds:

While the pears are baking, toast sliced almonds in a dry skillet over medium heat for 3-5 minutes, stirring frequently, until golden and fragrant.

5. Serve:

Plate each pear half, sprinkle with toasted almonds, and add a generous spoonful of Greek yogurt on the side or on top.

Nutrition (per serving)

Calories: 165 | **Protein:** 7g | **Carbohydrates:** 16g | **Fats:** 9g | **Fiber:** 5g | **Cholesterol:** 3mg | **Sodium:** 30mg | **Potassium:** 210mg

Cashew & Coconut Flour Cheesecake Bites

INGREDIENTS

- **For the Base:**
- 1 cup almond flour
- 2 tablespoons coconut flour
- 2 tablespoons chia seeds (optional, for extra fiber)
- 2 tablespoons unsweetened shredded coconut
- 3 tablespoons melted coconut oil
- 1 tablespoon powdered erythritol or monk fruit sweetener (adjust to taste)
- ½ teaspoon pure vanilla extract
- Pinch of sea salt
- **For the Cheesecake Filling:**
- 1 cup raw cashews, soaked in water for at least 2 hours, then drained
- 6 ounces cream cheese (full-fat, softened)
- ¼ cup unsweetened Greek yogurt (adds protein)
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 3 tablespoons powdered erythritol or monk fruit sweetener (adjust to taste)
- 1 teaspoon pure vanilla extract
- 2 tablespoons unsweetened almond milk (add 1 more if needed for blending)
- **Optional Add-Ins:**
- 1 tablespoon ground flaxseed (boosts fiber)
- 1 teaspoon cinnamon (for blood sugar regulation)
- Fresh berries for garnish (raspberries or blueberries are low glycemic)

Prep. time:

20 min

Chill time:

1 hour

servings:

12

DIRECTIONS

1. Prepare the Base:

In a mixing bowl, combine almond flour, coconut flour, chia seeds, shredded coconut, and salt.

Stir in melted coconut oil, erythritol, and vanilla extract until the mixture resembles wet sand.

Press about 1 tablespoon of the base mixture into the bottom of each cavity of a mini muffin pan or silicone mold.

Place in the freezer while preparing the filling.

2. Make the Cheesecake Filling:

In a high-speed blender or food processor, blend the soaked cashews, cream cheese, Greek yogurt, lemon juice, lemon zest, erythritol, vanilla extract, and almond milk until silky smooth. Scrape down sides as needed.

If using, blend in flaxseed and cinnamon for added nutrition.

3. Assemble:

Spoon the cheesecake filling evenly over the chilled bases.

Smooth the tops with the back of a spoon.

Freeze for at least 1 hour to set.

5. Serve:

Remove from the freezer and let sit for 5-10 minutes to soften slightly.

Garnish with fresh berries if desired.

Nutrition (per serving)

Calories: 145 | **Protein:** 5g | **Carbohydrates:** 6g | **Fats:** 12g | **Fiber:** 3g | **Cholesterol:** 12mg | **Sodium:** 40mg | **Potassium:** 120mg

Dark Chocolate-Dipped Strawberries (No Sugar Added)

INGREDIENTS

- 12 large fresh strawberries, washed and thoroughly dried
- 3.5 oz (100g) unsweetened dark chocolate (85% cacao or higher, no sugar added)
- 1 tbsp coconut oil (optional, for smoother melting and healthy fats)
- 1 tbsp finely ground chia seeds (optional, for extra fiber and omega-3s)
- 1 tbsp finely chopped nuts (optional, such as almonds, walnuts, or pistachios for added protein and crunch)
- Pinch of sea salt (optional, to enhance flavor)
- 1 tsp ground cinnamon or unsweetened cocoa powder (optional, for dusting)

Prep. time:

15 min

Cooking time:

5 mins

servings:

4

DIRECTIONS

1. Prep the Strawberries

Wash strawberries and dry them completely. Moisture will prevent the chocolate from sticking well. Leave the green tops on for easier dipping.

2. Melt the Chocolate

In a small heatproof bowl, combine the dark chocolate and coconut oil.

Melt using a double boiler or microwave in 20-second intervals, stirring between each until smooth and fully melted (about 1–2 minutes total).

3. Dip the Strawberries

Holding each strawberry by the green top, dip it into the melted chocolate, turning to coat evenly.

Gently shake off excess chocolate.

4. Optional Coatings

Immediately sprinkle the dipped strawberries with ground chia seeds, chopped nuts, or a tiny pinch of sea salt before the chocolate hardens.

5. Set the Chocolate

Place the dipped strawberries on a parchment-lined tray.

Allow them to sit at room temperature until the chocolate hardens, or refrigerate for 10 minutes for quicker setting.

6. Dusting (Optional)

Lightly dust with cinnamon or unsweetened cocoa powder before serving for extra flavor.

Nutrition (per serving)

Calories: 145 | **Protein:** 5g | **Carbohydrates:** 6g | **Fats:** 12g | **Fiber:** 3g | **Cholesterol:** 12mg | **Sodium:** 40mg | **Potassium:** 120mg

Almond & Flaxseed Banana Bread (Low-Carb)

INGREDIENTS

- 1 cup almond flour (blanched, fine)
- 1/2 cup ground flaxseed (golden or brown)
- 1/4 cup coconut flour
- 1 1/2 tsp baking powder (aluminum-free)
- 1/2 tsp baking soda
- 1 tsp cinnamon (optional, for flavor)
- 1/4 tsp nutmeg (optional)
- Pinch of salt
- 2 medium ripe bananas (mashed, about 1 cup)
- 3 large eggs (room temperature)
- 1/4 cup olive oil (or avocado oil)
- 1/4 cup unsweetened almond milk
- 1 tsp vanilla extract
- 1/4 cup erythritol or monk fruit sweetener (adjust to taste)
- 2 tbsp chia seeds (optional, for extra fiber and omega-3s)
- 1/4 cup chopped walnuts or pecans (optional, for healthy fats)
- 1 tbsp ground psyllium husk (optional, enhances fiber and texture)

Prep. time:

15 min

Cooking time:

45 mins

servings:

10

DIRECTIONS

Preheat your oven to 350°F (175°C). Line a loaf pan (8x4-inch) with parchment paper or lightly grease it.

1. In a large bowl, combine the dry ingredients:

Almond flour, ground flaxseed, coconut flour, baking powder, baking soda, cinnamon, nutmeg, salt, and psyllium husk (if using).

2. In a separate bowl, whisk together:

Mashed bananas, eggs, olive oil, almond milk, vanilla extract, and sweetener until smooth.

3. Gradually fold the wet ingredients into the dry ingredients until fully combined. The batter will be slightly thick due to the coconut flour and flaxseed absorbing moisture.

4. Gently stir in the chia seeds and nuts if using.

Pour the batter into the prepared loaf pan and smooth the top with a spatula.

5. Bake for 40–50 minutes or until a toothpick inserted into the center comes out clean. Check at 40 minutes to prevent overbaking.

6. Cool completely in the pan for about 20 minutes, then transfer to a wire rack to cool fully before slicing.

Nutrition (per serving)

Calories: 145 | **Protein:** 5g | **Carbohydrates:** 6g | **Fats:** 12g | **Fiber:** 4g | **Cholesterol:** 50mg | **Sodium:** 85mg | **Potassium:** 200mg

Pumpkin Spice Chia Pudding

INGREDIENTS

- 1 cup unsweetened almond milk (or unsweetened soy milk for more protein)
- ½ cup pure pumpkin puree (not pumpkin pie filling)
- 4 tbsp chia seeds
- 1 scoop (about 20g) unflavored or vanilla plant-based protein powder (unsweetened and low-carb)
- 1 tsp pumpkin spice (or a mix of ½ tsp cinnamon, ¼ tsp nutmeg, ¼ tsp ginger)
- ½ tsp pure vanilla extract
- 1-2 tsp monk fruit sweetener or stevia (adjust to taste)
- Pinch of sea salt
- Optional Add-Ins for Extra Flavor/Nutrition:
 - 1 tbsp ground flaxseed (extra fiber and omega-3s)
 - 1 tbsp chopped walnuts or pecans (healthy fats, keep portions small)
 - 1 tbsp Greek yogurt (unsweetened, for creaminess and protein)
 - Fresh berries (for topping, limited to ¼ cup per serving)

Prep. time:

10 min

chill time:

4 hours

servings:

4

DIRECTIONS

1. Mix the Base:

In a medium bowl or jar, whisk together the almond milk, pumpkin puree, protein powder, pumpkin spice, vanilla extract, sweetener, and sea salt until smooth and well combined.

2. Add the Chia Seeds:

Stir in the chia seeds (and optional ground flaxseed if using). Make sure they are evenly distributed to avoid clumping.

3. Rest and Stir:

Let the mixture sit for 5 minutes, then stir again to prevent the chia seeds from settling.

4. Chill:

Cover and refrigerate for at least 4 hours, or overnight, until it thickens to a pudding-like consistency.

5. Serve:

Stir before serving. Top with optional chopped nuts, a dollop of Greek yogurt, or a few fresh berries if desired.

6. Mix the Base:

In a medium bowl or jar, whisk together the almond milk, pumpkin puree, protein powder, pumpkin spice, vanilla extract, sweetener, and sea salt until smooth and well combined.

7. Add the Chia Seeds:

Stir in the chia seeds (and optional ground flaxseed if using). Make sure they are evenly distributed to avoid clumping.

8. Rest and Stir:

Let the mixture sit for 5 minutes, then stir again to prevent the chia seeds from settling.

9. Chill:

Cover and refrigerate for at least 4 hours, or overnight, until it thickens to a pudding-like consistency.

10. Serve:

Stir before serving. Top with optional chopped nuts, a dollop of Greek yogurt, or a few fresh berries if desired.

Nutrition (per serving)

Calories: 130 | **Protein:** 11g | **Carbohydrates:** 9g | **Fats:** 7g | **Fiber:** 9g | **Cholesterol:** 0mg | **Sodium:** 90mg
| **Potassium:** 250mg

Cinnamon & Walnut Flaxseed Muffins

INGREDIENTS

- 1 cup ground flaxseed meal
- 1 cup almond flour
- 1/3 cup finely chopped walnuts (plus extra for topping, optional)
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder (aluminum-free)
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3 large eggs (room temperature)
- 1/3 cup unsweetened Greek yogurt (or plain coconut yogurt for dairy-free option)
- 1/4 cup olive oil (or avocado oil)
- 1/4 cup erythritol or monk fruit sweetener (adjust to taste)
- 1 teaspoon pure vanilla extract
- 1/4 cup unsweetened almond milk (or any unsweetened nut milk)
- Optional: 1 tablespoon chia seeds or hemp hearts (for added protein and omega-3s)
- Optional: 1/4 teaspoon nutmeg or ginger (for extra spice)

Prep. time:

15 min

Cooking time:

20 mins

servings:

12

DIRECTIONS

1. Preheat the Oven:

Preheat your oven to 350°F (175°C). Line a muffin tin with 12 paper liners or lightly grease with olive oil.

2. Mix the Dry Ingredients:

In a large bowl, combine the flaxseed meal, almond flour, chopped walnuts, cinnamon, baking powder, baking soda, salt, and optional spices if using. Whisk until well combined.

3. Mix the Wet Ingredients:

In a separate bowl, whisk together the eggs, Greek yogurt, olive oil, sweetener, vanilla extract, and almond milk until smooth.

4. Combine the Batter:

Pour the wet ingredients into the dry ingredients. Stir until fully mixed and a thick batter forms.

5. Portion the Batter:

Divide the batter evenly into the 12 muffin cups. Sprinkle extra chopped walnuts on top if desired.

6. Bake:

Place the muffin tin in the preheated oven and bake for 18–22 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

7. Cool:

Let the muffins cool in the pan for 5 minutes, then transfer them to a wire rack to cool completely.

8. Serve:

Enjoy as-is or top with a small spoonful of Greek yogurt and a sprinkle of cinnamon. These muffins pair well with unsweetened tea or coffee.

Nutrition (per serving)

Calories: 145 | **Protein:** 7g | **Carbohydrates:** 6g | **Fats:** 11g | **Fiber:** 5g | **Cholesterol:** 55mg | **Sodium:** 90mg | **Potassium:** 190mg

Chapter 5 Snacks

Crunchy Roasted Chickpeas with Garlic & Paprika

INGREDIENTS

- 1 ½ cups canned chickpeas (rinsed, drained, and patted dry) (or 1 cup cooked from dry)
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika (or regular paprika)
- ¼ teaspoon ground cumin (optional, adds earthy flavor)
- ¼ teaspoon sea salt
- Pinch of black pepper
- Pinch of cayenne pepper (optional, for a kick)
- ½ teaspoon lemon zest (optional, for brightness)

Prep. time:

10 mins

Cook time:

35 mins

Servings:

4

DIRECTIONS

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.

1. Dry the chickpeas thoroughly using a clean towel or paper towels. Removing moisture ensures they crisp up well.
2. Toss chickpeas in a mixing bowl with olive oil, garlic powder, paprika, cumin (if using), salt, pepper, and cayenne (if using).
3. Spread evenly on the prepared baking sheet in a single layer.
4. Roast for 35–40 minutes, shaking the pan halfway through. Watch the last 5–10 minutes carefully to avoid burning.
5. Cool for 10 minutes, then sprinkle with lemon zest if using.
6. Serve immediately for max crunch or store in an airtight container for up to 3 days (re-crisp in the oven if needed).

Nutrition (per serving)

Calories: 145 | **Protein:** 7g | **Carbohydrates:** 16g | **Fats:** 6g | **Fiber:** 5g | **Cholesterol:** 0mg | **Sodium:** 180mg | **Potassium:** 210mg

Low-Carb Peanut Butter Cookies (Almond Flour)

INGREDIENTS

- 1 cup natural peanut butter (unsweetened, no added sugar)
- ¾ cup almond flour (blanched, finely ground)
- ¼ cup erythritol or monk fruit sweetener (diabetic-friendly, zero-carb sweetener)
- 1 large egg
- 1 teaspoon vanilla extract (optional, for flavor)
- ½ teaspoon baking powder
- ¼ teaspoon salt (omit if peanut butter is salted)
- Optional add-ins for extra nutrition:
 - 1 tablespoon chia seeds (fiber boost)
 - 1 tablespoon ground flaxseed (omega-3 boost)
 - 1 tablespoon sugar-free dark chocolate chips (optional, for indulgence)

Prep. time:

10 min

Cooking time:

12 mins

servings:

12

DIRECTIONS

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.

2. Mix Wet Ingredients:

In a large bowl, combine the peanut butter, egg, and vanilla extract (if using). Stir until smooth.

3. Add Dry Ingredients:

Add the almond flour, erythritol, baking powder, salt, and any optional add-ins (chia seeds, flaxseed, chocolate chips). Mix well until a dough forms. The dough should be slightly sticky but workable.

4. Form Cookies:

Scoop about 1 tablespoon of dough and roll into a ball. Place on the prepared baking sheet and gently press down with a fork in a crisscross pattern to flatten.

Bake for 10-12 minutes, or until the edges are lightly golden. (Be careful not to overbake; they firm up as they cool.)

5. Cool:

Let cookies cool on the baking sheet for 10 minutes, then transfer to a wire rack to cool completely.

Nutrition (per serving)

Calories: 150 | **Protein:** 6g | **Carbohydrates:** 5g | **Fats:** 13g | **Fiber:** 2g | **Cholesterol:** 13mg | **Sodium:** 90mg | **Potassium:** 120mg

Greek Yogurt with Walnuts & Berries

INGREDIENTS

- 1 cup (245g) plain, unsweetened Greek yogurt (2% or 5% fat)
- ½ cup fresh mixed berries (blueberries, raspberries, strawberries, or blackberries)
- (these are lower in sugar than other fruits)
- 2 tablespoons raw walnuts, roughly chopped
- ½ teaspoon ground cinnamon (optional, for flavor and blood sugar control)
- 1 teaspoon chia seeds (optional, for extra fiber and omega-3s)
- ½ teaspoon vanilla extract (optional, for natural sweetness)
- 2-3 drops liquid stevia or monk fruit sweetener (optional, to taste)

Prep. time:

10 min

Cooking time:

0 mins

servings:

2

DIRECTIONS

1. Prepare the yogurt base:

In a medium bowl, add the Greek yogurt and stir in the vanilla extract (if using) and sweetener to taste.

2. Add spices and seeds:

Sprinkle in the ground cinnamon and chia seeds (if using). Stir gently to combine.

3. Top with berries and nuts:

Evenly distribute the fresh berries over the yogurt and sprinkle the chopped walnuts on top.

4. Mix or layer:

You can gently fold the toppings into the yogurt or leave them layered for presentation.

5. Serve

immediately or refrigerate for up to 1 hour if you prefer a chilled dish where the chia seeds slightly thicken the yogurt.

Nutrition (per serving)

Calories: 155 | **Protein:** 12g | **Carbohydrates:** 11g | **Fats:** 8g | **Fiber:** 3g | **Cholesterol:** 10mg | **Sodium:** 30mg | **Potassium:** 210mg

Avocado & Cottage Cheese Stuffed Tomatoes

INGREDIENTS

- 4 large ripe tomatoes (about 200g each)
- 1 ripe avocado (about 150g), diced
- 1 cup (200g) low-fat cottage cheese (preferably 1-2% fat)
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons finely chopped fresh parsley or cilantro
- 1 small garlic clove, minced (optional)
- ¼ teaspoon sea salt (or to taste)
- ¼ teaspoon black pepper
- 1 tablespoon ground flaxseed (optional, for extra fiber)
- 1 tablespoon chopped walnuts (optional, for healthy fats and crunch)
- ¼ teaspoon paprika or smoked paprika (optional, for flavor)

Prep. time:

Cooking time:

servings:

15 min

0 mins

4

DIRECTIONS

1. Prepare the Tomatoes:

Wash the tomatoes and slice off the tops.

Using a spoon, gently scoop out the seeds and flesh, leaving a sturdy shell.

Lightly sprinkle the insides with a pinch of salt and set them upside down on a paper towel to drain excess moisture.

2. Make the Filling:

In a medium bowl, mash the avocado with the lemon juice until smooth but slightly chunky.

Add the cottage cheese, olive oil, chopped herbs, garlic (if using), salt, and pepper.

Stir well to combine.

If using, fold in the ground flaxseed and chopped walnuts for extra fiber and omega-3s.

3. Stuff the Tomatoes:

Fill each hollowed tomato with equal amounts of the avocado-cottage cheese mixture.

Sprinkle paprika on top for added flavor and color (optional).

4. Serve:

Serve immediately as a light meal or snack.

Optionally garnish with extra herbs or a drizzle of olive oil.

Nutrition (per serving)

Calories: 175 | **Protein:** 12g | **Carbohydrates:** 9g | **Fats:** 12g | **Fiber:** 5g | **Cholesterol:** 10mg | **Sodium:** 290mg | **Potassium:** 600mg

Almond Butter Celery Sticks with Chia Seeds

INGREDIENTS

- 8 medium celery sticks (about 6 inches each)
- 6 tablespoons unsweetened almond butter (choose one with no added sugar or hydrogenated oils)
- 2 teaspoons chia seeds
- 1/4 teaspoon ground cinnamon (optional, for extra flavor and blood sugar support)
- Pinch of sea salt (optional, if your almond butter is unsalted)
- Optional toppings (choose as desired for added nutrients):
- 1 tablespoon finely chopped walnuts or pecans
- 1 teaspoon unsweetened shredded coconut
- A drizzle of sugar-free vanilla extract

Prep. time:

10 min

Cooking time:

0 mins

servings:

4

DIRECTIONS

1. Prepare the celery:

Wash the celery sticks thoroughly, trim the ends, and cut each into approximately 6-inch pieces if needed. Pat dry with a paper towel.

2. Spread the almond butter:

Using a butter knife or small spatula, evenly spread about 3/4 tablespoon of almond butter into the groove of each celery stick.

3. Add chia seeds:

Sprinkle a small pinch (about 1/4 teaspoon) of chia seeds over the almond butter on each stick.

4. Season (optional):

Lightly dust with ground cinnamon and a pinch of sea salt, if desired.

5. Add optional toppings (if using):

Gently press nuts, coconut, or a drop of vanilla extract on top of the almond butter for extra crunch and flavor.

6. Serve

immediately or refrigerate for up to 24 hours in an airtight container for a ready-to-go snack.

Nutrition (per serving)

Calories: 145 | **Protein:** 5g | **Carbohydrates:** 6g | **Fats:** 12g | **Fiber:** 4g | **Cholesterol:** 0mg | **Sodium:** 70mg | **Potassium:** 250mg

Baked Zucchini Chips with Parmesan Crust

INGREDIENTS

- 2 medium zucchinis (about 400g), thinly sliced into 1/8-inch rounds
- 1/2 cup grated Parmesan cheese (preferably fresh, not pre-shredded)
- 1/4 cup ground flaxseed (adds fiber and omega-3s)
- 1/4 cup almond flour (low-carb and high in healthy fats)
- 1 large egg, beaten
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon smoked paprika (optional, for extra flavor)
- 1/4 teaspoon black pepper
- 1/4 teaspoon sea salt (optional, or to taste)
- Olive oil spray (for light coating)
- **Optional Add-ins:**
- 1 tablespoon nutritional yeast (for added umami and B-vitamins)
- Fresh herbs like thyme or rosemary, finely chopped

Prep. time:

15 min

Cooking time:

25 mins

servings:

4

DIRECTIONS

1. Preheat the oven:

Set your oven to 400°F (200°C). Line a baking sheet with parchment paper and lightly coat it with olive oil spray.

2. Prepare the zucchini:

Wash the zucchinis thoroughly, trim the ends, and slice them into thin rounds, approximately 1/8-inch thick. Pat the slices dry with a paper towel to remove excess moisture.

3. Prepare the coating mixture:

In a shallow bowl, combine the grated Parmesan, ground flaxseed, almond flour, garlic powder, onion powder, smoked paprika, black pepper, and optional nutritional yeast and herbs. Mix well.

4. Prepare the egg wash:

In a separate bowl, beat the egg until smooth.

5. Coat the zucchini slices:

Dip each zucchini slice into the beaten egg, letting any excess drip off, then press both sides into the Parmesan coating mixture to ensure an even crust.

6. Arrange on baking sheet:

Place the coated zucchini slices in a single layer on the prepared baking sheet, making sure they do not overlap.

7. Spray with olive oil:

Lightly mist the tops of the zucchini slices with olive oil spray to promote crisping.

8. Bake the zucchini chips:

Place the baking sheet in the preheated oven and bake for 10-12 minutes. Flip each chip over carefully, then continue baking for another 10-12 minutes, or until golden brown and crispy.

9. Cool before serving:

Remove the chips from the oven and let them cool slightly on the baking sheet to allow them to firm up.

10. Serve:

Enjoy immediately as a warm, crispy snack, or store in an airtight container for up to 24 hours.

Nutrition (per serving)

Calories: 145 | **Protein:** 9g | **Carbohydrates:** 6g | **Fats:** 10g | **Fiber:** 4g | **Cholesterol:** 47mg | **Sodium:** 240mg | **Potassium:** 380mg

Crispy Cucumber Tuna Bites

INGREDIENTS

- **1 large English cucumber**, sliced into 12 thick rounds (~½ inch)
- **1 can (5 oz / 140g) wild-caught tuna in water**, drained
- **2 tablespoons plain Greek yogurt (non-fat or 2%)**
- **1 tablespoon avocado oil mayo** (*optional for extra creaminess*)
- **1 teaspoon Dijon mustard**
- **1 tablespoon fresh lemon juice**
- **1 tablespoon finely chopped red onion**
- **1 tablespoon chopped celery** (*adds crunch & fiber*)
- **1 tablespoon fresh parsley or dill**, finely chopped
- **¼ teaspoon garlic powder**
- **Salt and pepper**, to taste
- **Optional topping:**
Sliced cherry tomatoes, paprika, or hemp seeds for extra fiber and nutrients

Prep. time:

15 min

Cooking time:

0 mins

servings:

4

DIRECTIONS

1. Prep the cucumber:

Wash and slice the cucumber into thick rounds (~12 pieces). Pat dry and set aside on a serving plate.

2. Make the tuna mixture:

In a medium bowl, mix drained tuna with Greek yogurt, avocado mayo (if using), Dijon mustard, and lemon juice.

Add in red onion, celery, parsley or dill, garlic powder, salt, and pepper.

Stir until fully combined and creamy. Taste and adjust seasoning if needed.

3. Assemble the bites:

Using a small spoon or piping bag, scoop a generous dollop of the tuna mixture onto each cucumber slice.

4. Optional garnish:

Top each bite with a thin slice of cherry tomato, a sprinkle of paprika, or a pinch of hemp seeds

Nutrition (per serving)

Calories: 120 | **Protein:** 15g | **Carbohydrates:** 4g | **Fats:** 5g | **Fiber:** 1.5g | **Cholesterol:** 25mg | **Sodium:** 180mg | **Potassium:** 280mg

Avocado Deviled Eggs

INGREDIENTS

- 4 large eggs
- 1 ripe medium avocado (about 150g)
- 1 tsp fresh lemon or lime juice (prevents browning, adds vitamin C)
- 1 tbsp plain Greek yogurt (unsweetened, adds protein and creaminess)
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- Pinch of sea salt (or salt substitute)
- Fresh ground black pepper to taste
- Optional: 1 tsp chopped fresh cilantro or parsley (adds freshness)
- Optional: Dash of smoked paprika or chili flakes (for garnish and flavor)

Prep. time:

10 min

Cooking time:

10 mins

servings:

4

DIRECTIONS

1. Boil the eggs:

Place eggs in a saucepan, cover with water, and bring to a gentle boil. Once boiling, turn off the heat, cover, and let sit for 10 minutes. Then, transfer eggs to a bowl of ice water to cool.

2. Peel and halve:

Once cooled, peel the eggs and slice each in half lengthwise. Gently remove the yolks and place them in a mixing bowl.

3. Make the filling:

Add avocado, lemon/lime juice, Greek yogurt, garlic powder, onion powder, salt, and pepper to the bowl with the yolks. Mash everything together until smooth and creamy.

4. Fill the eggs:

Spoon or pipe the mixture into the egg white halves.

5. Garnish (optional):

Sprinkle with paprika, chili flakes, or fresh herbs for color and added flavor.

Serve immediately, or chill in the refrigerator for up to 2 hours before serving.

Nutrition (per serving)

Calories: 145 | **Protein:** 7g | **Carbohydrates:** 4g | **Fats:** 11g | **Fiber:** 3g | **Cholesterol:** 186mg | **Sodium:** 120mg | **Potassium:** 290mg