

Diabetic Diet Cookbook for Beginners

2000+Days of Low-Carb, Low-Sugar Recipes for
Managing Prediabetes, Type 2 Diabetes, and Renal
Health. Includes Expert Meal Prep Strategies and a 30-
Days Menu Plan

By Camilla Sherman

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Table of contents

Introduction	8
Understanding the Diabetic Diet	8
Health Benefits of the Diabetic Diet	9
Causes of Diabetes	10
Types of Diabetes.....	11
Understanding Type 2 Diabetes	12
Diabetic Shopping List: Foods to Avoid & Foods to Eat	13
Foods to Avoid.....	13
Foods to Eat	14
30-Day Meal Plan	15
Chapter 1: Breakfast	18
Fluffy Almond Flour Pancakes with Berries	18
Avocado and Spinach Egg Muffins	19
Low-Carb Veggie Omelet with Cheese	20
Chia Seed Pudding with Almond Milk and Fresh Fruits	21
Cinnamon-Spiced Overnight Oats with Nuts.....	22
Greek Yogurt Parfait with Sugar-Free Granola	23
Zucchini Fritters with a Dollop of Greek Yogurt.....	24
Baked Eggs in Portobello Mushrooms	25
Tofu Scramble with Bell Peppers and Turmeric.....	26
Cauliflower Rice Porridge with Cinnamon and Vanilla	27
Savory Spinach and Feta Egg Wraps Recipe.....	28
Almond Butter and Berry Chia Toast Recipe	29
Low-Carb Coconut Flour Waffles with Sugar-Free Syrup	30
Spiced Pumpkin Breakfast Muffins	31
Cauliflower Hash Browns with Poached Eggs	32
Chapter 2: Salads	33
Grilled Chicken and Avocado Salad with Lemon Dressing	33
Cucumber and Tomato Salad with Feta Cheese	34
Spinach and Strawberry Salad with Balsamic Glaze	35
Zesty Tuna Salad with Olive Oil and Lemon	36
Roasted Veggie Quinoa Salad with Basil Pesto	37
Kale Salad with Walnuts and a Citrus Vinaigrette.....	38

Asian-Inspired Cabbage Slaw with Sesame Dressing	39
Mediterranean Chickpea Salad with Parsley.....	40
Zucchini Noodle Salad with Grilled Shrimp	41
Caprese Salad with Heirloom Tomatoes and Mozzarella.....	42
Chapter 3: Soup	43
Creamy Broccoli and Cheddar Soup.....	43
Hearty Chicken and Vegetable Soup	44
Zesty Lemon Turkey Meatball Soup	45
Spiced Lentil and Spinach Soup	46
Creamy Cauliflower Soup with Herbs.....	47
Tomato Basil Soup.....	48
Beef and Barley Soup	49
Ginger Carrot Soup with Coconut Milk	50
Slow-Cooked Minestrone with Zucchini	51
Chicken Pho with Zucchini Noodles	52
Chapter 4: Fish and Seafood	53
Grilled Salmon with Lemon-Dill Yogurt Sauce	53
Garlic Butter Shrimp and Zucchini Noodles	54
Baked Cod with Herb-Crusted Almond Topping	55
Mediterranean Tuna Salad with Olive Oil Vinaigrette.....	56
Seared Scallops on Cauliflower Mash.....	57
Coconut Curry Shrimp Stir-Fry.....	58
Lemon Herb Tilapia with Steamed Green Beans	59
Spicy Cajun Catfish with Quinoa Pilaf	60
Easy Garlic Lemon Baked Trout	61
Pan-Seared Halibut with Tomato and Caper Relish.....	62
Lemon Garlic Baked Salmon Patties	63
Cajun Shrimp and Avocado Salad	64
Herb-Crusted Mahi-Mahi with Asparagus	65
Sesame-Crusted Tuna Steaks with Wasabi Drizzle	66
Grilled Pesto Shrimp Skewers	67
Teriyaki Glazed Salmon with Steamed Bok Choy Recipe.....	68
Dill and Lemon Butter Cod Over Sautéed Spinach Recipe	69
Spicy Garlic Prawns with Cauliflower Rice Recipe.....	70
Mediterranean Grilled Sardines with Olive Tapenade Recipe.....	71

Crispy Skin Trout with Lemon Caper Sauce Recipe	72
Chapter 5: Meat	73
Grilled Lemon Herb Chicken Thighs	73
Beef Stir-Fry with Low-Carb Vegetables	74
Garlic Rosemary Pork Tenderloin	75
Baked Herb-Crusted Salmon Fillet	76
Slow-Cooker Turkey and Mushroom Meatloaf	77
Barbecued Chicken Breast with Sugar-Free Sauce	78
Chili Lime Shrimp Skewers	79
Beef Kebabs with Bell Peppers and Onions	80
Spicy Blackened Cod Fillet	81
Turkey Burgers with Avocado Topping	82
Tender Lemon Herb Chicken Piccata	83
Beef and Cauliflower Rice Stuffed Bell Peppers	84
Pork Chops with Apple Cider Glaze	85
Turkey Zucchini Meatballs in Tomato Basil Sauce	86
Smoky Paprika Chicken Drumsticks	87
Braised Chicken Thighs with Garlic and Thyme Recipe	88
Spiced Lamb Meatballs with Tzatziki Sauce Recipe	89
Slow-Cooked Beef and Zucchini Chili Recipe	90
Herb-Rubbed Roast Turkey Breast with Gravy Recipe	91
Low-Carb Pulled Pork Lettuce Wraps Recipe	92
Chapter 6: Vegetarian and Vegan	93
Grilled Halloumi Salad with Roasted Vegetables	93
Cheesy Spinach and Mushroom Stuffed Portobellos	94
Hearty Lentil and Vegetable Shepherd's Pie	95
Mediterranean Quinoa Bowl with Lemon Vinaigrette	96
Creamy Tomato Basil Soup with a Hint of Parmesan	97
Crispy Chickpea and Avocado Wraps	98
Roasted Red Pepper and Lentil Soup	99
Vegan Cauliflower Alfredo with Zucchini Noodles	100
Thai Coconut Soup with Tofu and Vegetables	101
Baked Sweet Potato Fries with Garlic Cashew Dip	102
Zesty Black Bean and Quinoa Tacos	103
Creamy Avocado Cucumber Gazpacho	104

Low-Carb Eggplant Parmesan	105
Spicy Tofu Stir-Fry with Bok Choy	106
Mushroom and Lentil Bolognese.....	107
Stuffed Zucchini Boats with Lentil Marinara Recipe	108
Sweet Potato and Kale Hash with Tahini Dressing Recipe	109
Roasted Cauliflower Steaks with Chimichurri Recipe.....	110
Creamy Spinach and Artichoke Bake Recipe	111
Crispy Baked Falafel with Cucumber Yogurt Sauce	112
Sweet Potato and Black Bean Buddha Bowl.....	113
Curried Coconut Chickpeas with Spinach.....	114
Vegan Stuffed Bell Peppers with Cauliflower	115
Roasted Brussels Sprouts and Sweet Potato Salad	116
Thai Peanut Zoodles with Crispy Tofu	117
Chapter 7: Side Dishes	118
Garlic Parmesan Roasted Broccoli	118
Cauliflower Rice Pilaf with Herbs	119
Balsamic-Glazed Brussel Sprouts.....	120
Mashed Cauliflower with Butter and Chives.....	121
Zucchini Noodles with Garlic and Olive Oil	122
Roasted Asparagus with Lemon Zest	123
Stir-Fried Green Beans with Almonds.....	124
Spaghetti Squash with Pesto	125
Sautéed Spinach with Garlic and Mushrooms	126
Chapter 8: Sauce and Dips.....	127
Roasted Sweet Potato Wedges	127
Creamy Avocado Lime Dip	128
Greek Yogurt Ranch Dressing	129
Roasted Red Pepper and Walnut Spread.....	130
Garlic Herb Tahini Sauce.....	131
Cucumber Dill Tzatziki	132
Zesty Lemon Garlic Vinaigrette.....	133
Spicy Tomato Salsa Verde.....	134
Classic Guacamole with a Twist	135
Chipotle Lime Yogurt Dip	136
Chapter 9: Desserts	137

Dark Chocolate Avocado Mousse.....	137
Coconut Chia Pudding with Fresh Berries	138
Almond Flour Lemon Bars	139
Low-Carb Vanilla Bean Cheesecake Bites	140
Spiced Apple Crisp with Oat Topping	141
No-Bake Peanut Butter Chocolate Energy Balls.....	142
Greek Yogurt and Berry Parfait.....	143
Pumpkin Spice Muffins with Cream Cheese Swirl	144
Keto-Friendly Chocolate Chip Cookies	145
Frozen Banana and Almond Butter Pops	146

Introduction

Understanding the Diabetic Diet

At its core, the **Diabetic Diet** is designed to maintain steady blood sugar levels. It emphasizes foods that have a low glycemic index (GI), meaning they release glucose slowly into the bloodstream. This helps prevent blood sugar spikes and crashes, which are crucial for managing diabetes effectively.

Key components of the Diabetic Diet include:

1. **Balanced Macronutrients:**

- **Carbohydrates:** Opt for whole grains, legumes, and non-starchy vegetables.
- **Proteins:** Include lean meats, fish, eggs, and plant-based options like tofu and lentils.
- **Healthy Fats:** Focus on sources like avocados, nuts, seeds, and olive oil.

2. **Fiber-Rich Foods:**

- High-fiber foods like oats, beans, and leafy greens help slow glucose absorption and improve gut health.

3. **Controlled Portions:**

- Moderation is key. Smaller, more frequent meals help stabilize blood sugar levels throughout the day.

4. **Reduced Added Sugars and Processed Foods:**

- Minimize consumption of sugary drinks, packaged snacks, and refined carbohydrates.

5. **Hydration:**

- Water is essential for overall health and can help regulate blood sugar levels.

Health Benefits of the Diabetic Diet

1. **Blood Sugar Control:**
This is the major aim of the diet—to control blood sugar levels, which will reduce the risks of complications such as cardiovascular disease, neuropathy, and retinopathy.
2. **Weight Management:**
The diabetic diet aims at healthy weight management by highlighting the most essential foods with nutrients and controlling portioning,
3. **Cardiovascular Health:**
A reduction of processed meals and the addition of healthy fats contribute to reducing blood pressure and cholesterol levels.
4. **Longevity and Energy:**
The diet promotes metabolic health by lowering inflammation, providing a direct route to long-lasting energy

Enhanced Quality of Life:

As blood sugar levels balance, so do mood, energy, and cognitive function.

Causes of Diabetes

The causes of diabetes are different with respect to their types, but usually they include genetic predisposition, lifestyle factors, and sometimes other medical conditions.

1. **Genetics:** Genetic predisposition and family history of diabetes increase the chances of getting the disease.
2. **Lifestyle Factors:** Poor nutrition/dietary habits, physical inactivity, and being overweight/obese are the major players of diabetes, especially in the development of Type 2.
3. **Autoimmune Factors:** In a nutshell, autoimmune factors bring out Type 1 diabetes; for in such cases, the immune mechanism mistakenly destroys the insulin-secreting cells of the pancreas.
4. **Other Factors:** Conditions such as PCOS, diabetes during pregnancy, and the action of certain medications. The risk for diabetes may persist in some instances.

What is diabetes?

Diabetes is a chronic disease that affects the ways your body deals with glucose, the major source of energy for your cells. The pancreas makes a hormone called insulin, which is important to let glucose into the cells. In the case of impaired production or function of insulin, there is an accumulation of glucose in the bloodstream, hence high blood sugar levels.

Types of Diabetes

Type 1 Diabetes

Cause: Diabetes producing cells in the pancreas are killed by an autoimmune reaction.

Typical Onset: The disorder can start at any age, but it generally does in childhood or early adulthood.

Treatment: Consists of administration of insulin via injections or pump.

Type 2 Diabetes

Cause: The body becomes resistant to insulin, and the pancreas cannot produce enough to compensate.

Typical Onset: The typical age at onset is adulthood, but newer trends suggest that presentation is increasing even in childhood owing to rising obesity.

Treatment: The condition is managed through diet, exercise, and/or medication. Sometimes insulin may also be included.

Gestational Diabetes

Cause: Insulin resistance can result from hormonal changes during pregnancy.

Typical Onset: It develops during pregnancy and usually resolves after delivery.

Risk: Increases the risk of Type 2 diabetes later in life for both mother and child.

Prediabetes

Cause: Blood sugar is present at high levels but insufficient to classify them as in the Type 2 diabetes stage.

Risk: Commonly progresses to Type 2 diabetes without lifestyle changes.

Management: Diet, exercise, and weight management should be important.

Once you understand these causes and types, you will realize how nutrition and lifestyle changes play a central role in managing or even preventing diabetes. The recipes in this cookbook are designed to support your journey toward balanced blood sugar levels and better health.

Understanding Type 2 Diabetes

The way your body uses glucose, the primary energy source for your cells, is affected by a chronic illness known as type 2 diabetes. During meals, your body converts carbohydrates into glucose, which is then released into your bloodstream. The hormone insulin, which is produced by the pancreas in a healthy individual, aids in the movement of blood glucose into cells for use as fuel.

However, those with type 2 diabetes aren't using this process properly. In order to regulate blood sugar levels, your body either develops resistance to insulin or your pancreas produces insufficient amounts of it. High blood sugar is caused by the accumulation of glucose in the blood. Poor blood sugar control may eventually lead to issues with the heart, kidneys, eyes, nerves, and other organs.

Risk Factors and Causes

While the exact cause of type 2 diabetes is not fully understood, several factors contribute to its development:

- **Genetics:** A family history of diabetes increases your risk.
- **Lifestyle Choices:** A diet high in refined carbohydrates and sugars, lack of physical activity, and being overweight are major contributors.
- **Age:** Risk increases as you age, though younger individuals are also increasingly affected.
- **Other Conditions:** High blood pressure, high cholesterol, and polycystic ovary syndrome (PCOS) can increase your risk.

Symptoms to Watch For

Many people with type 2 diabetes have mild symptoms or none at all initially. Common signs include:

- Increased thirst and frequent urination
- Fatigue
- Blurred vision
- Slow healing of wounds
- Unexplained weight loss or gain
- Tingling or numbness in the hands and feet

If you experience these symptoms, it's important to consult a healthcare professional for proper testing and diagnosis.

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
Canned Fruits in Syrup	Canned peaches, pineapples, fruit cocktails

Foods to Eat

Category	Examples
Whole Grains	Quinoa, brown rice, whole-grain bread, oats
Lean Proteins	Chicken breast, turkey, salmon, eggs, tofu, legumes
Low Glycemic Index Fruits	Berries, apples, pears, citrus fruits
Non-Starchy Vegetables	Leafy greens, broccoli, cauliflower, zucchini, bell peppers
Healthy Fats	Avocados, nuts, seeds, olive oil
Low-Fat Dairy or Alternatives	Low-fat milk, unsweetened almond milk, low-fat yogurt
Herbs and Spices	Cinnamon, turmeric, garlic, ginger
High-Fiber Foods	Lentils, black beans, chia seeds, flaxseeds
Plant-Based Milks	Unsweetened almond milk, soy milk, coconut milk
Natural Sweeteners	Stevia, monk fruit, erythritol
Low-Sugar Beverages	Unsweetened teas, sparkling water, black coffee
Protein Alternatives	Tempeh, edamame, seitan
Omega-3 Rich Foods	Salmon, mackerel, chia seeds, flaxseeds
Fermented Foods	Kimchi, sauerkraut, unsweetened yogurt
Complex Carbohydrates	Sweet potatoes, butternut squash, whole wheat pasta
Dark Leafy Greens	Spinach, kale, collard greens
Heart-Healthy Nuts	Almonds, walnuts, pecans
Low-Carb Snacks	Hard-boiled eggs, string cheese, celery with almond butter
Antioxidant-Rich Foods	Blueberries, dark chocolate (sugar-free), green tea

30-Day Meal Plan

Days 1 - 10

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 1	Fluffy Almond Flour Pancakes with Berries	Grilled Chicken and Avocado Salad with Lemon Dressing	Grilled Salmon with Lemon-Dill Yogurt Sauce	Baked Sweet Potato Fries with Garlic Cashew Dip
Day 2	Low-Carb Veggie Omelet with Cheese	Spinach and Strawberry Salad with Balsamic Glaze	Garlic Butter Shrimp and Zucchini Noodles	Low-Carb Cheesecake Bites
Day 3	Chia Seed Pudding with Almond Milk and Fresh Fruits	Asian-Inspired Cabbage Slaw with Sesame Dressing	Seared Scallops on Cauliflower Mash	Vegan Chocolate Avocado Mousse
Day 4	Cinnamon-Spiced Overnight Oats with Nuts	Zesty Tuna Salad with Olive Oil and Lemon	Coconut Curry Shrimp Stir-Fry	Almond Butter Chocolate Fat Bombs
Day 5	Greek Yogurt Parfait with Sugar-Free Granola	Roasted Veggie Quinoa Salad with Basil Pesto	Lemon Herb Tilapia with Steamed Green Beans	Chia Seed Pudding with Fresh Berries
Day 6	Zucchini Fritters with a Dollop of Greek Yogurt	Kale Salad with Walnuts and a Citrus Vinaigrette	Spicy Cajun Catfish with Quinoa Pilaf	Coconut Macaroons
Day 7	Baked Eggs in Portobello Mushrooms	Mediterranean Chickpea Salad with Parsley	Pan-Seared Halibut with Tomato and Caper Relish	Peanut Butter and Dark Chocolate Cups
Day 8	Tofu Scramble with Bell Peppers and Turmeric	Zucchini Noodle Salad with Grilled Shrimp	Teriyaki Glazed Salmon with Steamed Bok Choy	Sugar-Free Lemon Bars
Day 9	Cauliflower Rice Porridge with Cinnamon and Vanilla	Caprese Salad with Heirloom Tomatoes and Mozzarella	Dill and Lemon Butter Cod Over Sautéed Spinach	Keto-Friendly Cinnamon Donuts
Day 10	Savory Spinach and Feta Egg Wraps	Grilled Chicken and Avocado Salad with Lemon Dressing	Herb-Crusted Mahi-Mahi with Asparagus	Berry Almond Crumble

Days 11 - 20

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 11	Almond Butter and Berry Chia Toast	Cucumber and Tomato Salad with Feta Cheese	Spicy Garlic Prawns with Cauliflower Rice	Dark Chocolate Raspberry Squares
Day 12	Low-Carb Coconut Flour Waffles with Sugar-Free Syrup	Spinach and Strawberry Salad with Balsamic Glaze	Mediterranean Grilled Sardines with Olive Tapenade	Creamy Vanilla Bean Panna Cotta
Day 13	Spiced Pumpkin Breakfast Muffins	Asian-Inspired Cabbage Slaw with Sesame Dressing	Crispy Skin Trout with Lemon Caper Sauce	Spiced Pumpkin Custard
Day 14	Cauliflower Hash Browns with Poached Eggs	Mediterranean Chickpea Salad with Parsley	Slow-Cooked Beef and Zucchini Chili	Caramelized Pears with Walnuts
Day 15	Fluffy Almond Flour Pancakes with Berries	Zesty Tuna Salad with Olive Oil and Lemon	Braised Chicken Thighs with Garlic and Thyme	Baked Sweet Potato Fries with Garlic Cashew Dip
Day 16	Chia Seed Pudding with Almond Milk and Fresh Fruits	Roasted Veggie Quinoa Salad with Basil Pesto	Spiced Lamb Meatballs with Tzatziki Sauce	Low-Carb Cheesecake Bites
Day 17	Low-Carb Veggie Omelet with Cheese	Kale Salad with Walnuts and a Citrus Vinaigrette	Herb-Rubbed Roast Turkey Breast with Gravy	Vegan Chocolate Avocado Mousse
Day 18	Zucchini Fritters with a Dollop of Greek Yogurt	Caprese Salad with Heirloom Tomatoes and Mozzarella	Baked Herb-Crusted Salmon Fillet	Almond Butter Chocolate Fat Bombs
Day 19	Savory Spinach and Feta Egg Wraps	Zucchini Noodle Salad with Grilled Shrimp	Turkey Zucchini Meatballs in Tomato Basil Sauce	Chia Seed Pudding with Fresh Berries
Day 20	Cinnamon-Spiced Overnight Oats with Nuts	Spinach and Strawberry Salad with Balsamic Glaze	Braised Chicken Thighs with Garlic and Thyme	Coconut Macaroons

Days 21 - 30

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 21	Cauliflower Rice Porridge with Cinnamon and Vanilla	Mediterranean Chickpea Salad with Parsley	Herb-Rubbed Roast Turkey Breast with Gravy	Keto-Friendly Cinnamon Donuts
Day 22	Spiced Pumpkin Breakfast Muffins	Asian-Inspired Cabbage Slaw with Sesame Dressing	Baked Herb-Crusted Salmon Fillet	Berry Almond Crumble
Day 23	Low-Carb Coconut Flour Waffles with Sugar-Free Syrup	Zesty Tuna Salad with Olive Oil and Lemon	Turkey Zucchini Meatballs in Tomato Basil Sauce	Dark Chocolate Raspberry Squares
Day 24	Almond Butter and Berry Chia Toast	Roasted Veggie Quinoa Salad with Basil Pesto	Braised Chicken Thighs with Garlic and Thyme	Creamy Vanilla Bean Panna Cotta
Day 25	Savory Spinach and Feta Egg Wraps	Kale Salad with Walnuts and a Citrus Vinaigrette	Slow-Cooked Beef and Zucchini Chili	Spiced Pumpkin Custard
Day 26	Tofu Scramble with Bell Peppers and Turmeric	Mediterranean Chickpea Salad with Parsley	Spiced Lamb Meatballs with Tzatziki Sauce	Caramelized Pears with Walnuts
Day 27	Chia Seed Pudding with Almond Milk and Fresh Fruits	Grilled Chicken and Avocado Salad with Lemon Dressing	Herb-Rubbed Roast Turkey Breast with Gravy	Baked Sweet Potato Fries with Garlic Cashew Dip
Day 28	Cinnamon-Spiced Overnight Oats with Nuts	Caprese Salad with Heirloom Tomatoes and Mozzarella	Baked Herb-Crusted Salmon Fillet	Low-Carb Cheesecake Bites
Day 29	Cauliflower Rice Porridge with Cinnamon and Vanilla	Mediterranean Chickpea Salad with Parsley	Herb-Rubbed Roast Turkey Breast with Gravy	Keto-Friendly Cinnamon Donuts
Day 30	Spiced Pumpkin Breakfast Muffins	Asian-Inspired Cabbage Slaw with Sesame Dressing	Baked Herb-Crusted Salmon Fillet	Berry Almond Crumble

Fluffy Almond Flour Pancakes with Berries

INGREDIENTS

- Pancakes
- 1 cup almond flour (blanched, finely ground)
- 2 large eggs
- 2 tbsp unsweetened almond milk (or water, for a thinner consistency)
- 1 tsp vanilla extract
- 1/2 tsp baking powder (gluten-free, if necessary)
- 1/4 tsp cinnamon (optional, for flavor)
- Pinch of salt
- 1 tbsp erythritol or monk fruit sweetener (optional, for slight sweetness)
- Topping
- 1/2 cup fresh or frozen mixed berries (e.g., blueberries, raspberries, or strawberries)
- 1/4 cup plain Greek yogurt (optional)
- 1 tsp chia seeds (optional, for added fiber)

Prep. time:

10 min

Cook time:

15 min

Serves:

4 servings

DIRECTIONS

1. Prepare the Pancake Batter:

- In a mixing bowl, whisk together the almond flour, baking powder, cinnamon (if using), and a pinch of salt.
- In a separate bowl, whisk the eggs, almond milk, vanilla extract, and sweetener (if using).
- Gradually combine the wet ingredients with the dry ingredients. Mix gently until a smooth batter forms. Avoid overmixing.

Heat the Pan:

- Preheat a non-stick skillet or griddle over medium-low heat. Lightly grease it with a small amount of olive oil spray or butter.

Cook the Pancakes:

- Pour about 2 tablespoons of batter onto the skillet for each pancake. Use the back of a spoon to spread it slightly.
- Cook until bubbles form on the surface, about 2–3 minutes. Flip the pancakes carefully and cook for an additional 1–2 minutes, until golden brown.

Prepare the Berry Topping:

- While the pancakes cook, warm the berries in a small saucepan over low heat until slightly softened. Alternatively, use fresh berries as is.

Assemble and Serve:

- Stack the pancakes on a plate. Top with the berry mixture and a dollop of plain Greek yogurt if desired.
- Sprinkle with chia seeds for added crunch and fiber.

Nutrition

Calories: 210 Protein: 8g Carbohydrates: 7g Fiber: 4g Net Carbs: 3g Fats: 17g Cholesterol: 93mg Sodium: 140mg Potassium: 150mg

Avocado and Spinach Egg Muffins

INGREDIENTS

Egg Muffins

- **6 large eggs**
- **1/2 cup egg whites**
- **1/2 cup fresh spinach**, chopped
- **1 small avocado**, diced
- **1/4 cup shredded cheese** (optional, use low-fat cheddar or mozzarella)
- **1/4 cup diced bell peppers** (optional, for added flavor)
- **1/4 cup diced red onion** (optional)
- **1/2 tsp garlic powder**
- **1/4 tsp paprika** (optional)
- **Salt and black pepper to taste**
- **1/4 cup fresh parsley or cilantro**, chopped (optional)

Topping (Optional)

- **1 tbs crumbled feta cheese**
- **Dash of hot sauce or salsa**

Prep. time:

10 min

Cook time:

20 min

Serves:

6 servings

DIRECTIONS

1. Preheat the Oven:

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

2. Prepare the Egg Mixture:

in a large mixing bowl, whisk together the eggs, egg whites, garlic powder, paprika, salt, and black pepper until well combined.

3. Prepare the Add-ins:

Dice the avocado and chop the spinach. If using additional vegetables like bell peppers or onions, dice them finely.

4. Assemble the Muffins:

Evenly distribute the spinach, avocado, and any additional vegetables into the muffin cups. Sprinkle shredded cheese over the top, if using.

5. Pour the Egg Mixture:

Carefully pour the egg mixture into each muffin cup, filling about 3/4 full. Stir gently with a fork to distribute ingredients evenly.

6. Bake:

Bake in the preheated oven for 18–20 minutes or until the egg muffins are set and slightly golden on top. Insert a toothpick in the center of a muffin; it should come out clean.

7. Cool and Serve:

Let the muffins cool in the tin for 5 minutes, then gently remove them. Serve warm, topped with feta cheese, hot sauce, or salsa, if desired.

Nutrition

Calories: 150 Protein: 10g Carbohydrates: 3g Fiber: 2g Net Carbs: 1g Fats: 10g Cholesterol: 190mg Sodium: 180mg Potassium: 220mg

Low-Carb Veggie Omelet with Cheese

INGREDIENTS

Omelet Base

- 4 large eggs
- 2 tbsp unsweetened almond milk (or water, for fluffiness)
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/8 tsp salt

Veggie Filling

- 1/2 cup fresh spinach, chopped
- 1/4 cup diced bell peppers (any color)
- 1/4 cup diced zucchini or yellow squash
- 2 tbsp chopped red onion (optional, for extra flavor)
- 1/4 cup mushrooms, sliced (optional)
- 1/4 cup shredded cheese (low-fat cheddar, mozzarella, or dairy-free cheese)

Optional Ingredients

- 1/4 avocado, diced (for topping)
- 1 tbsp fresh parsley or cilantro, chopped (for garnish)
- Dash of paprika (for added spice)

Cooking Fat

- 1 tsp olive oil or 1 tsp butter

Prep. time:

10 min

Cook time:

10 min

Serves:

2 servings

DIRECTIONS

- 1. Prepare the Eggs:**
 - In a medium bowl, whisk together the eggs, almond milk, garlic powder, black pepper, and salt until well combined. Set aside.
- 2. Cook the Vegetables:**
 - Heat a non-stick skillet over medium heat and add 1/2 tsp olive oil or butter.
 - Add the bell peppers, zucchini, mushrooms, and red onion (if using). Sauté for 2–3 minutes, stirring occasionally, until the vegetables are slightly softened.
 - Add the chopped spinach and cook for another 1 minute until wilted. Remove the veggies from the skillet and set aside.
- 3. Cook the Omelet:**
 - Wipe the skillet clean and reduce the heat to medium-low. Add the remaining 1/2 tsp olive oil or butter.
 - Pour half of the egg mixture into the skillet, tilting it to spread the eggs evenly.
 - Cook for 2–3 minutes, or until the edges start to set and the center is slightly runny.
- 4. Add the Filling:**
 - Spread half of the cooked veggies and 2 tbsp shredded cheese over one side of the omelet.
 - Use a spatula to carefully fold the other side of the omelet over the filling. Cook for 1 more minute to melt the cheese and set the omelet fully.
 - Transfer the omelet to a plate and repeat with the remaining egg mixture, veggies, and cheese to make the second omelet.
- 5. Serve and Garnish:**
 - Garnish each omelet with diced avocado, fresh parsley, or a sprinkle of paprika if desired. Serve warm.

Nutrition

Calories: 200 Protein: 13g Carbohydrates: 4g Fiber: 2g Net Carbs: 2g Fats: 14g Cholesterol: 210mg Sodium: 200mg Potassium: 350mg

Chia Seed Pudding with Almond Milk and Fresh Fruits

INGREDIENTS

Base Pudding

- **1/4 cup chia seeds**
- **1 cup unsweetened almond milk**
- **1/2 tsp vanilla extract**
- **1/2 tsp cinnamon** (optional, for flavor)
- **1–2 tsp erythritol, monk fruit sweetener, or stevia** (optional, adjust to taste)

Toppings (Optional, Adjust to Taste)

- **1/2 cup fresh fruits** (e.g., blueberries, strawberries, raspberries, or kiwi slices)
- **1 tbsp unsweetened shredded coconut**
- **1 tsp chia seeds** (for garnish)
- **1 tbsp chopped nuts** (e.g., almonds or walnuts)

Nutrition

Calories: 140 Protein: 5g Carbohydrates: 10g Fiber: 8g Net Carbs: 2g Fats: 9g Cholesterol: 0mg Sodium: 55mg Potassium: 150mg

Prep. time:

5 min

Chilling time:

4 hours

Serves:

2 servings

DIRECTIONS

1. Prepare the Pudding Base:

In a mixing bowl or large jar, combine the chia seeds, almond milk, vanilla extract, cinnamon (if using), and sweetener.

Stir or whisk thoroughly to ensure the chia seeds are evenly distributed and not clumped.

2. Let It Set:

Cover the bowl or jar with a lid or plastic wrap. Refrigerate for at least 4 hours, or preferably overnight, to allow the chia seeds to absorb the liquid and form a pudding-like consistency.

After the first 10–15 minutes of chilling, stir the mixture again to break up any clumps.

3. Prepare the Toppings:

Wash and chop the fresh fruits you plan to use. For additional flavor, lightly toast nuts or coconut if desired.

4. Assemble and Serve:

Divide the chia pudding into two serving bowls or jars. Top each serving with 1/4 cup fresh fruits, a sprinkle of nuts or coconut, and a dash of extra cinnamon, if desired.

Garnish with a few whole chia seeds for added texture and visual appeal.

Cinnamon-Spiced Overnight Oats with Nuts

INGREDIENTS

- **Oats Base:**
 - 1/2 cup old-fashioned rolled oats (gluten-free if needed)
 - 1/2 cup unsweetened almond milk (or any unsweetened non-dairy milk)
 - 1/4 cup plain Greek yogurt (low-fat or non-fat)
 - 1 tsp chia seeds (optional for extra fiber)
- **Flavor Additions:**
 - 1/2 tsp ground cinnamon
 - 1/4 tsp vanilla extract
 - 1/8 tsp ground nutmeg (optional)
- **Sweetener:**
 - 1–2 tsp erythritol, monk fruit sweetener, or stevia (adjust to taste)
- **Toppings:**
 - 2 tbsp chopped walnuts or pecans
 - 1 tbsp slivered almonds (optional)
 - 1/4 cup fresh berries (e.g., blueberries, raspberries) for natural sweetness
 - A sprinkle of unsweetened coconut flakes (optional)

Prep. time:

5 min

Cook time:

(overnight chill)

Serves:

2 servings

DIRECTIONS

1. **Combine Base Ingredients:**

In a medium-sized bowl or jar, combine the rolled oats, almond milk, Greek yogurt, chia seeds (if using), cinnamon, vanilla extract, and nutmeg. Stir well to ensure everything is mixed evenly.

2. **Sweeten:**

Add your chosen sweetener to the mixture and stir. Adjust the amount based on your taste preference.

3. **Refrigerate Overnight:**

Cover the bowl or jar with a lid or plastic wrap and refrigerate for at least 6 hours, preferably overnight, to allow the oats to soften and the flavors to meld.

4. **Prepare Toppings:**

Before serving, chop the walnuts and pecans. Measure out any additional toppings like berries or almonds.

Assemble and Serve:

Remove the oats from the refrigerator and give them a good stir. Divide the mixture evenly into two bowls or jars. Top each portion with the chopped nuts, berries, and optional toppings like coconut flakes or slivered almonds

Nutrition

Calories: 205 Protein: 7g Carbohydrates: 19g Fiber: 6g Sugars: 3g (natural from berries) Fats: 11g Saturated Fat: 1g Cholesterol: 2mg Sodium: 75mg Potassium: 225mg

Greek Yogurt Parfait with Sugar-Free Granola

INGREDIENTS

- **Parfait Base:**
 - 1 cup plain Greek yogurt (low-fat or non-fat)
 - 1 tsp vanilla extract (optional)
- **Sugar-Free Granola:**
 - 1/2 cup unsweetened granola or homemade sugar-free granola
 - 1 tbsp chia seeds or ground flaxseeds (optional for extra fiber)
 - 2 tbsp unsweetened shredded coconut (optional)
- **Toppings:**
 - 1/2 cup fresh berries (blueberries, raspberries, or strawberries)
 - 1 tbsp slivered almonds or chopped walnuts
 - 1 tbsp sugar-free dark chocolate chips (optional for a treat)
- **Sweetener (Optional):**
 - 1–2 tsp erythritol, monk fruit sweetener, or stevia (to taste)

Prep. time:

Cook time:

Serves:

10 min

None

2 servings

DIRECTIONS

1. Prepare the Greek Yogurt Base:

In a small bowl, mix the plain Greek yogurt with vanilla extract and your preferred sweetener, if desired. Stir until smooth,

2. Layer the Parfait:

Take two clear glasses or bowls and start layering: Begin with a spoonful of Greek yogurt at the bottom. Add a layer of sugar-free granola. Sprinkle some fresh berries on top.

3. Repeat the Layers:

Continue layering yogurt, granola, and berries until the glasses or bowls are full.

4. Top with Optional Ingredients:

Finish each parfait with a sprinkle of slivered almonds or walnuts, a few sugar-free chocolate chips, and chia seeds or coconut if using.

5. Serve Immediately:

Serve the parfait fresh for the best taste and texture

Nutrition

Calories: 210 Protein: 14g Carbohydrates: 15g Fiber: 5g Sugars: 4g (from natural sources) Fats: 7g Saturated Fat: 2g Cholesterol: 5mg Sodium: 65mg Potassium: 250mg

Zucchini Fritters with a Dollop of Greek Yogurt

INGREDIENTS

- **Zucchini:** 2 medium-sized (approximately 400g), grated
- **Eggs:** 2 large
- **Almond flour:** 1/3 cup (low-carb, high-protein alternative to regular flour)
- **Parmesan cheese:** 1/4 cup, finely grated
- **Green onion:** 2 stalks, finely chopped
- **Garlic:** 1 clove, minced
- **Fresh parsley:** 2 tablespoons, chopped (optional)
- **Salt:** 1/2 teaspoon
- **Black pepper:** 1/4 teaspoon
- **Ground cumin:** 1/4 teaspoon (optional, for flavor)
- **Olive oil or avocado oil:** 2 tablespoons, for frying
- **Plain Greek yogurt (low-fat or full-fat):** 1/2 cup, for topping

Prep. time:

15 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

1. **Prepare the zucchini:**
 - a. Grate the zucchini using a box grater. Place the grated zucchini in a clean kitchen towel or cheesecloth, then squeeze out as much moisture as possible. Removing excess water ensures the fritters are crispy.
2. **Mix the batter:**
 - a. In a large mixing bowl, combine the squeezed zucchini, eggs, almond flour, Parmesan cheese, green onion, garlic, parsley (if using), salt, black pepper, and cumin (optional). Mix well until all ingredients are evenly incorporated.
3. **Form the fritters:**
 - a. Divide the mixture into 8 equal portions. Shape each portion into a small patty, about 2–3 inches in diameter.
4. **Cook the fritters:**
 - a. Heat a non-stick skillet over medium heat and add 1 tablespoon of olive or avocado oil.
 - b. Place 4 fritters in the pan and cook for 3–4 minutes on each side, or until golden brown and crispy. Remove and place on a plate lined with paper towels to absorb excess oil. Repeat with the remaining fritters, adding more oil if needed.
5. **Serve:**
6. Serve the fritters warm with a dollop of plain Greek yogurt on top. Garnish with extra parsley or a sprinkle of paprika if desired

Nutrition

Calories: 165 Protein: 8g Carbohydrates: 6g Fats: 12g Fiber: 2g Cholesterol: 85mg Sodium: 310mg Potassium: 400mg

Baked Eggs in Portobello Mushrooms

INGREDIENTS

- **Portobello mushrooms:** 4 large caps, stems removed and gills gently scraped out
- **Eggs:** 4 large
- **Baby spinach:** 1 cup, roughly chopped
- **Cherry tomatoes:** 1/2 cup, diced
- **Feta cheese:** 1/4 cup, crumbled (optional, for added flavor)
- **Olive oil:** 2 teaspoons
- **Garlic:** 1 clove, minced
- **Salt:** 1/2 teaspoon
- **Black pepper:** 1/4 teaspoon
- **Fresh parsley or basil:** 1 tablespoon, chopped (optional, for garnish)

Prep. time:

10 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

1. Prepare the mushrooms:

Preheat the oven to 375°F (190°C).

Wipe the mushroom caps clean with a damp cloth. Place them on a baking sheet lined with parchment paper, gill-side up.

2. Season and bake the mushrooms:

Brush each mushroom cap lightly with olive oil and season with a pinch of salt and pepper. Bake for 5–7 minutes to soften the mushrooms slightly and remove excess moisture. Pat the inside with a paper towel if needed.

3. Prepare the filling:

Heat a small skillet over medium heat and sauté the chopped spinach and garlic in a teaspoon of olive oil until wilted, about 1–2 minutes. Remove from heat and mix in the diced cherry tomatoes.

4. Assemble the mushrooms:

Divide the sautéed spinach and tomato mixture evenly among the mushroom caps. Sprinkle a little feta cheese on top, if using.

Carefully crack an egg into each mushroom cap, ensuring the yolk remains intact. Season the egg lightly with salt and pepper.

5. Bake the mushrooms:

Return the stuffed mushrooms to the oven and bake for 12–15 minutes, or until the egg whites are set but the yolks are still slightly runny (or to your desired doneness).

6. Garnish and serve:

7. Remove from the oven and garnish with freshly chopped parsley or basil if desired. Serve warm

Nutrition

Calories: 130 Protein: 9g Carbohydrates: 5g Fats: 8g Fiber: 2g Cholesterol: 180mg Sodium: 280mg Potassium: 450mg

Tofu Scramble with Bell Peppers and Turmeric

INGREDIENTS

Base Ingredients:

- 1 block (14 oz) firm or extra-firm tofu, drained and crumbled
- 1 tbsp olive oil or avocado oil
- 1/2 red bell pepper, diced
- 1/2 yellow bell pepper, diced
- 1/2 green bell pepper, diced
- 1/4 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp ground turmeric
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and black pepper, to taste

Optional Add-Ins:

- 1/4 cup chopped fresh parsley or cilantro
- 1 tbsp nutritional yeast (for a cheesy flavor)
- 1/4 cup diced zucchini or mushrooms
- 1/4 tsp chili flakes (for heat)

Prep. time:

10 min

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Tofu

1. Drain the tofu and pat it dry with paper towels to remove excess moisture.
2. Crumble the tofu into small pieces using your hands or a fork. Set aside.

Step 2: Sauté the Vegetables

1. Heat the olive oil in a large nonstick skillet over medium heat.
2. Add the diced bell peppers and onion. Sauté for 3–4 minutes until softened.
3. Stir in the minced garlic and optional vegetables like zucchini or mushrooms. Cook for another 2 minutes.

Step 3: Add the Tofu and Spices

1. Push the vegetables to one side of the skillet and add the crumbled tofu.
2. Sprinkle turmeric, cumin, smoked paprika, salt, and black pepper over the tofu. Mix well to coat evenly.
3. Stir the tofu and vegetables together, cooking for an additional 3–4 minutes until the tofu is warmed through and slightly golden.

Step 4: Garnish and Serve

1. Remove the skillet from heat and stir in nutritional yeast (if using) and fresh parsley or cilantro.
2. Adjust seasoning with more salt or pepper, if needed.

Nutrition

Calories: 120 Protein: 10g Carbohydrates: 6g (Net Carbs: 4g) Fats: 7g Fiber: 2g Cholesterol: 0mg Sodium: 150mg Potassium: 250mg

Cauliflower Rice Porridge with Cinnamon and Vanilla

INGREDIENTS

Base Ingredients:

- 4 cups riced cauliflower (fresh or frozen)
- 1 cup unsweetened almond milk (or any low-carb milk alternative)
- 1/4 cup unsweetened coconut cream (optional, for creaminess)
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 2 tbsp powdered erythritol or allulose (diabetic-friendly sweetener)
- 1 tbsp ground flaxseed (optional, for added fiber)

Optional Add-Ins:

- 1/4 cup chopped nuts (e.g., almonds, pecans, or walnuts)
- 1/4 cup unsweetened shredded coconut
- 1 tsp ground nutmeg
- 1/2 cup fresh or frozen berries (e.g., blueberries or raspberries)

Nutrition

Calories: 90 Protein: 3g Carbohydrates: 7g (Net Carbs: 4g) Fats: 6g Fiber: 3g Cholesterol: 0mg Sodium: 70mg Potassium: 180mg

Prep. time:

5 min

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

Step 1: Cook the Cauliflower Rice

1. In a medium saucepan, add the riced cauliflower and almond milk.
2. Bring to a gentle simmer over medium heat, stirring occasionally.

Step 2: Add Flavorings

1. Once the cauliflower rice begins to soften (about 5 minutes), stir in the coconut cream, cinnamon, vanilla extract, erythritol, and ground flaxseed.
2. Continue cooking for another 3–5 minutes, stirring frequently, until the mixture thickens to your desired consistency.

Step 3: Adjust and Serve

1. Taste and adjust sweetness or seasoning, adding more cinnamon or erythritol as needed.
2. If desired, fold in optional add-ins like nuts, shredded coconut, or berries.

Savory Spinach and Feta Egg Wraps Recipe

INGREDIENTS

For the Egg Wraps:

- **8 large eggs**
- **¼ cup unsweetened almond milk**
- **½ tsp garlic powder**
- **½ tsp onion powder**
- **Salt and pepper to taste**
- **1 tbsp olive oil** (or avocado oil)

For the Filling:

- **2 cups fresh spinach leaves** (chopped)
- **½ cup crumbled feta cheese**
- **½ small red onion** (thinly sliced)
- **½ cup cherry tomatoes** (halved)
- **2 tbsp fresh parsley** (chopped, optional)
- **1 tsp olive oil**

Optional Add-Ins:

- **2 tbsp sun-dried tomatoes** (chopped, for added flavor)
- **¼ tsp crushed red pepper flakes** (for a spicy kick)

Prep. time:

15 min

Cook time:

15 minutes

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Egg Wraps

1. In a medium-sized mixing bowl, whisk together the eggs, almond milk, garlic powder, onion powder, salt, and pepper until well combined.
2. Heat 1 tablespoon of olive oil in a non-stick skillet over medium heat.
3. Pour a small portion of the egg mixture (about ¼ cup) into the skillet, tilting the pan to spread it evenly, forming a thin wrap.
4. Cook for 1-2 minutes, or until the edges are set and the center is cooked through. Flip carefully to cook the other side for 30 seconds.
5. Remove the wrap and repeat the process to make 4 wraps, adding more oil as needed.

Step 2: Prepare the Filling

1. In the same skillet, heat 1 teaspoon of olive oil over medium heat.
2. Add the red onion and sauté for 2-3 minutes until softened.
3. Stir in the spinach and cook for another 2 minutes until wilted.
4. Remove from heat and stir in the crumbled feta cheese, cherry tomatoes, and optional parsley.

Step 3: Assemble the Wraps

1. Place each egg wrap on a plate.
2. Spoon an equal portion of the spinach and feta filling onto each wrap.
3. Roll the wraps tightly and slice them in half if desired.

Nutrition

Calories: 180 Protein: 14g Carbohydrates: 4g Fats: 13g Fiber: 1g Cholesterol: 260mg Sodium: 380mg Potassium: 320mg

Almond Butter and Berry Chia Toast Recipe

INGREDIENTS

For the Toast:

- **2 slices of low-carb whole grain bread** (e.g., sprouted grain or almond flour bread)
- **2 tbsp almond butter** (unsweetened and natural)

For the Chia Berry Topping:

- **½ cup fresh mixed berries** (blueberries, raspberries, or strawberries, diced)
- **1 tsp chia seeds**
- **½ tsp lemon juice**
- **1-2 drops liquid stevia** (optional, for added sweetness)

Optional Add-Ins:

- **1 tbsp unsweetened shredded coconut**
- **1 tsp flaxseed meal**
- **½ tsp ground cinnamon**

Nutrition

Calories: 180 Protein: 6g Carbohydrates: 12g Fats: 12g Fiber: 5g Cholesterol: 0mg Sodium: 150mg Potassium: 250mg

Prep. time:

5 min

Cook time:

None

Serves:

2 servings

DIRECTIONS

Step 1: Prepare the Chia Berry Topping

1. In a small bowl, combine the fresh mixed berries, chia seeds, lemon juice, and liquid stevia (if using).
2. Lightly mash the berries with the back of a fork, mixing well until the chia seeds are evenly distributed. Let the mixture sit for 2-3 minutes to thicken slightly.

Step 2: Toast the Bread

1. Lightly toast the slices of bread until golden brown.

Step 3: Assemble the Toast

1. Spread 1 tablespoon of almond butter evenly on each slice of toasted bread.
2. Top each slice with half of the chia berry mixture.

Step 4: Optional Garnishes

4. Sprinkle unsweetened shredded coconut, flaxseed meal, or a dash of cinnamon over the top for added flavor and nutrition.

Low-Carb Coconut Flour Waffles with Sugar-Free Syrup

INGREDIENTS

For the Waffles:

- **½ cup coconut flour**
- **½ tsp baking powder**
- **¼ tsp baking soda**
- **¼ tsp salt**
- **4 large eggs**
- **1 cup unsweetened almond milk**
- **2 tbsp unsweetened coconut oil** (melted)
- **1 tsp vanilla extract**
- **2 tsp liquid stevia** (or another diabetic-friendly sweetener, optional)

For the Sugar-Free Syrup:

- **½ cup water**
- **2 tbsp erythritol** (or your preferred sugar-free sweetener)
- **½ tsp xanthan gum**
- **½ tsp vanilla extract**
- **½ tsp ground cinnamon** (optional)

Optional Add-Ins:

- **1 tbsp unsweetened shredded coconut** (for extra texture)
- **1 tsp ground cinnamon** (for added flavor in the waffle batter)

Prep. time:

10 min

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Waffle Batter

1. In a medium bowl, whisk together coconut flour, baking powder, baking soda, and salt.
2. In a separate bowl, whisk the eggs until fluffy, then mix in the almond milk, melted coconut oil, vanilla extract, and liquid stevia (if using).
3. Gradually add the wet ingredients to the dry ingredients, whisking until a smooth batter forms. Let the batter rest for 2-3 minutes to thicken slightly.

Step 2: Cook the Waffles

1. Preheat your waffle iron and lightly grease it with non-stick spray or a small amount of coconut oil.
2. Pour a portion of the batter onto the waffle iron (about ¼ cup per waffle, depending on the size of your waffle maker).
3. Cook according to your waffle maker's instructions, typically 3-4 minutes, or until the waffles are golden brown and cooked through.
4. Remove the waffles and repeat with the remaining batter.

Step 3: Prepare the Sugar-Free Syrup

1. In a small saucepan, combine water and erythritol over medium heat, stirring until the sweetener dissolves.
2. Gradually sprinkle in xanthan gum while whisking continuously to avoid clumps.
3. Add vanilla extract and optional ground cinnamon. Continue cooking for 1-2 minutes until the syrup thickens. Remove from heat and let it cool slightly before serving.

Nutrition

Calories: 170 Protein: 7g Carbohydrates: 5g Fats: 12g Fiber: 4g Cholesterol: 110mg Sodium: 180mg Potassium: 90mg

Spiced Pumpkin Breakfast Muffins

INGREDIENTS

Dry Ingredients:

- **¾ cup almond flour**
- **¼ cup coconut flour**
- **1 tsp baking powder**
- **½ tsp baking soda**
- **1 tsp ground cinnamon**
- **½ tsp ground nutmeg**
- **½ tsp ground ginger**
- **¼ tsp ground cloves**
- **¼ tsp salt**

Wet Ingredients:

- **¾ cup pumpkin puree** (unsweetened, canned or homemade)
- **3 large eggs**
- **¼ cup unsweetened almond milk**
- **¼ cup coconut oil** (melted)
- **2 tbsp erythritol or monk fruit sweetener** (or your preferred diabetic-friendly sweetener)
- **1 tsp vanilla extract**

Optional Add-Ins:

- **2 tbsp unsweetened shredded coconut**
- **2 tbsp chopped pecans or walnuts**
- **1 tbsp sugar-free dark chocolate chips**

Prep. time:

10 min

Cook time:

20-25 mins

Serves:

12 servings

DIRECTIONS

Step 1: Preheat and Prepare

1. Preheat your oven to 350°F (175°C).
2. Line a 12-cup muffin tin with paper liners or lightly grease with non-stick spray.

Step 2: Mix the Dry Ingredients

1. In a medium-sized bowl, combine almond flour, coconut flour, baking powder, baking soda, cinnamon, nutmeg, ginger, cloves, and salt. Mix well to ensure the spices are evenly distributed.

Step 3: Mix the Wet Ingredients

1. In a separate large bowl, whisk together the pumpkin puree, eggs, almond milk, melted coconut oil, sweetener, and vanilla extract until smooth and well combined.

Step 4: Combine Ingredients

1. Gradually add the dry ingredients to the wet ingredients, stirring gently until just combined. Avoid overmixing.
2. If using any optional add-ins, fold them into the batter.

Step 5: Bake

1. Spoon the batter evenly into the prepared muffin tin, filling each cup about ¾ full.
2. Bake in the preheated oven for 20-25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
3. Allow the muffins to cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.

Nutrition

Calories: 120 Protein: 4g Carbohydrates: 6g Fats: 9g Fiber: 3g Cholesterol: 35mg Sodium: 80mg Potassium: 90mg

Cauliflower Hash Browns with Poached Eggs

INGREDIENTS

For the Cauliflower Hash Browns:

- **3 cups cauliflower florets** (grated or riced)
- **1 large egg**
- **¼ cup almond flour**
- **¼ cup shredded Parmesan cheese**
- **1 tsp garlic powder**
- **1 tsp onion powder**
- **½ tsp salt**
- **¼ tsp black pepper**
- **2 tbsp olive oil** (for frying)

For the Poached Eggs:

- **4 large eggs**
- **4 cups water**
- **1 tbsp vinegar**

Optional Add-Ins:

- **1 tbsp chopped fresh parsley** (for garnish)
- **1 tsp paprika** (for extra flavor in the hash browns)

Prep. time:

15 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Cauliflower Hash Browns

1. Grate or rice the cauliflower florets using a food processor or box grater.
2. Place the cauliflower in a clean kitchen towel and squeeze out as much moisture as possible.
3. In a large bowl, mix the cauliflower with the egg, almond flour, Parmesan cheese, garlic powder, onion powder, salt, and pepper until well combined.
4. Shape the mixture into 8 small patties.

Step 2: Cook the Hash Browns

1. Heat the olive oil in a non-stick skillet over medium heat.
2. Fry the cauliflower patties for 3-4 minutes on each side, or until golden brown and crispy.
3. Transfer the cooked hash browns to a plate lined with paper towels to drain any excess oil.

Step 3: Poach the Eggs

1. In a medium saucepan, bring water and vinegar to a gentle simmer.
2. Crack each egg into a small bowl, then gently slide it into the simmering water.
3. Cook the eggs for 3-4 minutes, or until the whites are set and the yolks are still runny.
4. Remove the eggs with a slotted spoon and drain on a paper towel.

Step 4: Assemble the Dish

1. Place two cauliflower hash browns on a plate.
2. Top each serving with a poached egg.
3. Garnish with chopped parsley or paprika, if desired.

Nutrition

Calories: 170 Protein: 10g Carbohydrates: 5g Fats: 12g Fiber: 2g Cholesterol: 190mg Sodium: 320mg Potassium: 150mg

Chapter 2: Salads

Grilled Chicken and Avocado Salad with Lemon Dressing

INGREDIENTS

For the Salad:

- **Chicken breasts:** 2 medium-sized (about 400g total), boneless, skinless
- **Olive oil:** 1 tablespoon
- **Garlic powder:** 1 teaspoon
- **Paprika:** 1 teaspoon
- **Salt:** ½ teaspoon (or to taste)
- **Black pepper:** ½ teaspoon
- **Avocado:** 1 large, sliced
- **Romaine lettuce:** 4 cups, chopped
- **Cherry tomatoes:** 1 cup, halved
- **Cucumber:** 1 medium, sliced
- **Red onion:** ¼ small, thinly sliced
- **Feta cheese:** ¼ cup, crumbled (optional)
- **Pumpkin seeds:** 2 tablespoons, lightly toasted (optional)

For the Lemon Dressing:

- **Lemon juice:** 3 tablespoons (freshly squeezed)
- **Olive oil:** 2 tablespoons
- **Dijon mustard:** 1 teaspoon
- **Honey substitute (e.g., stevia or erythritol):** ½ teaspoon
- **Garlic:** 1 small clove, minced
- **Salt:** ¼ teaspoon
- **Black pepper:** ¼ teaspoon

Prep. time:

15 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare and Cook the Chicken

Marinate the Chicken: In a small bowl, mix olive oil, garlic powder, paprika, salt, and black pepper. Rub the mixture onto both sides of the chicken breasts.

Grill the Chicken: Preheat a grill pan over medium heat. Grill the chicken for 6–8 minutes per side or until the internal temperature reaches 165°F (75°C). Let the chicken rest for 5 minutes before slicing it into thin strips.

Step 2: Prepare the Salad Ingredients

Chop the Vegetables: While the chicken is grilling, wash and prepare the salad ingredients. Combine romaine lettuce, cherry tomatoes, cucumber, red onion, and avocado in a large salad bowl.

Optional Additions: Sprinkle the salad with feta cheese and toasted pumpkin seeds for extra flavor and texture if desired.

Step 3: Make the Lemon Dressing

In a small jar or bowl, whisk together lemon juice, olive oil, Dijon mustard, honey substitute, minced garlic, salt, and black pepper until emulsified.

Step 4: Assemble the Salad

Arrange the grilled chicken slices on top of the salad.

Drizzle the lemon dressing evenly over the salad. Toss gently to combine

Nutrition

Calories: 320 Protein: 25g Carbohydrates: 9g o Fiber: 5g o Net Carbs: 4g Fats: 21g
Cholesterol: 65 mg Sodium: 350 mg Potassium: 720mg

Cucumber and Tomato Salad with Feta Cheese

INGREDIENTS

For the Salad:

- **Cucumber:** 2 medium (about 300g), diced
- **Cherry tomatoes:** 1½ cups, halved
- **Red onion:** ½ small, thinly sliced
- **Feta cheese:** ½ cup, crumbled
- **Fresh parsley:** 2 tablespoons, finely chopped
- **Kalamata olives:** ¼ cup, pitted and halved (optional)

For the Dressing:

- **Olive oil:** 2 tablespoons
- **Red wine vinegar:** 1 tablespoon
- **Lemon juice:** 1 tablespoon (freshly squeezed)
- **Dijon mustard:** ½ teaspoon
- **Garlic:** 1 small clove, minced
- **Salt:** ¼ teaspoon (or to taste)
- **Black pepper:** ¼ teaspoon

Prep. time:

10 min

Cook time:

None

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Vegetables

Wash the cucumbers and tomatoes thoroughly. Dice the cucumbers and halve the cherry tomatoes.

Slice the red onion thinly and finely chop the parsley.

Step 2: Make the Dressing

In a small jar or bowl, combine olive oil, red wine vinegar, lemon juice, Dijon mustard, minced garlic, salt, and black pepper. Whisk or shake until well emulsified.

Step 3: Assemble the Salad

In a large salad bowl, combine the cucumbers, cherry tomatoes, red onion, and parsley.

Add the crumbled feta cheese and Kalamata olives if using.

Step 4: Dress the Salad

Drizzle the dressing over the salad. Toss gently to combine, ensuring all ingredients are evenly coated.

Nutrition

Calories: 140 Protein: 4g Carbohydrates: 6g Fiber: 2g Net Carbs: 4g Fats: 11g Cholesterol: 10mg Sodium: 260mg Potassium: 300mg

Spinach and Strawberry Salad with Balsamic Glaze

INGREDIENTS

Salad:

- 6 cups fresh baby spinach leaves, washed and dried
- 1 cup fresh strawberries, sliced
- 1/2 cup cucumber, diced (optional for extra crunch)
- 1/4 cup red onion, thinly sliced
- 1/4 cup walnuts or slivered almonds (unsalted), lightly toasted
- 1/4 cup crumbled feta cheese or goat cheese (optional)
- 1/2 avocado, diced (optional for added healthy fats)

Balsamic Glaze (Homemade or Store-Bought, Diabetic-Friendly):

- 1/2 cup balsamic vinegar
- 1 tsp stevia or erythritol (optional, for a touch of sweetness)

Dressing:

- 2 tbsp extra virgin olive oil
- 1 tbsp freshly squeezed lemon juice
- 1 tsp Dijon mustard
- 1/4 tsp salt (or to taste)

- 1/4 tsp freshly ground black pepper

Nutrition

Calories: 150 Protein: 4g Carbohydrates: 10g Fiber: 3g Net Carbs: 7g Fats: 11g Saturated Fat: 2g Cholesterol: 8mg (from cheese, if included) Sodium: 150mg (depending on cheese and dressing) Potassium: 320mg

Prep. time:

15 min

Cook time:

5 mins

Serves:

4 servings

DIRECTIONS

1. Prepare the Balsamic Glaze (if making homemade):

In a small saucepan, heat the balsamic vinegar over medium heat.

Stir frequently until it reduces by half, forming a thick glaze (about 5 minutes).

Remove from heat and let cool. Add a touch of stevia or erythritol, if desired.

2. Assemble the Salad:

Place spinach leaves in a large salad bowl or on individual plates.

Top with sliced strawberries, cucumber (if using), and red onion.

Sprinkle toasted nuts and crumbled cheese over the salad. Add diced avocado, if desired.

3. Make the Dressing:

In a small jar or bowl, combine olive oil, lemon juice, Dijon mustard, salt, and pepper.

Shake or whisk until emulsified.

4. Dress the Salad:

Drizzle the prepared dressing evenly over the salad.

Finish with a light drizzle of balsamic glaze for added flavor.

5. Serve:

Serve immediately, optionally garnished with additional nuts or a sprinkle of freshly cracked black pepper.

Zesty Tuna Salad with Olive Oil and Lemon

INGREDIENTS

Salad:

- 2 cans (5 oz each) tuna packed in water or olive oil, drained
- 2 cups fresh mixed greens (e.g., arugula, spinach, or romaine)
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 2 tbsp fresh parsley, chopped
- 1/4 cup kalamata olives, sliced (optional for added flavor)
- 1/2 avocado, diced (optional for healthy fats)

Dressing:

- 3 tbsp extra virgin olive oil
- 2 tbsp freshly squeezed lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp garlic powder
- 1/4 tsp salt (or to taste)
- 1/4 tsp freshly ground black pepper

Prep. time:

10 min

Cook time:

None

Serves:

4 servings

DIRECTIONS

1. Prepare the Ingredients:

Drain the tuna and transfer it to a medium mixing bowl.
b. Flake the tuna lightly with a fork to separate it into chunks.

2. Mix the Salad:

Add the mixed greens, cherry tomatoes, cucumber, red onion, and parsley to a large salad bowl.
b. If using, add kalamata olives and diced avocado for additional flavor and nutrition.

3. Prepare the Dressing:

In a small bowl or jar, combine olive oil, lemon juice, Dijon mustard, garlic powder, salt, and pepper. Whisk or shake until well emulsified.

4. Combine and Dress:

Pour the dressing over the salad mixture and toss gently to coat evenly.

Top the salad with flaked tuna, arranging it on top or mixing it through as desired.

5. Serve:

Divide the salad into four equal portions and serve immediately

Nutrition

•Calories: 220 Protein: 20g Carbohydrates: 6g Fiber: 2g Net Carbs: 4g Fats: 14g Saturated Fat: 2g Cholesterol: 35 mg Sodium: 250 mg (varies with tuna and olives) Potassium: 450mg

Roasted Veggie Quinoa Salad with Basil Pesto

INGREDIENTS

Salad:

- 1 cup quinoa, rinsed
- 2 cups water or low-sodium vegetable broth
- 1 medium zucchini, diced
- 1 medium red bell pepper, diced
- 1 medium yellow bell pepper, diced
- 1 cup cherry tomatoes, halved
- 1 cup broccoli florets
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper

Basil Pesto (Diabetic-Friendly):

- 2 cups fresh basil leaves, packed
- 1/4 cup walnuts or almonds (unsalted)
- 1/4 cup grated Parmesan cheese (optional for added flavor)
- 2 tbsp extra virgin olive oil
- 2 tbsp water (or more for desired consistency)
- 1 clove garlic
- 1 tbsp lemon juice
- 1/4 tsp salt (or to taste)
- 1/4 tsp freshly ground black pepper

Optional Additions:

- 1/4 cup crumbled feta cheese or goat cheese
- 1/4 avocado, sliced (per serving)
- 2 tbsp toasted seeds (e.g., pumpkin or sunflower)

Nutrition

- Calories: 250 Protein: 8g Carbohydrates: 24g Fiber: 5g Net Carbs: 19g Fats: 12g Saturated Fat: 2g Cholesterol: 5mg (if using Parmesan cheese) Sodium: 180mg Potassium: 550mg

Prep. time:

15 min

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

1. Cook the Quinoa:

In a medium saucepan, combine quinoa and water or vegetable broth.

Bring to a boil, reduce heat to low, cover, and simmer for 15 minutes, or until the quinoa is tender and the liquid is absorbed.

Remove from heat and let rest for 5 minutes, then fluff with a fork.

2. Roast the Vegetables:

Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.

In a large mixing bowl, toss zucchini, bell peppers, cherry tomatoes, and broccoli with olive oil, garlic powder, salt, and pepper.

Spread the vegetables evenly on the baking sheet and roast for 20–25 minutes, stirring halfway through, until tender and slightly caramelized.

3. Prepare the Basil Pesto:

a. In a food processor or blender, combine basil, nuts, Parmesan cheese (if using), olive oil, water, garlic, lemon juice, salt, and pepper.

b. Blend until smooth, adding more water if necessary to reach the desired consistency. Adjust seasoning to taste.

4. Assemble the Salad:

a. In a large bowl, combine the cooked quinoa and roasted vegetables.

b. Drizzle with basil pesto and toss gently to coat.

5. Serve:

Divide the salad into four portions and top with optional additions such as cheese, avocado slices, or toasted seeds for extra flavor and nutrition.

Kale Salad with Walnuts and a Citrus Vinaigrette

INGREDIENTS

Salad

- 6 cups fresh kale, finely chopped (remove stems)
- 1 cup red cabbage, shredded (optional, for added crunch and color)
- 1 medium carrot, grated
- ½ cup raw walnuts, roughly chopped
- ¼ cup pumpkin seeds (optional, for additional protein and crunch)
- ½ avocado, sliced (optional, for creaminess)

Citrus Vinaigrette

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp fresh orange juice (diabetic-friendly portion size)
- 1 tsp Dijon mustard (check for no added sugar)
- ½ tsp garlic powder or 1 small garlic clove, minced
- 1 tsp honey or a pinch of stevia (optional, for sweetness)
- 1/8 tsp salt (or to taste)
- ¼ tsp black pepper (or to taste)

Nutrition

- Calories: 190 kcal Protein: 4g Carbohydrates: 10g Sugars: 3g Fats: 16g Saturated Fat: 2g Fiber: 3g Cholesterol: 0mg Sodium: 120mg Potassium: 360mg

Prep. time:

15 min

Cook time:

None

Serves:

4 servings

DIRECTIONS

Preparing the Salad

1. **Massage the Kale:** Place the chopped kale in a large mixing bowl. Add a pinch of salt and 1 tsp olive oil. Using your hands, massage the kale for 2–3 minutes until it softens and becomes bright green. This step helps reduce bitterness and makes the kale easier to digest.
2. **Add Vegetables:** Add the shredded red cabbage (if using), grated carrot, and any other optional vegetables like sliced avocado. Mix gently to combine.

Preparing the Citrus Vinaigrette

3. In a small bowl, whisk together olive oil, lemon juice, orange juice, Dijon mustard, garlic, honey/stevia (if using), salt, and black pepper. Taste and adjust seasoning as needed.

Combining the Salad

4. Pour the vinaigrette over the kale mixture. Toss thoroughly to ensure all the ingredients are well-coated.
5. Add walnuts and pumpkin seeds (if using), and toss again gently.

Asian-Inspired Cabbage Slaw with Sesame Dressing

INGREDIENTS

Slaw

- 4 cups green cabbage, finely shredded
- 2 cups red cabbage, finely shredded
- 1 medium carrot, julienned or grated
- ½ cup edamame (shelled, cooked)
- 2 green onions, finely sliced
- ¼ cup fresh cilantro, chopped (optional, for garnish)
- 2 tbsp toasted sesame seeds

Sesame Dressing

- 2 tbsp sesame oil (toasted for richer flavor)
- 2 tbsp rice vinegar (unsweetened)
- 1 tbsp low-sodium soy sauce (or tamari for gluten-free)
- 1 tsp fresh ginger, grated
- 1 small garlic clove, minced
- ½ tsp honey or a pinch of stevia (optional, for sweetness)
- 1 tbsp lime juice
- 1 tsp sesame seeds (optional, for texture)
- 1/8 tsp black pepper

Prep. time:

15 min

Cook time:

None

Serves:

4 servings

DIRECTIONS

Preparing the Slaw

1. **Prepare the Vegetables:** In a large mixing bowl, combine shredded green cabbage, red cabbage, carrot, edamame, and green onions. Toss gently to mix evenly.
2. **Optional Step:** Sprinkle chopped cilantro over the slaw if desired.

Preparing the Sesame Dressing

3. **Mix the Dressing:** In a small bowl, whisk together sesame oil, rice vinegar, soy sauce, ginger, garlic, honey/stevia (if using), lime juice, and black pepper until well emulsified.

Combining the Slaw and Dressing

4. Pour the sesame dressing over the cabbage mixture. Toss thoroughly to coat all the vegetables evenly.
5. Sprinkle toasted sesame seeds over the slaw and toss lightly to distribute.

Nutrition

Calories: 110 kcal Protein: 5g Carbohydrates: 10g Sugars: 3g Fats: 6g Saturated Fat: 1g Fiber: 3g Cholesterol: 0mg Sodium: 190mg Potassium: 280mg

Mediterranean Chickpea Salad with Parsley

INGREDIENTS

Salad

- 1½ cups cooked chickpeas (or 1 can, 15 oz, drained and rinsed)
- 1 medium cucumber, diced
- 1 cup cherry tomatoes, halved
- ½ small red onion, finely diced
- 1 red bell pepper, diced
- ¼ cup kalamata olives, sliced (optional)
- ½ cup fresh parsley, chopped
- 2 tbsp fresh mint, chopped (optional, for extra freshness)

Dressing

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tsp red wine vinegar
- 1 tsp Dijon mustard (check for no added sugar)
- 1 small garlic clove, minced
- ½ tsp dried oregano
- 1/8 tsp salt (or to taste)
- ¼ tsp black pepper

Nutrition

Calories: 180 kcal Protein: 6g Carbohydrates: 18g Sugars: 3g Fats: 9g Saturated Fat: 1g Fiber: 5g Cholesterol: 0mg Sodium: 130mg Potassium: 360mg

Prep. time:

15 min

Cook time:

None

Serves:

4 servings

DIRECTIONS

Preparing the Salad

1. **Prepare the Vegetables:** In a large bowl, combine the chickpeas, cucumber, cherry tomatoes, red onion, red bell pepper, parsley, and mint (if using). Toss gently to mix.

Preparing the Dressing

2. **Mix the Dressing:** In a small bowl, whisk together the olive oil, lemon juice, red wine vinegar, Dijon mustard, garlic, oregano, salt, and black pepper until well combined.

Combining the Salad and Dressing

3. Pour the dressing over the chickpea mixture. Toss thoroughly to ensure the salad is evenly coated.

Final Touch

4. Taste and adjust seasoning if needed. Add sliced kalamata olives for extra Mediterranean flavor, if desired

Zucchini Noodle Salad with Grilled Shrimp

INGREDIENTS

Salad

- 4 medium zucchinis, spiralized into noodles
- 1 cup cherry tomatoes, halved
- 1 red bell pepper, thinly sliced
- ½ medium cucumber, thinly sliced
- 2 tbsp fresh basil, chopped
- 1 tbsp fresh parsley, chopped (optional)
- 2 tbsp crumbled feta cheese (optional, for flavor boost)

Grilled Shrimp

- 1 lb large shrimp, peeled and deveined
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp black pepper
- 1/8 tsp salt

Lemon Herb Dressing

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard (check for no added sugar)
- 1 small garlic clove, minced
- ½ tsp dried oregano
- 1/8 tsp salt (or to taste)

- ¼ tsp black pepper

Nutrition

Calories: 220 kcal Protein: 22g Carbohydrates: 7g Sugars: 3g Fats: 12g Saturated Fat: 2g Fiber: 2g Cholesterol: 165mg Sodium: 210mg Potassium: 580mg

Prep. time:

20 min

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

Preparing the Shrimp

1. **Marinate the Shrimp:** In a medium bowl, toss the shrimp with olive oil, garlic powder, smoked paprika, black pepper, and salt. Let it marinate for 5–10 minutes.
2. **Grill the Shrimp:** Heat a grill pan or outdoor grill over medium-high heat. Grill the shrimp for 2–3 minutes per side, or until pink and fully cooked. Set aside.

Preparing the Salad

3. **Prepare Zucchini Noodles:** Use a spiralizer to create zucchini noodles. Place them in a large salad bowl.
4. **Add Vegetables:** Add cherry tomatoes, red bell pepper, cucumber, and herbs (basil and parsley, if using) to the zucchini noodles. Toss gently to combine.

Preparing the Dressing

5. **Mix the Dressing:** In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic, oregano, salt, and black pepper until emulsified.

Combining the Salad

6. Pour the dressing over the zucchini noodle mixture. Toss thoroughly to coat all the vegetables evenly.
7. Top the salad with grilled shrimp and crumbled feta cheese (if using).

Caprese Salad with Heirloom Tomatoes and Mozzarella

INGREDIENTS

Salad:

- 4 medium heirloom tomatoes, sliced (about 2 lbs)
- 8 oz fresh mozzarella, sliced
- 1/4 cup fresh basil leaves, whole or chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar (or diabetic-friendly balsamic glaze)
- 1/4 tsp salt (or to taste)
- 1/4 tsp freshly ground black pepper

Optional Ingredients:

- 1/4 avocado, thinly sliced (for added healthy fats)
- 1 tbsp toasted pine nuts or sunflower seeds (for added crunch)
- 1 tsp crushed red pepper flakes (for a spicy kick)

Prep. time:

10 min

Cook time:

None

Serves:

4 servings

DIRECTIONS

1. Prepare the Ingredients:

Wash and slice the heirloom tomatoes into thick slices.

Slice the fresh mozzarella into rounds of similar thickness.

Wash and pat dry the basil leaves.

2. Assemble the Salad:

On a serving platter, alternate slices of tomato and mozzarella in an overlapping pattern.

Tuck basil leaves between the slices, or scatter them on top.

Drizzle the olive oil and balsamic vinegar evenly over the salad.

3. Season:

Sprinkle the salad with salt and pepper to taste.

Add optional ingredients, such as avocado slices, toasted nuts, or red pepper flakes, if desired.

4. Serve:

Serve immediately at room temperature for optimal flavor

Nutrition

Calories: 180 Protein: 8g Carbohydrates: 5g Fiber: 2g Net Carbs: 3g Fats: 14g Saturated Fat: 5g Cholesterol: 20mg Sodium: 160mg (varies with mozzarella) Potassium: 400mg

Chapter 3: Soup

Creamy Broccoli and Cheddar Soup

INGREDIENTS

Core Ingredients:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 4 cups fresh broccoli florets (about 1 large head)
- 4 cups unsalted chicken or vegetable broth
- 1 cup unsweetened almond milk (or low-carb milk alternative)
- 1 cup sharp cheddar cheese, shredded (plus extra for garnish)
- 1/2 cup grated Parmesan cheese
- 1/2 tsp ground mustard (optional, for flavor)
- 1/4 tsp ground nutmeg (optional, for depth)
- 1/2 tsp smoked paprika
- Salt and black pepper to taste

Optional Ingredients:

- 1/2 cup cooked, diced chicken breast (adds protein)
- 1/4 cup heavy cream (for extra creaminess)
- 1/4 cup chopped fresh parsley (for garnish)

Nutrition

Calories: 190 Protein: 10 g Carbohydrates: 7 g Fiber: 3 g Fats: 14 g Cholesterol: 30 mg Sodium: 320 mg Potassium: 350 mg

Prep. time:

15 min

Cook time:

25 mins

Serves:

6 servings

DIRECTIONS

1. Prepare Ingredients:

Wash and chop the broccoli into bite-sized florets. Shred the cheddar cheese and set aside.

2. Sauté Aromatics:

Heat olive oil in a large pot over medium heat. Add the chopped onion and cook until softened, about 3–4 minutes.

Add minced garlic and cook for another minute until fragrant.

3. Cook Broccoli:

Add the broccoli florets to the pot and stir. Pour in the chicken or vegetable broth. Bring to a boil, then reduce to a simmer. Cover and cook for 8–10 minutes, or until the broccoli is tender.

4. Blend the Soup:

Use an immersion blender to puree the soup until smooth. Alternatively, carefully transfer the soup in batches to a countertop blender and blend until smooth, then return to the pot.

5. Add Creaminess and Cheese:

Stir in the almond milk, sharp cheddar, Parmesan cheese, ground mustard, nutmeg (if using), and smoked paprika. Cook over low heat, stirring constantly, until the cheeses melt and the soup is creamy. Do not boil to avoid curdling.

If desired, stir in the heavy cream for a richer texture or the diced chicken for added protein.

6. Season to Taste:

Add salt and black pepper as needed.

7. Serve:

Ladle the soup into bowls. Garnish with extra shredded cheddar, a sprinkle of smoked paprika, and chopped parsley if desired.

Hearty Chicken and Vegetable Soup

INGREDIENTS

Core Ingredients:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 medium zucchini, diced
- 1 red bell pepper, diced
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 1 1/2 cups cooked, shredded chicken breast (skinless)
- 6 cups unsalted chicken broth
- 1 can (14.5 oz) diced tomatoes (no added salt)
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1/2 tsp smoked paprika
- 1/4 tsp ground black pepper (or to taste)
- 1/2 tsp salt (or to taste)
- 2 cups fresh spinach or kale, roughly chopped
- 1 tbsp lemon juice (optional, for brightness)

Optional Ingredients:

- 1/2 tsp red pepper flakes (for a spicy kick)
- 1/4 cup chopped fresh parsley (for garnish)
- 1 tbsp grated Parmesan cheese (per serving, for extra flavor)

Prep. time:

20 min

Cook time:

35 mins

Serves:

6 servings

DIRECTIONS

1. Prepare Ingredients:

Wash and dice the vegetables. Trim and cut the green beans. Shred the cooked chicken breast.

2. Sauté Aromatics and Vegetables:

Heat olive oil in a large pot over medium heat.

Add the chopped onion, carrots, and celery.

Sauté for 4–5 minutes until the vegetables begin to soften.

Add minced garlic and cook for an additional minute.

3. Add Broth and Simmer:

Stir in the chicken broth, diced tomatoes, thyme, oregano, smoked paprika, black pepper, and salt. Bring the mixture to a boil.

Add the green beans, zucchini, and bell pepper. Reduce the heat to a simmer and cook for 15 minutes until the vegetables are tender.

4. Add Chicken and Greens:

Stir in the shredded chicken and fresh spinach or kale. Simmer for another 5 minutes until the greens are wilted and the chicken is heated through.

5. Adjust Seasoning:

Taste and adjust the salt, pepper, and spices as needed. Stir in the lemon juice for added brightness, if desired.

1. Serve:

Ladle the soup into bowls. Garnish with fresh parsley, a sprinkle of Parmesan cheese, or red pepper flakes if desired.

Nutrition

Calories: 150 Protein: 18 g Carbohydrates: 9 g Fiber: 3 g Fats: 4 g Cholesterol: 40 mg Sodium: 300 mg Potassium: 500 mg

Zesty Lemon Turkey Meatball Soup

INGREDIENTS

For the Meatballs:

- 1 lb lean ground turkey
- 1/4 cup almond flour (or crushed pork rinds for an ultra-low-carb option)
- 1 egg, lightly beaten
- 2 tbsp fresh parsley, finely chopped
- 1 garlic clove, minced
- Zest of 1 lemon
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp ground black pepper

For the Soup:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 6 cups unsalted chicken broth
- 1 medium zucchini, diced
- 2 cups fresh spinach or kale, roughly chopped
- Juice of 1 lemon (adjust to taste)
- 1/2 tsp dried thyme
- 1/2 tsp smoked paprika (optional, for a hint of warmth)
- Salt and black pepper to taste

Optional Ingredients:

- 1/2 cup cooked cauliflower rice (for added texture)
- 1/4 cup grated Parmesan cheese (for garnish)
- Fresh dill or parsley for garnish

Nutrition

Calories: 210 Protein: 23 g Carbohydrates: 7 g Fiber: 2 g Fats: 10 g Cholesterol: 80 mg Sodium: 300 mg Potassium: 480 mg

Prep. time:

20 min

Cook time:

35 mins

Serves:

6 servings

DIRECTIONS

1. Prepare the Meatballs:

In a large bowl, combine the ground turkey, almond flour, egg, parsley, garlic, lemon zest, oregano, salt, and pepper. Mix until just combined; avoid overmixing.

Roll the mixture into small meatballs, about 1 inch in diameter (yields approximately 20–24 meatballs).

2. Sear the Meatballs:

Heat olive oil in a large pot or Dutch oven over medium heat. Add the meatballs in batches and sear until golden on all sides, about 5 minutes. Remove the meatballs and set aside (they will finish cooking in the soup).

3. Sauté Vegetables:

In the same pot, add the onion, carrots, and celery. Sauté for 5–6 minutes, stirring occasionally, until the vegetables begin to soften.

Add the minced garlic and cook for an additional minute.

4. Simmer the Soup:

Pour in the chicken broth and bring it to a gentle boil. Add the dried thyme, smoked paprika (if using), and salt and pepper to taste.

Reduce the heat to low, add the meatballs back to the pot, and simmer for 15–20 minutes, or until the meatballs are fully cooked and the vegetables are tender.

5. Add Greens and Lemon:

Stir in the zucchini and fresh spinach or kale. Cook for an additional 5 minutes until the zucchini is tender and the greens are wilted.

Add the lemon juice to the soup, adjusting the amount to your taste preference.

6. Serve:

Ladle the soup into bowls and garnish with fresh parsley, dill, or a sprinkle of Parmesan cheese if desired.

Spiced Lentil and Spinach Soup

INGREDIENTS

- **1 cup** dried red lentils (rinsed and drained)
- **6 cups** low-sodium vegetable broth
- **1 tablespoon** olive oil
- **1 medium onion**, finely chopped
- **3 cloves garlic**, minced
- **1 teaspoon** ground cumin
- **1 teaspoon** ground coriander
- **1/2 teaspoon** ground turmeric
- **1/4 teaspoon** smoked paprika (optional)
- **1/4 teaspoon** ground cinnamon (optional)
- **1 medium carrot**, diced
- **1 medium celery stalk**, diced
- **2 cups** fresh spinach, roughly chopped
- **1 (14-ounce) can** diced tomatoes (no salt added)
- **1 tablespoon** fresh lemon juice
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** salt (optional, to taste)

1/4 cup fresh cilantro or parsley, chopped (optional, for garnish)

Prep. time:

20 min

Cook time:

35 mins

Serves:

6 servings

DIRECTIONS

- 1. Prepare the Base:**
 - Heat olive oil in a large pot over medium heat. Add the chopped onion and sauté until soft and translucent, about 3–4 minutes.
 - Stir in the garlic, cumin, coriander, turmeric, paprika, and cinnamon (if using). Cook for 1 minute, stirring frequently, until aromatic.
- 2. Add Vegetables and Lentils:**
 - Add the diced carrot and celery to the pot and sauté for 2–3 minutes.
 - Stir in the lentils, vegetable broth, and canned diced tomatoes. Bring the mixture to a boil, then reduce the heat to low and simmer for 20 minutes, stirring occasionally.
- 3. Incorporate Spinach:**
 - Add the spinach to the soup and let it wilt, cooking for an additional 5 minutes.
- 4. Finish the Soup:**
 - Stir in the lemon juice, black pepper, and salt (if using). Adjust the seasoning to taste.
- 5. Blend (Optional):**
 - For a smoother texture, use an immersion blender to partially puree the soup, leaving some texture.
- 6. Serve:**
 - Ladle the soup into bowls and garnish with fresh cilantro or parsley, if desired.

Nutrition

Calories: 150 Protein: 8g Carbohydrates: 22g Dietary Fiber: 7g Sugars: 4g Fat: 3g Saturated Fat: 0.4g Cholesterol: 0mg Sodium: 250mg (adjust depending on broth and salt) Potassium: 450mg

Creamy Cauliflower Soup with Herbs

INGREDIENTS

- **1 medium head** cauliflower, chopped into florets (~4 cups)
 - **1 tablespoon** olive oil
 - **1 medium onion**, finely chopped
 - **2 cloves garlic**, minced
 - **4 cups** low-sodium vegetable broth
 - **1/2 cup** unsweetened almond milk or oat milk
 - **1 teaspoon** dried thyme
 - **1 teaspoon** dried parsley
 - **1/4 teaspoon** ground nutmeg (optional, for added warmth)
 - **1/4 teaspoon** black pepper
 - **1/4 teaspoon** salt (optional, to taste)
 - **1 tablespoon** fresh lemon juice
- 2 tablespoons** fresh parsley or chives, chopped (optional, for garnish)

Prep. time:

10 min

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

- 1. Prepare the Base:**
 - Heat olive oil in a large pot over medium heat. Add the chopped onion and sauté for 3–4 minutes until soft and translucent.
 - Stir in the minced garlic and cook for 1 minute, until fragrant.
- 2. Cook the Cauliflower:**
 - Add the cauliflower florets to the pot and sauté for 2–3 minutes to lightly coat them in the onion-garlic mixture.
 - Pour in the vegetable broth and bring the mixture to a boil. Reduce heat to low, cover, and simmer for 15 minutes, or until the cauliflower is tender.
- 3. Blend the Soup:**
 - Remove the pot from the heat. Use an immersion blender to puree the soup until smooth. Alternatively, carefully transfer the soup in batches to a countertop blender and blend until creamy, then return it to the pot.
- 4. Add Creaminess and Herbs:**
 - Stir in the almond milk, dried thyme, dried parsley, nutmeg (if using), black pepper, and salt (if needed). Simmer for an additional 5 minutes, stirring occasionally.
- 5. Finish with Lemon and Fresh Herbs:**
 - Remove the pot from heat and stir in the lemon juice. Adjust seasoning as needed.
- 6. Serve:**

Ladle the soup into bowls and garnish with chopped fresh parsley or chives, if desired

Nutrition

Calories: 90 Protein: 4g Carbohydrates: 11g Dietary Fiber: 4g Sugars: 3g Fat: 3g Saturated Fat: 0.3g Cholesterol: 0mg Sodium: 150mg (adjust depending on broth and salt) Potassium: 380mg

Tomato Basil Soup

INGREDIENTS

- **2 tablespoons** olive oil
- **1 medium onion**, finely chopped
- **3 cloves garlic**, minced
- **1 (28-ounce) can** whole peeled tomatoes (no salt or sugar added)
- **2 cups** low-sodium vegetable broth
- **1/2 teaspoon** dried oregano
- **1/2 teaspoon** dried thyme
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** red pepper flakes (optional, for a bit of heat)
- **1/2 cup** fresh basil leaves, packed, plus extra for garnish
- **1/4 cup** unsweetened almond milk or light coconut milk (optional, for creaminess)
- **1 tablespoon** balsamic vinegar (optional, for depth of flavor)
- **Salt to taste** (optional)

Prep. time:

10 min

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

- 1. Sauté Aromatics:**
 - Heat olive oil in a large pot over medium heat. Add the onion and sauté for 3–4 minutes until soft and translucent.
 - Add the garlic and cook for an additional minute, stirring frequently.
- 2. Cook the Tomatoes:**
 - Add the canned tomatoes with their juices, breaking them up with a spoon or spatula.
 - Stir in the vegetable broth, dried oregano, dried thyme, black pepper, and red pepper flakes (if using). Bring to a boil, then reduce the heat to low and simmer for 15 minutes.
- 3. Blend the Soup:**
 - Remove the pot from heat. Add the fresh basil leaves.
 - Use an immersion blender to puree the soup until smooth. Alternatively, carefully transfer the soup in batches to a blender and puree until creamy. Return the blended soup to the pot.
- 4. Add Creaminess (Optional):**
 - Stir in the almond milk or coconut milk, if using, and simmer for 2–3 minutes.
 - Add the balsamic vinegar for added flavor, if desired. Adjust seasoning with salt to taste.
- 5. Serve:**

Ladle the soup into bowls and garnish with additional fresh basil leaves

Nutrition

Calories: 120 Protein: 3g Carbohydrates: 10g Dietary Fiber: 3g Sugars: 6g (natural from tomatoes) Fat: 6g Saturated Fat: 1g Cholesterol: 0mg Sodium: 190mg (adjust based on broth) Potassium: 500mg

Beef and Barley Soup

INGREDIENTS

- **1 tablespoon** olive oil
- **1 pound** lean beef stew meat, cut into 1-inch cubes
- **1 medium onion**, finely chopped
- **2 cloves garlic**, minced
- **2 medium carrots**, diced
- **2 celery stalks**, diced
- **1 (14.5-ounce) can** diced tomatoes (no salt added)
- **6 cups** low-sodium beef or vegetable broth
- **1/2 cup** pearled barley
- **1 teaspoon** dried thyme
- **1 teaspoon** dried parsley
- **1/4 teaspoon** ground black pepper
- **1/4 teaspoon** salt (optional, to taste)
- **1 cup** chopped kale or spinach (optional, for added nutrients)
- **2 tablespoons** fresh parsley, chopped (optional, for garnish)

Prep. time:

10 min

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

- 1. Sear the Beef:**
 - Heat olive oil in a large pot over medium-high heat. Add the beef cubes and sear them on all sides until browned, about 5–7 minutes. Remove the beef and set aside.
- 2. Sauté Vegetables:**
 - In the same pot, reduce the heat to medium and add the onion, carrots, and celery. Sauté for 4–5 minutes, stirring occasionally, until the vegetables are softened.
 - Stir in the garlic and cook for an additional 1 minute, until fragrant.
- 3. Simmer the Base:**
 - Return the beef to the pot. Add the diced tomatoes, broth, thyme, parsley, black pepper, and salt (if using). Bring the mixture to a boil.
- 4. Cook the Barley:**
 - Stir in the barley, reduce the heat to low, and cover the pot. Simmer for 45 minutes, or until the beef is tender and the barley is cooked through. Stir occasionally to prevent sticking.
- 5. Add Greens (Optional):**
 - If using kale or spinach, stir it into the soup during the last 5 minutes of cooking, allowing it to wilt.
- 6. Serve:**

Ladle the soup into bowls and garnish with fresh parsley, if desired.

Nutrition

Calories: 200 Protein: 18g Carbohydrates: 15g Dietary Fiber: 4g Sugars: 3g (natural from vegetables) Fat: 6g Saturated Fat: 2g Cholesterol: 40mg Sodium: 200mg (adjust depending on broth) Potassium: 500mg

Ginger Carrot Soup with Coconut Milk

INGREDIENTS

- **1 tablespoon** olive oil
- **1 medium onion**, chopped
- **2 cloves garlic**, minced
- **1 tablespoon** fresh ginger, grated
- **5 medium carrots**, peeled and chopped (~4 cups)
- **3 cups** low-sodium vegetable broth
- **1 cup** light coconut milk (unsweetened)
- **1 teaspoon** ground turmeric
- **1/4 teaspoon** ground cumin
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** salt (optional, to taste)
- **1 tablespoon** fresh lime juice
- **2 tablespoons** fresh cilantro, chopped (optional, for garnish)

Prep. time:

10 min

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

- 1. Sauté Aromatics:**
 - Heat olive oil in a large pot over medium heat. Add the onion and sauté for 3–4 minutes, until soft and translucent.
 - Add the garlic and ginger, and cook for 1–2 minutes, stirring frequently, until fragrant.
- 2. Cook the Carrots:**
 - Add the chopped carrots, vegetable broth, turmeric, cumin, black pepper, and salt (if using). Stir to combine.
 - Bring the mixture to a boil, then reduce the heat to low and simmer for 20 minutes, or until the carrots are tender.
- 3. Blend the Soup:**
 - Remove the pot from heat. Use an immersion blender to puree the soup until smooth. Alternatively, carefully transfer the soup in batches to a countertop blender and blend until creamy, then return it to the pot.
- 4. Add Coconut Milk:**
 - Stir in the light coconut milk and heat gently for 2–3 minutes, ensuring the soup is warm but not boiling.
- 5. Finish with Lime:**
 - Remove the pot from heat and stir in the lime juice for a touch of brightness. Adjust seasoning as needed.
- 6. Serve:**
 - Ladle the soup into bowls and garnish with fresh cilantro, if desired.

Nutrition

Calories: 150 Protein: 3g Carbohydrates: 14g Dietary Fiber: 4g Sugars: 7g (natural from carrots) Fat: 9g Saturated Fat: 6g Cholesterol: 0mg Sodium: 220mg (adjust depending on broth) Potassium: 400mg

Slow-Cooked Minestrone with Zucchini

INGREDIENTS

- **1 tablespoon** olive oil
- **1 medium onion**, chopped
- **2 cloves garlic**, minced
- **1 tablespoon** fresh ginger, grated
- **5 medium carrots**, peeled and chopped (~4 cups)
- **3 cups** low-sodium vegetable broth
- **1 cup** light coconut milk (unsweetened)
- **1 teaspoon** ground turmeric
- **1/4 teaspoon** ground cumin
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** salt (optional, to taste)
- **1 tablespoon** fresh lime juice
- **2 tablespoons** fresh cilantro, chopped (optional, for garnish)

Prep. time:

15 min

Cook time:

6–8 hours

Serves:

6 servings

DIRECTIONS

1. Prepare the Vegetables:

In a skillet, heat olive oil over medium heat. Add the onion, garlic, carrots, and celery. Sauté for 3–4 minutes until slightly softened.

2. Combine Ingredients in the Slow Cooker:

Transfer the sautéed vegetables to the slow cooker. Add the zucchini, diced tomatoes, vegetable broth, cannellini beans (or chickpeas), green beans, oregano, basil, thyme, black pepper, and red pepper flakes (if using).

3. Slow Cook:

Cover and cook on **low** for 6–8 hours or on **high** for 3–4 hours until the vegetables are tender and the flavors are well blended.

4. Add Optional Pasta (Optional):

If using pasta, stir it in 30 minutes before the cooking time ends to allow it to cook through.

5. Finish with Greens:

Stir in the spinach or kale during the last 10 minutes of cooking, allowing it to wilt.

6. Serve:

Ladle the soup into bowls and garnish with fresh parsley, if desired.

Nutrition

Calories: 160 Protein: 7g Carbohydrates: 24g Dietary Fiber: 7g Sugars: 5g (natural from vegetables) Fat: 3g Saturated Fat: 0.5g Cholesterol: 0mg Sodium: 200mg (adjust depending on broth) Potassium: 550mg

Chicken Pho with Zucchini Noodles

INGREDIENTS

Broth:

- **6 cups** low-sodium chicken broth
- **2 boneless, skinless chicken breasts** (about 1 pound)
- **1 small onion**, halved
- **2-inch piece** fresh ginger, sliced
- **2 cloves** garlic, smashed
- **2 whole star anise**
- **4 whole cloves**
- **1 cinnamon stick**
- **1 tablespoon** fish sauce (optional, for umami)
- **1/2 teaspoon** black peppercorns
- **1/4 teaspoon** salt (optional, to taste)

Noodles and Toppings:

- **2 medium zucchini**, spiralized into noodles
- **1 cup** bean sprouts
- **1/4 cup** fresh cilantro leaves
- **1/4 cup** fresh basil leaves
- **1/4 cup** fresh mint leaves (optional)
- **1/2 cup** sliced scallions
- **1 small chili pepper**, thinly sliced (optional, for heat)
- **1 lime**, cut into wedges
- **1 teaspoon** sesame oil (optional, for added flavor)

Prep. time:

15 min

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

1. Prepare the Broth:

- In a large pot, combine chicken broth, onion, ginger, garlic, star anise, cloves, cinnamon stick, fish sauce (if using), black peppercorns, and salt. Bring to a boil over medium-high heat.

2. Cook the Chicken:

- Add the chicken breasts to the boiling broth. Reduce heat to low, cover, and simmer for 15–20 minutes, or until the chicken is cooked through (internal temperature reaches 165°F).
- Remove the chicken and set it aside to cool slightly. Once cooled, shred the chicken using two forks.

3. Strain the Broth:

- Strain the broth through a fine-mesh sieve to remove solids, leaving a clear, aromatic broth. Return the broth to the pot and keep warm over low heat.

4. Prepare the Zucchini Noodles:

- Spiralize the zucchini into noodles (or use pre-spiralized zucchini). Lightly blanch the zucchini noodles by placing them in the hot broth for 1–2 minutes before serving.

5. Assemble the Pho:

- Divide the zucchini noodles among 4 bowls. Top each with shredded chicken, bean sprouts, cilantro, basil, scallions, and optional mint leaves.

6. Serve with Toppings:

Pour hot broth over the toppings in each bowl. Add sliced chili peppers, sesame oil, and a squeeze of lime juice to taste.

Nutrition

Calories: 190 Protein: 23g Carbohydrates: 7g Dietary Fiber: 2g Sugars: 4g (natural from zucchini and bean sprouts) Fat: 6g Saturated Fat: 1g Cholesterol: 55mg Sodium: 350mg (adjust based on broth and fish sauce) Potassium: 600mg

Chapter 4: Fish and Seafood

Grilled Salmon with Lemon-Dill Yogurt Sauce

INGREDIENTS

For the Salmon:

- 4 (6-ounce) salmon fillets (skin-on or skinless)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika (optional, for added flavor)
- 1/2 tsp ground black pepper
- 1/2 tsp salt (or to taste)

For the Lemon-Dill Yogurt Sauce:

- 1/2 cup plain Greek yogurt (unsweetened, full-fat or low-fat)
- 2 tbsp fresh dill, finely chopped
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 clove garlic, minced
- 1/4 tsp salt
- 1/8 tsp black pepper

Optional Add-ons:

- 1 tsp capers (for added tanginess)
- 1 tbsp finely chopped fresh parsley (for garnish)

For Serving:

- Steamed broccoli or asparagus
- 1/2 cup cooked quinoa or cauliflower rice per serving (optional for fiber)

Nutrition

Calories: 280 Protein: 32g Carbohydrates: 3g Fats: 15g Fiber: 0.5g Cholesterol: 70mg Sodium: 320mg Potassium: 650mg

Prep. time:

15 min

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

1. Prepare the Salmon:

- Pat the salmon fillets dry with paper towels.
- Rub the olive oil over each fillet, then sprinkle with garlic powder, paprika (if using), black pepper, and salt. Set aside.

2. Preheat the Grill:

- Heat a grill or grill pan over medium-high heat. Lightly oil the grates or pan to prevent sticking.

3. Grill the Salmon:

- Place the salmon fillets on the grill, skin-side down (if applicable). Cook for 4-5 minutes per side, or until the salmon is opaque and flakes easily with a fork. Remove from the grill and let rest for 2-3 minutes.

4. Prepare the Lemon-Dill Yogurt Sauce:

- In a small bowl, combine the Greek yogurt, dill, lemon juice, lemon zest, garlic, salt, and pepper. Mix well until smooth and creamy.

5. Assemble the Dish:

- Place the grilled salmon on a plate and drizzle with the Lemon-Dill Yogurt Sauce. Garnish with optional parsley or capers if desired.

6. Serve:

- Pair the salmon with steamed broccoli, asparagus, or a side of quinoa/cauliflower rice for a complete, diabetic-friendly meal.

Garlic Butter Shrimp and Zucchini Noodles

INGREDIENTS

For the Shrimp:

- 1 lb (16-20 count) raw shrimp, peeled and deveined
- 2 tbsp unsalted butter (or olive oil for a dairy-free option)
- 4 cloves garlic, minced
- 1/2 tsp red pepper flakes (optional, for heat)
- 1/2 tsp smoked paprika (optional, for flavor)
- 1/2 tsp salt (or to taste)
- 1/4 tsp black pepper
- 2 tbsp fresh lemon juice

For the Zucchini Noodles:

- 4 medium zucchini, spiralized into noodles
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper

Optional Add-ons:

- 1 tbsp grated Parmesan cheese (optional, for topping)
- 1 tbsp chopped fresh parsley (for garnish)
- 1 tsp lemon zest (for extra freshness)

Prep. time:

15 min

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

1. Prepare the Zucchini Noodles:

Spiralize the zucchini into noodles using a spiralizer or julienne peeler.

Sprinkle with a pinch of salt and let sit for 5 minutes to release excess moisture. Pat dry with paper towels.

2. Cook the Shrimp:

Heat a large skillet over medium heat. Add the butter and let it melt.

Add the garlic and red pepper flakes (if using), cooking until fragrant, about 1 minute.

Add the shrimp in a single layer, season with smoked paprika, salt, and pepper. Cook for 2-3 minutes per side, or until the shrimp turn pink and are opaque. Remove the shrimp from the skillet and set aside.

3. Cook the Zucchini Noodles:

In the same skillet, add 1 tbsp olive oil. Add the zucchini noodles and cook over medium heat for 2-3 minutes, tossing gently until slightly tender. Avoid overcooking to keep them al dente. Season with salt and pepper.

4. Combine Shrimp and Zucchini Noodles:

Return the cooked shrimp to the skillet with the zucchini noodles. Add fresh lemon juice and toss to combine. Adjust seasoning if needed.

5. Serve:

Transfer to plates and top with optional grated Parmesan cheese, fresh parsley, or lemon zest for extra flavor

Nutrition

Calories: 220 Protein: 25g Carbohydrates: 5g Fats: 12g Fiber: 2g Cholesterol: 180mg Sodium: 480mg Potassium: 650mg

Baked Cod with Herb-Crusted Almond Topping

INGREDIENTS

For the Cod:

- 4 (5-ounce) cod fillets
- 1 tbsp olive oil (plus extra for greasing the baking dish)
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 lemon (cut into wedges, for serving)

For the Herb-Crusted Almond Topping:

- 1/2 cup raw almonds, finely chopped or ground (use almond flour for a smoother crust)
- 1/4 cup grated Parmesan cheese (optional, for extra flavor)
- 2 tbsp fresh parsley, finely chopped
- 1 tbsp fresh dill, finely chopped
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/8 tsp black pepper

Optional Add-ons:

- 1 tsp Dijon mustard (spread on fish before adding topping for extra tang)
- 1 tsp smoked paprika (for a smoky flavor in the crust)

Nutrition

Calories: 280 Protein: 30g Carbohydrates: 4g Fats: 15g Fiber: 2g Cholesterol: 50mg Sodium: 280mg Potassium: 540mg

Prep. time:

15 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

- 1. Prepare the Oven and Baking Dish:**
 - Preheat your oven to 400°F (200°C).
 - Lightly grease a baking dish with olive oil or line it with parchment paper.
- 2. Season the Cod:**
 - Pat the cod fillets dry with paper towels. Brush each fillet with olive oil and season with salt and pepper. Place them in the prepared baking dish.
- 3. Make the Herb-Crusted Almond Topping:**
 - In a small bowl, combine the chopped almonds (or almond flour), Parmesan cheese (if using), parsley, dill, lemon juice, lemon zest, garlic, olive oil, salt, and pepper. Mix until well combined.
- 4. Top the Cod with the Almond Mixture:**
 - Evenly spread the almond-herb mixture over each fillet, pressing gently to adhere.
- 5. Bake the Cod:**
 - Place the baking dish in the preheated oven and bake for 15-20 minutes, or until the fish is opaque and flakes easily with a fork. The topping should be golden brown.
- 6. Serve:**

Transfer the cod to plates, garnish with fresh lemon wedges, and serve with steamed vegetables or a side salad.

Mediterranean Tuna Salad with Olive Oil Vinaigrette

INGREDIENTS

For the Salad:

- 2 (5-ounce) cans tuna packed in water, drained
- 2 cups mixed greens (spinach, arugula, or spring mix)
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, thinly sliced
- 1/4 cup Kalamata olives, halved
- 2 tbsp capers (optional, for extra tang)
- 1/4 cup feta cheese, crumbled (optional)
- 1/4 cup fresh parsley, chopped

For the Olive Oil Vinaigrette:

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- 1/4 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp black pepper

Optional Add-ons:

- 1/4 avocado, sliced (for added healthy fats)
- 1 tbsp pine nuts or sunflower seeds (for extra crunch)

Prep. time:

15 min

Cook time:

None

Serves:

4 servings

DIRECTIONS

1. Prepare the Salad Base:

- In a large salad bowl, combine the mixed greens, cherry tomatoes, cucumber, red onion, Kalamata olives, and capers (if using).

2. Add the Tuna:

- Flake the drained tuna into bite-sized pieces and add to the salad bowl.

3. Prepare the Olive Oil Vinaigrette:

- In a small bowl or jar, whisk together the olive oil, lemon juice, Dijon mustard, garlic, oregano, salt, and pepper until well combined.

4. Dress the Salad:

- Pour the vinaigrette over the salad and toss gently to coat all the ingredients evenly.

5. Top and Garnish:

- Sprinkle the salad with parsley, feta cheese (if using), and any optional toppings like avocado slices or nuts/seeds.

6. Serve:

Divide the salad into four portions and serve immediately.

Nutrition

Calories: 210 Protein: 23g Carbohydrates: 5g Fats: 12g Fiber: 2g Cholesterol: 35mg Sodium: 320mg Potassium: 450mg

Seared Scallops on Cauliflower Mash

INGREDIENTS

For the Scallops:

- 1 lb sea scallops (approximately 16 large scallops)
- 1 tbsp olive oil
- 1 tbsp unsalted butter
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp fresh lemon juice (optional, for garnish)
- 1 tsp fresh parsley, chopped (optional, for garnish)

For the Cauliflower Mash:

- 1 large head cauliflower, chopped into florets
- 2 tbsp unsalted butter
- 1/4 cup unsweetened almond milk (or low-fat milk)
- 1 clove garlic, minced
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 cup Parmesan cheese, grated (optional, for extra creaminess)
- 1 tsp fresh thyme, chopped (optional, for garnish)

Nutrition

Calories: 230 Protein: 22g Carbohydrates: 6g Fats: 14g Fiber: 3g Cholesterol: 50mg Sodium: 310mg Potassium: 580mg

Prep. time:

15 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Prepare the Cauliflower Mash:

1. **Cook the Cauliflower:**
 - Bring a large pot of water to a boil. Add the cauliflower florets and cook until tender, about 10-12 minutes. Drain well.
2. **Mash the Cauliflower:**
 - Transfer the cooked cauliflower to a food processor or blender. Add butter, almond milk, garlic, salt, and pepper. Blend until smooth and creamy.
 - For added creaminess, stir in Parmesan cheese, if using. Set aside and keep warm.

Cook the Scallops:

3. **Prepare the Scallops:**
 - Pat the scallops dry with paper towels to ensure a good sear. Season both sides with salt and pepper.
4. **Sear the Scallops:**
 - Heat a large skillet over medium-high heat. Add olive oil and butter. When the butter is melted and hot (but not smoking), add the scallops in a single layer.
 - Cook for 2-3 minutes on one side without moving them until they develop a golden crust. Flip and cook for an additional 1-2 minutes until just opaque. Avoid overcooking.

Assemble the Dish:

5. **Plate the Dish:**
 - Spoon a generous portion of cauliflower mash onto each plate. Arrange the seared scallops on top.
 - Drizzle with lemon juice and garnish with parsley or thyme, if desired.
6. **Serve Immediately:**
 - Serve hot with a side of steamed green beans, sautéed spinach, or roasted asparagus for added fiber and nutrients..

Coconut Curry Shrimp Stir-Fry

INGREDIENTS

For the Stir-Fry:

- 1 lb large shrimp, peeled and deveined
- 2 tbsp coconut oil
- 2 cups broccoli florets
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 small zucchini, sliced into half-moons
- 1/2 cup snap peas
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated

For the Coconut Curry Sauce:

- 1 cup unsweetened coconut milk (canned)
- 1 tbsp red curry paste (adjust to taste)
- 1 tbsp fresh lime juice
- 1 tsp soy sauce (low-sodium)
- 1/4 tsp turmeric powder
- 1/4 tsp ground cumin
- 1/4 tsp salt (optional, adjust to taste)
- 1/4 tsp black pepper

Optional Add-ons:

- 1 tbsp chopped fresh cilantro (for garnish)
- 1 tsp sesame seeds (for garnish)
- 1/4 tsp chili flakes (for heat)

Prep. time:

15 min

Cook time:

15 mins

Serves:

4 servings

DIRECTIONS

1. Prepare the Sauce:

- In a medium bowl, whisk together coconut milk, red curry paste, lime juice, soy sauce, turmeric, cumin, salt, and pepper. Set aside.

2. Cook the Shrimp:

- Heat 1 tbsp of coconut oil in a large skillet or wok over medium-high heat.
- Add the shrimp and cook for 2-3 minutes on each side, until they turn pink and opaque. Remove from the skillet and set aside.

3. Stir-Fry the Vegetables:

- Add the remaining 1 tbsp of coconut oil to the skillet. Add garlic and ginger, cooking until fragrant (about 30 seconds).
- Add broccoli, bell peppers, zucchini, and snap peas. Stir-fry for 4-5 minutes, or until the vegetables are tender-crisp.

4. Combine Shrimp and Sauce:

- Return the cooked shrimp to the skillet with the vegetables. Pour the coconut curry sauce over the top and stir well to coat.
- Simmer for 2-3 minutes, allowing the flavors to meld and the sauce to thicken slightly.

5. Serve:

Transfer to plates or bowls. Garnish with fresh cilantro, sesame seeds, or chili flakes if desired

Nutrition

Calories: 250 Protein: 22g Carbohydrates: 10g Fats: 15g Fiber: 3g Cholesterol: 170mg Sodium: 380mg Potassium: 700mg

Lemon Herb Tilapia with Steamed Green Beans

INGREDIENTS

For the Tilapia:

- 4 (6-ounce) tilapia fillets
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried parsley (or 1 tbsp fresh parsley, chopped)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika (optional, for added flavor)

For the Green Beans:

- 12 ounces fresh green beans, trimmed
- 1 tbsp olive oil or unsalted butter
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp fresh lemon juice (optional)

Optional Add-ons:

- 1 tbsp capers (for garnish on fish)
- 1 tbsp slivered almonds (toasted, for garnish on green beans)

Nutrition

Calories: 220 Protein: 28g Carbohydrates: 5g Fats: 10g Fiber: 2g Cholesterol: 50mg Sodium: 320mg Potassium: 500mg

Prep. time:

10 min

Cook time:

15 mins

Serves:

4 servings

DIRECTIONS

Prepare the Tilapia:

1. Preheat the Oven:

- Preheat your oven to 375°F (190°C). Lightly grease a baking dish or line it with parchment paper.

2. Season the Fillets:

- In a small bowl, whisk together olive oil, lemon juice, lemon zest, garlic, oregano, parsley, salt, pepper, and smoked paprika (if using).
- Place the tilapia fillets in the prepared baking dish and brush both sides with the lemon herb mixture.

3. Bake the Tilapia:

- Bake for 12-15 minutes, or until the fish is opaque and flakes easily with a fork.

Prepare the Green Beans:

4. Steam the Green Beans:

- Bring a pot of water to a boil and place a steamer basket on top. Add the green beans and steam for 4-5 minutes, or until tender-crisp. Alternatively, boil the green beans in lightly salted water for the same amount of time, then drain.

5. Season the Green Beans:

Transfer the steamed green beans to a serving bowl. Toss with olive oil or butter, salt, pepper, and lemon juice (if using)

Spicy Cajun Catfish with Quinoa Pilaf

INGREDIENTS

For the Catfish:

- 4 (6 oz) catfish fillets
- 2 tbsp olive oil
- 2 tsp Cajun seasoning (diabetic-friendly, low-sodium version)
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp ground black pepper
- 1/4 tsp cayenne pepper (optional, for extra spice)
- 1 medium lemon, sliced into wedges (for garnish)

For the Quinoa Pilaf:

- 1 cup quinoa, rinsed
- 2 cups low-sodium chicken or vegetable broth
- 1 tbsp olive oil
- 1 small onion, finely diced
- 1 medium carrot, finely diced
- 1 celery stalk, finely diced
- 1 clove garlic, minced
- 1/4 tsp turmeric powder (optional, for flavor and color)
- 1/2 cup fresh parsley, chopped
- 1/4 cup slivered almonds (optional, for added crunch)
- 1/4 cup dried cranberries (optional, use unsweetened for a diabetic-friendly option)

Prep. time:

20 min

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

Prepare the Catfish:

1. **Season the Fillets:** Pat the catfish fillets dry with a paper towel. Rub each fillet with olive oil. In a small bowl, mix Cajun seasoning, smoked paprika, garlic powder, black pepper, and cayenne pepper (if using). Sprinkle the spice mix evenly over both sides of the fillets.
2. **Cook the Fillets:** Heat a large non-stick skillet over medium heat. Once hot, add a splash of olive oil if needed to prevent sticking. Place the fillets in the skillet and cook for 3–4 minutes on each side, or until the fish flakes easily with a fork. Remove from heat and keep warm.

Prepare the Quinoa Pilaf:

3. **Sauté the Vegetables:** In a medium saucepan, heat olive oil over medium heat. Add the onion, carrot, celery, and garlic, and sauté for 4–5 minutes until the vegetables soften and become fragrant.
4. **Cook the Quinoa:** Add the rinsed quinoa and turmeric powder to the saucepan. Stir to coat the quinoa with the vegetable mixture. Pour in the broth, bring to a boil, then reduce heat to low. Cover and simmer for 15 minutes, or until the quinoa is tender and has absorbed all the liquid.
5. **Finish the Pilaf:** Remove the quinoa from heat and fluff with a fork. Stir in parsley, slivered almonds, and dried cranberries (if using). Adjust seasoning with salt and pepper to taste.

Assemble and Serve:

6. **Plate the Dish:** Divide the quinoa pilaf among four plates and place a catfish fillet on top of each portion. Garnish with a lemon wedge and additional parsley if desired.
7. **Optional Sides:** Serve with a side of steamed green beans or a mixed greens salad dressed with a light vinaigrette.

Nutrition

Calories: 325 Protein: 28g Carbohydrates: 28g Fiber: 4g Fats: 11g Saturated Fat: 2g Cholesterol: 65mg Sodium: 190mg Potassium: 720mg

Easy Garlic Lemon Baked Trout

INGREDIENTS

For the Trout:

- 4 (5-6 oz) trout fillets (skin-on, if preferred)
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 2 medium lemons (1 for juice, 1 for slices)
- 1/2 tsp salt (use a low-sodium alternative, if preferred)
- 1/4 tsp ground black pepper
- 1/2 tsp smoked paprika (optional, for a smoky flavor)
- 1/4 tsp red chili flakes (optional, for heat)
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh dill, chopped (optional)

Optional Garnish:

- 1 tbsp capers, rinsed
- 1/4 cup slivered almonds, lightly toasted

Nutrition

Calories: 260 Protein: 29g Carbohydrates: 2g Fiber: 0.5g Fats: 15g Saturated Fat: 2g Cholesterol: 70mg Sodium: 240mg Potassium: 520mg

Prep. time:

10 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Preheat and Prepare:

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or lightly grease with olive oil.
2. **Prepare the Trout:** Pat the trout fillets dry with paper towels. Arrange them skin-side down on the prepared baking sheet.

Make the Garlic Lemon Mixture:

3. **Prepare the Sauce:** In a small bowl, mix olive oil, minced garlic, juice of one lemon, salt, black pepper, smoked paprika (if using), and chili flakes (if using).

Season the Trout:

4. **Apply the Mixture:** Spoon the garlic lemon mixture evenly over the trout fillets, spreading it gently with the back of the spoon.
5. **Add Lemon Slices:** Thinly slice the second lemon and lay the slices on top of the trout fillets for added flavor and presentation.

Bake the Trout:

6. **Bake the Fillets:** Place the baking sheet in the preheated oven and bake for 15–20 minutes, or until the trout is cooked through and flakes easily with a fork.

Garnish and Serve:

7. **Add Fresh Herbs and Optional Garnishes:** Sprinkle the baked trout with fresh parsley and dill. If using, add a few capers or slivered almonds for added flavor and texture.

Pan-Seared Halibut with Tomato and Caper Relish

INGREDIENTS

For the Halibut:

- 4 (6 oz) halibut fillets
- 2 tbsp olive oil
- 1/2 tsp salt (use a low-sodium alternative if needed)
- 1/4 tsp ground black pepper
- 1/4 tsp smoked paprika (optional, for added flavor)
- 1/2 tsp dried oregano

For the Tomato and Caper Relish:

- 2 cups cherry tomatoes, halved
- 2 tbsp capers, rinsed and drained
- 1 small red onion, finely diced
- 1 clove garlic, minced
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh basil, chopped (optional)
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/4 tsp red pepper flakes (optional, for heat)

Optional Garnish:

- 1 tbsp toasted pine nuts (optional, for added crunch)

Prep. time:

10 min

Cook time:

15 mins

Serves:

4 servings

DIRECTIONS

Prepare the Halibut:

1. **Season the Fish:** Pat the halibut fillets dry with paper towels. Rub them with olive oil, then sprinkle with salt, black pepper, smoked paprika (if using), and oregano.
2. **Heat the Pan:** Heat a large non-stick skillet over medium-high heat. Once hot, add a splash of olive oil to coat the pan.
3. **Cook the Halibut:** Place the fillets in the skillet, skin-side down if applicable. Sear for 3–4 minutes until a golden crust forms. Flip the fillets and cook for an additional 3–4 minutes, or until the fish is opaque and flakes easily with a fork. Remove from the pan and keep warm.

Prepare the Tomato and Caper Relish:

4. **Sauté the Relish:** In the same skillet, add a bit more olive oil if needed. Add the red onion and garlic, sautéing for 1–2 minutes until fragrant.
5. **Cook the Tomatoes:** Add the cherry tomatoes, capers, and red pepper flakes (if using). Cook for 3–4 minutes, stirring occasionally, until the tomatoes soften and release their juices.
6. **Finish the Relish:** Remove the skillet from heat and stir in parsley, basil (if using), and balsamic vinegar. Adjust seasoning with a pinch of salt and black pepper, if needed.

Assemble and Serve:

7. **Plate the Dish:** Place one halibut fillet on each plate. Top generously with the warm tomato and caper relish. Garnish with toasted pine nuts, if desired.

Optional Sides: Pair with a side of steamed green beans, roasted zucchini, or a bed of cauliflower rice for a complete meal.

Nutrition

Calories: 290 Protein: 34g Carbohydrates: 6g Fiber: 2g Fats: 15g Saturated Fat: 2g Cholesterol: 55mg Sodium: 290mg Potassium: 810mg

Lemon Garlic Baked Salmon Patties

INGREDIENTS

For the Salmon Patties:

- **12 oz canned salmon** (skinless, boneless, drained, and flaked)
- **2 large eggs**
- **½ cup almond flour**
- **¼ cup finely diced onion**
- **2 garlic cloves** (minced)
- **1 tbsp fresh parsley** (chopped)
- **1 tbsp fresh lemon juice**
- **1 tsp lemon zest**
- **1 tsp Dijon mustard**
- **½ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **¼ cup grated Parmesan cheese** (for added flavor)
- **½ tsp paprika** (for a smoky touch)
- **1 tbsp capers** (for a briny kick)

For Brushing:

- **1 tbsp olive oil** (or avocado oil)

Nutrition

Calories: 180 Protein: 16g Carbohydrates: 3g Fats: 10g Fiber: 1g Cholesterol: 75mg Sodium: 330mg Potassium: 220mg

Prep. time:

15 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Preheat the Oven

1. Preheat your oven to 375°F (190°C).
2. Line a baking sheet with parchment paper or lightly grease it with non-stick spray.

Step 2: Prepare the Salmon Mixture

1. In a large bowl, combine the flaked salmon, eggs, almond flour, onion, garlic, parsley, lemon juice, lemon zest, Dijon mustard, salt, and pepper.
2. Mix well until the ingredients come together into a cohesive mixture.

Step 3: Shape the Patties

1. Divide the mixture into 8 equal portions and shape each portion into a patty, about 2-3 inches in diameter.
2. Place the patties on the prepared baking sheet.

Step 4: Bake the Salmon Patties

1. Lightly brush the top of each patty with olive oil to enhance crispness.
2. Bake in the preheated oven for 10 minutes, then flip the patties and bake for an additional 10 minutes, or until golden brown and firm to the touch.

Cajun Shrimp and Avocado Salad

INGREDIENTS

For the Cajun Shrimp:

- **1 lb large shrimp** (peeled and deveined)
- **1 tbsp olive oil**
- **1 tsp Cajun seasoning**
- **½ tsp garlic powder**
- **¼ tsp smoked paprika**
- **¼ tsp salt** (optional, depending on Cajun seasoning sodium content)

For the Salad:

- **4 cups mixed greens** (e.g., spinach, arugula, romaine)
- **1 large avocado** (sliced)
- **1 cup cherry tomatoes** (halved)
- **½ cup cucumber** (sliced)
- **¼ cup red onion** (thinly sliced)
- **2 tbsp fresh cilantro or parsley** (chopped)

For the Dressing:

- **3 tbsp olive oil**
- **1 tbsp fresh lime juice**
- **1 tsp Dijon mustard**
- **1 tsp apple cider vinegar**
- **¼ tsp black pepper**
- **1 tsp liquid stevia or 1 tbsp honey** (optional for sweetness)

Optional Add-Ins:

- **1 tbsp crumbled feta cheese**
- **2 tbsp toasted sunflower seeds or sliced almonds**

Prep. time:

15 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Shrimp

1. In a medium bowl, toss the shrimp with olive oil, Cajun seasoning, garlic powder, smoked paprika, and salt until evenly coated.
2. Heat a non-stick skillet over medium-high heat.
3. Add the shrimp and cook for 2-3 minutes per side, or until pink and opaque. Remove from heat and set aside.

Step 2: Prepare the Salad Base

1. In a large salad bowl, combine the mixed greens, cherry tomatoes, cucumber, red onion, and cilantro or parsley.

Step 3: Make the Dressing

1. In a small bowl or jar, whisk together olive oil, lime juice, Dijon mustard, apple cider vinegar, black pepper, and optional sweetener until emulsified.

Step 4: Assemble the Salad

1. Arrange the cooked shrimp and avocado slices on top of the salad base.
2. Drizzle the dressing over the salad just before serving.
3. Gently toss to combine or serve with the dressing on the side for individual preference

Nutrition

Calories: 250 Protein: 18g Carbohydrates: 7g Fats: 18g Fiber: 4g Cholesterol: 145mg Sodium: 310mg Potassium: 450mg

Herb-Crusted Mahi-Mahi with Asparagus

INGREDIENTS

For the Mahi-Mahi:

- **4 Mahi-Mahi fillets** (about 5 oz each)
- **1 tbsp olive oil**
- **½ cup almond flour**
- **¼ cup Parmesan cheese** (grated)
- **2 tbsp fresh parsley** (chopped)
- **1 tsp dried thyme**
- **1 tsp dried oregano**
- **1 tsp garlic powder**
- **½ tsp lemon zest**
- **¼ tsp salt**
- **¼ tsp black pepper**

For the Asparagus:

- **1 lb fresh asparagus** (trimmed)
- **1 tbsp olive oil**
- **½ tsp garlic powder**
- **¼ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **1 tsp smoked paprika** (for the Mahi-Mahi crust)
- **½ lemon** (sliced, for garnish and additional flavor)

Nutrition

Calories: 280 Protein: 30g Carbohydrates: 6g Fats: 16g Fiber: 3g Cholesterol: 75mg Sodium: 300mg Potassium: 450mg

Prep. time:

10 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Preheat the Oven

1. Preheat your oven to 400°F (200°C).
2. Line a baking sheet with parchment paper or lightly grease it with non-stick spray.

Step 2: Prepare the Herb Crust for the Mahi-Mahi

1. In a small bowl, mix almond flour, Parmesan cheese, parsley, thyme, oregano, garlic powder, lemon zest, salt, and pepper.

Step 3: Coat the Mahi-Mahi

1. Brush each Mahi-Mahi fillet with olive oil on both sides.
2. Press the herb mixture onto the top of each fillet, ensuring an even coating.

Step 4: Prepare the Asparagus

1. Place the asparagus on one side of the prepared baking sheet.
2. Drizzle with olive oil and sprinkle with garlic powder, salt, and pepper. Toss to coat evenly.

Step 5: Bake

1. Arrange the coated Mahi-Mahi fillets on the other side of the baking sheet.
2. Bake in the preheated oven for 15-18 minutes, or until the fish is opaque and flakes easily with a fork, and the asparagus is tender-crisp.

Sesame-Crusted Tuna Steaks with Wasabi Drizzle

INGREDIENTS

For the Tuna Steaks:

- **4 tuna steaks** (about 5 oz each)
- **2 tbsp olive oil**
- **½ cup sesame seeds** (white or a mix of black and white for color)
- **½ tsp salt**
- **¼ tsp black pepper**

For the Wasabi Drizzle:

- **1 tbsp wasabi paste**
- **2 tbsp low-sodium soy sauce** (or tamari for gluten-free)
- **1 tbsp fresh lime juice**
- **1 tsp sesame oil**
- **1 tbsp water** (to thin, if necessary)

Optional Add-Ins:

- **1 tsp grated ginger** (for extra zing in the wasabi drizzle)
- **1 tbsp chopped fresh scallions** (for garnish)
- **1 tsp toasted sesame seeds** (for garnish)

Prep. time:

10 min

Cook time:

8 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Tuna Steaks

1. Pat the tuna steaks dry with a paper towel. Brush each steak lightly with olive oil on both sides.
2. In a shallow dish, mix sesame seeds, salt, and black pepper.
3. Press each tuna steak into the sesame seed mixture, coating both sides evenly.

Step 2: Cook the Tuna Steaks

1. Heat a non-stick skillet over medium-high heat. Add 1 tbsp of olive oil.
2. Sear the sesame-crusted tuna steaks for 1-2 minutes per side for rare to medium-rare, or longer for desired doneness. Be careful not to overcook to maintain tenderness.
3. Remove from the skillet and let rest for a minute before serving.

Step 3: Prepare the Wasabi Drizzle

1. In a small bowl, whisk together wasabi paste, soy sauce, lime juice, sesame oil, and water (if needed) until smooth. Adjust seasoning to taste.

Step 4: Assemble the Dish

1. Place each tuna steak on a plate and drizzle the wasabi sauce over the top.
3. Garnish with chopped scallions and toasted sesame seeds, if desired

Nutrition

Calories: 250 Protein: 30g Carbohydrates: 3g Fats: 13g Fiber: 1g Cholesterol: 50mg Sodium: 350mg Potassium: 400mg

Grilled Pesto Shrimp Skewers

INGREDIENTS

For the Shrimp Skewers:

- **1 lb large shrimp** (peeled and deveined, tails optional)
- **2 tbsp olive oil**
- **½ tsp garlic powder**
- **¼ tsp salt**
- **¼ tsp black pepper**

For the Pesto:

- **2 cups fresh basil leaves** (packed)
- **¼ cup olive oil**
- **2 tbsp grated Parmesan cheese**
- **2 tbsp pine nuts or walnuts**
- **1 clove garlic**
- **1 tbsp lemon juice**
- **¼ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **1 cup cherry tomatoes** (to skewer with shrimp)
- **1 tsp crushed red pepper flakes** (for a spicy kick in the pesto)

Nutrition

Calories: 220 Protein: 22g Carbohydrates: 3g Fats: 14g Fiber: 1g Cholesterol: 160mg Sodium: 280mg Potassium: 240mg

Prep. time:

15 min

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Pesto

1. In a food processor, combine basil, olive oil, Parmesan cheese, nuts, garlic, lemon juice, salt, and pepper. Blend until smooth, scraping down the sides as needed.
2. Adjust the consistency with a little water if the pesto is too thick. Set aside.

Step 2: Marinate the Shrimp

1. In a medium bowl, toss the shrimp with olive oil, garlic powder, salt, and black pepper.
2. If using cherry tomatoes, toss them with the shrimp to coat evenly.

Step 3: Assemble the Skewers

1. Thread the shrimp onto metal or soaked bamboo skewers, alternating with cherry tomatoes if desired.

Step 4: Grill the Skewers

1. Preheat a grill or grill pan over medium-high heat. Lightly oil the grates.
2. Place the skewers on the grill and cook for 2-3 minutes per side, or until the shrimp are pink and opaque.

Step 5: Add the Pesto

1. Remove the skewers from the grill and brush the shrimp generously with the prepared pesto.

Teriyaki Glazed Salmon with Steamed Bok Choy Recipe

INGREDIENTS

For the Salmon:

- **4 (4 oz) salmon fillets** (skin-on or skinless)
- **1 tbsp olive oil**
- **2 tbsp low-sodium soy sauce** (or tamari for gluten-free)
- **1 tbsp rice vinegar**
- **1 tbsp sugar-free maple syrup** (or a few drops of liquid stevia)
- **1 tsp sesame oil**
- **1 tsp grated fresh ginger**
- **1 garlic clove** (minced)
- **1 tsp cornstarch** mixed with 2 tbsp water (to thicken glaze)

For the Bok Choy:

- **1 lb baby bok choy** (halved lengthwise)
- **1 tsp sesame oil**
- **1 tsp low-sodium soy sauce**
- **1 tsp grated ginger** (optional)

Optional Garnishes:

- **1 tsp sesame seeds**

2 tbsp chopped scallions

Prep. time:

10 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Teriyaki Glaze

1. In a small saucepan, combine soy sauce, rice vinegar, sugar-free maple syrup, sesame oil, ginger, and garlic.
2. Bring to a gentle simmer over medium heat.
3. Stir in the cornstarch slurry and cook for 1-2 minutes until the sauce thickens. Remove from heat and set aside.

Step 2: Cook the Salmon

1. Heat olive oil in a non-stick skillet over medium heat.
2. Place the salmon fillets skin-side down and cook for 3-4 minutes until the skin is crispy (if using skin-on).
3. Flip the salmon and cook for another 2-3 minutes until the fillets are opaque and cooked to your desired doneness.
4. Brush the thickened teriyaki glaze over the salmon during the last minute of cooking.

Step 3: Steam the Bok Choy

1. In a large skillet or wok, add 2-3 tablespoons of water and bring to a boil.
2. Add the bok choy, cover, and steam for 3-4 minutes until tender-crisp.
3. Drizzle with sesame oil, soy sauce, and grated ginger (if using). Toss gently to coat.

Step 4: Assemble the Dish

1. Divide the steamed bok choy among 4 plates.
2. Top each plate with a glazed salmon fillet.
3. Garnish with sesame seeds and scallions, if desired.

Nutrition

Calories: 220 Protein: 25g Carbohydrates: 5g Fats: 10g Fiber: 2g Cholesterol: 50mg Sodium: 320mg Potassium: 550mg

Dill and Lemon Butter Cod Over Sautéed Spinach Recipe

INGREDIENTS

For the Cod:

- **4 (5 oz) cod fillets** (fresh or frozen, thawed)
- **2 tbsp unsalted butter**
- **2 tbsp fresh lemon juice**
- **1 tbsp fresh dill** (chopped)
- **½ tsp garlic powder**
- **½ tsp salt**
- **¼ tsp black pepper**

For the Sautéed Spinach:

- **1 tbsp olive oil**
- **2 garlic cloves** (minced)
- **8 cups fresh spinach** leaves
- **1 tbsp fresh lemon juice**
- **¼ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **1 tsp capers** (for the cod sauce)
- **2 tbsp grated Parmesan cheese** (for the spinach)

Nutrition

Calories: 220 Protein: 25g Carbohydrates: 5g Fats: 12g Fiber: 2g Cholesterol: 70mg Sodium: 320mg Potassium: 800mg

Prep. time:

10 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Cod

1. Pat the cod fillets dry with paper towels and season both sides with garlic powder, salt, and black pepper.
2. Heat a non-stick skillet over medium heat and melt the butter.
3. Add the cod fillets and cook for 3-4 minutes per side, or until the fish is opaque and flakes easily with a fork.
4. Stir in the lemon juice and dill into the melted butter in the pan, spooning the sauce over the cod fillets.
5. Remove from heat and set aside, keeping warm.

Step 2: Sauté the Spinach

1. Heat olive oil in a large skillet over medium heat.
2. Add the minced garlic and sauté for 30 seconds until fragrant.
3. Add the spinach in batches, tossing to wilt. Cook for 2-3 minutes until all the spinach is wilted.
4. Stir in lemon juice, salt, and black pepper. Remove from heat.

Step 3: Assemble the Dish

1. Divide the sautéed spinach evenly among 4 plates.
2. Place a cod fillet on top of the spinach.
4. Spoon the lemon-dill butter sauce over the fish.

Spicy Garlic Prawns with Cauliflower Rice Recipe

INGREDIENTS

For the Spicy Garlic Prawns:

- **1 lb large prawns** (peeled and deveined)
- **1 tbsp olive oil**
- **1 tbsp unsalted butter**
- **4 garlic cloves** (minced)
- **1 tsp smoked paprika**
- **½ tsp red chili flakes** (adjust for heat preference)
- **½ tsp ground cumin**
- **¼ tsp salt**
- **¼ tsp black pepper**
- **1 tbsp fresh lemon juice**
- **1 tbsp fresh parsley** (chopped, for garnish)

For the Cauliflower Rice:

- **4 cups cauliflower rice** (fresh or frozen)
- **1 tbsp olive oil**
- **2 garlic cloves** (minced)
- **½ tsp ground turmeric** (optional, for color and flavor)
- **½ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **1 cup diced bell peppers** (sautéed with the cauliflower rice for added color and nutrients)
- **1 tsp grated fresh ginger** (for the prawns or cauliflower rice)

Prep. time:

10 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Prawns

1. Pat the prawns dry with paper towels.
2. Season with smoked paprika, chili flakes, cumin, salt, and black pepper.
3. Heat olive oil and butter in a large skillet over medium-high heat.
4. Add the prawns and cook for 2-3 minutes per side until they turn pink and opaque.
5. Add the minced garlic and cook for an additional 1 minute, stirring to coat the prawns in garlic.
6. Remove from heat and stir in lemon juice. Garnish with fresh parsley.

Step 2: Cook the Cauliflower Rice

1. Heat olive oil in a separate large skillet over medium heat.
2. Add the minced garlic and sauté for 30 seconds until fragrant.
3. Stir in the cauliflower rice, turmeric, salt, and black pepper.
4. Cook for 5-7 minutes, stirring occasionally, until the cauliflower is tender and heated through.

Step 3: Assemble the Dish

1. Divide the cauliflower rice among 4 plates.
2. Top each plate with the spicy garlic prawns.

Nutrition

Calories: 220 Protein: 24g Carbohydrates: 6g Fats: 11g Fiber: 3g Cholesterol: 190mg Sodium: 320mg Potassium: 400mg

Mediterranean Grilled Sardines with Olive Tapenade Recipe

INGREDIENTS

For the Sardines:

- **8 whole fresh sardines** (cleaned, scales removed)
- **2 tbsp olive oil**
- **1 tsp dried oregano**
- **1 tsp smoked paprika**
- **1 tsp garlic powder**
- **½ tsp salt**
- **½ tsp black pepper**
- **1 lemon** (sliced into wedges, for serving)

For the Olive Tapenade:

- **½ cup pitted Kalamata olives**
- **¼ cup green olives**
- **1 tbsp capers** (rinsed and drained)
- **1 tbsp fresh parsley** (chopped)
- **1 tbsp fresh lemon juice**
- **1 garlic clove** (minced)
- **2 tbsp olive oil**

Optional Add-Ins:

- **1 tsp red pepper flakes** (for spice)
- **1 tsp grated lemon zest** (for added brightness)

Nutrition

Calories: 280 Protein: 24g Carbohydrates: 3g Fats: 20g Fiber: 1g Cholesterol: 80mg Sodium: 400mg Potassium: 400mg

Prep. time:

15 min

Cook time:

15 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Sardines

1. Rinse the sardines under cold water and pat dry with paper towels.
2. In a small bowl, mix olive oil, oregano, smoked paprika, garlic powder, salt, and black pepper.
3. Brush the sardines with the olive oil mixture, ensuring they are evenly coated.

Step 2: Grill the Sardines

1. Preheat a grill or grill pan over medium-high heat.
2. Place the sardines on the grill and cook for 3-4 minutes per side, or until the fish is golden and slightly charred.
3. Remove from the grill and set aside.

Step 3: Prepare the Olive Tapenade

1. In a food processor, combine Kalamata olives, green olives, capers, parsley, lemon juice, garlic, and olive oil.
2. Pulse until the mixture is finely chopped but still slightly chunky.
3. Adjust seasoning to taste, adding red pepper flakes or lemon zest if desired.

Step 4: Assemble the Dish

1. Place the grilled sardines on a serving platter.
2. Spoon the olive tapenade over the sardines or serve on the side.
3. Garnish with fresh parsley and lemon wedges

Crispy Skin Trout with Lemon Caper Sauce Recipe

INGREDIENTS

For the Trout:

- **4 (4 oz) trout fillets** (skin-on)
- **2 tbsp olive oil**
- **½ tsp salt**
- **¼ tsp black pepper**
- **½ tsp garlic powder**

For the Lemon Caper Sauce:

- **2 tbsp unsalted butter**
- **1 garlic clove** (minced)
- **2 tbsp fresh lemon juice**
- **1 tbsp capers** (rinsed and drained)
- **1 tbsp fresh parsley** (chopped)
- **¼ tsp red pepper flakes** (optional)

Optional Add-Ins:

- **1 tsp grated lemon zest** (for additional flavor)
- **1 tbsp dry white wine** (optional, for depth of flavor)

Prep. time:

10 min

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Trout

1. Pat the trout fillets dry with paper towels. Season both sides with salt, black pepper, and garlic powder.
2. Heat the olive oil in a large non-stick skillet over medium-high heat.
3. Place the fillets skin-side down in the skillet. Press gently with a spatula to ensure even contact with the pan. Cook for 3-4 minutes, or until the skin is crispy and golden brown.
4. Flip the fillets carefully and cook for an additional 2-3 minutes, or until the fish is opaque and cooked through. Remove the fillets from the skillet and keep warm.

Step 2: Make the Lemon Caper Sauce

1. In the same skillet, melt the butter over medium heat.
2. Add the minced garlic and cook for 30 seconds until fragrant.
3. Stir in the lemon juice, capers, and optional red pepper flakes or white wine. Cook for 1-2 minutes, stirring constantly.
4. Remove from heat and stir in the fresh parsley and optional lemon zest.

Step 3: Assemble the Dish

1. Plate the trout fillets skin-side up and drizzle the lemon caper sauce over the top.

Nutrition

Calories: 230 Protein: 24g Carbohydrates: 1g Fats: 15g Fiber: 0g Cholesterol: 70mg Sodium: 320mg Potassium: 400mg

Chapter 5: Meat

Grilled Lemon Herb Chicken Thighs

INGREDIENTS

For the Chicken:

- 8 boneless, skinless chicken thighs (approximately 4 oz each)
- 3 tbsp olive oil
- 3 tbsp fresh lemon juice (juice of 1 large lemon)
- 1 tbsp lemon zest
- 3 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped (or 1 tsp dried rosemary)
- 1 tbsp fresh thyme, chopped (or 1 tsp dried thyme)
- 1 tsp dried oregano
- 1/2 tsp salt (low-sodium alternative if preferred)
- 1/4 tsp ground black pepper
- 1/4 tsp smoked paprika (optional, for added flavor)
- 1/4 tsp red pepper flakes (optional, for a bit of heat)

Prep. time:

15 min

Cook time:

15 minutes (plus
30 minutes
marinating time)

Serves:

4 servings

DIRECTIONS

Marinate the Chicken:

1. **Prepare the Marinade:** In a large bowl, whisk together olive oil, lemon juice, lemon zest, minced garlic, rosemary, thyme, oregano, salt, black pepper, smoked paprika (if using), and red pepper flakes (if using).
2. **Add Chicken Thighs:** Place the chicken thighs in the bowl and coat them thoroughly with the marinade. Cover and refrigerate for at least 30 minutes, or up to 4 hours for maximum flavor.

Grill the Chicken:

3. **Preheat the Grill:** Preheat your grill to medium-high heat (about 375–400°F). Lightly oil the grates to prevent sticking.
4. **Cook the Chicken:** Remove the chicken thighs from the marinade, allowing any excess to drip off. Grill the chicken for 6–7 minutes on each side, or until the internal temperature reaches 165°F (74°C). Avoid overcooking to maintain juiciness.

Rest and Serve:

5. **Rest the Chicken:** Transfer the cooked chicken to a plate and let it rest for 5 minutes to allow the juices to redistribute.
6. **Optional Garnish:** Sprinkle with additional fresh herbs or serve with lemon wedges for extra brightness.

Nutrition

Calories: 260 Protein: 28g Carbohydrates: 2g Fiber: 0.5g Fats: 16g Saturated Fat: 3g Cholesterol: 115mg Sodium: 250mg Potassium: 400mg

Beef Stir-Fry with Low-Carb Vegetables

INGREDIENTS

For the Stir-Fry:

- 1 lb (450 g) lean beef (sirloin or flank steak), sliced thinly against the grain
- 2 tbsp olive oil (or avocado oil), divided
- 1 tbsp low-sodium soy sauce
- 1 tbsp oyster sauce (low-sodium or sugar-free, optional)
- 1 tsp sesame oil
- 1/2 tsp black pepper

Vegetables:

- 2 cups broccoli florets
- 1 cup red bell pepper, thinly sliced
- 1 cup zucchini, sliced into half-moons
- 1/2 cup carrots, julienned (optional, for added sweetness)
- 1/2 cup snap peas (optional)
- 2 cloves garlic, minced
- 1-inch piece ginger, grated
- 2 green onions, chopped (white and green parts separated)

Sauce:

- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tbsp water or low-sodium chicken broth
- 1 tsp arrowroot powder (or cornstarch, for thickening)
- 1/4 tsp red pepper flakes (optional, for heat)

Optional Garnish:

- 1 tsp sesame seeds
- 1 tbsp fresh cilantro, choppe

Prep. time:

15 min

Cook time:

15 minutes

Serves:

4 servings

DIRECTIONS

Prepare the Ingredients:

1. **Marinate the Beef:** In a bowl, combine sliced beef with soy sauce, oyster sauce (if using), sesame oil, and black pepper. Mix well and let it marinate for at least 10 minutes while preparing the vegetables.
2. **Prepare the Sauce:** In a small bowl, whisk together soy sauce, rice vinegar, water (or broth), arrowroot powder, and red pepper flakes (if using). Set aside.

Cook the Stir-Fry:

3. **Cook the Beef:** Heat 1 tbsp of olive oil in a large non-stick skillet or wok over high heat. Add the marinated beef in a single layer and cook for 2–3 minutes until browned but not fully cooked through. Remove from the pan and set aside.
4. **Cook the Vegetables:** In the same skillet, heat the remaining 1 tbsp olive oil. Add garlic, ginger, and the white parts of the green onions. Sauté for 30 seconds until fragrant. Add broccoli, red bell pepper, zucchini, and carrots (if using). Stir-fry for 4–5 minutes until the vegetables are tender-crisp.
5. **Combine Beef and Vegetables:** Return the beef to the skillet with the vegetables. Stir well to combine.
6. **Add Sauce:** Pour the prepared sauce over the beef and vegetables. Stir and cook for 2–3 minutes until the sauce thickens slightly and the beef is fully cooked.

Serve:

7. **Plate the Stir-Fry:** Divide the stir-fry among four plates or bowls. Garnish with the green parts of the onions, sesame seeds, and cilantro if desired

Nutrition

Calories: 250 Protein: 28g Carbohydrates: 10g Fiber: 3g Fats: 12g Saturated Fat: 3g Cholesterol: 65mg Sodium: 400mg Potassium: 610mg

Garlic Rosemary Pork Tenderloin

INGREDIENTS

For the Pork Tenderloin:

- 1.5 lbs pork tenderloin
- 3 cloves garlic, minced
- 2 tbsp fresh rosemary, finely chopped (or 1 tbsp dried rosemary)
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp salt (use a low-sodium alternative if preferred)
- 1/4 tsp ground black pepper
- 1/4 tsp smoked paprika (optional, for added flavor)

Optional Garnish:

- 1 tbsp fresh parsley, chopped
- Lemon wedges for serving

Nutrition

Calories: 220 Protein: 30g Carbohydrates: 1g Fiber: 0g Fats: 10g Saturated Fat: 2g Cholesterol: 80mg Sodium: 250mg Potassium: 550mg

Prep. time:

10 min

Cook time:

25 minutes

Serves:

4 servings

DIRECTIONS

Preheat and Prepare:

1. **Preheat the Oven:** Preheat your oven to 400°F (200°C). Line a baking sheet or roasting pan with parchment paper or foil.
2. **Prepare the Pork:** Trim any excess fat or silver skin from the pork tenderloin and pat it dry with paper towels.

Make the Garlic Rosemary Marinade:

3. **Mix the Marinade:** In a small bowl, combine olive oil, garlic, rosemary, lemon juice, Dijon mustard, salt, black pepper, and smoked paprika (if using). Stir well to form a paste.
4. **Coat the Tenderloin:** Rub the marinade evenly over the entire pork tenderloin, ensuring it is well-coated.

Cook the Pork:

5. **Sear the Pork (Optional):** Heat 1 tbsp olive oil in a large oven-safe skillet over medium-high heat. Sear the pork tenderloin for 2–3 minutes per side until browned. This step enhances flavor and helps lock in juices.
6. **Roast in the Oven:** Transfer the pork tenderloin to the prepared baking sheet or keep it in the skillet if oven-safe. Roast for 20–25 minutes, or until the internal temperature reaches 145°F (63°C).

Rest and Serve:

7. **Rest the Meat:** Remove the pork from the oven and cover it loosely with foil. Let it rest for 5–10 minutes to allow the juices to redistribute.
8. **Slice and Garnish:** Slice the pork tenderloin into medallions and garnish with fresh parsley and lemon wedges, if desired.

Baked Herb-Crusted Salmon Fillet

INGREDIENTS

For the Salmon:

- 4 (6 oz) salmon fillets
- 2 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tbsp fresh lemon juice (juice of 1/2 lemon)
- 1/2 tsp salt (low-sodium alternative if preferred)
- 1/4 tsp ground black pepper

For the Herb Crust:

- 1/4 cup almond flour (or breadcrumbs if not avoiding carbs)
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped (optional)
- 1 tbsp fresh chives, chopped
- 1 clove garlic, minced
- 1 tsp lemon zest
- 1 tbsp grated Parmesan cheese (optional, for added flavor)

Optional Garnish:

- Lemon wedges for serving
- Extra fresh herbs for garnish

Prep. time:

10 min

Cook time:

15-20 minutes

Serves:

4 servings

DIRECTIONS

Preheat and Prepare:

1. **Preheat the Oven:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it with olive oil.
2. **Prepare the Salmon:** Pat the salmon fillets dry with paper towels and place them skin-side down on the prepared baking sheet.

Make the Herb Crust:

3. **Combine Herb Mixture:** In a small bowl, mix almond flour, parsley, dill, chives, garlic, lemon zest, and Parmesan cheese (if using).

Season and Coat:

4. **Prepare the Base:** In another small bowl, whisk together olive oil, Dijon mustard, lemon juice, salt, and black pepper. Brush this mixture evenly over the top of each salmon fillet.
5. **Add the Herb Crust:** Press the herb mixture onto the top of the salmon fillets, creating a uniform crust.

Bake the Salmon:

6. **Cook in the Oven:** Bake the salmon for 15–20 minutes, or until the fish is cooked through and flakes easily with a fork. The internal temperature should reach 145°F (63°C).

Serve:

9. **Plate and Garnish:** Serve the salmon fillets immediately with lemon wedges and a sprinkle of fresh herbs if desired.

Nutrition

Calories: 310 Protein: 28g Carbohydrates: 3g Fiber: 1g Fats: 20g Saturated Fat: 4g Cholesterol: 70mg Sodium: 260mg Potassium: 520mg

Slow-Cooker Turkey and Mushroom Meatloaf

INGREDIENTS

For the Meatloaf:

- 1 lb (450 g) lean ground turkey
- 1 cup mushrooms, finely chopped (white or cremini)
- 1/2 cup almond flour (or oat flour for a moderate-carb option)
- 1 small onion, finely diced
- 1 clove garlic, minced
- 1 egg, lightly beaten
- 1/4 cup unsweetened almond milk (or low-fat milk)
- 1 tbsp Dijon mustard
- 1 tbsp low-sodium soy sauce or tamari
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp salt (low-sodium alternative if preferred)
- 1/4 tsp ground black pepper

Optional Topping:

- 2 tbsp sugar-free ketchup
- 1 tsp balsamic vinegar

Prep. time:

15 min

Cook time:

4 hours (on low)
or 2 hours (on high)

Serves:

6 servings

DIRECTIONS

Prepare the Meatloaf:

1. **Mix the Ingredients:** In a large bowl, combine ground turkey, mushrooms, almond flour, onion, garlic, egg, almond milk, Dijon mustard, soy sauce, smoked paprika, thyme, salt, and pepper. Mix until all ingredients are well incorporated but do not overmix.
2. **Shape the Meatloaf:** Form the mixture into a loaf shape and place it on a piece of parchment paper. This will make transferring the meatloaf into the slow cooker easier.

Cook the Meatloaf:

3. **Prepare the Slow Cooker:** Line the bottom of the slow cooker with parchment paper to prevent sticking. Carefully transfer the shaped meatloaf into the slow cooker.
4. **Add Optional Topping:** If using the ketchup-balsamic topping, mix the two ingredients together and spread evenly over the top of the meatloaf.
5. **Cook:** Cover and cook on **low** for 4 hours or **high** for 2 hours, or until the internal temperature reaches 165°F (74°C).

Serve:

6. **Let It Rest:** Once cooked, carefully remove the meatloaf using the parchment paper. Let it rest for 5–10 minutes before slicing.
7. **Plate and Garnish:** Slice the meatloaf and serve with a sprinkle of fresh parsley if desired.

Nutrition

Calories: 190 Protein: 24g Carbohydrates: 4g Fiber: 1g Fats: 8g Saturated Fat: 2g Cholesterol: 90mg Sodium: 220mg Potassium: 420mg

Barbecued Chicken Breast with Sugar-Free Sauce

INGREDIENTS

For the Chicken:

- 4 (6 oz) boneless, skinless chicken breasts
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp black pepper
- 1/2 tsp salt (use a low-sodium alternative, if preferred)

For the Sugar-Free Barbecue Sauce:

- 1/2 cup sugar-free ketchup
- 2 tbsp apple cider vinegar
- 1 tbsp Worcestershire sauce (ensure it's sugar-free)
- 1 tbsp Dijon mustard
- 1 tbsp liquid smoke (optional, for authentic BBQ flavor)
- 1 tsp smoked paprika
- 1/2 tsp chili powder (optional, for spice)
- 1/4 tsp ground cumin
- 1 tsp erythritol or stevia-based sweetener (optional, adjust to taste)
- 1/4 cup water

Optional Topping:

- 2 tbsp sugar-free ketchup
- 1 tsp balsamic vinegar

Prep. time:

10 min

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

Prepare the Meatloaf:

Prepare the Barbecue Sauce:

1. **Combine Ingredients:** In a small saucepan, mix sugar-free ketchup, apple cider vinegar, Worcestershire sauce, Dijon mustard, liquid smoke (if using), smoked paprika, chili powder (if using), cumin, erythritol, and water. Stir well to combine.
2. **Cook the Sauce:** Heat the saucepan over medium heat, bringing the mixture to a gentle simmer. Cook for 5 minutes, stirring occasionally. Remove from heat and set aside to cool slightly.

Prepare the Chicken:

3. **Season the Chicken:** In a small bowl, mix smoked paprika, garlic powder, onion powder, black pepper, and salt. Rub the olive oil and spice mixture evenly over the chicken breasts.
4. **Preheat the Grill:** Preheat your grill to medium-high heat (about 375°F). If using a stovetop grill pan, preheat it over medium-high heat. Lightly oil the grates or pan to prevent sticking.

Cook the Chicken:

5. **Grill the Chicken:** Place the chicken breasts on the grill and cook for 6–7 minutes per side, or until the internal temperature reaches 165°F (74°C). Brush the chicken with the prepared barbecue sauce during the last 2–3 minutes of cooking on each side. Reserve some sauce for serving.

Serve:

6. **Plate the Chicken:** Transfer the chicken breasts to a serving plate and let them rest for 5 minutes before serving.
8. **Optional Garnish:** Serve with extra barbecue sauce on the side and garnish with chopped parsley or green onions if desired

Nutrition

Calories: 220 Protein: 29g Carbohydrates: 4g Fiber: 1g Fats: 9g Saturated Fat: 1.5g Cholesterol: 75mg Sodium: 350mg Potassium: 450mg

Chili Lime Shrimp Skewers

INGREDIENTS

For the Shrimp:

- 1 lb (450 g) large shrimp, peeled and deveined (tails on or off, as preferred)
- 2 tbsp olive oil
- 2 tbsp fresh lime juice (juice of 1 lime)
- 1 tsp lime zest
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- 1/4 tsp cumin powder
- 1/4 tsp cayenne pepper (optional, for extra spice)
- 1/4 tsp salt (low-sodium alternative if preferred)
- 1/4 tsp ground black pepper

Optional Garnish:

- Fresh cilantro, chopped
- Lime wedges for serving

Equipment:

- Wooden or metal skewers (if using wooden skewers, soak in water for 20 minutes to prevent burning)

Nutrition

Calories: 140 Protein: 20g Carbohydrates: 2g Fiber: 0.5g Fats: 6g Saturated Fat: 1g Cholesterol: 150mg Sodium: 290mg Potassium: 190mg

Prep. time:

15 min

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

Prepare the Shrimp:

1. **Marinate the Shrimp:** In a large bowl, combine olive oil, lime juice, lime zest, chili powder, smoked paprika, garlic powder, cumin, cayenne pepper (if using), salt, and black pepper. Add the shrimp and toss to coat. Let the shrimp marinate for 10–15 minutes while preparing the grill or grill pan.

Assemble the Skewers:

2. **Thread the Shrimp:** Thread the shrimp onto the skewers, about 4–5 shrimp per skewer, leaving a small space between each shrimp for even cooking.

Cook the Shrimp:

3. **Preheat the Grill:** Preheat your grill or grill pan to medium-high heat (about 375–400°F). Lightly oil the grates or grill pan to prevent sticking.
4. **Grill the Skewers:** Place the shrimp skewers on the grill and cook for 2–3 minutes per side, or until the shrimp turn pink and are opaque. Be careful not to overcook to keep the shrimp tender.

Serve:

5. **Plate the Skewers:** Transfer the shrimp skewers to a serving platter. Garnish with fresh cilantro and lime wedges if desired.

Beef Kebabs with Bell Peppers and Onions

INGREDIENTS

For the Kebabs:

- 1 lb (450 g) lean beef (sirloin or tenderloin), cut into 1-inch cubes
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium yellow bell pepper, cut into 1-inch pieces
- 1 medium green bell pepper, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch wedges
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice (juice of 1 lemon)
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp salt (low-sodium alternative if preferred)
- 1/4 tsp ground black pepper
- 1/4 tsp cayenne pepper (optional, for heat)

Optional Garnish:

- Fresh parsley, chopped
- Lemon wedges for serving

Equipment:

- Wooden or metal skewers (if using wooden skewers, soak in water for 20 minutes to prevent burning)

Prep. time:

Cook time:

Serves:

20 minutes (plus
30 minutes for
marinating)

10-15 mins

4 servings

DIRECTIONS

Prepare the Beef:

1. **Marinate the Beef:** In a large bowl, whisk together olive oil, lemon juice, garlic, smoked paprika, cumin, oregano, salt, black pepper, and cayenne pepper (if using). Add the beef cubes and toss to coat. Cover and marinate in the refrigerator for at least 30 minutes, or up to 4 hours for enhanced flavor.

Assemble the Kebabs:

2. **Prepare the Skewers:** Alternate threading beef cubes, bell pepper pieces, and onion wedges onto the skewers, leaving a small gap between each piece for even cooking.

Cook the Kebabs:

3. **Preheat the Grill:** Preheat your grill or grill pan to medium-high heat (about 375–400°F). Lightly oil the grates or grill pan to prevent sticking.
4. **Grill the Kebabs:** Place the skewers on the grill and cook for 3–4 minutes per side, or until the beef reaches your desired level of doneness (145°F for medium-rare, 160°F for medium).

Serve:

6. **Plate the Kebabs:** Transfer the cooked kebabs to a serving platter. Garnish with fresh parsley and serve with lemon wedges for a burst of freshness

Nutrition

Calories: 240 Protein: 25g Carbohydrates: 6g Fiber: 2g Fats: 12g Saturated Fat: 3g Cholesterol: 70mg Sodium: 250mg Potassium: 470mg

Spicy Blackened Cod Fillet

INGREDIENTS

For the Cod:

- 4 (6 oz) cod fillets
- 2 tbsp olive oil (or avocado oil)
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1/2 tsp cayenne pepper (adjust to taste)
- 1/2 tsp ground black pepper
- 1/2 tsp salt (low-sodium alternative if preferred)

Optional Garnish:

- Fresh parsley or cilantro, chopped
- Lemon wedges for serving

Nutrition

Calories: 190 Protein: 30g Carbohydrates: 1g Fiber: 0.5g Fats: 7g Saturated Fat: 1g Cholesterol: 60mg Sodium: 230mg Potassium: 580mg

Prep. time:

10 mins

Cook time:

8-10 mins

Serves:

4 servings

DIRECTIONS

Prepare the Cod:

1. **Dry the Fish:** Pat the cod fillets dry with paper towels to ensure a good sear.
2. **Make the Spice Mix:** In a small bowl, combine smoked paprika, garlic powder, onion powder, thyme, oregano, cayenne pepper, black pepper, and salt.
3. **Coat the Cod:** Brush both sides of each cod fillet with olive oil, then rub the spice mixture evenly over both sides of the fillets.

Cook the Cod:

4. **Heat the Pan:** Heat a large cast-iron skillet or non-stick pan over medium-high heat. Once hot, add a small drizzle of olive oil to coat the pan lightly.
5. **Sear the Cod:** Place the cod fillets in the pan. Cook for 3–4 minutes on one side without moving to allow a blackened crust to form. Flip and cook for another 3–4 minutes on the other side, or until the fish flakes easily with a fork and reaches an internal temperature of 145°F (63°C).

Serve:

6. **Plate the Cod:** Transfer the cod fillets to a serving platter. Garnish with fresh parsley or cilantro and serve with lemon wedges for a burst of freshness.

Turkey Burgers with Avocado Topping

INGREDIENTS

For the Turkey Burgers:

- 1 lb (450 g) lean ground turkey
- 1/4 cup almond flour (or oat flour for a moderate-carb option)
- 1 egg, lightly beaten
- 2 cloves garlic, minced
- 2 tbsp red onion, finely chopped
- 2 tbsp fresh parsley, chopped
- 1 tsp Dijon mustard
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp salt (low-sodium alternative, if preferred)
- 1/4 tsp ground black pepper

For the Avocado Topping:

- 1 large ripe avocado, diced
- 1 small tomato, diced
- 1 tbsp red onion, finely chopped
- 1 tbsp fresh lime juice
- 1 tbsp fresh cilantro, chopped (optional)
- Pinch of salt and pepper

Optional Ingredients:

- Lettuce leaves, for wrapping (instead of buns)
- Slices of cucumber or red bell pepper for additional crunch

Prep. time:

10 mins

Cook time:

15 mins

Serves:

4 servings

DIRECTIONS

Prepare the Turkey Burgers:

1. **Mix the Burger Ingredients:** In a large mixing bowl, combine the ground turkey, almond flour, egg, garlic, red onion, parsley, Dijon mustard, smoked paprika, cumin, salt, and pepper. Mix gently until all ingredients are evenly incorporated, being careful not to overmix.
2. **Shape the Patties:** Divide the mixture into 4 equal portions and shape each into a patty about 1 inch thick.
3. **Preheat the Pan or Grill:** Heat a non-stick skillet, grill pan, or outdoor grill over medium heat. Lightly oil the cooking surface to prevent sticking.

Cook the Burgers:

4. **Cook the Patties:** Place the patties on the grill or skillet and cook for 5–6 minutes per side, or until the internal temperature reaches 165°F (74°C). Avoid pressing down on the patties to retain their juiciness.

Prepare the Avocado Topping:

5. **Mix the Topping:** In a medium bowl, gently combine the avocado, tomato, red onion, lime juice, cilantro (if using), and a pinch of salt and pepper. Mix carefully to avoid mashing the avocado.

Serve:

6. **Assemble the Burgers:** Serve each turkey patty on a lettuce leaf, topped with a generous spoonful of the avocado mixture. Add slices of cucumber or bell pepper for additional texture, if desired.

Nutrition

Calories: 290 Protein: 25g Carbohydrates: 8g Fiber: 4g Fats: 18g Saturated Fat: 3g Cholesterol: 85mg Sodium: 240mg Potassium: 650mg

Tender Lemon Herb Chicken Piccata

INGREDIENTS

For the Chicken:

- 4 boneless, skinless chicken breasts (about 5 oz each)
- ½ cup almond flour
- 2 tbsp grated Parmesan cheese
- 1 tsp garlic powder
- ½ tsp dried thyme
- ½ tsp dried parsley
- ¼ tsp salt
- ¼ tsp black pepper
- 2 tbsp olive oil

For the Lemon Herb Sauce:

- 1 tbsp olive oil
- 2 garlic cloves (minced)
- ½ cup low-sodium chicken broth
- 3 tbsp fresh lemon juice
- 1 tbsp capers (rinsed and drained)
- 2 tbsp unsalted butter
- 1 tbsp fresh parsley (chopped)
- ½ tsp dried oregano
- Lemon slices (for garnish, optional)

Nutrition

Calories: 290 Protein: 30g Carbohydrates: 5g Fats: 17g Fiber: 2g Cholesterol: 90mg Sodium: 300mg Potassium: 400mg

Prep. time:

10 mins

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Chicken

1. Place the chicken breasts between two pieces of plastic wrap and pound to an even thickness, about ½ inch thick.
2. In a shallow dish, mix almond flour, Parmesan cheese, garlic powder, thyme, parsley, salt, and pepper.
3. Dredge each chicken breast in the almond flour mixture, coating evenly.

Step 2: Cook the Chicken

1. Heat 2 tablespoons of olive oil in a large skillet over medium heat.
2. Add the chicken breasts and cook for 4-5 minutes per side, or until golden brown and fully cooked (internal temperature of 165°F).
3. Transfer the chicken to a plate and keep warm.

Step 3: Make the Lemon Herb Sauce

1. In the same skillet, add 1 tablespoon of olive oil and the minced garlic. Sauté for 30 seconds until fragrant.
2. Add chicken broth, lemon juice, and capers to the skillet, stirring to combine.
3. Simmer for 2-3 minutes to reduce slightly.
4. Stir in the butter, parsley, and oregano, allowing the sauce to thicken slightly.

Step 4: Combine and Serve

1. Return the cooked chicken to the skillet, spooning the lemon herb sauce over the top.
2. Simmer for 2 minutes to reheat the chicken and meld the flavors.

Beef and Cauliflower Rice Stuffed Bell Peppers

INGREDIENTS

For the Stuffed Bell Peppers:

- **4 large bell peppers** (any color, halved lengthwise and seeds removed)
- **1 lb lean ground beef**
- **1 tbsp olive oil**
- **1 cup cauliflower rice** (fresh or frozen)
- **½ cup diced onion**
- **2 garlic cloves** (minced)
- **1 cup diced tomatoes** (no-salt-added, canned or fresh)
- **1 tsp ground cumin**
- **1 tsp smoked paprika**
- **½ tsp dried oregano**
- **½ tsp salt**
- **¼ tsp black pepper**

For Topping:

- **½ cup shredded mozzarella cheese** (optional, for a cheesy topping)
- **1 tbsp fresh parsley** (chopped, for garnish)

Optional Add-Ins:

- **¼ cup diced zucchini** (for added veggies)
- **2 tbsp grated Parmesan cheese** (for extra flavor)

Prep. time:

15 mins

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

Step 1: Preheat the Oven

1. Preheat your oven to 375°F (190°C).
2. Arrange the bell pepper halves cut-side up in a baking dish.

Step 2: Cook the Filling

1. Heat olive oil in a large skillet over medium heat.
2. Add the diced onion and garlic, sautéing until fragrant, about 2 minutes.
3. Add the ground beef, breaking it apart with a spoon, and cook until browned, about 5 minutes.
4. Stir in the cauliflower rice, diced tomatoes, cumin, smoked paprika, oregano, salt, and black pepper. Cook for an additional 5 minutes, stirring occasionally.
5. Remove the skillet from heat.

Step 3: Stuff the Bell Peppers

1. Spoon the beef and cauliflower rice mixture evenly into the bell pepper halves.
2. If using mozzarella cheese, sprinkle it on top of each stuffed pepper.

Step 4: Bake

1. Cover the baking dish with aluminum foil and bake in the preheated oven for 20 minutes.
2. Remove the foil and bake for an additional 10 minutes, or until the bell peppers are tender and the cheese (if used) is melted and bubbly.

Step 5: Garnish and Serve

3. Remove the stuffed peppers from the oven and garnish with chopped parsley

Nutrition

Calories: 250 Protein: 22g Carbohydrates: 10g Fats: 13g Fiber: 4g Cholesterol: 60mg Sodium: 400mg Potassium: 550mg

Pork Chops with Apple Cider Glaze

INGREDIENTS

For the Pork Chops:

- **4 bone-in or boneless pork chops** (about 5 oz each, trimmed of excess fat)
- **1 tbsp olive oil**
- **½ tsp garlic powder**
- **½ tsp dried thyme**
- **½ tsp salt**
- **¼ tsp black pepper**

For the Apple Cider Glaze:

- **½ cup unsweetened apple cider**
- **2 tbsp apple cider vinegar**
- **1 tbsp Dijon mustard**
- **1 tbsp sugar-free maple syrup** (or a few drops of liquid stevia, optional)
- **1 tsp fresh rosemary** (chopped)
- **1 tbsp unsalted butter**
- **1 tbsp cornstarch** (or arrowroot powder)
- **2 tbsp water** (for slurry)

Optional Add-Ins:

- **¼ cup diced apples** (optional, for texture and flavor in the glaze)
- **1 tsp grated fresh ginger** (for extra depth of flavor)

Nutrition

Calories: 240 Protein: 24g Carbohydrates: 5g Fats: 13g Fiber: 1g Cholesterol: 75mg Sodium: 280mg Potassium: 450mg

Prep. time:

10 mins

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Pork Chops

1. Pat the pork chops dry with paper towels.
2. Season both sides with garlic powder, thyme, salt, and pepper.
3. Heat olive oil in a large skillet over medium heat. Add the pork chops and sear for 4-5 minutes per side, or until golden brown and cooked to an internal temperature of 145°F (63°C). Remove from the skillet and set aside to rest.

Step 2: Prepare the Apple Cider Glaze

1. In the same skillet, reduce the heat to medium-low. Add apple cider, apple cider vinegar, Dijon mustard, sugar-free maple syrup, and fresh rosemary (and optional diced apples or grated ginger, if using).
2. Bring the mixture to a simmer, stirring to scrape up any browned bits from the skillet. Simmer for 5 minutes to reduce slightly.

Step 3: Thicken the Glaze

1. In a small bowl, mix cornstarch with 2 tablespoons of water to create a slurry.
2. Slowly whisk the slurry into the skillet, stirring continuously to thicken the glaze.
3. Add the butter and stir until melted and the glaze is smooth.

Step 4: Combine and Serve

4. Return the pork chops to the skillet, spooning the glaze over them to coat evenly. Simmer for 2 minutes to meld the flavors

Turkey Zucchini Meatballs in Tomato Basil Sauce

INGREDIENTS

For the Meatballs:

- **1 lb ground turkey** (lean, 93% or higher)
- **1 cup zucchini** (grated, moisture squeezed out)
- **¼ cup almond flour**
- **1 egg**
- **2 garlic cloves** (minced)
- **2 tbsp fresh parsley** (chopped)
- **½ tsp dried oregano**
- **½ tsp salt**
- **¼ tsp black pepper**

For the Tomato Basil Sauce:

- **1 tbsp olive oil**
- **1 small onion** (finely chopped)
- **2 garlic cloves** (minced)
- **1 (14 oz) can crushed tomatoes** (no-salt-added)
- **½ cup low-sodium chicken broth**
- **½ tsp dried basil**
- **½ tsp dried oregano**
- **¼ tsp red pepper flakes** (optional)
- **Salt and black pepper to taste**
- **2 tbsp fresh basil leaves** (chopped)

Prep. time:

15 mins

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Meatballs

1. In a large bowl, combine the ground turkey, grated zucchini (squeeze out as much moisture as possible), almond flour, egg, minced garlic, parsley, oregano, salt, and black pepper. Mix until well combined.
2. Form the mixture into 16 small meatballs (about 1½ inches in diameter).
3. Heat a large skillet over medium heat with 1 tablespoon of olive oil. Add the meatballs in batches and sear for 2-3 minutes per side until browned. Remove and set aside (they will finish cooking in the sauce).

Step 2: Make the Tomato Basil Sauce

1. In the same skillet, add 1 tablespoon of olive oil. Sauté the chopped onion until soft, about 3 minutes.
2. Add the minced garlic and cook for another 30 seconds until fragrant.
3. Pour in the crushed tomatoes, chicken broth, dried basil, oregano, red pepper flakes (if using), and a pinch of salt and pepper. Stir to combine.
4. Simmer the sauce for 5 minutes to let the flavors meld.

Step 3: Cook the Meatballs in the Sauce

1. Return the meatballs to the skillet, nestling them into the sauce.
2. Cover and simmer for 15-20 minutes, or until the meatballs are fully cooked (internal temperature of 165°F).
3. Stir in the fresh basil leaves just before serving.

Nutrition

Calories: 220 Protein: 24g Carbohydrates: 8g Fats: 10g Fiber: 2g Cholesterol: 85mg Sodium: 280mg Potassium: 500mg

Smoky Paprika Chicken Drumsticks

INGREDIENTS

For the Chicken Drumsticks:

- **8 chicken drumsticks** (skinless, about 2.5 lbs total)
- **2 tbsp olive oil**
- **2 tsp smoked paprika**
- **1 tsp garlic powder**
- **1 tsp onion powder**
- **½ tsp dried thyme**
- **½ tsp ground cumin**
- **½ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **½ tsp chili powder** (for a spicy kick)
- **1 tbsp lemon juice** (for added freshness)
- **1 tbsp fresh parsley** (chopped, for garnish)

Prep. time:

10 mins

Cook time:

35 mins

Serves:

4 servings

DIRECTIONS

Step 1: Preheat the Oven

1. Preheat your oven to 400°F (200°C).
2. Line a baking sheet with parchment paper or foil for easy cleanup.

Step 2: Prepare the Drumsticks

1. In a small bowl, mix smoked paprika, garlic powder, onion powder, thyme, cumin, salt, and pepper.
2. Pat the chicken drumsticks dry with paper towels and place them in a large mixing bowl.
3. Drizzle olive oil over the drumsticks and rub them evenly to coat.
4. Sprinkle the spice mixture over the chicken, rubbing it in to ensure even coverage.

Step 3: Bake

1. Arrange the seasoned drumsticks on the prepared baking sheet in a single layer, ensuring they don't touch.
2. Bake in the preheated oven for 30-35 minutes, turning halfway through, until the drumsticks are golden brown and the internal temperature reaches 165°F (74°C).

Step 4: Optional Garnish

1. Squeeze fresh lemon juice over the drumsticks for added flavor, and garnish with chopped parsley before serving.

Nutrition

Calories: 250 Protein: 28g Carbohydrates: 2g Fats: 14g Fiber: 1g Cholesterol: 120mg Sodium: 290mg Potassium: 300mg

Braised Chicken Thighs with Garlic and Thyme Recipe

INGREDIENTS

For the Chicken:

- **8 bone-in, skin-on chicken thighs** (about 2 lbs)
- **1 tbsp olive oil**
- **1 tbsp unsalted butter**
- **4 garlic cloves** (smashed)
- **1 small onion** (finely chopped)
- **1 cup low-sodium chicken broth**
- **½ cup dry white wine** (optional, or use additional chicken broth)
- **2 tsp fresh thyme leaves** (or 1 tsp dried thyme)
- **½ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **1 cup sliced mushrooms** (for extra flavor and nutrients)
- **½ cup diced tomatoes** (for added richness)

Prep. time:

10 mins

Cook time:

35 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Chicken

1. Pat the chicken thighs dry with paper towels. Season both sides with salt and black pepper.
2. Heat olive oil in a large skillet or Dutch oven over medium-high heat.
3. Place the chicken thighs skin-side down and cook for 4-5 minutes until the skin is golden and crispy. Flip and cook for another 2 minutes on the other side. Remove the chicken and set aside.

Step 2: Sauté the Aromatics

1. Reduce the heat to medium and add the butter to the skillet.
2. Add the smashed garlic and chopped onion (and optional mushrooms if using). Sauté for 2-3 minutes until fragrant and softened.

Step 3: Deglaze the Pan

1. Pour in the white wine (if using) and scrape up any browned bits from the bottom of the pan. Cook for 2 minutes to reduce slightly.
2. Stir in the chicken broth and thyme leaves.

Step 4: Braise the Chicken

1. Return the chicken thighs to the skillet, skin-side up, ensuring they sit partially submerged in the liquid but the skin remains above it.
2. Cover and reduce the heat to low. Simmer gently for 20-25 minutes, or until the chicken is cooked through (internal temperature reaches 165°F/74°C).

Step 5: Reduce the Sauce (Optional)

1. Remove the chicken and keep warm.
2. Increase the heat and simmer the braising liquid for 5 minutes to thicken slightly, if desired.

Nutrition

Calories: 290 Protein: 26g Carbohydrates: 3g Fats: 19g Fiber: 0g Cholesterol: 120mg Sodium: 270mg Potassium: 420mg

Spiced Lamb Meatballs with Tzatziki Sauce Recipe

INGREDIENTS

For the Lamb Meatballs:

- 1 lb ground lamb
- 1 egg
- ½ cup almond flour
- 2 garlic cloves (minced)
- 2 tbsp fresh parsley (chopped)
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper

For the Tzatziki Sauce:

- 1 cup plain Greek yogurt (unsweetened)
- ½ cucumber (grated and squeezed to remove excess water)
- 1 tbsp fresh dill (chopped)
- 1 garlic clove (minced)
- 1 tbsp fresh lemon juice
- ½ tsp salt
- ¼ tsp black pepper

Optional Add-Ins:

- 1 tsp red chili flakes (for spicy meatballs)

1 tbsp olive oil (for drizzling over the cooked meatballs)

Nutrition

Calories: 310 Protein: 22g Carbohydrates: 6g Fats: 22g Fiber: 2g Cholesterol: 80mg Sodium: 450mg Potassium: 420mg

Prep. time:

15 mins

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Meatballs

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine ground lamb, egg, almond flour, minced garlic, parsley, cumin, coriander, smoked paprika, salt, and black pepper. Mix until well combined.
3. Using your hands, form the mixture into 16 evenly sized meatballs and place them on the prepared baking sheet.

Step 2: Cook the Meatballs

1. Bake the meatballs in the preheated oven for 18-20 minutes, or until golden brown and fully cooked (internal temperature of 160°F/71°C).
2. Optional: Broil for the last 2 minutes for a crispier exterior.

Step 3: Make the Tzatziki Sauce

1. While the meatballs are cooking, combine Greek yogurt, grated cucumber, dill, garlic, lemon juice, salt, and black pepper in a medium bowl.
2. Stir until well mixed and refrigerate until ready to serve.

Step 4: Assemble and Serve

1. Plate 4 meatballs per serving alongside a generous dollop of tzatziki sauce.
2. Garnish with additional parsley or a drizzle of olive oil if desired.

Slow-Cooked Beef and Zucchini Chili Recipe

INGREDIENTS

For the Chili:

- **1 lb lean ground beef** (90% lean or higher)
- **1 tbsp olive oil**
- **1 small onion** (diced)
- **3 garlic cloves** (minced)
- **1 red bell pepper** (diced)
- **2 medium zucchinis** (diced into small cubes)
- **1 (14 oz) can no-salt-added diced tomatoes**
- **1 (6 oz) can no-salt-added tomato paste**
- **1 (14 oz) can low-sodium kidney beans** (rinsed and drained)
- **1 (14 oz) can low-sodium black beans** (rinsed and drained)
- **1½ cups low-sodium beef broth**
- **1 tbsp chili powder**
- **1 tsp ground cumin**
- **1 tsp smoked paprika**
- **½ tsp ground coriander**
- **½ tsp dried oregano**
- **½ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **1 cup sliced mushrooms** (for extra volume and nutrients)
- **1 tsp red chili flakes** (for heat)

1 tbsp fresh lime juice (to brighten flavors)

Prep. time:

15 mins

Cook time:

6-8 hours (slow cooker)

Serves:

6 servings

DIRECTIONS

Step 1: Brown the Beef

1. Heat olive oil in a large skillet over medium heat.
2. Add the ground beef and cook for 5-7 minutes, breaking it into small pieces, until browned. Drain any excess fat.
3. Transfer the beef to the slow cooker.

Step 2: Sauté Aromatics

1. In the same skillet, sauté the onion, garlic, and bell pepper for 3-4 minutes until softened.
2. Add the mixture to the slow cooker.

Step 3: Combine Ingredients

1. Add the diced zucchini, diced tomatoes, tomato paste, kidney beans, black beans, and beef broth to the slow cooker.
2. Stir in chili powder, cumin, smoked paprika, coriander, oregano, salt, and black pepper.

Step 4: Slow Cook

1. Cover the slow cooker and cook on low for 6-8 hours, or on high for 3-4 hours.
2. Stir occasionally, if possible, to ensure even cooking.

Step 5: Finish and Serve

1. Taste and adjust seasoning, adding lime juice if desired.
2. Serve hot, garnished with optional toppings such as fresh cilantro, diced avocado, or a dollop of plain Greek yogurt.

Nutrition

Calories: 280 Protein: 25g Carbohydrates: 20g Fats: 9g Fiber: 8g Cholesterol: 50mg Sodium: 350mg Potassium: 650mg

Herb-Rubbed Roast Turkey Breast with Gravy Recipe

INGREDIENTS

For the Turkey Breast:

- 1 (3-4 lb) bone-in turkey breast
- 2 tbsp olive oil
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried thyme
- 1 tsp dried rosemary
- ½ tsp paprika
- ½ tsp salt
- ¼ tsp black pepper

For the Gravy:

- 2 cups low-sodium turkey or chicken broth
- 2 tbsp cornstarch
- 2 tbsp cold water
- 1 tsp fresh thyme leaves
- ½ tsp garlic powder

¼ tsp black pepper

Nutrition

Calories: 230 Protein: 33g Carbohydrates: 3g Fats: 8g Fiber: 0g Cholesterol: 85mg Sodium: 240mg Potassium: 400mg

Prep. time:

15 mins

Cook time:

1 hour 30 mins

Serves:

6 servings

DIRECTIONS

Step 1: Prepare the Turkey Breast

1. Preheat your oven to 375°F (190°C).
2. In a small bowl, mix olive oil, garlic powder, onion powder, thyme, rosemary, paprika, salt, and black pepper to form a paste.
3. Rub the herb mixture evenly over the turkey breast, ensuring full coverage.

Step 2: Roast the Turkey Breast

1. Place the turkey breast on a roasting rack in a baking dish or roasting pan.
2. Roast in the preheated oven for about 1 hour 30 minutes, or until the internal temperature reaches 165°F (74°C) when checked with a meat thermometer.
3. Remove the turkey from the oven, cover loosely with foil, and let rest for 15 minutes.

Step 3: Make the Gravy

1. While the turkey rests, pour the drippings from the roasting pan into a small saucepan. Add the turkey broth and bring to a gentle simmer.
2. In a small bowl, mix the cornstarch with cold water to create a slurry. Slowly whisk the slurry into the simmering broth.
3. Add fresh thyme, garlic powder, and black pepper, and stir continuously until the gravy thickens. Adjust seasoning as needed.

Step 4: Slice and Serve

1. Carve the turkey breast into slices.
2. Serve with the prepared gravy drizzled on top or on the side..

Low-Carb Pulled Pork Lettuce Wraps Recipe

INGREDIENTS

For the Pulled Pork:

- **2 lbs pork shoulder or pork butt** (trimmed of excess fat)
- **1 tbsp olive oil**
- **1 tbsp smoked paprika**
- **1 tsp garlic powder**
- **1 tsp onion powder**
- **1 tsp ground cumin**
- **½ tsp chili powder**
- **½ tsp salt**
- **¼ tsp black pepper**
- **1 cup low-sodium chicken broth**
- **2 tbsp apple cider vinegar**
- **1 tbsp sugar-free BBQ sauce** (optional, for flavor enhancement)

For the Lettuce Wraps:

- **12 large butter lettuce leaves** (or romaine hearts)
- **1 cup shredded carrots**
- **1 cup thinly sliced red cabbage**
- **½ cup diced cucumber**
- **1 avocado** (sliced, for garnish)

Optional Toppings:

- **2 tbsp fresh cilantro** (chopped)
- **1 tbsp sesame seeds**
- **1 tsp hot sauce or sriracha** (for spice)

Prep. time:

15 mins

Cook time:

6-8 hours (slow cooker)

Serves:

6 servings

DIRECTIONS

Step 1: Prepare the Pork

1. Rub the pork shoulder with smoked paprika, garlic powder, onion powder, cumin, chili powder, salt, and black pepper.
2. Heat olive oil in a large skillet over medium-high heat. Sear the pork on all sides for 2-3 minutes per side, until browned.

Step 2: Slow Cook the Pork

1. Transfer the seared pork to a slow cooker.
2. Add chicken broth, apple cider vinegar, and optional BBQ sauce. Cover and cook on low for 6-8 hours, or on high for 4-5 hours, until the pork is tender and easily shredded with a fork.

Step 3: Shred the Pork

1. Remove the pork from the slow cooker and place it on a cutting board. Use two forks to shred the meat.
2. Return the shredded pork to the slow cooker and toss with the cooking juices to keep it moist and flavorful.

Step 4: Assemble the Lettuce Wraps

1. Lay the lettuce leaves on a serving platter.
2. Fill each leaf with a portion of pulled pork, shredded carrots, red cabbage, and diced cucumber.
3. Top with avocado slices and optional garnishes like cilantro, sesame seeds, or hot sauce

Nutrition

Calories: 250 Protein: 27g Carbohydrates: 6g Fats: 13g Fiber: 3g Cholesterol: 70mg Sodium: 290mg Potassium: 580mg

Chapter 6: Vegetarian and Vegan

Grilled Halloumi Salad with Roasted Vegetables

INGREDIENTS

For the Salad:

- **Halloumi cheese:** 8 oz (225 g), cut into ½-inch slices
- **Zucchini:** 1 medium, sliced into half-moons
- **Bell peppers:** 2 medium, assorted colors, cut into strips
- **Cherry tomatoes:** 1 cup (150 g), halved
- **Red onion:** 1 medium, cut into wedges
- **Mixed salad greens:** 4 cups (120 g)
- **Olive oil:** 2 tbsp
- **Garlic powder:** 1 tsp
- **Smoked paprika:** ½ tsp (optional)
- **Dried oregano:** 1 tsp
- **Salt:** ½ tsp (adjust to taste)
- **Black pepper:** ½ tsp

For the Dressing:

- **Extra-virgin olive oil:** 2 tbsp
- **Lemon juice:** 2 tbsp (freshly squeezed)
- **Dijon mustard:** 1 tsp
- **Honey:** 1 tsp (optional; use a sugar-free alternative if needed)
- **Fresh parsley:** 1 tbsp, finely chopped

Nutrition

Calories: 280 Protein: 14 g Carbohydrates: 12 g Fiber: 4 g Sugar: 6 g (naturally occurring) Fat: 20 g Saturated Fat: 8 g Cholesterol: 25 mg Sodium: 520 mg Potassium: 600 mg

Prep. time:

15 mins

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

Step 1: Roast the Vegetables

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the zucchini, bell peppers, cherry tomatoes, and red onion with 2 tbsp olive oil, garlic powder, smoked paprika (if using), oregano, salt, and pepper.
3. Spread the vegetables in a single layer on the baking sheet. Roast for 20 minutes, flipping halfway, until tender and slightly charred.

Step 2: Grill the Halloumi

1. While the vegetables are roasting, heat a non-stick grill pan over medium heat.
2. Place the halloumi slices on the hot grill and cook for 2-3 minutes per side, until golden brown grill marks appear.

Step 3: Prepare the Dressing

1. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, honey (or alternative), and parsley. Adjust seasoning with salt and pepper as needed.

Step 4: Assemble the Salad

1. In a large serving bowl or platter, layer the mixed salad greens.
2. Arrange the roasted vegetables and grilled halloumi over the greens.
7. Drizzle the dressing over the top and toss gently to combine

Cheesy Spinach and Mushroom Stuffed Portobellos

INGREDIENTS

For the Portobellos:

- **Portobello mushrooms:** 4 large caps, stems removed, cleaned, and gills scraped
- **Olive oil:** 1 tbsp
- **Salt:** ½ tsp (adjust to taste)
- **Black pepper:** ½ tsp

For the Filling:

- **Spinach:** 3 cups (90 g), fresh, chopped
- **Button mushrooms:** 1 cup (100 g), finely diced
- **Garlic:** 2 cloves, minced
- **Olive oil:** 1 tbsp
- **Cream cheese:** 4 oz (115 g), softened
- **Mozzarella cheese:** ½ cup (60 g), shredded
- **Parmesan cheese:** 2 tbsp, grated
- **Dried oregano:** 1 tsp
- **Red pepper flakes:** ¼ tsp (optional)
- **Salt:** ½ tsp
- **Black pepper:** ½ tsp

Prep. time:

15 mins

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Portobellos

Preheat the oven to 375°F (190°C).

Brush the cleaned Portobello caps with 1 tbsp olive oil and season with salt and pepper.

Place them gill-side up on a baking sheet lined with parchment paper.

Step 2: Prepare the Filling

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

Sauté garlic until fragrant, about 1 minute. Add the diced mushrooms and cook for 3-4 minutes until softened.

Add the chopped spinach and cook until wilted, about 2 minutes. Season with salt, pepper, and oregano (add red pepper flakes for extra flavor if desired).

Remove from heat and stir in the cream cheese until fully combined.

Step 3: Assemble the Portobellos

Evenly divide the filling among the mushroom caps.

Top with shredded mozzarella and grated Parmesan.

Step 4: Bake

Bake in the preheated oven for 15-20 minutes, until the cheese is melted and golden

Nutrition

Calories: 220 Protein: 12 g Carbohydrates: 8 g Fiber: 3 g Sugar: 3 g (naturally occurring) Fat: 16 g Saturated Fat: 6 g Cholesterol: 25 mg Sodium: 480 mg Potassium: 580 mg

Hearty Lentil and Vegetable Shepherd's Pie

INGREDIENTS

For the Lentil and Vegetable Filling:

- **Green or brown lentils:** 1 cup (200 g), dried (or 2½ cups cooked)
- **Olive oil:** 2 tbsp
- **Yellow onion:** 1 medium, finely diced
- **Carrots:** 2 medium, diced
- **Celery stalks:** 2, diced
- **Garlic:** 2 cloves, minced
- **Zucchini:** 1 medium, diced
- **Tomato paste:** 2 tbsp
- **Low-sodium vegetable broth:** 2 cups (480 ml)
- **Crushed tomatoes:** 1 cup (240 ml)
- **Dried thyme:** 1 tsp
- **Smoked paprika:** ½ tsp (optional)
- **Salt:** 1 tsp (adjust to taste)
- **Black pepper:** ½ tsp
- **Frozen peas:** 1 cup (150 g)
- **Chopped fresh parsley:** 2 tbsp (optional for garnish)

For the Mashed Cauliflower Topping:

- **Cauliflower florets:** 1 large head (about 6 cups)
- **Unsweetened almond milk:** ½ cup (120 ml)
- **Olive oil or butter:** 2 tbsp
- **Garlic powder:** 1 tsp
- **Salt:** ½ tsp
- **Black pepper:** ½ tsp

- **Grated Parmesan cheese:** 2 tbsp (optional)

Nutrition

Calories: 220 Protein: 12 g Carbohydrates: 27 g Fiber: 10 g Sugar: 9 g (naturally occurring) Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 340 mg Potassium: 700 mg

Prep. time:

20 mins

Cook time:

40 mins

Serves:

6 servings

DIRECTIONS

Step 1: Prepare the Lentils

1. Rinse the lentils thoroughly under cold water.
2. Cook the lentils in a pot with 3 cups of water. Bring to a boil, reduce to a simmer, and cook for 20-25 minutes until tender. Drain and set aside.

Step 2: Make the Filling

1. In a large skillet, heat 2 tbsp olive oil over medium heat.
2. Sauté the onion, carrots, and celery for 5 minutes until softened. Add garlic and cook for 1 minute.
3. Add the zucchini and sauté for another 3-4 minutes.
4. Stir in the tomato paste, thyme, smoked paprika (if using), salt, and pepper.
5. Add the vegetable broth, crushed tomatoes, and cooked lentils. Simmer for 10 minutes, stirring occasionally, until the mixture thickens slightly.
6. Stir in the peas and remove from heat.

Step 3: Make the Cauliflower Topping

1. Steam the cauliflower florets until very tender, about 10 minutes.
2. Transfer the cauliflower to a food processor or bowl. Add almond milk, olive oil, garlic powder, salt, and pepper. Blend or mash until smooth.
3. Stir in Parmesan cheese, if using, for added flavor.

Step 4: Assemble and Bake

1. Preheat your oven to 375°F (190°C).
2. Spread the lentil and vegetable filling evenly in a 9x13-inch baking dish.
3. Top with the mashed cauliflower, spreading it out evenly with a spatula.
4. Bake for 20 minutes, or until the top is slightly golden and bubbly.

Mediterranean Quinoa Bowl with Lemon Vinaigrette

INGREDIENTS

For the Bowl:

- **Quinoa:** 1 cup (185 g), uncooked
- **Water or low-sodium vegetable broth:** 2 cups (480 ml)
- **Cherry tomatoes:** 1 cup (150 g), halved
- **Cucumber:** 1 medium, diced
- **Red onion:** ½ medium, finely diced
- **Kalamata olives:** ¼ cup (40 g), sliced
- **Feta cheese:** ½ cup (75 g), crumbled (optional for additional protein and flavor)
- **Chickpeas:** 1 cup (165 g), cooked, rinsed, and drained
- **Spinach or mixed greens:** 4 cups (120 g), chopped
- **Fresh parsley:** 2 tbsp, chopped
- **Fresh mint (optional):** 1 tbsp, chopped

For the Lemon Vinaigrette:

- **Extra-virgin olive oil:** 3 tbsp
- **Lemon juice:** 3 tbsp (freshly squeezed)
- **Dijon mustard:** 1 tsp
- **Garlic:** 1 clove, minced
- **Dried oregano:** ½ tsp
- **Salt:** ½ tsp

- **Black pepper:** ½ tsp

Prep. time:

15 mins

Cook time:

15 mins

Serves:

4 servings

DIRECTIONS

Step 1: Cook the Quinoa

1. Rinse the quinoa thoroughly under cold water to remove its natural bitterness.
2. In a medium saucepan, bring 2 cups of water or vegetable broth to a boil. Add the quinoa, reduce to a simmer, and cook for 12-15 minutes, or until the liquid is absorbed.
3. Remove from heat, fluff with a fork, and set aside to cool slightly.

Step 2: Prepare the Vegetables and Chickpeas

1. While the quinoa cooks, prepare the vegetables. Halve the cherry tomatoes, dice the cucumber and red onion, and slice the Kalamata olives.
2. If using canned chickpeas, rinse and drain them thoroughly.

Step 3: Make the Lemon Vinaigrette

1. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic, oregano, salt, and pepper until emulsified.

Step 4: Assemble the Bowls

1. Divide the cooked quinoa evenly among four bowls.
2. Top with a layer of spinach or mixed greens.
3. Arrange the cherry tomatoes, cucumber, red onion, olives, chickpeas, and feta (if using) on top.

5. Drizzle each bowl with lemon vinaigrette.

Nutrition

Calories: 310 Protein: 10 g Carbohydrates: 30 g Fiber: 8 g Sugar: 5 g (naturally occurring) Fat: 15 g Saturated Fat: 3 g Cholesterol: 10 mg (from feta, optional) Sodium: 370 mg Potassium: 550 mg

Creamy Tomato Basil Soup with a Hint of Parmesan

INGREDIENTS

For the Soup:

- **Olive oil:** 1 tbsp
- **Yellow onion:** 1 medium, finely diced
- **Garlic:** 3 cloves, minced
- **Canned crushed tomatoes:** 28 oz (800 g), low sodium
- **Low-sodium vegetable broth:** 2 cups (480 ml)
- **Unsweetened almond milk:** 1 cup (240 ml)
- **Fresh basil leaves:** ½ cup, chopped (reserve a few for garnish)
- **Dried oregano:** 1 tsp
- **Salt:** ½ tsp (adjust to taste)
- **Black pepper:** ½ tsp
- **Red pepper flakes:** ¼ tsp (optional for spice)

For the Parmesan Garnish:

- **Grated Parmesan cheese:** 2 tbsp (optional; use a plant-based alternative if dairy-free)

Optional Ingredients for Additional Flavor:

- **Roasted red peppers:** ½ cup, chopped
- **Fresh spinach:** 1 cup, chopped, stirred in at the end for added fiber

Nutrition

Calories: 160 Protein: 5 g Carbohydrates: 16 g Fiber: 4 g Sugar: 8 g (naturally occurring from tomatoes) Fat: 7 g Saturated Fat: 1 g Cholesterol: 3 mg (from Parmesan, optional) Sodium: 290 mg Potassium: 600 mg

Prep. time:

10 mins

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

Step 1: Sauté the Aromatics

1. Heat olive oil in a large pot over medium heat.
2. Add diced onion and sauté for 3-4 minutes until translucent. Add minced garlic and cook for 1 minute until fragrant.

Step 2: Simmer the Soup Base

1. Add crushed tomatoes, vegetable broth, dried oregano, salt, black pepper, and red pepper flakes (if using) to the pot. Stir to combine.
2. Bring the mixture to a boil, then reduce heat to low and simmer for 15 minutes, allowing the flavors to meld.

Step 3: Add Basil and Blend

1. Stir in the chopped basil leaves and unsweetened almond milk.
2. Use an immersion blender to blend the soup until smooth. Alternatively, transfer the soup in batches to a blender, being cautious of the hot liquid.

Step 4: Final Adjustments

1. Taste and adjust seasoning with additional salt or pepper as needed.
2. If using spinach, stir it in now and let it wilt for 2-3 minutes before serving.

Step 5: Serve and Garnish

1. Ladle the soup into bowls.
6. Garnish each bowl with a sprinkle of grated Parmesan cheese and a few fresh basil leaves

Crispy Chickpea and Avocado Wraps

INGREDIENTS

For the Crispy Chickpeas:

- **Canned chickpeas:** 1 can (15 oz/425 g), rinsed and drained
- **Olive oil:** 1 tbsp
- **Smoked paprika:** 1 tsp
- **Garlic powder:** 1 tsp
- **Ground cumin:** ½ tsp
- **Salt:** ½ tsp
- **Black pepper:** ¼ tsp

For the Wraps:

- **Whole-grain tortillas or low-carb wraps:** 4 large
- **Avocado:** 2 medium, sliced or mashed
- **Spinach or mixed greens:** 2 cups (60 g)
- **Cherry tomatoes:** 1 cup (150 g), halved
- **Cucumber:** 1 medium, sliced into thin strips
- **Red onion:** ½ medium, thinly sliced
- **Hummus (optional):** ¼ cup (for additional flavor)
- **Fresh parsley or cilantro (optional):** 2 tbsp, chopped

For the Dressing (Optional):

- **Greek yogurt (unsweetened):** ½ cup
- **Lemon juice:** 1 tbsp
- **Garlic:** 1 clove, minced
- **Salt:** ¼ tsp
- **Black pepper:** ¼ tsp

Prep. time:

15 mins

Cook time:

15 mins

Serves:

4 servings

DIRECTIONS

Step 1: Roast the Chickpeas

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a clean kitchen towel to remove excess moisture.
3. Toss the chickpeas in olive oil, smoked paprika, garlic powder, cumin, salt, and pepper. Spread them evenly on the baking sheet.
4. Roast for 15 minutes, shaking the tray halfway through, until crispy and golden brown.

Step 2: Prepare the Dressing (Optional)

1. In a small bowl, mix Greek yogurt, lemon juice, minced garlic, salt, and pepper. Set aside for drizzling or spreading inside the wrap.

Step 3: Assemble the Wraps

1. Lay each tortilla flat on a clean surface. Spread 1 tbsp of hummus or Greek yogurt dressing (if using) on the center of the tortilla.
2. Add a layer of spinach or mixed greens, followed by sliced avocado, cherry tomatoes, cucumber, red onion, and roasted chickpeas.
3. Sprinkle with fresh parsley or cilantro for added flavor, if desired.

Step 4: Wrap and Serve

1. Fold in the sides of the tortilla and roll it up tightly to form a wrap.
7. Slice in half diagonally and serve immediately.

Nutrition

Calories: 320 Protein: 10 g Carbohydrates: 35 g Fiber: 10 g Sugar: 4 g (naturally occurring) Fat: 15 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 380 mg Potassium: 750 mg

Roasted Red Pepper and Lentil Soup

INGREDIENTS

For the Soup:

- **Red bell peppers:** 3 large, roasted (see instructions below)
- **Olive oil:** 2 tbsp
- **Yellow onion:** 1 medium, diced
- **Garlic:** 3 cloves, minced
- **Carrots:** 2 medium, diced
- **Dry red lentils:** 1 cup (200 g), rinsed
- **Low-sodium vegetable broth:** 4 cups (960 ml)
- **Crushed tomatoes:** 1 cup (240 ml)
- **Ground cumin:** 1 tsp
- **Smoked paprika:** 1 tsp
- **Salt:** ½ tsp (adjust to taste)
- **Black pepper:** ½ tsp
- **Fresh thyme (optional):** 1 tsp, chopped
- **Red pepper flakes (optional):** ¼ tsp

Optional Garnishes:

- **Fresh parsley or cilantro:** 2 tbsp, chopped
- **Greek yogurt (unsweetened):** ¼ cup, for a creamy swirl
- **Croutons made from whole-grain bread:** ¼ cup

Nutrition

Calories: 210 Protein: 10 g Carbohydrates: 28 g Fiber: 9 g Sugar: 9 g (naturally occurring from vegetables) Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 350 mg Potassium: 750 mg

Prep. time:

15 mins

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

Step 1: Roast the Red Peppers

1. Preheat your oven to 425°F (220°C).
2. Place the whole red peppers on a baking sheet lined with parchment paper. Roast for 20 minutes, turning halfway, until the skin is charred and blistered.
3. Transfer the peppers to a bowl, cover with plastic wrap or a lid, and let them steam for 10 minutes. Peel off the skin, remove the seeds, and roughly chop the peppers. Set aside.

Step 2: Prepare the Base

1. Heat olive oil in a large pot over medium heat.
2. Sauté the onion, carrots, and garlic for 5 minutes, until softened and fragrant.

Step 3: Add the Lentils and Liquid

1. Stir in the red lentils, roasted red peppers, crushed tomatoes, vegetable broth, cumin, smoked paprika, salt, and black pepper.
2. Bring the mixture to a boil, then reduce the heat to low and simmer for 20 minutes, stirring occasionally, until the lentils are tender.

Step 4: Blend the Soup

1. Use an immersion blender to blend the soup until smooth. Alternatively, transfer the soup in batches to a blender, being careful with the hot liquid.
2. If the soup is too thick, add more vegetable broth to achieve your desired consistency.

Step 5: Adjust Seasoning

1. Taste the soup and adjust the salt and pepper as needed. Add red pepper flakes for extra heat, if desired.

Vegan Cauliflower Alfredo with Zucchini Noodles

INGREDIENTS

For the Alfredo Sauce:

- **Cauliflower florets:** 4 cups (400 g)
- **Olive oil:** 2 tbsp
- **Yellow onion:** 1 small, diced
- **Garlic:** 3 cloves, minced
- **Unsweetened almond milk:** 1 cup (240 ml)
- **Nutritional yeast:** 3 tbsp
- **Lemon juice:** 1 tbsp (freshly squeezed)
- **Ground nutmeg:** ¼ tsp (optional)
- **Salt:** ½ tsp (adjust to taste)
- **Black pepper:** ½ tsp

For the Zucchini Noodles:

- **Zucchini:** 4 medium, spiralized into noodles
- **Olive oil:** 1 tbsp

Optional Additions:

- **Chopped fresh parsley:** 2 tbsp (for garnish)
- **Toasted pine nuts:** 2 tbsp (for added crunch and flavor)
- **Red pepper flakes:** ¼ tsp (for a spicy kick)

Prep. time:

15 mins

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Cauliflower Alfredo Sauce

1. Bring a pot of water to a boil and steam the cauliflower florets until tender, about 8-10 minutes. Drain and set aside.
2. In a skillet, heat 2 tbsp olive oil over medium heat. Add the onion and sauté until translucent, about 5 minutes. Add the garlic and cook for 1 more minute.
3. Transfer the cooked cauliflower, sautéed onion and garlic, almond milk, nutritional yeast, lemon juice, nutmeg (if using), salt, and black pepper to a blender or food processor. Blend until smooth and creamy. Adjust seasoning if necessary.

Step 2: Prepare the Zucchini Noodles

1. Heat 1 tbsp olive oil in a large skillet over medium heat. Add the zucchini noodles and sauté for 2-3 minutes until slightly softened but still al dente. Avoid overcooking to prevent sogginess.

Step 3: Combine the Sauce and Noodles

2. Pour the cauliflower Alfredo sauce over the zucchini noodles in the skillet. Toss gently to coat the noodles evenly. Heat for 2-3 minutes until warmed through.

Nutrition

Calories: 160 Protein: 6 g Carbohydrates: 16 g Fiber: 5 g Sugar: 7 g (naturally occurring) Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 200 mg Potassium: 750 mg

Thai Coconut Soup with Tofu and Vegetables

INGREDIENTS

For the Soup:

- **Extra-firm tofu:** 1 block (14 oz/400 g), drained, pressed, and cubed
- **Coconut oil:** 1 tbsp
- **Garlic:** 3 cloves, minced
- **Ginger:** 1 tbsp, grated
- **Lemongrass:** 2 stalks, trimmed and smashed (optional for added flavor)
- **Red curry paste:** 2 tbsp
- **Low-sodium vegetable broth:** 3 cups (720 ml)
- **Coconut milk (unsweetened):** 1 cup (240 ml)
- **Carrots:** 2 medium, julienned or thinly sliced
- **Zucchini:** 1 medium, julienned or sliced into half-moons
- **Baby bok choy:** 2 small heads, chopped
- **Mushrooms (shiitake or button):** 1 cup (100 g), sliced
- **Fresh lime juice:** 2 tbsp
- **Tamari or low-sodium soy sauce:** 1 tbsp
- **Fresh cilantro:** 2 tbsp, chopped (plus extra for garnish)

Optional Ingredients:

- **Red bell pepper:** 1 medium, thinly sliced
- **Thai basil leaves:** 2 tbsp, for garnish
- **Red chili flakes or sliced red chili:** ¼ tsp, for heat

Nutrition

Calories: 180 Protein: 4g Carbohydrates: 24g Fats: 8g Fiber: 4g Cholesterol: 0mg Sodium: 180mg Potassium: 380mg

Prep. time:

15 mins

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Tofu

1. Heat coconut oil in a large pot over medium heat.
2. Add the tofu cubes and cook until lightly golden on all sides, about 5-7 minutes. Remove and set aside.

Step 2: Sauté Aromatics

1. In the same pot, add garlic, ginger, and lemongrass (if using). Sauté for 1-2 minutes until fragrant.
2. Stir in the red curry paste and cook for another minute to enhance the flavors.

Step 3: Build the Soup Base

1. Add the vegetable broth and coconut milk to the pot. Stir well to combine.
2. Bring the mixture to a simmer and cook for 5 minutes to allow the flavors to meld.

Step 4: Add Vegetables and Tofu

1. Add the carrots, zucchini, mushrooms, and bok choy to the soup. Simmer for 7-10 minutes until the vegetables are tender but not overcooked.
2. Return the tofu to the pot and stir to heat through.

Step 5: Finish and Serve

1. Stir in lime juice, tamari, and fresh cilantro. Taste and adjust seasoning as needed.
3. Remove lemongrass stalks before serving (if used)

Baked Sweet Potato Fries with Garlic Cashew Dip

INGREDIENTS

For the Sweet Potato Fries:

- 2 medium sweet potatoes (about 1 lb), peeled and cut into 1/4-inch thick fries
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp ground cumin
- 1/4 tsp salt
- 1/4 tsp black pepper

For the Garlic Cashew Dip:

- 1/2 cup raw cashews, soaked in hot water for 30 minutes and drained
- 1/4 cup unsweetened almond milk (or water, for consistency)
- 1 clove garlic, minced
- 1 tbsp fresh lemon juice
- 1/2 tsp ground cumin
- 1/4 tsp salt
- 1/8 tsp black pepper

Optional Add-ons:

- 1 tbsp chopped fresh parsley or cilantro (for garnish on fries)
- A pinch of chili flakes (for heat in the dip)
- 1 tsp apple cider vinegar (for tang in the dip)

Prep. time:

15 mins

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

Prepare the Sweet Potato Fries:

- 1. Preheat the Oven:**
 - Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper or lightly grease it with olive oil.
- 2. Season the Fries:**
 - In a large bowl, toss the sweet potato fries with olive oil, smoked paprika, garlic powder, cumin, salt, and pepper. Ensure the fries are evenly coated.
- 3. Bake the Fries:**
 - Arrange the fries in a single layer on the prepared baking sheet, ensuring they don't overlap.
 - Bake for 15 minutes, flip the fries, and bake for an additional 15 minutes or until crispy and golden brown. Keep an eye on them to prevent burning.

Prepare the Garlic Cashew Dip:

- 4. Blend the Ingredients:**
 - In a blender or food processor, combine the soaked cashews, almond milk, garlic, lemon juice, cumin, salt, and pepper. Blend until smooth and creamy.
 - Adjust the consistency with more almond milk or water if needed. Taste and adjust seasoning as desired.
- 5. Chill the Dip:**
 - Transfer the dip to a bowl and refrigerate for 10 minutes to let the flavors meld (optional, but recommended)

Nutrition

Calories: 220 Protein: 10 g Carbohydrates: 15 g Fiber: 5 g Sugar: 5 g (naturally occurring) Fat: 14 g Saturated Fat: 7 g Cholesterol: 0 mg Sodium: 360 mg Potassium: 650 mg

Zesty Black Bean and Quinoa Tacos

INGREDIENTS

For the Filling:

- **½ cup quinoa** (uncooked, rinsed)
- **1 cup low-sodium vegetable broth**
- **1 cup cooked black beans** (or canned, rinsed and drained)
- **1 tbsp olive oil**
- **½ cup onion** (diced)
- **1 garlic clove** (minced)
- **½ cup bell pepper** (diced, any color)
- **1 tsp ground cumin**
- **1 tsp smoked paprika**
- **½ tsp chili powder**
- **¼ tsp salt**
- **2 tbsp fresh lime juice**

For the Tacos:

- **8 small corn tortillas** (whole grain, low-carb if available)
- **½ cup shredded lettuce**
- **½ cup diced tomatoes**
- **½ avocado** (sliced)
- **2 tbsp fresh cilantro** (chopped)

Optional Add-Ins:

- **¼ cup shredded cheese** (optional, for topping)
- **2 tbsp plain Greek yogurt** (as a creamy topping)
- **1 tbsp hot sauce or salsa** (for extra flavor)

Nutrition

Calories: 280 Protein: 10g Carbohydrates: 42g Fats: 8g Fiber: 10g Cholesterol: 0mg Sodium: 220mg Potassium: 460mg

Prep. time:

10 mins

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

Step 1: Cook the Quinoa

1. In a small saucepan, combine quinoa and vegetable broth. Bring to a boil, reduce heat to low, cover, and simmer for 15 minutes or until quinoa is cooked and liquid is absorbed.
2. Fluff the quinoa with a fork and set aside.

Step 2: Prepare the Black Bean Mixture

1. Heat olive oil in a large skillet over medium heat.
2. Add the diced onion and garlic, sautéing for 2-3 minutes until softened.
3. Stir in the bell pepper, cooked quinoa, black beans, cumin, smoked paprika, chili powder, and salt. Cook for 5 minutes, stirring occasionally, until heated through.
4. Stir in fresh lime juice and remove from heat.

Step 3: Assemble the Tacos

1. Warm the tortillas in a dry skillet or microwave for a few seconds until pliable.
2. Fill each tortilla with a portion of the quinoa and black bean mixture.
3. Top with shredded lettuce, diced tomatoes, avocado slices, and cilantro.
4. Add any optional toppings, such as shredded cheese, Greek yogurt, or salsa.

Creamy Avocado Cucumber Gazpacho

INGREDIENTS

For the Gazpacho:

- **2 large cucumbers** (peeled, seeded, and chopped)
- **2 ripe avocados** (peeled, pitted, and diced)
- **1 cup plain, unsweetened almond milk**
- **½ cup fresh cilantro** (chopped)
- **¼ cup fresh lime juice** (about 2 limes)
- **1 garlic clove** (minced)
- **2 tbsp olive oil**
- **½ tsp ground cumin**
- **½ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **½ cup plain Greek yogurt** (for extra creaminess)
- **1 small jalapeño** (seeded and chopped, for a spicy kick)
- **1 tbsp fresh dill** (chopped, for added flavor)

For Garnish:

- **4 tbsp diced cucumber**
- **4 tbsp diced avocado**
- **1 tbsp olive oil** (drizzle)

Prep. time:

15 mins

Cook time:

None

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Gazpacho Base

1. In a blender or food processor, combine the chopped cucumbers, diced avocados, almond milk, cilantro, lime juice, garlic, olive oil, cumin, salt, and black pepper.
2. Blend until smooth and creamy.
3. Taste and adjust seasoning as needed. If you prefer a thinner consistency, add more almond milk or water, one tablespoon at a time.

Step 2: Chill

1. Transfer the gazpacho to a large bowl, cover, and refrigerate for at least 1 hour to allow the flavors to meld.

Step 3: Serve

1. Divide the chilled gazpacho into 4 bowls.
5. Garnish each bowl with diced cucumber, avocado, and a drizzle of olive oil.

Nutrition

Calories: 180 Protein: 3g Carbohydrates: 9g Fats: 15g Fiber: 6g Cholesterol: 0mg Sodium: 200mg Potassium: 480mg

Low-Carb Eggplant Parmesan

INGREDIENTS

For the Eggplant:

- **2 medium eggplants** (sliced into ½-inch rounds)
- **1 tsp salt** (to remove moisture)
- **1 cup almond flour**
- **½ cup grated Parmesan cheese**
- **1 tsp Italian seasoning**
- **½ tsp garlic powder**
- **½ tsp onion powder**
- **2 large eggs** (beaten)
- **2 tbsp olive oil**

For the Sauce:

- **2 cups no-salt-added crushed tomatoes**
- **1 garlic clove** (minced)
- **1 tsp dried basil**
- **1 tsp dried oregano**
- **1 tbsp olive oil**
- **¼ tsp red pepper flakes** (optional)
- **Salt and pepper to taste**

For the Topping:

- **1 cup shredded mozzarella cheese**
- **¼ cup grated Parmesan cheese**
- **2 tbsp fresh basil** (chopped, for garnish)

Nutrition

Calories: 320 Protein: 16g Carbohydrates: 12g Fats: 22g Fiber: 6g Cholesterol: 75mg Sodium: 520mg Potassium: 650mg

Prep. time:

15 mins

Cook time:

40 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Eggplant

1. Lay the eggplant slices on a baking sheet and sprinkle both sides with salt. Let sit for 20 minutes to draw out excess moisture. Pat dry with a paper towel.
2. Preheat your oven to 375°F (190°C).

Step 2: Bread the Eggplant

1. In a shallow dish, combine almond flour, Parmesan cheese, Italian seasoning, garlic powder, and onion powder.
2. In another dish, beat the eggs.
3. Dip each eggplant slice into the egg, then coat with the almond flour mixture.

Step 3: Cook the Eggplant

1. Heat 1 tablespoon of olive oil in a large skillet over medium heat.
2. Add the breaded eggplant slices in batches, cooking for 2-3 minutes per side until golden brown. Add more oil as needed.
3. Transfer cooked slices to a paper towel-lined plate.

Step 4: Prepare the Sauce

1. In a saucepan, heat 1 tablespoon of olive oil over medium heat.
2. Add the minced garlic and sauté for 30 seconds.
3. Stir in the crushed tomatoes, basil, oregano, red pepper flakes, salt, and pepper. Simmer for 5 minutes.

Step 5: Assemble and Bake

1. In a 9x13-inch baking dish, spread a thin layer of the tomato sauce.
2. Layer half of the cooked eggplant slices, followed by half of the remaining sauce, and half of the mozzarella cheese.
3. Repeat with the remaining eggplant, sauce, and mozzarella cheese.
4. Sprinkle Parmesan cheese on top.
5. Bake in the preheated oven for 20 minutes, or until the cheese is melted and bubbly.

Step 6: Garnish and Serve

1. Remove from the oven and let cool for 5 minutes.
2. Garnish with fresh basil before serving.

Spicy Tofu Stir-Fry with Bok Choy

INGREDIENTS

For the Stir-Fry:

- **1 lb firm tofu** (drained and cut into 1-inch cubes)
- **2 tbsp olive oil**
- **2 cups baby bok choy** (halved lengthwise)
- **1 red bell pepper** (thinly sliced)
- **1 cup snap peas**
- **1 garlic clove** (minced)
- **1 tsp grated fresh ginger**
- **2 green onions** (sliced)

For the Sauce:

- **3 tbsp low-sodium soy sauce** (or tamari for gluten-free)
- **1 tbsp rice vinegar**
- **1 tbsp sesame oil**
- **1 tsp chili garlic sauce** (adjust to taste)
- **1 tsp liquid stevia or 1 tbsp honey** (optional for sweetness)
- **1 tsp cornstarch** (or arrowroot powder) mixed with 2 tbsp water for slurry

Optional Add-Ins:

- **1 tbsp sesame seeds** (for garnish)
- **1 tsp crushed red pepper flakes** (for extra spice)

Prep. time:

20 mins

Cook time:

15 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Tofu

1. Press the tofu by placing it between two plates and weighting it with a heavy object for 10 minutes to remove excess moisture.
2. Heat 1 tablespoon of olive oil in a large skillet or wok over medium-high heat.
3. Add the tofu cubes and cook for 2-3 minutes per side, until golden and slightly crispy. Remove from the skillet and set aside.

Step 2: Cook the Vegetables

1. In the same skillet, add the remaining tablespoon of olive oil.
2. Sauté the garlic and ginger for 30 seconds until fragrant.
3. Add the bok choy, bell pepper, and snap peas. Cook for 5 minutes, stirring occasionally, until the vegetables are tender-crisp.

Step 3: Make the Sauce

1. In a small bowl, whisk together the soy sauce, rice vinegar, sesame oil, chili garlic sauce, and optional sweetener.
2. Stir in the cornstarch slurry to thicken the sauce.

Step 4: Combine and Serve

1. Return the tofu to the skillet with the vegetables.
2. Pour the sauce over the tofu and vegetables, tossing gently to coat everything evenly. Cook for 2-3 minutes until the sauce thickens.
7. Remove from heat and garnish with green onions and sesame seeds if desired.

Nutrition

Calories: 180 Protein: 12g Carbohydrates: 9g Fats: 12g Fiber: 3g Cholesterol: 0mg Sodium: 300mg Potassium: 450mg

Mushroom and Lentil Bolognese

INGREDIENTS

For the Bolognese Sauce:

- **1 tbsp olive oil**
- **1 medium onion** (finely chopped)
- **2 garlic cloves** (minced)
- **2 medium carrots** (diced)
- **2 celery stalks** (diced)
- **2 cups mushrooms** (finely chopped)
- **1 cup cooked green or brown lentils** (or canned, rinsed and drained)
- **1 (14 oz) can no-salt-added diced tomatoes**
- **1 cup low-sodium vegetable broth**
- **2 tbsp tomato paste**
- **1 tsp dried oregano**
- **1 tsp dried basil**
- **½ tsp smoked paprika** (optional)
- **½ tsp red pepper flakes** (optional, for heat)
- **Salt and black pepper to taste**

Optional Add-Ins:

- **¼ cup dry red wine** (for depth of flavor)
- **1 tbsp balsamic vinegar** (for added richness)

For Serving:

- **4 cups spiralized zucchini (zoodles)** or cooked whole-grain pasta
- **2 tbsp grated Parmesan cheese** (optional)
- **1 tbsp fresh parsley** (chopped, for garnish)

Nutrition

Calories: 190 Protein: 10g Carbohydrates: 24g Fats: 5g Fiber: 8g Cholesterol: 0mg Sodium: 250mg Potassium: 600mg

Prep. time:

15 mins

Cook time:

40 mins

Serves:

4 servings

DIRECTIONS

Step 1: Sauté the Vegetables

1. Heat olive oil in a large skillet or saucepan over medium heat.
2. Add the onion, garlic, carrots, and celery, and sauté for 5-7 minutes until softened.

Step 2: Cook the Mushrooms

1. Add the mushrooms to the skillet and cook for 5 minutes, stirring occasionally, until they release their moisture and become tender.

Step 3: Add the Lentils and Liquids

1. Stir in the cooked lentils, diced tomatoes, vegetable broth, and tomato paste.
2. Add oregano, basil, smoked paprika, red pepper flakes (if using), and a pinch of salt and pepper.
3. If using, pour in red wine and/or balsamic vinegar for extra flavor.

Step 4: Simmer the Sauce

1. Reduce the heat to low and let the sauce simmer uncovered for 20-25 minutes, stirring occasionally, until it thickens. Adjust seasoning to taste.

Step 5: Prepare the Zoodles or Pasta

1. While the sauce simmers, prepare spiralized zucchini or cook whole-grain pasta according to package instructions.
2. If using zoodles, sauté them briefly in a non-stick skillet for 2-3 minutes to soften slightly.

Step 6: Serve

1. Divide the zoodles or pasta among four plates.
2. Top with the mushroom and lentil Bolognese sauce.
8. Garnish with Parmesan cheese (if using) and fresh parsley

Stuffed Zucchini Boats with Lentil Marinara Recipe

INGREDIENTS

For the Zucchini Boats:

- **4 medium zucchinis** (halved lengthwise, seeds scooped out to create a cavity)
- **1 tbsp olive oil**
- **½ tsp garlic powder**
- **½ tsp dried oregano**
- **¼ tsp salt**
- **¼ tsp black pepper**

For the Lentil Marinara:

- **1 cup cooked lentils** (or canned, rinsed and drained)
- **1 tbsp olive oil**
- **1 small onion** (diced)
- **2 garlic cloves** (minced)
- **1 (14 oz) can no-salt-added crushed tomatoes**
- **2 tbsp tomato paste**
- **1 tsp dried basil**
- **1 tsp dried oregano**
- **½ tsp smoked paprika**
- **¼ tsp red pepper flakes** (optional, for spice)
- **¼ tsp salt**
- **¼ tsp black pepper**

Optional Toppings:

- **¼ cup grated Parmesan cheese** (optional)
- **2 tbsp fresh parsley** (chopped)
- **1 tbsp nutritional yeast** (for a dairy-free option)

Prep. time:

15 mins

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Zucchini

1. Preheat your oven to 375°F (190°C).
2. Arrange the zucchini halves on a baking sheet, cut side up.
3. Brush each zucchini half with olive oil and season with garlic powder, oregano, salt, and black pepper.
4. Bake for 10 minutes to soften slightly while preparing the marinara.

Step 2: Make the Lentil Marinara

1. Heat olive oil in a skillet over medium heat.
2. Add the onion and garlic, sautéing for 2-3 minutes until softened.
3. Stir in the crushed tomatoes, tomato paste, lentils, basil, oregano, smoked paprika, red pepper flakes (if using), salt, and black pepper.
4. Simmer for 8-10 minutes, stirring occasionally, until the sauce thickens slightly. Adjust seasoning to taste.

Step 3: Stuff the Zucchini

1. Remove the zucchini from the oven and fill each cavity with the lentil marinara mixture.
2. Optional: Sprinkle with Parmesan cheese or nutritional yeast for added flavor.

Step 4: Bake the Stuffed Zucchini

9. Return the stuffed zucchini to the oven and bake for an additional 15-20 minutes, or until the zucchini is tender and the filling is heated through.

Nutrition

Calories: 180 Protein: 8g Carbohydrates: 18g Fats: 6g Fiber: 6g Cholesterol: 0mg Sodium: 240mg Potassium: 620mg

Sweet Potato and Kale Hash with Tahini Dressing Recipe

INGREDIENTS

For the Hash:

- **2 medium sweet potatoes** (peeled and diced into ½-inch cubes, about 2 cups)
- **1 tbsp olive oil**
- **1 small onion** (diced)
- **2 garlic cloves** (minced)
- **4 cups fresh kale leaves** (stemmed and chopped)
- **½ tsp smoked paprika**
- **½ tsp ground cumin**
- **¼ tsp salt**
- **¼ tsp black pepper**

For the Tahini Dressing:

- **2 tbsp tahini**
- **2 tbsp fresh lemon juice**
- **1 tbsp water** (to thin, if needed)
- **1 tsp olive oil**
- **½ tsp garlic powder**
- **¼ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **1 cup cooked quinoa** (for extra protein and fiber, optional)
- **1 tbsp toasted sesame seeds** (for garnish)
- **1 tsp red pepper flakes** (for spice)

Nutrition

Calories: 180 Protein: 4g Carbohydrates: 24g Fats: 8g Fiber: 6g Cholesterol: 0mg Sodium: 200mg Potassium: 550mg

Prep. time:

15 mins

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Hash

1. Heat olive oil in a large skillet over medium heat.
2. Add the diced sweet potatoes and cook for 8-10 minutes, stirring occasionally, until they begin to soften and brown slightly.
3. Add the onion and garlic, and sauté for 2-3 minutes until fragrant and translucent.
4. Stir in the smoked paprika, cumin, salt, and black pepper.
5. Add the kale and cook for another 3-4 minutes, stirring until the kale is wilted but still bright green.

Step 2: Make the Tahini Dressing

1. In a small bowl, whisk together tahini, lemon juice, water, olive oil, garlic powder, salt, and black pepper until smooth and creamy. Adjust the consistency with additional water if needed.

Step 3: Assemble the Dish

1. Divide the sweet potato and kale hash among 4 plates or bowls.
2. Drizzle the tahini dressing over the hash.
10. Garnish with toasted sesame seeds or red pepper flakes, if desired

Roasted Cauliflower Steaks with Chimichurri Recipe

INGREDIENTS

For the Cauliflower Steaks:

- **1 large head of cauliflower** (trimmed and sliced into 1-inch thick "steaks")
- **2 tbsp olive oil**
- **1 tsp smoked paprika**
- **1 tsp garlic powder**
- **½ tsp ground cumin**
- **½ tsp salt**
- **¼ tsp black pepper**

For the Chimichurri Sauce:

- **½ cup fresh parsley leaves**
- **¼ cup fresh cilantro leaves** (optional, for added flavor)
- **2 tbsp fresh oregano leaves** (or 1 tsp dried oregano)
- **2 garlic cloves**
- **¼ cup olive oil**
- **2 tbsp red wine vinegar**
- **1 tbsp fresh lemon juice**
- **½ tsp red pepper flakes** (optional)
- **¼ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **1 tbsp capers** (for added tang in the chimichurri)
- **1 tbsp toasted pine nuts** (for garnish)

Prep. time:

10 mins

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Cauliflower Steaks

1. Preheat your oven to 425°F (220°C).
2. Line a baking sheet with parchment paper.
3. Arrange the cauliflower steaks on the prepared baking sheet. Brush both sides with olive oil.
4. In a small bowl, mix smoked paprika, garlic powder, cumin, salt, and black pepper. Sprinkle the spice mixture evenly over both sides of the cauliflower steaks.
5. Roast in the oven for 25-30 minutes, flipping halfway through, until the cauliflower is tender and golden brown.

Step 2: Make the Chimichurri Sauce

1. While the cauliflower is roasting, combine parsley, cilantro, oregano, garlic, olive oil, red wine vinegar, lemon juice, red pepper flakes (if using), salt, and black pepper in a food processor.
2. Pulse until the mixture is well combined but still slightly chunky. Taste and adjust seasoning as needed.

Step 3: Assemble the Dish

1. Remove the cauliflower steaks from the oven and transfer to a serving platter.
2. Drizzle chimichurri sauce generously over the roasted cauliflower steaks.
3. Optional: Garnish with toasted pine nuts or additional fresh herbs.

Nutrition

Calories: 170 Protein: 3g Carbohydrates: 10g Fats: 14g Fiber: 4g Cholesterol: 0mg Sodium: 250mg Potassium: 450mg

Creamy Spinach and Artichoke Bake Recipe

INGREDIENTS

For the Bake:

- **3 cups fresh spinach leaves** (chopped, or use 1½ cups frozen spinach, thawed and squeezed dry)
- **1 (14 oz) can artichoke hearts** (drained and roughly chopped)
- **1 cup plain Greek yogurt** (unsweetened)
- **½ cup low-fat cream cheese** (softened)
- **½ cup grated Parmesan cheese**
- **¼ cup shredded mozzarella cheese**
- **2 garlic cloves** (minced)
- **1 tsp onion powder**
- **½ tsp smoked paprika**
- **½ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **¼ cup chopped roasted red peppers** (for a touch of sweetness)
- **1 tbsp fresh dill** (chopped, for added freshness)
- **1 tsp red pepper flakes** (for a spicy kick)

Nutrition

Calories: 140 Protein: 10g Carbohydrates: 6g Fats: 8g Fiber: 2g Cholesterol: 20mg Sodium: 320mg Potassium: 300mg

Prep. time:

15 mins

Cook time:

30 mins

Serves:

6 servings

DIRECTIONS

Step 1: Preheat the Oven

1. Preheat your oven to 375°F (190°C).
2. Lightly grease a 9-inch baking dish or casserole dish with cooking spray or olive oil.

Step 2: Mix the Ingredients

1. In a large bowl, combine the spinach, artichoke hearts, Greek yogurt, cream cheese, Parmesan cheese, and mozzarella cheese.
2. Stir in the garlic, onion powder, smoked paprika, salt, and black pepper until well combined.
3. Optional: Mix in roasted red peppers, fresh dill, or red pepper flakes for added flavor.

Step 3: Assemble the Bake

1. Transfer the mixture to the prepared baking dish.
2. Smooth the top with a spatula and sprinkle a little extra Parmesan or mozzarella on top for a golden crust.

Step 4: Bake the Dish

1. Bake in the preheated oven for 25-30 minutes, or until the top is bubbly and slightly golden.

Remove from the oven and let cool for 5 minutes before serving

Crispy Baked Falafel with Cucumber Yogurt Sauce

INGREDIENTS

For the Falafel:

- **1 (15 oz) can chickpeas** (rinsed and drained)
- **1 small onion** (roughly chopped)
- **2 garlic cloves**
- **¼ cup fresh parsley leaves** (packed)
- **¼ cup fresh cilantro leaves** (optional)
- **2 tbsp whole wheat flour** (or almond flour for a gluten-free option)
- **1 tsp ground cumin**
- **1 tsp ground coriander**
- **½ tsp smoked paprika**
- **½ tsp salt**
- **¼ tsp black pepper**
- **2 tbsp olive oil** (for brushing)

For the Cucumber Yogurt Sauce:

- **1 cup plain Greek yogurt** (unsweetened)
- **½ cucumber** (grated and squeezed to remove excess water)
- **1 tbsp fresh dill** (chopped)
- **1 tbsp fresh lemon juice**
- **1 garlic clove** (minced)
- **¼ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **1 tsp red chili flakes** (for spicy falafel)
- **1 tbsp sesame seeds** (for added crunch)

Prep. time:

20 mins

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Falafel Mixture

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a food processor, combine chickpeas, onion, garlic, parsley, cilantro (if using), flour, cumin, coriander, smoked paprika, salt, and black pepper.
3. Pulse until the mixture is well combined but still slightly chunky. Avoid over-processing.
4. Shape the mixture into 12 small balls or patties and place them on the prepared baking sheet.

Step 2: Bake the Falafel

1. Brush the falafel lightly with olive oil on all sides.
2. Bake for 20-25 minutes, flipping halfway through, until golden brown and crispy.

Step 3: Make the Cucumber Yogurt Sauce

1. While the falafel is baking, combine Greek yogurt, grated cucumber, dill, lemon juice, garlic, salt, and black pepper in a bowl.
2. Stir until well blended and refrigerate until ready to serve.

Step 4: Serve

1. Arrange 3 falafel per serving on a plate and drizzle with the cucumber yogurt sauce.

Garnish with fresh herbs or sesame seeds, if desired.

Nutrition

Calories: 210 Protein: 9g Carbohydrates: 25g Fats: 7g Fiber: 6g Cholesterol: 5mg Sodium: 300mg Potassium: 300mg

Sweet Potato and Black Bean Buddha Bowl

INGREDIENTS

For the Bowl:

- **2 medium sweet potatoes** (peeled and diced into 1-inch cubes)
- **1 tbsp olive oil**
- **1 tsp smoked paprika**
- **½ tsp ground cumin**
- **¼ tsp salt**
- **1 cup cooked quinoa** (or cauliflower rice for a lower-carb option)
- **1 cup canned black beans** (rinsed and drained)
- **2 cups baby spinach** (or mixed greens)
- **1 cup cherry tomatoes** (halved)
- **1 avocado** (sliced)

For the Dressing:

- **3 tbsp olive oil**
- **2 tbsp fresh lime juice**
- **1 tbsp tahini**
- **1 tsp Dijon mustard**
- **½ tsp garlic powder**
- **Salt and pepper to taste**

Optional Add-Ins:

- **1 tbsp fresh cilantro** (chopped, for garnish)
- **1 tbsp toasted pumpkin seeds or sunflower seeds** (for crunch)
- **1 tsp chili flakes** (for heat)

Prep. time:

15 mins

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

Step 1: Roast the Sweet Potatoes

1. Preheat the oven to 400°F (200°C).
2. On a baking sheet, toss the sweet potato cubes with olive oil, smoked paprika, cumin, and salt. Spread them out evenly.
3. Roast for 25-30 minutes, flipping halfway through, until tender and slightly crisp on the edges.

Step 2: Prepare the Dressing

1. In a small bowl, whisk together olive oil, lime juice, tahini, Dijon mustard, garlic powder, salt, and pepper until smooth and creamy. Adjust seasoning to taste.

Step 3: Assemble the Buddha Bowls

1. Divide the quinoa or cauliflower rice evenly among 4 bowls.
2. Top each bowl with roasted sweet potatoes, black beans, baby spinach, cherry tomatoes, and avocado slices.
3. Drizzle the dressing over each bowl.

Step 4: Garnish

1. Sprinkle with chopped cilantro, toasted seeds, or chili flakes if desired.

Nutrition

Calories: 340 Protein: 9g Carbohydrates: 45g Fats: 14g Fiber: 12g Cholesterol: 0mg Sodium: 250mg Potassium: 780mg

Curried Coconut Chickpeas with Spinach

INGREDIENTS

For the Dish:

- **1 tbsp olive oil**
- **1 small onion** (finely chopped)
- **2 garlic cloves** (minced)
- **1 tbsp fresh ginger** (grated)
- **1 tbsp curry powder**
- **1 tsp ground turmeric**
- **1 tsp ground cumin**
- **½ tsp smoked paprika** (optional)
- **1 (14 oz) can chickpeas** (rinsed and drained)
- **1 (14 oz) can light coconut milk**
- **1 cup low-sodium vegetable broth**
- **2 cups fresh spinach leaves** (packed)
- **1 tbsp fresh lime juice**
- **Salt and black pepper to taste**

Optional Add-Ins:

- **1 cup diced tomatoes** (for extra flavor and nutrients)
- **1 tsp chili flakes** (for spice)
- **2 tbsp chopped fresh cilantro** (for garnish)

Prep. time:

10 mins

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

Step 1: Sauté Aromatics

1. Heat the olive oil in a large skillet or saucepan over medium heat.
2. Add the onion and sauté for 3-4 minutes until softened.
3. Stir in the garlic and ginger, cooking for another 1-2 minutes until fragrant.

Step 2: Add Spices

1. Sprinkle in the curry powder, turmeric, cumin, and smoked paprika (if using).
2. Stir well to coat the onion mixture with the spices, cooking for 1 minute to release their aroma.

Step 3: Add Chickpeas and Liquid

1. Stir in the chickpeas, coconut milk, and vegetable broth.
2. Bring to a gentle simmer and cook for 10 minutes, allowing the flavors to meld.

Step 4: Add Spinach

1. Add the spinach leaves to the skillet, stirring to wilt them into the sauce.
2. Cook for an additional 3-5 minutes.

Step 5: Finish the Dish

1. Stir in fresh lime juice and season with salt and black pepper to taste.

Nutrition

Calories: 220 Protein: 8g Carbohydrates: 23g Fats: 11g Fiber: 7g Cholesterol: 0mg Sodium: 220mg Potassium: 480mg

Vegan Stuffed Bell Peppers with Cauliflower

INGREDIENTS

For the Stuffed Bell Peppers:

- **4 large bell peppers** (any color, halved lengthwise and seeds removed)
- **2 cups cauliflower rice** (fresh or frozen)
- **1 tbsp olive oil**
- **1 small onion** (finely chopped)
- **2 garlic cloves** (minced)
- **1 medium zucchini** (diced)
- **1 cup cherry tomatoes** (halved)
- **1 cup canned black beans** (rinsed and drained)
- **1 tsp ground cumin**
- **1 tsp smoked paprika**
- **½ tsp dried oregano**
- **½ tsp salt**
- **¼ tsp black pepper**

Optional Add-Ins:

- **¼ cup nutritional yeast** (for a cheesy flavor)
- **1 tbsp fresh cilantro** (chopped, for garnish)
- **1 tsp red pepper flakes** (for heat)

Prep. time:

15 mins

Cook time:

35 mins

Serves:

4 servings

DIRECTIONS

Step 1: Preheat the Oven

1. Preheat your oven to 375°F (190°C).
2. Arrange the bell pepper halves in a large baking dish, cut side up.

Step 2: Prepare the Filling

1. Heat olive oil in a large skillet over medium heat.
2. Add the onion and garlic, sautéing for 2-3 minutes until softened.
3. Stir in the zucchini and cook for another 3 minutes.
4. Add the cherry tomatoes, cauliflower rice, black beans, cumin, smoked paprika, oregano, salt, and black pepper. Cook for 5 minutes, stirring occasionally, until the mixture is heated through and well combined.

Step 3: Stuff the Bell Peppers

1. Spoon the filling evenly into the bell pepper halves, pressing gently to pack.
2. Cover the baking dish with aluminum foil.

Step 4: Bake

1. Bake the stuffed peppers in the preheated oven for 25 minutes.
2. Remove the foil and bake for an additional 10 minutes, or until the peppers are tender and slightly charred on the edges.

Step 5: Garnish and Serve

1. Remove from the oven and let cool slightly.
2. Garnish with optional nutritional yeast, cilantro, or red pepper flakes before serving

Nutrition

Calories: 180 Protein: 6g Carbohydrates: 22g Fats: 6g Fiber: 8g Cholesterol: 0mg Sodium: 220mg Potassium: 550mg

Roasted Brussels Sprouts and Sweet Potato Salad

INGREDIENTS

For the Salad:

- **2 cups Brussels sprouts** (trimmed and halved)
- **2 medium sweet potatoes** (peeled and diced into 1-inch cubes)
- **1 tbsp olive oil**
- **½ tsp smoked paprika**
- **½ tsp garlic powder**
- **¼ tsp salt**
- **¼ tsp black pepper**
- **2 cups mixed greens or spinach**
- **¼ cup pomegranate seeds** (optional, for a burst of flavor)
- **¼ cup chopped walnuts or almonds** (toasted, optional)

For the Dressing:

- **3 tbsp olive oil**
- **2 tbsp apple cider vinegar**
- **1 tsp Dijon mustard**
- **1 tsp honey or liquid stevia** (optional, for sweetness)
- **½ tsp garlic powder**
- **Salt and black pepper to taste**

Prep. time:

10 mins

Cook time:

30 mins

Serves:

4 servings

DIRECTIONS

Step 1: Roast the Vegetables

1. Preheat your oven to 400°F (200°C).
2. On a baking sheet, toss the Brussels sprouts and sweet potatoes with olive oil, smoked paprika, garlic powder, salt, and black pepper. Spread them out evenly.
3. Roast for 25-30 minutes, flipping halfway through, until the vegetables are tender and slightly caramelized.

Step 2: Prepare the Dressing

1. In a small bowl, whisk together olive oil, apple cider vinegar, Dijon mustard, honey (or stevia), garlic powder, salt, and black pepper. Adjust seasoning to taste.

Step 3: Assemble the Salad

1. In a large bowl, layer the mixed greens or spinach.
2. Add the roasted Brussels sprouts and sweet potatoes on top.
3. Sprinkle with pomegranate seeds and toasted nuts, if using.

Step 4: Add the Dressing

1. Drizzle the dressing over the salad and toss gently to combine.

Nutrition

Calories: 220 Protein: 4g Carbohydrates: 25g Fats: 12g Fiber: 6g Cholesterol: 0mg Sodium: 160mg Potassium: 600mg

Thai Peanut Zoodles with Crispy Tofu

INGREDIENTS

For the Tofu:

- **1 block (14 oz) firm tofu** (pressed and cubed)
- **1 tbsp olive oil**
- **1 tbsp low-sodium soy sauce** (or tamari for gluten-free)
- **1 tsp cornstarch**

For the Peanut Sauce:

- **3 tbsp natural peanut butter** (unsweetened)
- **2 tbsp low-sodium soy sauce** (or tamari)
- **1 tbsp rice vinegar**
- **1 tbsp lime juice** (freshly squeezed)
- **1 tbsp water** (to thin, if needed)
- **1 tsp sesame oil**
- **1 tsp grated ginger**
- **1 garlic clove** (minced)
- **½ tsp red chili flakes** (optional, for spice)

For the Zoodles:

- **4 medium zucchinis** (spiralized)
- **1 cup shredded carrots**
- **1 cup red bell pepper** (thinly sliced)
- **1 cup snap peas** (trimmed)

Optional Garnishes:

- **2 tbsp chopped peanuts**
- **1 tbsp sesame seeds**
- **2 tbsp fresh cilantro** (chopped)
- **1 tsp sriracha or chili sauce** (for spice)

Nutrition

Calories: 250 Protein: 12g Carbohydrates: 15g Fats: 16g Fiber: 5g Cholesterol: 0mg Sodium: 350mg Potassium: 550mg

Prep. time:

15 mins

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

Step 1: Prepare the Tofu

1. Preheat the oven to 400°F (200°C) or heat a skillet over medium heat.
2. Toss the cubed tofu with olive oil, soy sauce, and cornstarch to coat evenly.
3. Arrange the tofu cubes on a baking sheet or place in the skillet.
4. Bake for 20 minutes, flipping halfway, or pan-fry until crispy and golden brown on all sides. Set aside.

Step 2: Make the Peanut Sauce

1. In a small bowl, whisk together peanut butter, soy sauce, rice vinegar, lime juice, sesame oil, ginger, garlic, and chili flakes.
2. Add water, one tablespoon at a time, to achieve a smooth, pourable consistency. Set aside.

Step 3: Cook the Zoodles and Vegetables

1. Heat a large skillet over medium heat and add a small amount of olive oil.
2. Add the carrots, bell pepper, and snap peas, and sauté for 3-4 minutes until slightly tender.
3. Add the spiralized zucchini and cook for an additional 2-3 minutes, just until the zoodles are slightly softened but not mushy.

Step 4: Assemble the Dish

1. Remove the skillet from heat and pour the peanut sauce over the zoodles and vegetables. Toss gently to coat.
2. Top with crispy tofu cubes.

Step 5: Garnish and Serve

1. Sprinkle with chopped peanuts, sesame seeds, and fresh cilantro.
2. Serve immediately with an optional drizzle of sriracha for extra spice.

Chapter 7: Side Dishes

Garlic Parmesan Roasted Broccoli

INGREDIENTS

- 1 1/2 lbs fresh broccoli florets (about 6 cups)
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 1/4 cup grated Parmesan cheese
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes (optional, for a slight kick)
- 1 tbsp fresh lemon juice (optional, for added brightness)

Optional Add-ons:

- 1 tsp lemon zest (for a citrusy flavor)
- 1 tbsp chopped fresh parsley (for garnish)

1 tbsp toasted almonds or sunflower seeds (for added crunch)

Prep. time:

10 mins

Cook time:

20 mins

Serves:

4 servings

DIRECTIONS

- 1. Preheat the Oven:**
 - a. Preheat your oven to 425°F (220°C). Line a large baking sheet with parchment paper or lightly grease it.
- 2. Prepare the Broccoli:**
 - a. In a large bowl, combine broccoli florets with olive oil, garlic, salt, pepper, and red pepper flakes (if using). Toss well to coat evenly.
- 3. Roast the Broccoli:**
 - a. Spread the broccoli in a single layer on the prepared baking sheet.
 - b. Roast in the preheated oven for 15-20 minutes, stirring halfway through, until the broccoli is tender and slightly crispy at the edges.
- 4. Add Parmesan:**
 - a. Remove the broccoli from the oven and sprinkle with Parmesan cheese. Return to the oven for 2-3 minutes, just until the cheese melts and forms a golden crust.
- 5. Finish with Lemon Juice (Optional):**
 - a. Drizzle with fresh lemon juice and toss lightly for an added burst of freshness.

Serve: Transfer the roasted broccoli to a serving dish. Garnish with parsley, lemon zest, or toasted nuts/seeds for extra flavor and texture.

Nutrition

Calories: 120 Protein: 5g Carbohydrates: 8g Fats: 8g Fiber: 3g Cholesterol: 4mg Sodium: 200mg Potassium: 400mg

Cauliflower Rice Pilaf with Herbs

INGREDIENTS

- 1 medium head cauliflower (about 4 cups riced)
- 2 tbsp olive oil
- 1/2 small onion, finely chopped
- 1 clove garlic, minced
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/4 cup vegetable or chicken broth (low-sodium)
- 1/4 tsp salt (or to taste)
- 1/4 tsp black pepper
- 1/4 tsp ground turmeric (optional, for color and added nutrition)
- 1/4 cup fresh parsley, chopped
- 2 tbsp fresh dill or basil, chopped (optional, for variety)
- 1 tbsp lemon juice (optional, for brightness)

Optional Add-ons:

- 2 tbsp slivered almonds or chopped walnuts (for crunch)
- 2 tbsp dried cranberries (unsweetened, for sweetness)

1 tbsp grated Parmesan cheese (for richness)

Nutrition

Calories: 90 Protein: 3g Carbohydrates: 8g Fats: 5g Fiber: 3g Cholesterol: 0mg Sodium: 150mg Potassium: 350mg

Prep. time:

10 mins

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

1. Prepare the Cauliflower Rice:

- a. Wash and trim the cauliflower, removing the leaves and core.
- b. Chop into florets and pulse in a food processor until it resembles rice. Alternatively, use pre-riced cauliflower.

2. Sauté the Aromatics:

- a. Heat the olive oil in a large skillet over medium heat. Add the onion, garlic, carrots, and celery. Sauté for 3-4 minutes until the vegetables are tender.

3. Cook the Cauliflower Rice:

- a. Add the riced cauliflower to the skillet and stir well.
- b. Pour in the broth and add salt, pepper, and turmeric (if using). Stir to combine. Cover and cook for 5-7 minutes, stirring occasionally, until the cauliflower is tender but not mushy.

4. Add Fresh Herbs:

- a. Remove the skillet from heat. Stir in parsley, dill or basil (if using), and lemon juice. Adjust seasoning to taste.

5. Garnish and Serve:

6. Transfer the cauliflower rice pilaf to a serving dish. Garnish with optional almonds, cranberries, or Parmesan cheese for added flavor and texture

Balsamic-Glazed Brussel Sprouts

INGREDIENTS

- 1 1/2 lbs fresh Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tbsp balsamic vinegar
- 1 tsp honey or sugar-free sweetener (optional, for added sweetness)
- 1 tbsp Parmesan cheese, grated (optional, for garnish)
- 1 tbsp chopped fresh parsley (optional, for garnish)
- 1/4 cup slivered almonds or chopped pecans (optional, for crunch)

Prep. time:

10 mins

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

1. **Preheat the Oven:**

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

2. **Prepare the Brussels Sprouts:**

In a large bowl, toss the halved Brussels sprouts with olive oil, salt, and black pepper until evenly coated.

3. **Roast the Brussels Sprouts:**

Spread the Brussels sprouts in a single layer on the prepared baking sheet, cut side down. Roast in the preheated oven for 20-25 minutes, or until the sprouts are tender and caramelized at the edges.

4. **Make the Balsamic Glaze:**

While the Brussels sprouts are roasting, combine balsamic vinegar and honey (if using) in a small saucepan over medium heat. Simmer for 2-3 minutes, stirring occasionally, until the mixture thickens slightly. Remove from heat.

5. **Combine and Finish:**

Remove the roasted Brussels sprouts from the oven and transfer them to a serving dish. Drizzle the balsamic glaze over the top and toss gently to coat.

6. **Garnish and Serve:**

Optional: Sprinkle with Parmesan cheese, fresh parsley, or slivered almonds/pecans for added flavor and texture. Serve immediately.

Nutrition

Calories: 120 Protein: 3g Carbohydrates: 10g Fats: 7g Fiber: 4g Cholesterol: 0mg Sodium: 180mg Potassium: 390mg

Mashed Cauliflower with Butter and Chives

INGREDIENTS

- 1 large head of cauliflower (about 2 pounds), trimmed into florets
- 2 tbsp unsalted butter
- 1/4 cup unsweetened almond milk (or low-fat milk)
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 tbsp fresh chives, finely chopped
- 1 clove garlic, minced (optional, for added flavor)
- 1 tbsp Parmesan cheese, grated (optional, for extra creaminess)

Optional Add-ons:

- 1 tsp lemon zest (for brightness)
- 1 tbsp sour cream or Greek yogurt (for tanginess)

Prep. time:

10 mins

Cook time:

15 mins

Serves:

4 servings

DIRECTIONS

1. Cook the Cauliflower:

- Bring a large pot of water to a boil. Add the cauliflower florets and cook for 10-12 minutes, or until very tender.
- Drain the cauliflower well and let it sit for 2 minutes to release excess moisture.

2. Mash the Cauliflower:

- Transfer the cooked cauliflower to a food processor or blender. Add butter, almond milk, salt, and pepper.
- Blend until smooth and creamy, stopping to scrape down the sides as needed.
- If you prefer a chunkier texture, mash the cauliflower with a potato masher instead of blending.

3. Incorporate Additional Ingredients:

- If desired, mix in minced garlic, Parmesan cheese, or sour cream/Greek yogurt for added flavor. Adjust the seasoning to taste.

4. Serve:

- Transfer the mashed cauliflower to a serving bowl. Top with fresh chives and optional lemon zest for garnish. Serve warm.

Nutrition

Calories: 90 Protein: 3g Carbohydrates: 6g Fats: 6g Fiber: 2g Cholesterol: 10mg Sodium: 160mg Potassium: 320mg

Zucchini Noodles with Garlic and Olive Oil

INGREDIENTS

- 4 medium zucchini (about 1.5 lbs), spiralized into noodles
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1/4 tsp red pepper flakes (optional, for a hint of spice)
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 cup grated Parmesan cheese (optional, for garnish)
- 2 tbsp fresh parsley, chopped (optional, for garnish)
- 1 tbsp lemon juice (optional, for added freshness)

Optional Add-ons:

- 1/4 cup cherry tomatoes, halved (for color and flavor)
- 1 tbsp toasted pine nuts or slivered almonds (for crunch)
- 1 tbsp nutritional yeast (for a dairy-free cheesy flavor)

Prep. time:

10 mins

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

1. Prepare the Zucchini Noodles:

- Spiralize the zucchini using a spiralizer or julienne peeler.
- Place the noodles on a clean kitchen towel or paper towel and pat dry to remove excess moisture.

2. Cook the Garlic:

- Heat olive oil in a large skillet over medium heat.
- Add minced garlic and red pepper flakes (if using). Sauté for 1-2 minutes until fragrant, being careful not to burn the garlic.

3. Cook the Zucchini Noodles:

- Add the zucchini noodles to the skillet and toss to coat in the garlic oil.
- Cook for 2-3 minutes, stirring gently, until the noodles are tender but still slightly firm (al dente). Avoid overcooking to prevent them from becoming mushy.

4. Season:

- Add salt, black pepper, and lemon juice (if using). Toss well to combine.

5. Serve:

Transfer the zucchini noodles to serving plates. Garnish with Parmesan cheese, fresh parsley, or any optional add-ons like cherry tomatoes or pine nuts

Nutrition

Calories: 90 Protein: 2g Carbohydrates: 7g Fats: 6g Fiber: 2g Cholesterol: 0mg Sodium: 150mg Potassium: 400mg

Roasted Asparagus with Lemon Zest

INGREDIENTS

- 1 lb fresh asparagus, trimmed
- 2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice (optional)
- 1 clove garlic, minced (optional, for extra flavor)
- 1 tbsp grated Parmesan cheese (optional, for garnish)
- 1 tbsp chopped fresh parsley (optional, for garnish)

Prep. time:

5 mins

Cook time:

15 mins

Serves:

4 servings

DIRECTIONS

- 1. Preheat the Oven:**
 - Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it with olive oil.
- 2. Prepare the Asparagus:**
 - Wash and trim the woody ends off the asparagus. Place the asparagus spears on the prepared baking sheet.
- 3. Season the Asparagus:**
 - Drizzle olive oil over the asparagus and sprinkle with salt, black pepper, and minced garlic (if using). Toss to coat evenly.
- 4. Roast the Asparagus:**
 - Spread the asparagus into a single layer. Roast in the preheated oven for 12-15 minutes, or until tender and slightly caramelized at the edges.
- 5. Add Lemon Zest:**
 - Remove the asparagus from the oven and sprinkle with lemon zest. If desired, drizzle with fresh lemon juice for added brightness.
- 6. Garnish and Serve:**
 - Transfer to a serving plate and garnish with Parmesan cheese or parsley, if desired. Serve warm.

Nutrition

Calories: 60 Protein: 2g Carbohydrates: 4g Fats: 4g Fiber: 2g Cholesterol: 0mg Sodium: 100mg Potassium: 240mg

Stir-Fried Green Beans with Almonds

INGREDIENTS

- 1 lb fresh green beans, trimmed
- 2 tbsp olive oil or avocado oil
- 2 cloves garlic, minced
- 1/4 cup sliced almonds, toasted
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp soy sauce (low-sodium, optional for umami flavor)
- 1 tsp lemon juice (optional, for brightness)

Optional Add-ons:

- 1/4 tsp red pepper flakes (for a spicy kick)
- 1 tsp sesame seeds (for added crunch and flavor)

Prep. time:

10 mins

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

1. **Toast the Almonds:**

Heat a dry skillet over medium heat. Add sliced almonds and toast, stirring frequently, until golden brown and fragrant (2-3 minutes). Remove from the skillet and set aside.

2. **Blanch the Green Beans (Optional for Tender-Crisp Beans):**

Bring a pot of salted water to a boil. Add green beans and blanch for 2-3 minutes until bright green and slightly tender. Drain and rinse under cold water to stop the cooking process.

3. **Stir-Fry the Green Beans:**

Heat the olive oil in a large skillet or wok over medium-high heat.

Add the garlic and sauté until fragrant (about 30 seconds).

Add the green beans to the skillet and stir-fry for 4-5 minutes, or until tender-crisp.

4. **Season and Garnish:**

Stir in the soy sauce (if using), salt, black pepper, and lemon juice. Toss well to coat.

Remove from heat and sprinkle with the toasted almonds and optional sesame seeds or red pepper flakes.

5. **Serve:**

Transfer to a serving dish and enjoy warm

Nutrition

Calories: 110 Protein: 3g Carbohydrates: 7g Fats: 8g Fiber: 3g Cholesterol: 0mg Sodium: 150mg Potassium: 230mg

Spaghetti Squash with Pesto

INGREDIENTS

For the Spaghetti Squash:

- 1 medium spaghetti squash (about 3 lbs)
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper

For the Pesto:

- 2 cups fresh basil leaves
- 1/4 cup pine nuts (or walnuts for a budget-friendly option)
- 1/4 cup grated Parmesan cheese (optional, for added flavor)
- 1 clove garlic
- 1/3 cup olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp fresh lemon juice (optional, for brightness)

Optional Add-ons:

- 1/4 cup cherry tomatoes, halved
- 2 tbsp toasted sunflower seeds or slivered almonds
- 1 tbsp nutritional yeast (for a dairy-free cheesy flavor)

Prep. time:

10 mins

Cook time:

40 mins

Serves:

4 servings

DIRECTIONS

Prepare the Spaghetti Squash:

- 1. Preheat the Oven:**
 - Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
- 2. Cut and Season:**
 - Carefully cut the spaghetti squash in half lengthwise and scoop out the seeds. Drizzle the cut sides with olive oil and season with salt and pepper.
- 3. Roast the Squash:**
 - Place the squash halves cut-side down on the prepared baking sheet. Roast for 35-40 minutes, or until the flesh is tender and easily shredded with a fork.
- 4. Shred the Squash:**
 - Remove the squash from the oven and let it cool for a few minutes. Use a fork to scrape the flesh into spaghetti-like strands. Set aside.

Prepare the Pesto:

- 5. Blend the Ingredients:**
 - In a food processor or blender, combine the basil, pine nuts, Parmesan cheese (if using), garlic, salt, pepper, and lemon juice. Blend until smooth.
 - While blending, slowly drizzle in the olive oil until the pesto reaches your desired consistency.

Nutrition

Calories: 180 Protein: 4g Carbohydrates: 12g Fats: 14g Fiber: 3g Cholesterol: 2mg (if using Parmesan) Sodium: 120mg Potassium: 300mg

Sautéed Spinach with Garlic and Mushrooms

INGREDIENTS

- 1 lb fresh spinach, washed and drained
- 8 oz mushrooms (e.g., cremini or button), sliced
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp fresh lemon juice (optional, for brightness)

Optional Add-ons:

- 2 tbsp grated Parmesan cheese (for garnish)
- 1 tbsp toasted pine nuts or slivered almonds (for added crunch)
- 1/4 tsp red pepper flakes (for a spicy kick)

Prep. time:

5 mins

Cook time:

10 mins

Serves:

4 servings

DIRECTIONS

1. Heat the Oil:

In a large skillet, heat the olive oil over medium heat.

2. Cook the Garlic:

Add the minced garlic to the skillet and sauté for 30 seconds, until fragrant. Be careful not to burn the garlic.

3. Sauté the Mushrooms:

Add the sliced mushrooms to the skillet and cook for 4-5 minutes, stirring occasionally, until they release their moisture and start to brown.

4. Add the Spinach:

Gradually add the spinach to the skillet, tossing gently with tongs as it wilts. This may need to be done in batches if the skillet is small.

5. Season and Finish:

Once all the spinach is wilted, season with salt, black pepper, and lemon juice (if using). Toss well to combine and remove from heat.

6. Serve:

Transfer to a serving dish and garnish with Parmesan cheese, toasted nuts, or red pepper flakes, if desired. Serve warm.

Nutrition

Calories: 80 Protein: 3g Carbohydrates: 5g Fats: 6g Fiber: 2g Cholesterol: 0mg Sodium: 160mg Potassium: 500mg

Chapter 8: Sauce and Dips

Roasted Sweet Potato Wedges

INGREDIENTS

- 2 medium sweet potatoes (about 1 lb total), cut into wedges
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp ground cumin (optional, for added warmth)
- 1/4 tsp salt
- 1/4 tsp black pepper

Optional Add-ons:

- 1/2 tsp dried rosemary or thyme (for extra flavor)
- 1 tsp chili powder (for a spicy kick)
- 1 tbsp sesame seeds (for a nutty flavor and crunch)

Prep. time:

10 mins

Cook time:

25 mins

Serves:

4 servings

DIRECTIONS

1. Preheat the Oven:

- Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper for easy cleanup.

2. Prepare the Sweet Potatoes:

- Wash and scrub the sweet potatoes. Slice them into evenly sized wedges (about 8 wedges per potato) to ensure even cooking.

3. Season the Wedges:

- In a large bowl, toss the sweet potato wedges with olive oil, smoked paprika, garlic powder, cumin (if using), salt, and black pepper. Ensure the wedges are evenly coated with the seasoning.

4. Roast the Sweet Potatoes:

- Spread the wedges in a single layer on the prepared baking sheet, making sure they don't overlap.
- Roast in the preheated oven for 20-25 minutes, flipping halfway through, until golden brown and crispy on the edges.

5. Serve:

- Remove from the oven and transfer to a serving dish. Garnish with optional rosemary, thyme, or sesame seeds, if desired.

Nutrition

Calories: 120 Protein: 2g Carbohydrates: 22g Fats: 3g Fiber: 4g Cholesterol: 0mg Sodium: 180mg Potassium: 350mg

Creamy Avocado Lime Dip

INGREDIENTS

- **2 medium avocados** (ripe, pitted, and peeled)
- **1/2 cup plain Greek yogurt** (low-fat or full-fat for added creaminess)
- **1 lime** (zest and juice)
- **2 tablespoons extra-virgin olive oil**
- **1 small clove garlic** (minced or finely grated)
- **1/4 teaspoon ground cumin**
- **1/4 teaspoon smoked paprika** (optional for extra flavor)
- **1/4 cup fresh cilantro** (finely chopped, optional)
- **1 small jalapeño** (seeded and finely chopped, optional for heat)
- **1/2 teaspoon sea salt**
- **1/4 teaspoon black pepper**

Prep. time:

10 mins

Cook time:

None

Serves:

6 servings

DIRECTIONS

1. Prepare the Avocado Base

In a medium bowl, mash the avocados until smooth using a fork or potato masher, leaving some small chunks for texture if desired.

2. Add Creaminess and Flavor

Stir in the Greek yogurt, lime zest, and juice until well combined.

3. Incorporate Spices and Seasonings

Add the olive oil, garlic, cumin, smoked paprika (if using), salt, and pepper. Mix thoroughly.

4. Optional Ingredients for Extra Flavor

Fold in the chopped cilantro and jalapeño if desired, adjusting the heat and flavor to your preference.

5. Adjust Consistency

For a thinner dip, add 1–2 tablespoons of water or more lime juice until it reaches your desired consistency.

6. Taste and Adjust

Taste the dip and adjust seasoning with additional salt, pepper, or lime juice as needed.

Nutrition

Calories: 120 Protein: 2.8g Carbohydrates: 5g Fiber: 3.2g Sugar: 0.7g Fat: 11g Saturated Fat: 1.5g Cholesterol: 1mg Sodium: 150mg Potassium: 360mg

Greek Yogurt Ranch Dressing

INGREDIENTS

- **1 cup plain Greek yogurt** (non-fat, low-fat, or full-fat based on preference)
- **1/4 cup buttermilk** (or unsweetened almond milk for a lower-carb alternative)
- **1 tablespoon olive oil**
- **2 teaspoons white vinegar** (or lemon juice for a tangier flavor)
- **1 clove garlic** (finely minced or grated)
- **1 teaspoon Dijon mustard**
- **1/4 teaspoon onion powder**
- **1/4 teaspoon garlic powder**
- **1/4 teaspoon dried dill**
- **1/4 teaspoon dried parsley**
- **1/4 teaspoon dried chives**
- **1/4 teaspoon sea salt**
- **1/8 teaspoon black pepper**
- **Optional:** 1/4 teaspoon smoked paprika or cayenne pepper for a spicy kick

Prep. time:

10 mins

Cook time:

None

Serves:

10 servings (2 tablespoons per serving)

DIRECTIONS

1. **Combine Base Ingredients**
 - In a medium bowl, whisk together the Greek yogurt, buttermilk, olive oil, and white vinegar until smooth and creamy.
2. **Incorporate Flavorings**
 - Add the garlic, Dijon mustard, onion powder, garlic powder, dried dill, parsley, chives, salt, and black pepper. Mix thoroughly to combine.
3. **Adjust Consistency**
 - For a thinner dressing, add a splash of water or additional buttermilk, 1 teaspoon at a time, until it reaches your desired consistency.
4. **Taste and Adjust Seasoning**
 - Taste the dressing and adjust the seasoning with additional salt, pepper, or herbs to suit your preference.
5. **Chill for Best Flavor**
 - Cover the bowl and refrigerate for at least 30 minutes to allow the flavors to meld.

Nutrition

Calories: 25 Protein: 2.6g Carbohydrates: 1.4g Fiber: 0g Sugar: 0.7g Fat: 1.2g Saturated Fat: 0.3g Cholesterol: 1mg Sodium: 95mg Potassium: 50mg

Roasted Red Pepper and Walnut Spread

INGREDIENTS

- **2 large red bell peppers** (roasted, peeled, and seeded)
- **1/2 cup raw walnuts** (toasted for extra flavor)
- **2 tablespoons extra-virgin olive oil**
- **1 clove garlic** (minced)
- **1 tablespoon fresh lemon juice**
- **1 teaspoon ground cumin**
- **1/4 teaspoon smoked paprika** (optional for a smoky flavor)
- **1/4 teaspoon cayenne pepper** (optional for a spicy kick)
- **1/4 teaspoon sea salt**
- **1/8 teaspoon black pepper**

Prep. time:

10 mins

Cook time:

5 mins

Serves:

8 servings (2
tablespoons per
serving)

DIRECTIONS

6. Roast the Peppers (if not pre-roasted)

- Place the red bell peppers over an open flame or under a broiler, turning occasionally, until the skin is charred and blistered (about 5 minutes).
- Transfer to a bowl, cover with plastic wrap, and let steam for 5 minutes.
- Peel off the charred skin, remove the seeds, and set aside.

7. Toast the Walnuts

- In a dry skillet over medium heat, toast the walnuts for 2–3 minutes, stirring frequently, until fragrant and lightly browned. Let cool.

8. Blend the Ingredients

- In a food processor or blender, combine the roasted red peppers, toasted walnuts, olive oil, garlic, lemon juice, cumin, smoked paprika, cayenne pepper (if using), salt, and black pepper.

9. Process Until Smooth

- Blend until the mixture reaches your desired consistency. For a chunkier spread, pulse the ingredients; for a smoother spread, blend continuously.

10. Taste and Adjust Seasoning

- Taste the spread and adjust the seasoning with additional salt, lemon juice, or spices if needed.

11. Chill (Optional)

- Transfer to a serving bowl and refrigerate for at least 30 minutes to allow the flavors to meld.

Nutrition

Calories: 70 Protein: 1.5g Carbohydrates: 3.5g Fiber: 1.2g Sugar: 1.5g Fat: 6.5g Saturated Fat: 0.8g Cholesterol: 0mg Sodium: 95mg Potassium: 120mg

Garlic Herb Tahini Sauce

INGREDIENTS

- **1/2 cup tahini** (sesame seed paste)
- **1/4 cup fresh lemon juice** (about 1 large lemon)
- **1/4 cup water** (plus more as needed for desired consistency)
- **2 tablespoons extra-virgin olive oil**
- **2 cloves garlic** (minced or grated)
- **2 tablespoons fresh parsley** (finely chopped)
- **2 tablespoons fresh cilantro or dill** (finely chopped)
- **1 teaspoon ground cumin**
- **1/4 teaspoon sea salt**
- **1/8 teaspoon black pepper**
- **Optional:** 1/4 teaspoon smoked paprika or cayenne pepper for a spicy or smoky flavor

Prep. time:

10 mins

Cook time:

None

Serves:

8 servings (2 tablespoons per serving)

DIRECTIONS

1. **Prepare the Base**
 - In a medium bowl, whisk together the tahini, lemon juice, and water. The mixture will thicken initially; keep whisking until it becomes smooth and creamy.
2. **Add the Garlic and Oil**
 - Stir in the minced garlic and olive oil until fully incorporated.
3. **Incorporate Herbs and Spices**
 - Add the chopped parsley, cilantro (or dill), cumin, salt, and black pepper. Mix thoroughly to combine.
4. **Adjust Consistency**
 - If the sauce is too thick, add water 1 tablespoon at a time until it reaches your desired pourable or dippable consistency.
5. **Taste and Adjust Seasoning**
 - Taste the sauce and adjust the salt, lemon juice, or spices to suit your flavor preference.
6. **Chill for Best Flavor (Optional)**
 - For optimal flavor, refrigerate the sauce for at least 20 minutes before serving to allow the ingredients to meld.

Nutrition

Calories: 90 Protein: 2.5g Carbohydrates: 3g Fiber: 1.2g Sugar: 0.3g Fat: 8g Saturated Fat: 1g Cholesterol: 0mg Sodium: 70mg Potassium: 70mg

Cucumber Dill Tzatziki

INGREDIENTS

- **1 cup plain Greek yogurt** (non-fat or low-fat for reduced calories)
- **1/2 large cucumber** (grated, about 1/2 cup packed)
- **1 clove garlic** (minced or finely grated)
- **1 tablespoon fresh lemon juice**
- **1 tablespoon extra-virgin olive oil**
- **2 tablespoons fresh dill** (finely chopped)
- **1/4 teaspoon sea salt**
- **1/8 teaspoon black pepper**
- **Optional:** 1/4 teaspoon ground cumin or smoked paprika for added flavor

Prep. time:

15 mins

Cook time:

None

Serves:

6 servings (2 tablespoons per serving)

DIRECTIONS

1. **Prepare the Cucumber**
 - a. Grate the cucumber using a box grater or food processor. Place the grated cucumber in a clean kitchen towel or cheesecloth and squeeze out as much water as possible. This prevents the tzatziki from becoming watery.
2. **Mix the Base Ingredients**
 - a. In a medium bowl, combine the Greek yogurt, lemon juice, olive oil, and garlic. Mix until smooth.
3. **Add the Cucumber and Herbs**
 - a. Stir the squeezed cucumber and chopped dill into the yogurt mixture.
4. **Season and Blend**
 - a. Add the salt, black pepper, and optional spices like cumin or smoked paprika. Mix well to combine.
5. **Chill for Best Flavor**
 - a. Cover the bowl and refrigerate for at least 30 minutes to allow the flavors to meld

Nutrition

Calories: 35 Protein: 3.2g Carbohydrates: 1.5g Fiber: 0.2g Sugar: 1g Fat: 1.8g Saturated Fat: 0.3g Cholesterol: 2mg Sodium: 85mg Potassium: 90mg

Zesty Lemon Garlic Vinaigrette

INGREDIENTS

- **1/4 cup fresh lemon juice** (about 2 large lemons)
- **1/4 cup extra-virgin olive oil**
- **1 tablespoon Dijon mustard**
- **1 clove garlic** (minced or finely grated)
- **1 teaspoon honey or stevia (optional)** (for a hint of sweetness without spiking blood sugar)
- **1/4 teaspoon sea salt**
- **1/8 teaspoon black pepper**
- **Optional:** 1/4 teaspoon dried oregano, basil, or thyme for extra flavor

Prep. time:

5 mins

Cook time:

None

Serves:

8 servings (2 tablespoons per serving)

DIRECTIONS

1. **Combine the Base Ingredients**
 - In a small mixing bowl or a mason jar, combine the lemon juice, olive oil, Dijon mustard, and minced garlic.
2. **Add Seasonings**
 - Stir in the salt, black pepper, and any optional herbs like oregano, basil, or thyme.
3. **Optional Sweetness**
 - If desired, add a small amount of honey or stevia to balance the tanginess of the lemon juice.
4. **Whisk or Shake**
 - Whisk the mixture thoroughly or close the mason jar lid and shake well until the vinaigrette is emulsified and smooth.
5. **Taste and Adjust**
 - Taste the vinaigrette and adjust the seasoning or sweetness as desired.
6. **Use or Store**

Use immediately or store in an airtight container in the refrigerator for up to 5 days. Shake well before each use.

Nutrition

Calories: 50 Protein: 0.1g Carbohydrates: 1.5g Fiber: 0g Sugar: 0.5g (if using honey) Fat: 5g Saturated Fat: 0.7g Cholesterol: 0mg Sodium: 70mg Potassium: 15mg

Spicy Tomato Salsa Verde

INGREDIENTS

- **6 medium tomatillos** (about 1 pound, husked and rinsed)
- **1 medium Roma tomato** (optional for added sweetness)
- **1 small onion** (quartered)
- **2 cloves garlic** (peeled)
- **1–2 jalapeño peppers** (seeded for less heat, optional)
- **1/4 cup fresh cilantro** (finely chopped)
- **1 tablespoon fresh lime juice**
- **1/4 teaspoon sea salt**
- **1/8 teaspoon black pepper**
- **Optional:** 1/4 teaspoon ground cumin for extra flavor

Prep. time:

10 mins

Cook time:

5 mins

Serves:

8 servings (2 tablespoons per serving)

DIRECTIONS

1. **Prepare the Tomatillos and Tomato (if using)**
 - Place the tomatillos, tomato, onion, garlic, and jalapeño on a baking sheet. Broil in the oven for 4–5 minutes, or until the skins are lightly charred, turning once.
2. **Blend the Ingredients**
 - Transfer the broiled vegetables to a blender or food processor. Add the cilantro, lime juice, salt, black pepper, and optional cumin.
3. **Process Until Desired Consistency**
 - Pulse the ingredients until the salsa reaches your preferred texture—chunky or smooth.
4. **Taste and Adjust Seasoning**
 - Taste the salsa and adjust seasoning with additional salt, lime juice, or jalapeño if more heat is desired.
5. **Chill or Serve Immediately**
 - For the best flavor, chill the salsa in the refrigerator for 20–30 minutes before serving.

Nutrition

Calories: 15 Protein: 0.5g Carbohydrates: 2.5g Fiber: 0.8g Sugar: 1.5g Fat: 0.2g Saturated Fat: 0g Cholesterol: 0mg Sodium: 60mg Potassium: 100mg

Classic Guacamole with a Twist

INGREDIENTS

- **2 medium avocados** (ripe, pitted, and peeled)
- **1/2 cup pomegranate seeds** (adds a burst of sweetness and antioxidants)
- **1/4 cup red onion** (finely diced)
- **1 small jalapeño** (seeded and finely chopped, optional for heat)
- **1/4 cup fresh cilantro** (finely chopped)
- **1 clove garlic** (minced)
- **2 tablespoons fresh lime juice**
- **1/4 teaspoon sea salt**
- **1/8 teaspoon black pepper**
- **Optional:** 1 tablespoon crumbled feta cheese for a tangy twist

Prep. time:

10 mins

Cook time:

None

Serves:

6 servings (2 tablespoons per serving)

DIRECTIONS

1. Prepare the Avocados

Scoop the avocado flesh into a medium bowl and mash with a fork or potato masher until desired consistency is reached (chunky or smooth).

2. Add the Base Ingredients

Stir in the red onion, jalapeño, garlic, lime juice, salt, and pepper. Mix thoroughly.

3. Incorporate the Twist

Gently fold in the pomegranate seeds and cilantro to add flavor and a unique texture.

4. Optional Add-Ins

If using feta cheese, sprinkle it over the guacamole and mix gently.

5. Taste and Adjust

Taste the guacamole and adjust seasoning with additional salt, lime juice, or pepper as needed.

6. Serve or Chill

Serve immediately or cover tightly with plastic wrap (pressed directly against the surface of the guacamole to prevent browning) and refrigerate until ready to serve.

Nutrition

Calories: 80 Protein: 1.2g Carbohydrates: 6g Fiber: 3g Sugar: 1.8g Fat: 6g Saturated Fat: 0.8g Cholesterol: 0mg (unless feta is added) Sodium: 70mg (higher if feta is added) Potassium: 180mg

Chipotle Lime Yogurt Dip

INGREDIENTS

- **1 cup plain Greek yogurt** (non-fat or low-fat)
- **1 tablespoon fresh lime juice**
- **1 teaspoon lime zest** (optional for added flavor)
- **1–2 teaspoons chipotle chili powder** (adjust based on spice preference)
- **1/2 teaspoon smoked paprika** (optional for extra depth)
- **1 small garlic clove** (minced or grated)
- **1 tablespoon olive oil**
- **1/4 teaspoon sea salt**
- **1/8 teaspoon black pepper**
- **Optional:** 1 tablespoon chopped fresh cilantro for garnish

Prep. time:

10 mins

Cook time:

None

Serves:

8 servings (2 tablespoons per serving)

DIRECTIONS

1. Prepare the Base

In a medium bowl, combine the Greek yogurt, lime juice, and lime zest. Mix until smooth.

2. Add the Spices

Stir in the chipotle chili powder, smoked paprika (if using), minced garlic, salt, and black pepper. Adjust the amount of chili powder based on your spice preference.

3. Incorporate the Olive Oil

Drizzle in the olive oil and mix thoroughly to create a creamy texture.

4. Taste and Adjust

Taste the dip and adjust the seasoning with additional salt, lime juice, or chipotle powder as needed.

5. Optional Garnish

Sprinkle with chopped cilantro before serving for added freshness

Nutrition

Calories: 30 Protein: 2.5g Carbohydrates: 2g Fiber: 0.2g Sugar: 1.5g Fat: 1g Saturated Fat: 0.2g Cholesterol: 1mg Sodium: 60mg Potassium: 50mg

Chapter 9: Desserts

Dark Chocolate Avocado Mousse

INGREDIENTS

- **2 medium ripe avocados** (pitted and peeled)
- **1/4 cup unsweetened cocoa powder**
- **1/4 cup unsweetened almond milk** (or any diabetic-friendly milk alternative)
- **2 tablespoons powdered erythritol** (or another sugar-free sweetener to taste)
- **1 teaspoon vanilla extract**
- **1/4 teaspoon sea salt**
- **Optional:** 1 tablespoon unsweetened dark chocolate chips (melted for added richness)
- **Optional garnish:** Fresh berries, shredded unsweetened coconut, or a sprinkle of cinnamon

Prep. time:

10 mins

Cook time:

None

Serves:

4 servings (1/2 cup per serving)

DIRECTIONS

1. **Prepare the Avocado Base**
 - Place the avocados in a food processor or high-speed blender and blend until smooth and creamy.
2. **Add the Cocoa and Sweetener**
 - Add the unsweetened cocoa powder, almond milk, powdered erythritol, vanilla extract, and sea salt to the blended avocado.
3. **Blend Until Smooth**
 - Blend the mixture until it becomes silky and lump-free. Stop to scrape down the sides as needed.
4. **Optional Melted Chocolate**
 - If using melted dark chocolate, drizzle it into the mousse while blending for extra richness.
5. **Taste and Adjust**
 - Taste the mousse and adjust sweetness by adding more erythritol if needed.
6. **Chill Before Serving**

Transfer the mousse to serving dishes and refrigerate for at least 30 minutes to set and enhance the flavors

Nutrition

Calories: 140 Protein: 2.5g Carbohydrates: 10g Fiber: 7g Sugar: 1g Fat: 11g Saturated Fat: 2g Cholesterol: 0mg Sodium: 105mg Potassium: 380mg

Coconut Chia Pudding with Fresh Berries

INGREDIENTS

- **1 cup unsweetened coconut milk** (from a carton or can)
- **1/2 cup unsweetened almond milk** (or another low-carb milk alternative)
- **1/4 cup chia seeds**
- **1 teaspoon vanilla extract**
- **1–2 tablespoons powdered erythritol** (or another diabetic-friendly sweetener, to taste)
- **1/4 teaspoon ground cinnamon** (optional for extra flavor)
- **1/2 cup fresh mixed berries** (e.g., blueberries, raspberries, or strawberries)
- **Optional toppings:** Unsweetened shredded coconut, chopped nuts, or a sprinkle of cocoa powder

Prep. time:

5 mins

Chilling time:

4 hours (or overnight)

Serves:

4 servings (1/2 cup per serving)

DIRECTIONS

1. Combine Ingredients

- In a medium bowl, whisk together the coconut milk, almond milk, vanilla extract, powdered erythritol, and ground cinnamon (if using) until smooth.

2. Add Chia Seeds

- Gradually whisk in the chia seeds, ensuring they are evenly distributed and not clumped.

3. Let It Rest

- Cover the bowl with plastic wrap or transfer the mixture to an airtight container. Refrigerate for at least 4 hours or overnight, allowing the chia seeds to absorb the liquid and create a pudding-like texture.

4. Stir Before Serving

- Before serving, give the pudding a good stir to redistribute the chia seeds and ensure a creamy consistency.

5. Assemble and Garnish

- Divide the pudding evenly among four serving dishes. Top each serving with 2 tablespoons of fresh berries and optional toppings like shredded coconut or chopped nuts.

Nutrition

Calories: 120 Protein: 3g Carbohydrates: 10g Fiber: 6g Sugar: 3g (natural from berries) Fat: 7g Saturated Fat: 4g Cholesterol: 0mg Sodium: 40mg Potassium: 180mg

Almond Flour Lemon Bars

INGREDIENTS

For the Crust

- **1 1/2 cups almond flour**
- **2 tablespoons powdered erythritol** (or preferred diabetic-friendly sweetener)
- **1/4 cup unsalted butter** (melted, or use coconut oil for a dairy-free option)
- **1/2 teaspoon vanilla extract**
- **Pinch of sea salt**

For the Lemon Filling

- **3 large eggs**
- **1/2 cup fresh lemon juice** (about 3 lemons)
- **1 tablespoon lemon zest**
- **1/3 cup powdered erythritol** (or preferred diabetic-friendly sweetener, adjust to taste)
- **2 tablespoons coconut flour** (helps thicken and adds fiber)
- **1/4 teaspoon sea salt**

Optional Toppings

- Powdered erythritol for dusting
- Fresh berries for garnish

Nutrition

Calories: 130 Protein: 4g Carbohydrates: 5g Fiber: 2g Sugar: 1g Fat: 10g Saturated Fat: 3g Cholesterol: 50mg Sodium: 80mg Potassium: 40mg

Prep. time:

15 mins

Cooking time:

25 mins

Serves:

12 servings

DIRECTIONS

Prepare the Crust

1. **Preheat Oven**
 - Preheat your oven to 350°F (175°C) and line an 8x8-inch baking dish with parchment paper.
2. **Mix the Crust Ingredients**
 - In a medium bowl, mix almond flour, powdered erythritol, melted butter, vanilla extract, and sea salt until a crumbly dough forms.
3. **Form the Crust**
 - Press the mixture evenly into the prepared baking dish. Prick the crust lightly with a fork to prevent bubbling.
4. **Bake the Crust**
 - Bake for 10–12 minutes or until lightly golden. Remove from oven and let cool while you prepare the filling.

Prepare the Lemon Filling

5. **Whisk the Ingredients**
 - In a medium bowl, whisk together the eggs, lemon juice, lemon zest, powdered erythritol, coconut flour, and sea salt until smooth.
6. **Pour the Filling**
 - Pour the lemon mixture over the pre-baked crust, spreading it evenly.
7. **Bake the Bars**
 - Return the dish to the oven and bake for 15–18 minutes or until the filling is set and no longer jiggles in the center.

Chill and Slice

8. **Cool Completely**
 - Allow the bars to cool at room temperature, then refrigerate for at least 1 hour to set.
9. **Slice and Serve**

Once chilled, lift the bars out of the baking dish using the parchment paper. Slice into 12 squares.

Low-Carb Vanilla Bean Cheesecake Bites

INGREDIENTS

For the Crust:

- 1 cup almond flour
- 2 tbsp coconut flour
- 2 tbsp unsalted butter, melted
- 1 tbsp powdered erythritol or allulose (diabetic-friendly sweetener)
- 1/2 tsp ground cinnamon (optional)

For the Cheesecake Filling:

- 8 oz cream cheese, softened
- 1/3 cup powdered erythritol or allulose
- 1/2 cup Greek yogurt (unsweetened, full-fat)
- 1 large egg
- 1 vanilla bean pod, seeds scraped (or 1 tsp pure vanilla extract)
- 1/4 tsp almond extract (optional)
- Pinch of salt

Optional Toppings:

- Fresh berries (e.g., raspberries or strawberries, 1-2 per bite)
- Unsweetened cocoa powder or cinnamon for dusting
- Chopped nuts (e.g., walnuts or pecans) for garnish

Prep. time:

20 mins

Cooking time:

15 minutes (plus 1 hour chilling time)

Serves:

12 servings

DIRECTIONS

Step 1: Prepare the Crust

1. Preheat the oven to 350°F (175°C) and line a 12-cup muffin tin with paper liners.
2. In a medium bowl, combine the almond flour, coconut flour, powdered erythritol, and cinnamon (if using).
3. Add the melted butter and mix until the mixture resembles coarse crumbs.
4. Divide the crust mixture evenly among the muffin cups and press firmly to form a base.
5. Bake the crust for 5 minutes, then remove from the oven and let cool while preparing the filling.

Step 2: Prepare the Filling

1. In a large mixing bowl, beat the softened cream cheese with a hand mixer until smooth and creamy.
2. Add the powdered erythritol, Greek yogurt, egg, vanilla bean seeds (or extract), almond extract (if using), and salt. Mix until well combined and smooth.
3. Spoon the cheesecake filling evenly over the pre-baked crusts.

Step 3: Bake and Chill

1. Bake in the preheated oven for 12-15 minutes or until the centers are just set and slightly jiggly.
2. Remove from the oven and let the cheesecake bites cool to room temperature.
3. Transfer the muffin tin to the refrigerator and chill for at least 1 hour (or overnight) to firm up.

Step 4: Serve and Garnish

1. Carefully remove the cheesecake bites from the liners.
2. Top with fresh berries, a sprinkle of cocoa powder, or chopped nuts as desired.
3. Serve chilled and enjoy!

Nutrition

Calories: 130 Protein: 4g Carbohydrates: 3g (Net Carbs: 2g) Fats: 11g Fiber: 1g Cholesterol: 35mg Sodium: 80mg Potassium: 50mg

Spiced Apple Crisp with Oat Topping

INGREDIENTS

For the Filling:

- 4 medium apples (e.g., Granny Smith or Gala), peeled, cored, and thinly sliced
- 1 tbsp lemon juice
- 1/4 cup granular erythritol or allulose (diabetic-friendly sweetener)
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp vanilla extract
- 1 tbsp arrowroot powder or cornstarch (optional, for thickening)

For the Oat Topping:

- 1/2 cup old-fashioned rolled oats (gluten-free if needed)
- 1/4 cup almond flour
- 2 tbsp ground flaxseed
- 2 tbsp chopped pecans or walnuts (optional, for added crunch)
- 2 tbsp powdered erythritol or allulose
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom (optional, for extra spice)
- 3 tbsp unsalted butter or coconut oil, melted

Prep. time:

15 mins

Cooking time:

40 minutes

Serves:

6 servings

DIRECTIONS

Step 1: Prepare the Filling

1. Preheat the oven to 350°F (175°C) and lightly grease an 8-inch square baking dish or a similar-sized ovenproof dish.
2. In a large bowl, toss the sliced apples with lemon juice, erythritol, cinnamon, nutmeg, ginger, and vanilla extract. If a thicker filling is desired, sprinkle the arrowroot powder or cornstarch over the apples and toss to coat.
3. Spread the spiced apple mixture evenly in the prepared baking dish.

Step 2: Prepare the Oat Topping

1. In a medium bowl, combine the oats, almond flour, ground flaxseed, chopped nuts (if using), erythritol, cinnamon, and cardamom.
2. Add the melted butter or coconut oil and mix until the topping resembles coarse crumbs.

Step 3: Assemble and Bake

1. Sprinkle the oat topping evenly over the apple mixture.
2. Bake in the preheated oven for 35-40 minutes or until the topping is golden brown and the apples are tender when pierced with a fork.
4. Remove from the oven and let cool for 10 minutes before serving.

Nutrition

Calories: 140 Protein: 2g Carbohydrates: 16g (Net Carbs: 10g) Fats: 8g Fiber: 6g Cholesterol: 10mg Sodium: 10mg Potassium: 150mg

No-Bake Peanut Butter Chocolate Energy Balls

INGREDIENTS

- 1/2 cup natural peanut butter (unsweetened, no added sugar)
- 1/3 cup powdered erythritol or allulose (diabetic-friendly sweetener)
- 1/2 cup old-fashioned rolled oats (gluten-free if needed)
- 2 tbsp ground flaxseed
- 2 tbsp unsweetened cocoa powder
- 1/4 cup unsweetened shredded coconut (optional, for texture)
- 1 tsp pure vanilla extract
- 1/4 cup sugar-free dark chocolate chips or chopped dark chocolate (minimum 70% cocoa)
- 1/4 tsp sea salt

Optional Additions:

- 1-2 tbsp chia seeds (for extra fiber and omega-3s)
- 1/4 cup chopped nuts (e.g., almonds or walnuts) for added crunch
- 1-2 tbsp sugar-free protein powder for a protein boost

Prep. time:

10 mins

Cooking time:

40 minutes

Serves:

12 servings (1 ball per serving)

DIRECTIONS

Step 1: Combine Ingredients

1. In a medium mixing bowl, add the peanut butter, powdered erythritol, and vanilla extract. Mix until smooth and well combined.
2. Add the rolled oats, ground flaxseed, unsweetened cocoa powder, shredded coconut (if using), and sea salt. Mix until the ingredients are evenly distributed.
3. Fold in the sugar-free dark chocolate chips or chopped chocolate. If the mixture feels too dry, add a teaspoon of water or almond milk at a time until it comes together.

Step 2: Form the Energy Balls

1. Scoop about 1 tablespoon of the mixture and roll it between your hands to form a ball. Repeat until all the mixture is used, yielding about 12 balls.
2. Place the energy balls on a plate or tray lined with parchment paper.

Step 3: Chill and Store

1. Refrigerate the energy balls for at least 30 minutes to firm up.

Store the balls in an airtight container in the refrigerator for up to 1 week or in the freezer for up to 3 months.

Nutrition

Calories: 110 Protein: 4g Carbohydrates: 7g (Net Carbs: 4g) Fats: 8g Fiber: 3g Cholesterol: 0mg Sodium: 50mg Potassium: 100mg

Greek Yogurt and Berry Parfait

INGREDIENTS

- 12 cups plain Greek yogurt (unsweetened, full-fat or low-fat)
- 1 cup fresh mixed berries (e.g., strawberries, blueberries, raspberries)
- 2 tbsp powdered erythritol or allulose (diabetic-friendly sweetener), optional
- 1/2 tsp pure vanilla extract
- 1/2 cup unsweetened granola or crushed nuts (e.g., almonds, walnuts, or pecans)
- 2 tbsp ground flaxseed or chia seeds (for added fiber)

Optional Additions:

- 1/4 cup unsweetened shredded coconut
- 1 tbsp dark chocolate shavings (minimum 70% cocoa, sugar-free)
- 1 tsp cinnamon for flavor enhancement
- A drizzle of sugar-free maple syrup or honey substitute for extra sweetness.

Nutrition

Calories: 120 Protein: 10g Carbohydrates: 8g (Net Carbs: 5g) Fats: 5g Fiber: 3g Cholesterol: 5mg Sodium: 40mg Potassium: 150mg

Prep. time:

10 mins

Cooking time:

None

Serves:

4 servings

DIRECTIONS

Step 1: Sweeten the Yogurt (Optional)

1. In a medium bowl, mix the Greek yogurt with powdered erythritol (if using) and vanilla extract until well combined. Adjust sweetness to taste.

Step 2: Prepare the Layers

1. Wash and pat dry the fresh berries. Slice larger berries like strawberries, if needed.
2. Gather all other ingredients for easy layering.

Step 3: Assemble the Parfaits

1. In a serving glass or bowl, add 2 tablespoons of Greek yogurt as the base layer.
2. Top with a layer of mixed berries (about 2 tablespoons) followed by a sprinkle of granola or crushed nuts (1 tablespoon) and ground flaxseed or chia seeds (1/2 tablespoon).
3. Repeat the layering process until all ingredients are used, finishing with a layer of berries and a sprinkle of granola or nuts on top.

Step 4: Serve and Garnish

1. Optionally garnish with unsweetened shredded coconut, dark chocolate shavings, or a light dusting of cinnamon.

Serve immediately for best texture and flavor

Pumpkin Spice Muffins with Cream Cheese Swirl

INGREDIENTS

For the Muffins:

- 1 cup almond flour
- 1/3 cup coconut flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 1/2 cup canned pumpkin puree (unsweetened)
- 2 large eggs
- 1/3 cup powdered erythritol or allulose (diabetic-friendly sweetener)
- 1/4 cup unsweetened almond milk (or any low-carb milk)
- 2 tbsp melted coconut oil or unsalted butter
- 1 tsp pure vanilla extract

For the Cream Cheese Swirl:

- 4 oz cream cheese, softened
- 2 tbsp powdered erythritol or allulose
- 1/4 tsp pure vanilla extract

Optional Additions:

- 1/4 cup chopped pecans or walnuts
- 1 tbsp sugar-free chocolate chips

Prep. time:

15 mins

Cooking time:

20-25 mins

Serves:

12 Muffins

DIRECTIONS

Step 1: Prepare the Muffins

1. Preheat your oven to 350°F (175°C) and line a 12-cup muffin tin with paper liners or grease with cooking spray.
2. In a large mixing bowl, combine almond flour, coconut flour, baking powder, baking soda, salt, cinnamon, nutmeg, ginger, and cloves.
3. In a separate bowl, whisk together pumpkin puree, eggs, erythritol, almond milk, melted coconut oil, and vanilla extract.
4. Add the wet ingredients to the dry ingredients and mix until just combined. If using chopped nuts or chocolate chips, fold them in now.

Step 2: Prepare the Cream Cheese Swirl

1. In a small bowl, beat the softened cream cheese with powdered erythritol and vanilla extract until smooth and creamy.

Step 3: Assemble the Muffins

1. Fill each muffin cup about 2/3 full with the pumpkin muffin batter.
2. Add about 1 teaspoon of the cream cheese mixture to the center of each muffin and use a toothpick or knife to swirl it gently into the batter.

Step 4: Bake

1. Bake in the preheated oven for 20–25 minutes or until a toothpick inserted into the center of a muffin comes out clean.
2. Remove from the oven and let the muffins cool in the tin for 5 minutes before transferring them to a wire rack to cool completely.

Nutrition

Calories: 130 Protein: 5g Carbohydrates: 6g (Net Carbs: 4g) Fats: 10g Fiber: 2g Cholesterol: 30mg Sodium: 100mg Potassium: 80mg

Keto-Friendly Chocolate Chip Cookies

INGREDIENTS

Dry Ingredients:

- 2 cups almond flour
- 1/4 cup coconut flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt

Wet Ingredients:

- 1/2 cup unsalted butter, softened (or coconut oil for dairy-free)
- 1/2 cup powdered erythritol or allulose (diabetic-friendly sweetener)
- 1 large egg
- 1 tsp pure vanilla extract

Mix-Ins:

- 1/2 cup sugar-free chocolate chips or chopped dark chocolate (minimum 70% cocoa)
- 1/4 cup chopped pecans or walnuts (optional, for added crunch)

Nutrition

Calories: 120 Protein: 3g Carbohydrates: 4g (Net Carbs: 2g) Fats: 10g Fiber: 2g Cholesterol: 15mg Sodium: 50mg Potassium: 40mg

Prep. time:

10 mins

Cooking time:

10-15 mins

Serves:

18 Cookies

DIRECTIONS

Step 1: Preheat the Oven

1. Preheat your oven to 350°F (175°C) and line two baking sheets with parchment paper.

Step 2: Prepare the Dough

1. In a medium bowl, whisk together almond flour, coconut flour, baking powder, baking soda, and salt. Set aside.
2. In a large mixing bowl, beat the softened butter and powdered erythritol until light and fluffy using an electric mixer.
3. Add the egg and vanilla extract to the butter mixture and beat until well combined.
4. Gradually add the dry ingredients to the wet ingredients and mix until a soft dough forms.
5. Fold in the sugar-free chocolate chips and nuts (if using).

Step 3: Shape the Cookies

1. Using a small cookie scoop or tablespoon, scoop the dough onto the prepared baking sheets, spacing them about 2 inches apart.
2. Gently flatten each cookie with the back of a spoon or your fingers to your desired thickness (these cookies won't spread much during baking).

Step 4: Bake

1. Bake in the preheated oven for 12–15 minutes or until the edges are lightly golden.
3. Remove from the oven and let the cookies cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.

Frozen Banana and Almond Butter Pops

INGREDIENTS

- 2 large bananas, peeled and cut into 4 equal sections (for 8 pops)
- 1/4 cup unsweetened almond butter
- 2 tbsp powdered erythritol or allulose (optional, for a touch of sweetness)
- 2 tbsp unsweetened cocoa powder (optional, for a chocolate almond butter coating)
- 1/4 cup chopped almonds, walnuts, or pecans (optional, for added crunch)
- 8 wooden popsicle sticks or skewers

Prep. time:

10 mins

Freezing time:

10-15 mins

Serves:

8 pops

DIRECTIONS

Step 1: Prepare the Bananas

1. Cut each banana into 4 equal pieces and insert a wooden popsicle stick or skewer into each piece.
2. Arrange the banana pops on a parchment-lined baking sheet or tray.

Step 2: Prepare the Almond Butter Coating

1. In a small bowl, mix the almond butter with powdered erythritol and unsweetened cocoa powder (if using) until smooth.
2. If the almond butter mixture is too thick for dipping, microwave it for 10–15 seconds to slightly loosen it.

Step 3: Coat the Bananas

1. Dip each banana pop into the almond butter mixture, covering about 2/3 of the banana piece. Use a spoon to help spread the almond butter evenly if needed.
2. Optionally, roll the coated banana pieces in chopped nuts for added texture and flavor.

Step 4: Freeze the Pops

1. Place the coated banana pops back on the parchment-lined tray and freeze for 2–3 hours or until fully hardened.

Nutrition

Calories: 70 Protein: 2g Carbohydrates: 9g (Net Carbs: 6g) Fats: 3g Fiber: 2g Cholesterol: 0mg Sodium: 5mg Potassium: 150mg