

**QUICK & EASY**  
**LOW-CARB**  
**HIGH-PROTEIN**  
**DIET**

**COOKBOOK**  
**For Beginners**

*100+ Healthy and Delicious Recipes for Weight  
Loss and Muscle Toning, Including 28-Day Meal  
Plan and Full-Color Pictures*

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Low-Carb High-Protein Diet Cookbook for Beginners  
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While every effort has been made to provide accurate nutritional information, these values may vary depending on ingredient brands, measurements, and preparation techniques.

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# INTRODUCTION

Welcome to the **Quick & Easy Low-Carb High-Protein Diet Cookbook for Beginners!** If you're looking for a simple, enjoyable way to eat healthier, you've come to the right place. Whether your goal is to lose weight, build muscle, or fuel your body with nutritious meals, this cookbook is here to guide you every step of the way.

With over 100 high-protein, low-carb recipes, a 28-day meal plan, and helpful shopping lists, this book takes the guesswork out of healthy eating.

My name is Iris Blanton, and I wrote this cookbook because I understand how challenging it can be to eat healthier in today's busy world. After years of experimenting in the kitchen and perfecting the art of balanced cooking, I created this book to make healthy eating simple and enjoyable for everyone—especially beginners. Every recipe has been carefully crafted to deliver maximum flavor and nutrition while keeping carbs low and protein high.

You don't need to be a professional chef or a nutritionist to get started. This book is for real people with real lives—no complicated techniques or hard-to-find ingredients here. Just wholesome, satisfying meals you'll enjoy making and eating!

# CHAPTER 1

## The Foundations of a Low-Carb, High-Protein Lifestyle

### Understanding the Low-Carb, High-Protein Diet

The low-carb, high-protein diet is a powerful approach to eating that focuses on reducing carbohydrates and increasing protein intake. This combination works to fuel your body with sustainable energy, support muscle development, and keep you feeling full longer—all while helping you achieve your health and weight goals.

#### How It Works

Carbohydrates, like bread, pasta, and sugary snacks, are your body's go-to source for quick energy. However, when you eat too many carbs, your body converts the excess into fat. By limiting your carb intake, your body shifts to burning fat for fuel, a metabolic state called **ketosis**.

At the same time, protein plays a crucial role in building and repairing muscles, boosting metabolism, and keeping hunger at bay. High-protein foods require more energy for your body to digest and process, meaning you burn more calories simply by eating them—a concept called the **thermic effect of food**.

#### Why It's Effective

This diet isn't just about losing weight—it's about building a foundation for lifelong health. By reducing carbs, you can stabilize your blood sugar levels, helping to curb cravings and maintain steady energy throughout the day. And by increasing protein, you're giving your body the tools it needs to stay strong and healthy.

#### The Key to Success

Consistency is key. Unlike restrictive diets that leave you feeling deprived, this lifestyle offers flexibility and variety, making it easier to stick with long-term. And remember, it's not about perfection—it's about making small, manageable changes that fit into your unique routine.

### The Benefits of a Low-Carb, High-Protein Lifestyle

Switching to a low-carb, high-protein lifestyle is more than just a dietary change—it's a complete upgrade for your body and mind.

## Sustainable Weight Loss

By cutting down on carbs, your body turns to stored fat for energy, promoting fat loss while preserving lean muscle. The high protein content keeps you full and reduces cravings, making it easier to eat fewer calories without feeling deprived.

## Boosted Energy Levels

Carb-heavy meals often leave you feeling sluggish and fatigued. By stabilizing blood sugar levels, a low-carb diet eliminates energy spikes and crashes, providing steady energy to power through your day.

## Muscle Growth

Protein is the building block of your muscles. Prioritizing protein in your meals helps build and maintain lean muscle mass, even during weight loss.

## Improved Mental Clarity

Carb-heavy diets can cause blood sugar fluctuations that affect concentration and focus. By stabilizing energy levels, you may experience sharper thinking and improved mental clarity.

## Better Blood Sugar Control

Reducing carbs prevents blood sugar spikes and helps manage insulin levels, especially for individuals with insulin resistance or prediabetes.

## Reduced Inflammation

High-carb diets—especially those rich in refined sugars and grains—are linked to chronic inflammation, a risk factor for conditions like heart disease and arthritis. By focusing on whole, low-carb foods, you can reduce inflammation and enhance your overall health.

## What to Eat and What to Avoid

To succeed with a low-carb, high-protein lifestyle, it's essential to focus on nutrient-dense, whole foods while avoiding items that hinder your progress. Here's a quick guide to help you make the right choices:

### What to Eat:

- **Protein Powerhouses**  
Include lean meats like chicken, turkey, beef, pork, and seafood such as salmon, shrimp, and cod. Don't forget plant-based options like tofu, tempeh, and edamame for vegetarian choices. Eggs are also a good protein-packed option that can be used in countless ways.
- **Low-Carb Vegetables**  
Stick to non-starchy veggies like spinach, kale, broccoli, zucchini, cauliflower, bell peppers, asparagus, and cucumbers. These are rich in nutrients and low in carbohydrates.

- **Healthy Fats**  
Incorporate healthy fats from sources like avocados, olive oil, nuts, seeds, and coconut oil. Fat not only provides satiety but also supports overall health.
- **Dairy Products**  
Full-fat options like Greek yogurt, cheese, and heavy cream are excellent, as long as they fit within your carb limit.
- **Low-Carb Pantry Staples**  
Stock up on almond flour, coconut flour, unsweetened almond milk, and sugar-free sweeteners like erythritol or stevia for cooking and baking.

## What to Avoid:

- **Sugary Foods and Drinks**  
Say goodbye to candies, sodas, baked goods, and other sugar-laden treats that spike your blood sugar and add empty calories.
- **Refined Grains**  
Avoid bread, pasta, white rice, and other refined grains. These are high in carbs and lack essential nutrients.
- **Starchy Vegetables**  
Steer clear of potatoes, corn, peas, and other high-carb veggies. While nutritious, they don't fit well into a low-carb plan.
- **Processed Foods**  
Minimize consumption of highly processed foods, including packaged snacks, fast food, and ready-made meals loaded with hidden sugars and unhealthy fats.
- **Unhealthy Fats**  
Avoid trans fats and overly processed oils like margarine and vegetable oils, which can contribute to inflammation.

By focusing on wholesome, unprocessed ingredients and avoiding carb-heavy and overly refined foods, you'll set the foundation for sustainable, healthy eating habits.

## Tips for Getting Started

Starting a low-carb, high-protein lifestyle might feel overwhelming at first, but with the right mindset and preparation, it can be surprisingly simple. Here are some practical tips to help you ease into this lifestyle and set yourself up for long-term success:

### Stock Your Kitchen with the Right Foods

Set yourself up for success by keeping your pantry, fridge, and freezer stocked with low-carb, high-protein essentials

## **Plan Your Meals in Advance**

Planning is key to staying on track. Use the 28-day meal plan included in this book or create your own weekly menu to minimize decision fatigue and resist the temptation of unhealthy options.

## **Focus on Simple, Balanced Meals**

You don't need to create gourmet dishes every day. Start with simple meals that combine a protein source, non-starchy vegetables, and healthy fats.

Hydrate

Switching to a low-carb diet can initially lead to water loss, which might leave you feeling fatigued or lightheaded. Drink plenty of water and consider adding electrolytes like sodium, potassium, and magnesium to avoid these symptoms.

## **Track Your Progress but Be Patient**

Whether your goal is weight loss, muscle gain, or simply feeling better, tracking your progress can help keep you motivated. At the same time, remember—it's all about staying consistent, not striving for perfection.

## **Stay Flexible and Don't Stress About Slip-Ups**

Life happens, and no one eats perfectly 100% of the time. If you slip up, don't stress—just refocus and keep moving forward. This lifestyle is about long-term balance, not quick fixes.



## CHAPTER 2

# Morning Fuel - Quick & Healthy Breakfast Ideas

Breakfast is more than just the first meal of the day—it's your opportunity to set the tone for a productive and energized day. A protein-rich breakfast not only keeps hunger in check but also provides the nutrients your body needs to stay focused, productive, and ready to conquer the day. Skipping breakfast or loading up on carbs can leave you feeling sluggish and hungry soon after, derailing your focus and productivity. In this chapter, you'll discover quick, delicious, and satisfying breakfast recipes designed to keep you nourished until your next meal.



# Almond Flour Pancakes



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2 (6 small pancakes)

## Instructions:

### Prepare the Batter:

1. In a mixing bowl, whisk the eggs, almond milk, vanilla extract, and melted coconut oil until well combined.
2. In a separate bowl, mix the almond flour, protein powder, baking powder, cinnamon (if using), and salt.
3. Gradually whisk dry ingredients into wet until smooth. Let batter rest for 2–3 min.

### Cook the Pancakes:

4. Heat a nonstick skillet over medium-low and grease with coconut oil.
5. Scoop 2 tbsp of batter onto the skillet and spread into a circle.
6. Cook for 2–3 min until bubbles form and edges set. Flip and cook for another 2 min.

## Serving Suggestions:

- Stack the pancakes on a plate, top with a handful of fresh berries, sugar-free syrup, or a dollop of Greek yogurt.

## Alternative Ingredients:

- **Coconut Oil Substitute:** Replace coconut oil with butter if preferred
- **Protein Variation:** Use unflavored or chocolate protein powder instead of vanilla for a different taste

## Ingredients:

- 1 cup (~100g) of almond flour
- 2 large eggs
- 1/4 cup (~60ml) unsweetened almond milk (or regular milk)
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp cinnamon (optional)
- 1 tbsp melted coconut oil (plus extra for greasing the pan)
- 1 scoop (~30g) vanilla protein powder
- Pinch of salt

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
280	6g	20g	17g	3g	140mg

# Cloud Bread Breakfast Sandwich



## Ingredients:

### For the Cloud Bread:

- 3 large eggs
- 3 tbsp cream cheese (softened)
- 1/4 tsp cream of tartar
- 1/4 tsp garlic powder (optional)
- Pinch of salt

### For the Sandwich Filling:

- 2 slices regular bacon, cooked
- 2 large eggs, fried or scrambled
- 1/2 avocado, sliced
- 2 slices cheddar cheese
- Salt and pepper to taste



## Instructions:

### Make the Cloud Bread:

1. Preheat your oven to 300°F (150°C). Line a baking sheet with parchment paper.
2. Separate the egg yolks and egg whites into two bowls.
3. Mix cream cheese and egg yolks until smooth.
4. Add cream of tartar to egg whites and beat until stiff peaks form.
5. Gently fold the yolk mixture into egg whites. Be careful not to deflate the mixture.
6. Spoon the mixture onto the parchment-lined baking sheet, forming 4 rounds. Bake for 20–25 min, or until golden brown and firm to the touch.

### Assemble the sandwich:

7. Place a cloud bread round on a plate. Layer with cheddar, bacon, and scrambled egg.
8. Finish with the avocado slices and top with the second cloud bread round.

## Serving Suggestions:

- For melty cheese, heat the sandwich in a skillet on low for 1 min per side or microwave for 15–20 sec.
- Serve with a cup of hot green tea or iced coffee for a complete breakfast.


## Alternative Ingredients:

- **Bacon Variation:** For a leaner option, use turkey or plant-based bacon, or omit it entirely and add more avocado or sautéed mushrooms for a **Vegetarian option**.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
335	4g	26g	23g	2g	220mg

# Smoked Salmon and Avocado Breakfast Bowl



  
**Prep Time:**  
5 minutes

  
**Total Time:**  
None

  
**Level:**  
Beginner

  
**Servings:**  
1

## Instructions:

### Assemble the Bowl:

1. Place the baby spinach or mixed greens in a serving bowl as the base.
2. Arrange the smoked salmon, avocado slices, and hard-boiled egg slices on top.

## Serving Suggestions:

- Drizzle with olive oil and lemon juice. Sprinkle with capers (if using), and season with salt and pepper. Serve immediately.
- Enjoy with a cup of black coffee or herbal tea for a light and energizing breakfast.

## Alternative Ingredients:

- **Greens:** Use arugula, kale, or romaine lettuce instead of spinach.
- **Fish Substitute:** Use canned tuna, grilled shrimps, or cooked chicken breast instead of smoked salmon.

## Ingredients:

- 2 cups (~ 60g) baby spinach or mixed greens
- 2 ounces (~55g) smoked salmon (sliced)
- 1/2 avocado, sliced
- 2 large eggs, hard-boiled and sliced
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp capers (optional)
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
320	6g	24g	22g	5g	320mg

# Cheesy Broccoli and Ham Omelette



## Ingredients:

- 2 large eggs
- 2 tbsp unsweetened almond milk (or regular milk)
- 1/3 cup (~50g) cooked broccoli florets, chopped
- 2 ounces (~55g) diced ham
- 1/4 cup (30g) shredded cheddar cheese
- 1/2 tbsp butter (or olive oil)
- Salt and pepper to taste

  
**Prep Time:**  
5 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Beginner

  
**Servings:**  
1

## Instructions:

### Prepare the Omelette Mixture:

1. Whisk eggs, almond milk, salt, and pepper in a bowl until combined.

### Cook the Filling:

2. Heat a nonstick skillet over medium heat and melt the butter.
3. Add the diced ham and broccoli (reserve some broccoli to serve on the side, if desired). Sauté for 2–3 min until heated through. Remove from the pan and set aside.

### Cook the Omelette:

4. Reduce the heat to medium-low. Pour the egg mixture into the same skillet, tilting the pan to spread the eggs evenly.
5. Cook undisturbed for 2–3 min, or until the edges start to set but the center remains slightly runny.

### Add the Filling:

6. Sprinkle ham, broccoli, and cheddar cheese over one half of the omelette.
7. Carefully fold the other half of the omelette over the filling using a spatula.
8. Cook for another minute or until the cheese melts and the omelette sets.

## Serving Suggestions:

- Slide the omelette onto a plate and serve with fresh tomato slices and cooked broccoli florets.
- Pair with a cup of black coffee or green tea for a satisfying breakfast.

## Alternative Ingredients:

- **Vegetarian Option:** Replace ham with diced bell peppers or spinach.
- **Extra Protein Boost:** Add 1 tbsp of cottage cheese or Greek yogurt to the egg mixture.

## Nutritional Information (Per Serving)


Calories	Carbs	Fats	Protein	Fiber	Cholesterol
280	4g	20g	22g	1g	370mg

# Zucchini and Goat Cheese Breakfast Frittata



## Ingredients:

- 6 large eggs
- 1/4 cup (~60ml) unsweetened almond milk (or regular milk)
- 1 medium zucchini, thinly sliced
- 1/2 small onion, finely chopped
- 2 tbsp olive oil (divided)
- 2 ounces (~55g) goat cheese, crumbled
- 1/4 cup (~25g) grated parmesan cheese
- 1/2 tsp garlic powder
- Salt and pepper to taste

  
**Prep Time:**  
10 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Beginner

  
**Servings:**  
4

## Instructions:

### Cook the Vegetables:

1. Preheat your oven to 375°F (190°C) and heat 1 tbsp of olive oil in an oven-safe skillet over medium heat.
2. Add the onion and sauté for 2–3 min until translucent.
3. Cook zucchini and garlic powder for 3–4 min until soft. Remove from heat.

### Prepare the Egg Mixture:

4. In a mixing bowl, whisk together the eggs, almond milk, salt, and pepper.

### Combine and Bake:

5. Pour egg mixture over sautéed zucchini and onion, then stir to distribute evenly.
6. Sprinkle the crumbled goat cheese and parmesan cheese over the top.
7. Transfer skillet to oven and bake for 15–20 min until set and lightly golden.

## Serving Suggestions:

- Let the frittata cool for a few minutes before slicing into wedges. Serve warm.
- Serve with a few slices of smoked salmon for an extra protein boost.

## Alternative Ingredients:

- **Cheese Alternatives:** Replace goat cheese with feta, ricotta, or a dairy-free cheese alternative.
- **Vegetable Variations:** Substitute zucchini with spinach, kale, or thinly sliced bell peppers for a different flavor profile.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
200	5g	15g	12g	1g	190mg

# Greek Yogurt Parfait with Chia Seeds



  
**Prep Time:**  
5 minutes

  
**Total Time:**  
None

  
**Level:**  
Beginner

  
**Servings:**  
1

## Instructions:

### Prepare the Layers:

1. In a small glass or jar, sprinkle the chia seeds to form the bottom layer.
2. Add half the Greek yogurt over the chia seeds and spread evenly.
3. Create a layer of raspberries, pressing gently to form a vibrant red stripe.
4. Add the remaining Greek yogurt.
5. Top with a few raspberries and a sprinkle of coconut flakes.
6. Optional: Drizzle with honey or maple syrup for a touch of sweetness.

## Ingredients:

- 1 cup (~250g) plain Greek yogurt
- 1 tbsp chia seeds
- 1/4 cup (~40g) fresh berries
- 1 tbsp unsweetened coconut flakes
- 1 tsp sugar-free maple syrup or honey (optional)

## Serving Suggestions:

- Pair with a cup of hot herbal tea or iced green tea.

## Alternative Ingredients:

- **Yogurt Substitute:** Replace Greek yogurt with a dairy-free coconut or almond yogurt for a **Vegan option**.
- **Extra Crunch:** Add a sprinkle of chopped nuts or low-carb granola for texture.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
180	12g	7g	14g	5g	5mg

# Bacon and Avocado Egg Bake



  
**Prep Time:**  
5 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Avocado Halves:

1. Preheat your oven to 375°F (190°C).
2. Scoop out 1–2 tbsp of avocado flesh from each half to make space for the egg.
3. Place avocado halves in a baking dish or muffin tin to keep them upright.

### Add the Eggs:

4. Crack an egg into each avocado half. If too large, remove some egg white to prevent overflow.

### Add Toppings:

5. Sprinkle crumbled bacon over the eggs. Add cheddar, paprika, or chili flakes (if using), and season with salt and pepper.

### Bake:

6. Bake for 12–15 min until egg whites are set and yolks slightly runny, or longer for fully set yolks.

## Serving Suggestions:

- Garnish with fresh parsley or chives and serve warm.
- Serve with a slice of low-carb toast.

## Alternative Ingredients:

- **Vegetarian Option:** Replace bacon with sautéed mushrooms or diced bell peppers for a veggie-packed alternative.
- **Cheese Substitute:** Use mozzarella, feta, or a dairy-free cheese alternative.

## Ingredients:

- 1 large avocado, halved
- 2 large eggs
- 2 slices cooked bacon, crumbled
- 1 tbsp shredded cheddar cheese (optional)
- 1/4 tsp paprika or chili flakes (optional)
- Fresh parsley or chives for garnish (optional)
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
280	6g	24g	12g	5g	190mg

# Cottage Cheese Pancakes with Blueberries



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2 (makes 6 small  
pancakes)

## Instructions:

### Prepare the Batter:

1. In a mixing bowl, whisk the eggs and cottage cheese until smooth.
2. Add almond flour, baking powder, vanilla extract, and cinnamon (if using). Mix well.
3. Gently fold in the blueberries.

### Cook the Pancakes:

4. Heat a nonstick skillet or griddle over medium heat and grease with butter or coconut oil.
5. Spoon 2 tbsp of batter onto the skillet and spread into a circle.
6. Cook for 2–3 min until bubbles form and edges set. Flip and cook for another 2–3 min.

## Serving Suggestions:

- Stack the pancakes on a plate. Top with a dollop of Greek yogurt, a drizzle of sugar-free maple syrup, or a sprinkle of extra fresh blueberries.

## Alternative Ingredients:

- **Fruit Variation:** Use raspberries, diced strawberries, or a mix of berries instead of blueberries.
- **Sweetener:** Add 1–2 tsp of keto-friendly sweetener for sweeter pancakes.

## Ingredients:

- 1/2 cup (~115g) cottage cheese
- 2 large eggs
- 1/4 cup (~25g) almond flour
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon (optional)
- 1/4 cup (~40g) fresh blueberries
- 1 tbsp butter or coconut oil

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
230	8g	14g	15g	2g	180mg

# Creamy Mushroom and Spinach Scrambled Eggs



## Ingredients:

- 2 large eggs
- 2 tbsp unsweetened almond milk (or regular milk)
- 1/2 cup (~35g) sliced mushrooms
- 1/2 cup (~15g) fresh spinach
- 1 tbsp cream cheese (optional)
- 1 tbsp butter or olive oil
- Fresh parsley or chives for garnish (optional)
- Salt and pepper to taste

  
**Prep Time:**  
5 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Beginner

  
**Servings:**  
1

## Instructions:

### Whisk the Eggs:

1. Whisk eggs, almond milk, salt, and pepper together in a small bowl until combined.

### Cook the Vegetables:

2. Heat the butter in a nonstick skillet over medium heat.
3. Add sliced mushrooms and sauté for 3–4 min until softened and golden brown.
4. Add the spinach and cook for another minute, or until wilted.

### Cook the Eggs:

5. Reduce the heat to low and pour the egg mixture over the vegetables.
6. Stir gently with a spatula to scramble the eggs, cooking slowly until they begin to set.
7. Add cream cheese (if using). Continue cooking until eggs are fully cooked but still soft.

## Serving Suggestions:

- Transfer to a plate, garnish with fresh parsley or chives, and serve immediately.
- Pair with a slice of toasted low-carb bread.

## Alternative Ingredients:

- **Veggie Variations:** Replace spinach with kale or arugula, and mushrooms with diced zucchini or bell peppers.
- **Dairy-Free Option:** Use a plant-based cream cheese alternative or skip it entirely.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
190	4g	14g	12g	1g	190mg

# Peanut Butter Energy Oats



  
**Prep Time:**  
5 minutes

  
**Total Time:**  
5 minutes

  
**Level:**  
Beginner

  
**Servings:**  
1

## Instructions:

### Cook the Oats:

1. In a small saucepan, combine the almond milk, water, and oats over medium heat. Cook for 2–3 min, stirring frequently.

### Add Flavor:

2. Stir in cocoa powder, peanut butter, and chia seeds. Mix until cocoa powder is fully incorporated.

### Sweeten (Optional):

3. Taste and add a sugar-free sweetener if desired.

## Serving Suggestions:

- Pour the oats into a bowl and top with fresh berries and chopped almonds, if desired. Sprinkle with cocoa powder for decoration.
- Add a drizzle of extra almond milk for creaminess.

## Alternative Ingredients:

- **Nut Butter Options:** Substitute peanut butter with almond butter, sunflower seed butter, or cashew butter.
- **Oats Substitute:** Use hemp hearts or a mixture of shredded coconut and chia seeds.

## Ingredients:

- 1/4 cup (~60ml) unsweetened almond milk (or regular milk)
- 1/4 cup (~60ml) water
- 1/4 cup (~20g) unsweetened oatmeal
- 1/2 tbsp unsweetened cocoa powder
- 1 tbsp peanut butter
- 1 tbsp chia seeds
- 1 tsp sugar-free sweetener (optional)
- 1 tbsp crushed nuts (optional)
- Fresh berries (optional)

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
240	22g	12g	12	6	0

# Ham and Cheddar Omelette Roll-Ups



  
**Prep Time:**  
5 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Egg Mixture:

1. In a mixing bowl, whisk the eggs, almond milk, salt, and pepper until fully combined.

### Cook the Omelette:

2. Heat a nonstick skillet over medium heat and add the butter or olive oil.
3. Pour half of the egg mixture into the skillet and swirl to coat in a thin, even layer.
4. Cook for 2–3 min until eggs are set but not overcooked. Carefully slide the omelette onto a plate. Repeat with the remaining mixture for the second omelette.

### Add the Filling:

5. Place 2 slices of ham and half of the shredded cheddar cheese on each cooked omelette. Carefully roll the omelette around the ham and cheese.

## Serving Suggestions:

- Slice omelettes in half and garnish with fresh parsley if desired. Serve warm.
- Pair with a simple side salad or a handful of fresh cherry tomatoes for a light and balanced meal.

## Alternative Ingredients:

- **Vegetarian Option:** Replace the ham with sautéed spinach or roasted red bell peppers.
- **Flavor Boost:** Add a sprinkle of garlic powder, paprika, or a drizzle of hot sauce before rolling up.

## Ingredients:

- 4 large eggs
- 1/4 cup (~60ml) unsweetened almond milk (or regular milk)
- 1/2 cup (~55g) shredded cheddar cheese
- 4 slices of deli ham
- 1 tbsp butter or olive oil
- Fresh parsley for garnish (optional)
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
260	3g	19g	20g	0	385mg

# Almond Butter and Chia Protein Mug Cake



  
**Prep Time:**  
5 minutes

  
**Total Time:**  
2 minutes

  
**Level:**  
Beginner

  
**Servings:**  
1

## Instructions:

### Prepare the Batter:

1. In a microwave-safe mug or ramekin, whisk the egg.
2. Stir in almond butter, chia seeds, protein powder, baking powder, almond milk, sweetener, vanilla extract (if using), and salt until smooth and well combined.

### Cook the Mug Cake:

3. Microwave on high for 1–2 min, checking after 1 min. If the top is still wet, microwave for an additional 10–15 sec until set.

## Ingredients:

- 1 large egg
- 2 tbsp almond butter (unsweetened)
- 1 tbsp chia seeds
- 1 scoop (~30g) vanilla protein powder
- 1/2 tsp baking powder
- 1 tbsp unsweetened almond milk (or regular milk)
- 1 tsp powdered erythritol (or sweetener of choice)
- 1/2 tsp vanilla extract (optional)
- Pinch of salt

## Serving Suggestions:

- Top with a dollop of Greek yogurt or whipped coconut cream and a few fresh berries, alternatively serve with a light dusting of cocoa powder.


## Alternative Ingredients:

- **Protein Flavor Variations:** Use chocolate protein powder for a richer taste or cinnamon protein powder for a cozy flavor.
- **Nut Butter Options:** Replace almond butter with peanut butter, sunflower seed butter, or cashew butter.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
280	7g	19g	21g	4g	185mg

# Herb and Feta Breakfast Casserole



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
30 minutes

  
**Level:**  
Beginner

  
**Servings:**  
4

## Instructions:

### Prepare the Egg Mixture:

1. Preheat your oven to 375°F (190°C). Grease an 8x8-inch baking dish with olive oil.
2. In a large mixing bowl, whisk together the eggs, almond milk, garlic powder, salt, and pepper until smooth.

### Assemble the Casserole:

3. Spread the chopped spinach, cherry tomatoes, feta cheese, and green onions evenly in the greased baking dish.
4. Pour the egg mixture over the vegetables and cheese, making sure everything is evenly distributed.
5. Sprinkle fresh parsley or dill on top for added flavor.

### Bake:

6. Place the dish in the preheated oven and bake for 25–30 min, or until the eggs are set and the top is lightly golden.

## Serving Suggestions:

- Let the casserole cool for 5 min before slicing into portions. Serve warm.
- Serve with a slice of toasted low-carb bread for added texture.

## Alternative Ingredients:

- **Cheese Options:** Substitute feta with goat cheese or shredded cheddar for a different flavor.
- **Vegetable Variations:** Swap spinach with kale, arugula, or zucchini.

## Ingredients:

- 6 large eggs
- 1/4 cup (~60ml) unsweetened almond milk (or regular milk)
- 1 cup (~30g) fresh spinach, chopped
- 1/2 cup (~75g) cherry tomatoes, halved
- 1/2 cup (~60g) crumbled feta cheese
- 1/4 cup (~20g) green onions, sliced
- 2 tbsp fresh parsley or dill, chopped (optional)
- 1/2 tsp garlic powder
- 1 tbsp olive oil
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
190	4g	13g	13g	1g	225mg

# Crispy Prosciutto and Spinach Frittata



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Beginner

  
**Servings:**  
4

## Instructions:

### Crisp the Prosciutto:

1. Preheat your oven to 375°F (190°C). Heat the olive oil in an oven-safe skillet over medium heat.
2. Add prosciutto and cook for 1–2 min per side until crispy. Remove and set on a paper towel.

### Sauté the Veggies:

3. In the same skillet, add the diced onion and cook for 2–3 min until softened.
4. Stir in the spinach and cook until wilted, about 1–2 min.
5. Prepare the Egg Mixture:
6. In a mixing bowl, whisk eggs, almond milk, garlic powder, salt, and pepper. Stir in parmesan cheese.

### Assemble the Frittata:

7. Pour the egg mixture over the spinach and onions in the skillet.
8. Crumble the crispy prosciutto on top.

### Bake the Frittata:

9. Transfer the skillet to the preheated oven and bake for 15–20 min, or until the eggs are set and the top is lightly golden.

## Serving Suggestions:

- Let the frittata cool for 5 min before slicing into wedges. Garnish with fresh basil or parsley if desired.

## Alternative Ingredients:

- **Vegetarian Option:** Replace the prosciutto with sautéed mushrooms, roasted red peppers, or sun-dried tomatoes.
- **Cheese Alternatives:** Substitute parmesan with feta, cheddar, or a dairy-free cheese.

## Ingredients:


- large eggs
- 1/4 cup (~60ml) unsweetened almond milk (or regular milk)
- 1/2 cup (~50g) shredded parmesan cheese (optional)
- 4 slices of prosciutto, thinly sliced or torn into pieces
- 1 cup (~30g) fresh spinach, roughly chopped
- 1/4 cup (~40g) onion, finely diced
- 1 tbsp olive oil or butter
- 1/2 tsp garlic powder
- Fresh basil or parsley for garnish (optional)
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
210	3g	15g	16g	1g	230mg

# Cinnamon Almond Butter Porridge



  
**Prep Time:**  
5 minutes

  
**Total Time:**  
5 minutes

  
**Level:**  
Beginner

  
**Servings:**  
1

## Instructions:

### Combine Ingredients:

1. In a small saucepan, combine almond flour, chia seeds, ground flaxseed (if using), almond milk, almond butter, cinnamon, vanilla extract (if using), sweetener, and salt. Stir well.

### Cook the Porridge:

2. Place saucepan over medium heat and cook, stirring frequently, for 3–5 min until porridge thickens to desired consistency.
3. Adjust Consistency:
4. If the porridge becomes too thick, add a splash of almond milk and stir to loosen it.

## Serving Suggestions:

- Transfer the porridge to a bowl, sprinkle with additional cinnamon or a few chopped nuts, if desired.

## Alternative Ingredients:

- **Milk Variations:** Use coconut milk, cashew milk, or heavy cream diluted with water for a richer taste.
- **Toppings:** Add unsweetened coconut flakes, sugar-free chocolate chips, or fresh berries for garnish.

## Ingredients:

- 1/4 cup (~25g) almond flour
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed (optional)
- 1/2 cup (~120ml) unsweetened almond milk (or regular milk)
- 1 tbsp unsweetened almond butter
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract (optional)
- 1–2 tsp powdered erythritol (or sweetener of choice, optional)
- Pinch of salt

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
220	6g	18g	7g	5g	0

# Cheesy Cauliflower Breakfast Hash with Bacon



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Cook the Bacon:

1. Heat a large skillet over medium heat. Cook bacon until crispy, about 4–5 min. Remove with a slotted spoon, leaving grease in the skillet.

### Sauté the Vegetables:

2. Add olive oil (if skipping bacon) or use bacon grease. Sauté onion and bell peppers for 3–4 min until softened.
3. Stir in the riced cauliflower and cook for another 5 min, stirring occasionally, until it begins to soften.

### Season and Add Cheese:

4. Season with garlic powder, smoked paprika (if using), salt, and pepper. Stir in cheddar cheese until melted and combined.

### Add Eggs:

5. Make two wells in the cauliflower mixture and crack in the eggs. Cover and cook for 2–3 min until whites are set but yolks remain runny (or longer for firm yolks).

## Serving Suggestions:

- Sprinkle the cooked bacon (if using) on top and garnish with fresh parsley or chives. Serve immediately.
- Pair with a side of sliced avocado or fresh salsa.

## Alternative Ingredients:

- **Vegetarian Option:** Omit bacon and add diced mushrooms, zucchini, or sun-dried tomatoes for extra flavor.
- **Cheese Substitutes:** Swap cheddar with pepper jack, gouda, or a dairy-free cheese alternative.

## Ingredients:

- 2 cups (~300g) riced cauliflower (fresh or frozen)
- 1/2 cup (~55g) shredded cheddar cheese
- 1/2 cup (~75g) diced bell peppers (any color)
- 1/2 cup (~75g) diced onion
- 2 large eggs
- 2 slices bacon, chopped
- 1 tbsp olive oil or butter
- 1/2 tsp garlic powder
- 1/4 tsp smoked paprika (optional)
- Fresh parsley or chives for garnish
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
240	8g	17g	12g	3g	185mg

# Greek-Style Breakfast Pizza



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
2

## Instructions:

### Make the Crust:

1. Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a mixing bowl, combine almond flour, parmesan, baking powder, garlic powder, and salt. Stir in egg and olive oil until a dough forms.
3. Form the dough into a flat circle about 1/4 inch thick on the prepared baking sheet.

### Pre-Bake the Crust:

4. Bake the crust for 8–10 min, or until it starts to turn golden around the edges. Remove from the oven.

### Add Toppings:

5. Sprinkle the feta cheese over the crust, then arrange the cherry tomatoes and olives on top.
6. Make two small wells in the toppings and crack the eggs into the wells. Sprinkle dried oregano over everything.

### Bake the Pizza:

7. Return the pizza to the oven and bake for 8–10 min, until egg whites are set but yolks remain runny (or longer for firmer yolks).

## Ingredients:

### For the Crust:

- 1 cup (~100g) almond flour
- 1/4 cup (~25g) grated parmesan cheese
- 1/2 tsp baking powder
- 1 large egg
- 1 tbsp olive oil
- 1/4 tsp garlic powder
- Pinch of salt

### For the Toppings:

- 1/2 cup (~60g) crumbled feta cheese
- 1/4 cup (~40g) cherry tomatoes, halved
- 2 large eggs
- 1/4 cup (~35g) pitted kalamata olives, sliced
- 1/2 tsp dried oregano
- Fresh parsley or arugula (optional)

## Serving Suggestions:

- Garnish with fresh parsley or arugula, if using. Serve immediately.
- Add chopped cucumber on the side, if desired.


## Alternative Ingredients:

- **Cheese Options:** Replace feta with goat cheese or shredded mozzarella.
- **Vegetables:** Add sautéed mushrooms or artichoke hearts instead of eggs.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
310	7g	25g	15g	3g	205mg

# Turkey Sausage and Zucchini Breakfast Scramble



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Cook the Turkey Sausage:

1. Cook ground turkey sausage in a large skillet over medium heat for 5 min, until browned. Remove and set aside.

### Sauté the Vegetables:

2. Heat olive oil in the same skillet, add onion and zucchini, and cook for 3–4 min until softened.

### Whisk the Eggs:

3. In a bowl, whisk together the eggs, almond milk, garlic powder, smoked paprika, salt, and pepper.

### Cook the Scramble:

4. Pour the egg mixture into the skillet and stir gently, cooking for 2–3 min until set.

### Combine and Finish:

5. Add the turkey sausage back to the skillet, mix with eggs and vegetables, and sprinkle with cheddar cheese. Let melt for 1–2 min.

## Serving Suggestions:

- Serve the scramble on a plate, garnish with fresh parsley or chives.
- Pair with a slice of toasted low-carb bread or cloud bread.

## Alternative Ingredients:

- **Vegetarian Option:** Replace turkey sausage with crumbled tofu or vegetarian sausage.
- **Cheese Alternatives:** Use feta, goat cheese, or skip the cheese for a dairy-free option.

## Ingredients:


- 4 large eggs
- 1/4 cup (~60ml) unsweetened almond milk (or regular milk)
- 1/2-pound (~225g) ground turkey sausage (or turkey sausage links, crumbled)
- 1 medium zucchini, diced
- 1/4 cup (~40g) diced onion
- 1/4 cup (~30g) shredded cheddar cheese (optional)
- 1 tbsp olive oil or butter
- 1/2 tsp garlic powder
- 1/4 tsp smoked paprika
- Fresh parsley or chives
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
280	5g	18g	23g	2g	220mg

# Avocado “Toast” on Sweet Potato Slices



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Sweet Potato Slices:

1. Wash the sweet potato and slice it lengthwise into 1/4-inch-thick slices. You should get about 4 slices.

### Cook the Sweet Potato:

2. Heat a non-stick skillet over medium heat and brush the sweet potato slices lightly with olive oil.
3. Cook each side for 3–4 min, or until golden brown and tender. Alternatively, toast the slices in a toaster on high for 2–3 cycles until cooked through.

### Make the Avocado Mash:

4. While the sweet potato slices are cooking, mash the avocado in a small bowl with lime juice, garlic powder, smoked paprika (if using), salt, and pepper.

## Ingredients:

- 1 medium sweet potato
- 1 ripe avocado
- 1 tbsp lime juice
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika (optional)
- 1 tbsp olive oil (or avocado oil)
- Toppings - cherry tomatoes, sesame seeds, or chili flakes (optional)
- Salt and pepper to taste

## Serving Suggestions:

- Spread the avocado mash over the cooked sweet potato slices and garnish with your choice of toppings. Serve immediately.

## Alternative Ingredients:

- **Sweet Potato Substitute:** Use roasted eggplant slices, or large zucchini rounds as a base.
- **Topping Options:** Add crumbled feta, goat cheese, or smoked salmon for extra protein.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
220	14g	18g	3g	6g	0

# Cucumber Boats with Cream Cheese and Smoked Salmon



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
None

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Cucumbers:

1. Slice cucumbers in half lengthwise and scoop out the seeds to create boats.

### Make the Cream Cheese Mixture:

2. In a small bowl, mix the cream cheese with chopped dill, lemon zest, salt, and pepper until well combined.

### Assemble the Boats:

3. Spread cream cheese inside the cucumber boats and top with smoked salmon slices.

## Ingredients:

- 2 large cucumbers
- 1/2 cup (~120g) cream cheese, softened
- 2 ounces (~55g) smoked salmon, thinly sliced
- 1 tbsp fresh dill, chopped
- 1/2 tsp lemon zest
- 1 tbsp capers (optional)
- Toppings - thinly sliced radishes or chili flakes (optional):
- Salt and pepper to taste

## Serving Suggestions:

- Sprinkle with capers or chili flakes, and garnish with additional dill or radish slices, if desired. Serve immediately.
- Pair with a handful of nuts for balance.

## Alternative Ingredients:

- **Dairy-Free Option:** Swap cream cheese with dairy-free cream cheese or avocado mash.
- **Vegetarian Version:** Replace smoked salmon with diced tomatoes, olives, or marinated artichoke hearts.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
190	6g	15g	8g	2g	25mg



## CHAPTER 3

# Main Meals - Where Flavor Meets Balance

Main meals are the cornerstone of a healthy, fulfilling lifestyle. Whether it's a hearty lunch to power you through a busy afternoon or a nourishing dinner to wrap up your day, these dishes are designed to fuel your body while delighting your taste buds.

From lean, tender poultry and rich, satisfying red meats to light, zesty seafood and vibrant vegetarian creations, these dishes are crafted to fit your low-carb lifestyle without compromising on taste. Each recipe is thoughtfully designed to perfectly balance protein, healthy fats, and fresh ingredients, keeping you energized and satisfied.

As you delve into this chapter, you'll uncover dishes that satisfy your appetite and support your health goal.



# POULTRY

## Parmesan-Crusted Chicken Breasts with Roasted Veggies



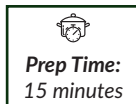
### Ingredients:

#### For the Parmesan-Crusted Chicken:

- 4 boneless, skinless chicken breasts
- 1/2 cup (~50g) almond flour
- 1/2 cup (~50g) grated parmesan cheese
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1/2 tsp paprika
- 1 large egg, beaten
- 2 tbsp olive oil
- Salt and pepper to taste

#### For the Roasted Veggies:

- 1 cup (~100g) broccoli florets
- 1 cup (~100g) cauliflower florets
- 1 medium zucchini, sliced into half-moons
- 1 red bell pepper, diced
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- Salt and pepper to taste



### Instructions:

#### Prepare the Roasted Veggies:

1. Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper.
2. Toss broccoli, cauliflower, zucchini, and bell pepper with oil and spices. Spread on one side of a baking sheet.

#### Prepare the Parmesan-Crusted Chicken:

3. Pat chicken dry and season with salt and pepper.
4. In a shallow bowl, combine almond flour, parmesan cheese, garlic powder, Italian seasoning, and paprika.
5. Dip chicken in egg, then coat in almond-parmesan mixture.
6. Sear chicken in oil over medium heat for 2–3 min per side until golden. Transfer next to veggies on the baking sheet.

#### Bake Everything Together:

7. Bake 20–25 min until chicken reaches 165°F (74°C) and veggies are tender. Broil 1–2 min for a crispier chicken crust, if desired.

### Serving Suggestions:

- Serve immediately. Garnish the dish with fresh parsley, if desired.
- Add a drizzle of lemon butter sauce or pesto over the chicken.

### Alternative Ingredients:

- **Chicken Substitute:** Swap chicken breasts for boneless chicken thighs or turkey cutlets.
- **Dairy-Free:** Replace parmesan with a dairy-free alternative or nutritional yeast for a similar flavor.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
410	9g	23g	38g	3g	115mg

# Spicy Thai Chicken Salad with Peanut Dressing



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Dressing:

1. Whisk peanut butter, soy sauce, lime juice, sesame oil, vinegar, sriracha, and ginger in a bowl. Add water if needed to reach your desired consistency. Set aside.

### Assemble the Salad:

2. In a large salad bowl, combine mixed greens, shredded cabbage, grated carrots, red bell pepper, cilantro, and green onions.

### Add the Chicken and the Dressing:

3. Add the shredded chicken breast to the salad. Drizzle with the peanut dressing and toss gently to coat all ingredients evenly.

## Ingredients:

### For the Salad:

- 2 cups (~250g) shredded cooked chicken breast (grilled or roasted)
- 3 cups (~90g) mixed greens (e.g., romaine, spinach, or kale)
- 1 cup (70g) shredded cabbage (green or purple)
- 1/2 cup (~50g) grated carrots
- 1/2 red bell pepper, thinly sliced
- 1/4 cup chopped fresh cilantro
- 2 green onions, sliced
- 2 tbsp chopped peanuts (optional)

### For the Peanut Dressing:

- 2 tbsp unsweetened peanut butter
- 2 tbsp soy sauce
- 1 tbsp lime juice
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp sriracha or chili paste (adjust to taste)
- 1 tsp grated fresh ginger (or 1/2 tsp ginger powder)

## Serving Suggestions:

- Garnish with chopped peanuts and additional cilantro, if desired. Serve immediately.

## Alternative Ingredients:

- **Protein Substitute:** Replace chicken with grilled shrimp, beef strips or tofu for Vegetarian Option
- **Dressing Alternative:** Use a sesame ginger dressing or a low-carb vinaigrette if peanut butter is unavailable.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
320	10g	19g	30g	3g	70mg

# Zucchini Noodles with Lemon Butter Chicken



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Zucchini Noodles:

1. Spiralize the zucchini into noodles using a spiralizer or julienne peeler. Set aside on a paper towel to absorb excess moisture.

### Cook the Chicken:

2. Heat 1 tbsp of olive oil in a large skillet over medium heat. Add the chicken pieces, season with salt and pepper, and cook for 6–8 min, stirring occasionally, until golden brown and cooked through. Remove from skillet and set aside.

### Make the Lemon Butter Sauce:

3. In the same skillet, add the butter, remaining olive oil, and garlic. Sauté for 1–2 min until fragrant.
4. Stir in the lemon juice, lemon zest, and a pinch of salt. Simmer for another minute.

### Combine and Cook:

5. Add the zucchini noodles to the skillet and toss them gently in the sauce for 2–3 min, until just tender.
6. Return the cooked chicken to the skillet and toss to combine.

## Serving Suggestions:

- Sprinkle with fresh parsley and red pepper flakes, if desired. Serve immediately.

## Alternative Ingredients:

- **Protein Substitute:** Replace chicken with shrimp or turkey breast, alternatively use tofu for Vegetarian Option.
- **Zucchini Substitute:** Use spaghetti squash, shirataki noodles, or low-carb pasta.

## Ingredients:


- 2 medium zucchinis
- 1 large chicken breast, cut into bite-sized pieces
- 2 tbsp unsalted butter
- 2 tbsp olive oil
- 2 garlic cloves, minced
- Juice and zest of 1 lemon
- 1/4 cup (~25g) grated parmesan cheese
- 2 tbsp fresh parsley, chopped
- Red pepper flakes (optional)
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
320	8g	20g	29g	2g	85mg

# Grilled Chicken Caesar Salad



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Dressing:

1. In a small bowl, whisk together olive oil, mayonnaise, lemon juice, Dijon mustard, Worcestershire sauce, minced garlic, and grated parmesan cheese. Add salt and pepper to taste. Set aside.

### Assemble the Salad:

2. In a large salad bowl, combine the chopped romaine lettuce, parmesan cheese, and croutons (or roasted almonds, if using). Toss to mix.

### Add the Chicken and the Dressing:

3. Top the salad with the sliced grilled chicken breasts. Drizzle the Caesar dressing over the salad. Toss gently to coat all ingredients evenly.

## Ingredients:

### For the Salad:

- 2 grilled chicken breasts (~400g), sliced
- 4 cups (~200g) romaine lettuce, chopped
- 1/4 cup (~25g) grated parmesan cheese
- 1/4 cup (~20g) low-carb croutons (optional)
- 1/4 cup (~40g) cherry tomatoes, halved (optional)

### For the Caesar Dressing:

- 2 tbsp olive oil
- 1 tbsp mayonnaise
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1 small garlic clove, minced
- 2 tbsp grated parmesan cheese
- Salt and pepper to taste

## Serving Suggestions:

- Serve with a low-carb garlic breadstick or a small keto-friendly flatbread.

## Alternative Ingredients:

- **Protein Substitute:** Use grilled shrimp or turkey instead of chicken, or grilled tofu for **Vegetarian Option**.
- **Crouton Alternatives:** Use crushed pork rinds, roasted almonds or seeds (like pumpkin or sunflower) for added crunch.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
370	6g	25g	33g	2g	85mg

# Chicken Caprese Salad with Basil Vinaigrette



  
**Prep Time:**  
20 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Beginner

  
**Servings:**  
4

## Instructions:

### Prepare the Salad Base:

1. In a large bowl or platter, layer the arugula or mixed greens, chicken, cherry tomatoes, mozzarella, avocado, and red onion.

### Make the Basil Vinaigrette:

2. In a small bowl or jar, whisk together olive oil, chopped basil, balsamic vinegar, Dijon mustard, garlic, salt, and pepper until well emulsified.

### Add the Dressing:

3. Drizzle the basil vinaigrette over the salad. Toss gently to coat all ingredients evenly

## Ingredients:

### For the Salad:

- 2 cups (~250g) cooked chicken breast, shredded or sliced
- 4 cups (~120g) arugula or mixed greens
- 1 cup (~160g) cherry tomatoes, halved
- 8 oz (~225g) fresh mozzarella pearls (or shredded)
- 1 avocado, sliced
- 1/4 cup (~40g) red onion, thinly sliced

### For the Basil Vinaigrette:

- 1/4 cup (60ml) olive oil
- 2 tbsp fresh basil leaves, finely chopped
- 1 tbsp white or regular balsamic vinegar
- 1 tsp Dijon mustard
- 1 garlic clove, minced
- Salt and pepper to taste

## Serving Suggestions:

- Garnish with extra fresh basil if desired. Serve immediately.
- Add a sprinkle of toasted pine nuts or sunflower seeds for extra texture.

## Alternative Ingredients:

- **Protein Alternative:** Use grilled shrimp or sliced turkey breast for variety. Use roasted chickpeas or grilled tofu for **Vegetarian Option**.
- **Mozzarella Substitute:** Replace fresh mozzarella with crumbled feta or goat cheese.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
350	8g	23g	28g	3g	60mg

# Coconut Lime Chicken Lettuce Wraps



  
**Prep Time:**  
20 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Beginner

  
**Servings:**  
4

## Instructions:

### Cook the Chicken:

1. Heat the coconut oil in a skillet over medium heat. Add the diced chicken and cook until golden and cooked through (about 6-8 min).
2. Add garlic and ginger to the skillet, cooking for 1 min until fragrant.
3. Stir in coconut milk, lime juice, lime zest, and coconut aminos. Simmer for 3-4 min until the sauce thickens slightly. Add red pepper flakes for a spicy kick (optional).

### Prepare the Wraps:

4. Lay out the lettuce leaves. Fill each leaf with a portion of the chicken mixture, shredded carrots, cucumber slices, and fresh cilantro.

## Ingredients:

### For the Chicken:

- 1 lb (~450g) chicken breast, diced
- 1 tbsp coconut oil
- 1/2 cup (~120ml) unsweetened coconut milk
- 2 tbsp lime juice
- 1 tsp lime zest
- 1 garlic clove, minced
- 1 tsp ginger, grated
- 1 tsp coconut aminos (or low-sodium soy sauce)
- 1/4 tsp red pepper flakes (optional)

### For the Wraps:

- 8 large butter or gem lettuce leaves
- 1/2 cup (~50g) shredded carrots
- 1/2 cup (~60g) cucumber, thinly sliced
- 1/4 cup (4g) fresh cilantro, chopped

## Serving Suggestions:

- Serve the wraps with crushed peanuts or sesame seeds for extra crunch.


## Alternative Ingredients:


- **Chicken Alternative:** Use ground turkey, shrimp, or tofu for **Vegetarian Option**.
- **Lettuce Substitute:** Use low-carb tortillas instead of lettuce.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
210	6g	11g	23g	2g	65mg

# Roasted Red Pepper and Feta Stuffed Chicken



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
4

## Instructions:

### Prepare the Chicken:

1. Preheat oven to 375°F (190°C).
2. Butterfly the chicken breasts and season with garlic powder, oregano, salt, and pepper.

### Stuff the Chicken:

3. In a small bowl, mix roasted red peppers, feta cheese, and spinach.
4. Stuff chicken breasts with the mixture evenly, fold, and secure with toothpicks if needed.

### Cook the Chicken:

5. Heat oil in an oven-safe skillet over medium-high. Sear stuffed chicken until golden, about 3 min per side.
6. Transfer the skillet to the oven and bake for 15-20 min or until the chicken is cooked through.

## Serving Suggestions:

- Sprinkle with freshly chopped herbs before serving for added flavor and color.
- Serve with a side of roasted asparagus or a fresh green salad.

## Alternative Ingredients:

- **Vegetarian Option:** Use large portobello mushrooms instead of chicken.
- **Pepper Alternative:** Swap roasted red peppers with sun-dried tomatoes or artichoke hearts.

## Ingredients:

- 4 medium chicken breasts, butterflied
- 1/2 cup (~90g) roasted red peppers, chopped
- 1/3 cup (~40g) crumbled feta cheese
- 1/4 cup (10g) fresh spinach, chopped
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tbsp olive oil
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
260	4g	12g	33g	1g	80mg

# Greek-Style Meatballs with Tzatziki and Roasted Vegetables



  
**Prep Time:**  
20 minutes

  
**Total Time:**  
30 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
4

## Instructions:

### Prepare the Meatballs:

1. In a bowl, mix turkey, almond flour, egg, onion, garlic, herbs, spices, salt, and pepper until fully combined.
2. Shape the mixture into 16-18 small meatballs.

### Cook the Meatballs:

3. Heat oil in a skillet over medium heat. Cook meatballs for 10-12 min, turning, until golden brown on all sides and 165°F / 74°C inside.

### Prepare the Roasted Vegetables:

4. Preheat the oven to 400°F (200°C).
5. Toss vegetables with olive oil, oregano, salt, and pepper. Spread on a baking sheet. Roast for 15-20 min, stirring halfway, until tender and slightly caramelized.

### Make the Tzatziki Sauce:

6. Mix Greek yogurt, cucumber, garlic, dill, lemon juice, salt, and pepper in a small bowl. Refrigerate until serving.

## Serving Suggestions:

- Place the meatballs on a serving plate with the roasted vegetables. Drizzle with tzatziki or serve it on the side for dipping.

## Alternative Ingredients:

- **Meat Substitute:** Use ground chicken, lean lamb, or a plant-based ground meat alternative for **Vegetarian Option**.
- **Almond Flour Alternative:** Use coconut flour (2 tablespoons) or crushed pork rinds for binding.

## Ingredients:

### For the Meatballs:

- 1 lb (~450g) ground turkey
- 1/4 cup (~25g) almond flour
- 1 large egg
- 1/4 cup (~40g) red onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh mint, chopped (optional)
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1 tbsp olive oil (for cooking)
- Salt and pepper to taste

### For the Tzatziki Sauce:

- 1/2 cup (~120g) plain Greek yogurt
- 1/2 cup (~65g) cucumber, grated and squeezed to remove excess liquid
- 1 garlic clove, minced
- 1 tbsp fresh dill, chopped
- 1 tsp lemon juice
- Salt and pepper to taste

### For the Roasted Vegetables:

- 2 cups (~300g) assorted vegetables (zucchini, bell peppers, red onion, and cherry tomatoes)
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
370	9g	20g	31g	3g	110mg

# Thai Coconut Curry Chicken with Vegetables



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
4

## Instructions:

### Cook the Chicken:

1. Heat 1 tablespoon of coconut oil in a large skillet over medium heat.
2. Cook chicken until golden and fully done (6–8 min). Set aside.

### Sauté the Vegetables:

3. In the same skillet, add the remaining coconut oil.
4. Add broccoli, bell pepper, and snap peas. Sauté 3–4 min until tender-crisp.

### Prepare the Sauce:

5. Add garlic and ginger. Cook for 1 min, stirring frequently.
6. Stir in the red curry paste and cook for 1–2 min until fragrant.

### Simmer the Curry:

7. Pour in the coconut milk, soy sauce, lime juice, and sweetener (if using). Stir well to combine.
8. Simmer for 3–5 min until slightly thickened.
9. Combine Chicken and Sauce:
10. Add chicken back to the skillet, stir, and simmer 2–3 min to absorb flavors.
11. Taste and adjust seasoning if needed.

## Serving Suggestions:

- Transfer the curry to serving plates or bowls. Garnish with fresh cilantro leaves and serve with lime wedges on the side.

## Alternative Ingredients:

- **Protein Substitute:** Replace chicken thighs with shrimp, salmon or tofu for **Vegetarian Option**.
- **Spice Level:** Use more or less red curry paste to adjust the heat to your liking.

## Ingredients:

- For the Chicken Curry:
- 1lb (450g) chicken breast or thigh, cut into bite-sized pieces
- 2 tbsp coconut oil
- 1 cup (~90g) broccoli florets
- 1 medium red bell pepper, sliced
- 1 cup (~100g) snap peas
- 2 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp red curry paste
- 1 can (400ml) coconut milk
- 1 tbsp soy sauce or coconut aminos
- 1 tsp lime juice
- 1 tsp sweetener of choice (optional)
- 1/4 tsp red chili flakes (adjust to taste)

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
340	12g	22g	25g	4g	85mg

# Crispy Skin Duck Breast with Asian Slaw



## Ingredients:

### For the Duck Breast:

- 4 duck breasts (skin-on)
- 1 tsp Chinese five-spice powder (optional)
- 1 tbsp avocado oil
- Salt and pepper to taste

### For the Asian Slaw:

- 2 cup (~140g) red cabbage, shredded
- 1 cup (~110g) carrots, julienned
- 2 green onions, thinly sliced
- 1/4 cup (~4g) fresh cilantro leaves
- 2 tbsp sesame seeds (optional)

### For the Dressing:

- 2 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tsp honey or sugar-free sweetener (optional)
- 1 tsp grated ginger



## Instructions:

### Prepare the Duck Breast:

1. Pat duck breasts dry and score the skin in a crosshatch pattern.
2. Season both sides with salt, pepper, and Chinese five-spice powder (if using).

### Cook the Duck Breast:

3. Heat avocado oil in a large oven-safe skillet over medium heat.
4. Cook duck breasts skin-side down for 6–8 min until the skin is crispy and golden.
5. Flip the breasts, transfer to the oven, and roast for 6–8 min or until the internal temperature reaches 135°F (57°C) for medium-rare.
6. Remove from the oven and let rest for 5 min before slicing thinly.

### Prepare the Asian Slaw:

7. In a large bowl, combine the shredded purple cabbage, julienned carrots, green onions and cilantro.
8. In a bowl, whisk together the soy sauce, rice vinegar, sesame oil, grated ginger, honey (if using). Pour over the slaw and toss to coat.

## Serving Suggestions:

- Thinly slice the duck breast and arrange over the Asian slaw. Garnish with sesame seeds and additional cilantro leaves.

## Alternative Ingredients:

- **Protein Substitute:** Replace duck breast with chicken thighs or salmon fillets.
- **Slaw Variations:** Add shredded broccoli or bean sprouts for added crunch.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
340	10g	21g	30g	3g	95mg

# Zucchini Lasagna with Ground Turkey



  
**Prep Time:**  
25 minutes

  
**Total Time:**  
40 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
6

## Instructions:

### Prepare the Zucchini:

1. Preheat the oven to 375°F (190°C).
2. Slice zucchinis lengthwise into thin strips. Sprinkle with salt and let sit for 10 min to release moisture, then pat dry.

### Cook the Meat Sauce:

3. Heat olive oil in a skillet over medium heat. Sauté onion and garlic for about 3 min until softened.
4. Add ground turkey and cook until browned, about 5–7 min.
5. Add marinara, oregano, salt, and pepper. Simmer 5–7 min, then remove from heat.

### Assemble the Lasagna:

6. Spread a thin layer of meat sauce on the bottom of a medium baking dish.
7. Layer zucchini slices, meat sauce, and mozzarella. Repeat until used up, finishing with mozzarella and parmesan on top.

### Bake:

8. Cover with foil and bake for 20 min. Uncover and bake for another 15–20 until the cheese is golden and bubbly.

## Serving Suggestions:

- Let the lasagna cool for 10 min before slicing. Garnish with fresh basil, if desired.

## Alternative Ingredients:

- **Meat Variation:** Swap ground turkey for ground chicken or lean ground beef, use plant-based ground meat for **Vegetarian Option**.
- **Zucchini Substitute:** Use thinly sliced eggplant or yellow squash instead of zucchini.

## Ingredients:


- 3 medium zucchinis, sliced lengthwise into thin strips
- 1 lb (450 g) ground turkey
- 2 cups (~480ml) marinara sauce (no added sugar)
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 cup (~110g) shredded mozzarella cheese
- 1/4 cup (~25g) grated parmesan cheese
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes (optional)
- Fresh basil leaves (optional)
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
310	10g	16g	29g	2g	80mg

# Garlic Herb Grilled Chicken Thighs with Asparagus and Roasted Sweet Potatoes



 **Prep Time:**  
15 minutes

 **Total Time:**  
30 minutes

 **Level:**  
Easy

 **Servings:**  
4

## Instructions:

### Prepare the Chicken Marinade:

1. In a small bowl, mix olive oil, minced garlic, oregano, thyme, rosemary, smoked paprika, salt, and black pepper.
2. Rub over chicken thighs and marinate for 10–15 min while prepping veggies.

### Prepare the Roasted Sweet Potatoes:

3. Preheat your oven to 425°F (220°C).
4. Toss the sweet potato cubes with olive oil, smoked paprika, garlic powder, salt, and black pepper.
5. Spread on a parchment-lined baking sheet. Roast for 20–25 min, flipping halfway, until tender and crispy.

### Prepare the Asparagus:

6. Toss the asparagus with olive oil, salt, and black pepper.
7. Grill the Chicken Thighs:
8. Heat a grill or grill pan over medium-high heat. Lightly oil the grates.
9. Grill chicken thighs skin-side down for 6–7 min per side, until crispy and the internal temp reaches 165°F (74°C).

### Grill the Asparagus:

10. Grill asparagus for 3–5 min, turning occasionally, until tender and charred.

## Serving Suggestions:

- Serve chicken thighs with grilled asparagus and roasted sweet potatoes. Garnish asparagus with lemon zest if desired.

## Alternative Ingredients:

- **Vegetarian Option:** Replace the chicken thighs with marinated and grilled portobello mushrooms.
- **Other Vegetables:** Use zucchini, bell peppers, or broccoli in place of asparagus.

## Ingredients:

### For the Chicken Thighs:

- 4 bone-in, skin-on chicken thighs
- 3 tbsp olive oil
- 2 tsp minced garlic
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp dried rosemary
- 1 tsp smoked paprika
- Salt and black pepper to taste

### For the Asparagus:

- 1 lb (~450g) trimmed fresh asparagus
- 1 tbsp olive oil
- 1/2 tsp lemon zest (optional)
- Salt and pepper to taste

### For the Roasted Sweet Potatoes:

- 1 lb sweet potatoes, peeled and cut into 1-inch cubes
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- Salt and black pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
440	26g	22g	30g	5g	110mg

# Honey Mustard Baked Chicken Thighs with Cauliflower Rice



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
30 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare the Chicken:

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix Dijon mustard, whole-grain mustard, honey, garlic powder, olive oil, salt, and pepper.

### Season and Bake:

3. Pat the chicken thighs dry with paper towels, then coat them evenly with the mustard mixture.
4. Bake chicken on a lined sheet for 30-35 min, until golden and the internal temperature reaches 165°F (74°C).

### Prepare the Cauliflower Rice:

5. Melt butter in a skillet over medium heat, then sauté garlic for 1 minute until fragrant.
6. Add cauliflower rice, paprika, salt, and pepper. Cook for 5-7 min, stirring occasionally, until tender.

## Serving Suggestions:

- Serve the chicken thighs over the cauliflower rice. Garnish with fresh parsley.

## Alternative Ingredients:

- **Protein Substitute:** Use shredded turkey as an alternative or crumbled tofu for **Vegetarian Option**.

## Ingredients:

### For the Chicken:

- 4 bone-in, skin-on chicken thighs
- 2 tbsp Dijon mustard
- 1 tbsp whole-grain mustard
- 2 tbsp honey (or sugar-free substitute for keto-friendly)
- 1 tsp garlic powder
- 1 tbsp olive oil
- Salt and pepper to taste

### For the Cauliflower Rice:


- 4 cups (~480g) riced cauliflower
- 2 tbsp unsalted butter
- 1 clove garlic, minced
- 1/4 tsp paprika (optional)
- 2 tbsp chopped fresh parsley for garnish
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
320	8g	22g	25g	2g	95mg

# Honey Garlic Glazed Turkey Meatballs with Garlic-Sautéed Spinach



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
4

## Instructions:

### Prepare the Meatballs:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it.
2. In a large bowl, combine ground turkey, almond flour, egg, garlic, parmesan cheese, parsley, salt, and pepper. Mix well.
3. Form into small meatballs and place on the baking sheet. Bake for 12–15 min until cooked through and golden

### Make the Honey Garlic Glaze:

4. In a saucepan, combine honey substitute, coconut aminos, garlic, ginger, red pepper flakes, and apple cider vinegar. Bring to a simmer.
5. Add the cornstarch slurry and stir until the sauce thickens. Remove from heat.
6. Toss the baked meatballs in the glaze until fully coated.

### Sauté the Spinach:

7. Heat olive oil in a skillet over medium heat. Sauté garlic until fragrant.
8. Add spinach and cook until wilted, about 2–3 min. Season with salt and pepper.

## Serving Suggestions:

- Serve the honey glazed meatballs on the bed of the sautéed spinach. Drizzle any remaining glaze over the dish.
- Garnish with fresh parsley and a sprinkle of sesame seeds for added flavor and presentation.

## Alternative Ingredients:

- **Vegetarian Option:** Replace turkey with plant-based ground meat or falafel balls.
- **Spinach Alternative:** Substitute with steamed kale or roasted zucchini.

## Ingredients:

### For the Turkey Meatballs:

- 1 lb (450g) ground turkey
- 1/3 cup (~40g) almond flour (or breadcrumbs)
- 1 large egg
- 2 garlic cloves, minced
- 1/4 cup (~25g) grated parmesan cheese
- 1 tbsp chopped parsley
- Salt and pepper to taste

### For the Honey Garlic Glaze:

- 1/4 cup (~60ml) sugar-free honey substitute
- 2 tbsp coconut aminos (or soy sauce)
- 1 tbsp apple cider vinegar
- 2 garlic cloves, minced
- 1 tbsp cornstarch mixed with 2 tablespoons water (for thickening)
- 1 tsp grated fresh ginger (optional)
- 1/4 tsp red pepper flakes (optional)

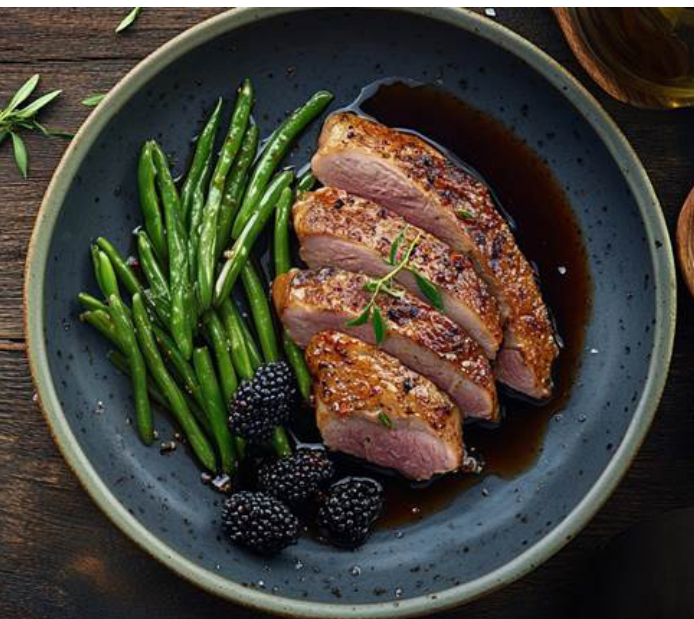
### For the Spinach:


- 3 cups (~90g) fresh spinach
- 2 garlic cloves, minced
- 1 tbsp olive oil (or butter)
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
335	19g	12g	32g	3g	90mg

# Duck Breast with Blackberry Reduction and Garlic Green Beans



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
2

## Instructions:

### Prepare the Duck Breast:

1. Preheat oven to 375°F (190°C).
2. Pat duck breasts dry and score the skin in a crosshatch pattern.
3. Season both sides generously with salt and pepper.
4. Heat a dry skillet over medium heat. Cook duck breasts skin-side down for 6–8 min to crisp the skin. Flip duck breasts and sear for 1–2 min.
5. Move to over and roast in the oven for 6–8 min until the internal temperature reaches 135°F (57°C) for medium-rare.
6. Let the duck rest for 5 min before slicing.

### Make the Blackberry Reduction:

7. Combine blackberries, balsamic vinegar, sweetener, chicken broth, mustard, and thyme in a saucepan.
8. Simmer for 5–7 min, mashing blackberries to release juices, until slightly thickened. Strain if desired.

### Cook the Garlic Green Beans:

9. Heat olive oil in a large skillet over medium heat. Add the garlic and sauté for 1 min until fragrant.
10. Cook green beans for 4–5 min, stirring, until tender-crisp. Season with salt and pepper.

## Serving Suggestions:

- Slice the duck breast thinly and drizzle with the blackberry reduction. Serve alongside the garlic green beans.
- Garnish with extra fresh thyme or a few whole blackberries for presentation.

## Alternative Ingredients:

- **Fruit Substitute:** Replace blackberries with raspberries or cherries.
- **Vegetable Swap:** Substitute green beans with asparagus or sautéed zucchini.

## Ingredients:

### For the Duck Breast:

- 2 duck breasts
- Salt and pepper to taste

### For the Blackberry Reduction:

- 1/3 cup (~50g) fresh or frozen blackberries
- 2 tbsp balsamic vinegar
- 1 tsp erythritol (or sweetener of choice)
- 1/4 cup (~60ml) chicken broth
- 1/2 tsp Dijon mustard
- 1 tsp fresh thyme leaves

### For the Garlic Green Beans:

- 2 cups (~200g) fresh green beans, trimmed
- 1 tbsp olive oil (or butter)
- 2 garlic cloves, minced
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
330	10g	20g	26g	4g	75mg

# RED MEAT AND PORK

## Philly Cheesesteak Bowl



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

### Instructions:

#### Prepare the Beef:

1. Season the sliced beef with garlic powder, salt, and pepper.

#### Cook the Vegetables:

2. Heat oil in a skillet over medium heat. Sauté onions, peppers, and mushrooms for 6–8 min until soft and caramelized. Set aside.

#### Cook the Beef:

3. In the same skillet, melt the butter over medium-high heat. Cook beef for 3–5 min, stirring, until browned cooked through.

#### Combine Ingredients:

4. Return the cooked vegetables to the skillet. Toss everything together and adjust seasoning if needed.

#### Add Cheese:

5. Sprinkle mozzarella cheese over the beef and vegetables. Cover the skillet for 1–2 min until the cheese melts.

### Serving Suggestions:

- Serve immediately, garnish with red pepper flakes if desired.

### Alternative Ingredients:

- **Protein Substitute:** Use chicken breast or ground turkey for a leaner option. Replace beef with marinated portobello mushrooms for a **Vegetarian Option**.
- **Cheese Substitute:** Swap provolone with cheddar, Swiss, or dairy-free cheese.

### Ingredients:

- 8 oz (~225g) thinly sliced beef sirloin or ribeye
- 1 tbsp olive oil
- 1 tbsp unsalted butter
- 1/2 large onion, thinly sliced
- 1 small green bell pepper, thinly sliced
- 1 small red bell pepper, thinly sliced
- 1/2 cup (~35g) sliced cremini mushrooms
- 1/2 tsp garlic powder
- 1/2 cup (~55g) shredded mozzarella cheese (or provolone)
- 1/4 tsp red pepper flakes (optional)
- Salt and pepper to taste

### Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
400	9g	28g	30g	2g	90mg

# Beef Taco Salad with Sour Cream and Guacamole



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Cook the Ground Beef:

1. Heat oil in a skillet over medium. Cook beef for 5–7 min, breaking it up, until browned.
2. Stir in chili powder, cumin, paprika, garlic powder, salt, and pepper. Cook for 1–2 min. Remove from heat.

### Make the Guacamole:

3. In a small bowl, mash the avocado and mix it with lime juice, cilantro, and a pinch of salt.

### Assemble the Salad:

4. In bowls, layer the lettuce, cherry tomatoes, red onion, cheddar cheese, and black olives. Top each salad with cooked ground beef.
5. Add a dollop of sour cream and guacamole. Drizzle with salsa, if desired.

## Ingredients:

### For the Salad:

- 8 oz (225g) lean ground beef
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 4 cups (~240g) romaine lettuce, chopped
- 1/2 cup (~75g) cherry tomatoes, halved
- 1/4 cup (~40g) red onion, thinly sliced
- 1/4 cup (~25g) shredded cheddar cheese
- 1/4 cup (~30g) black olives, sliced
- Salt and pepper to taste

### For the Guacamole:

- 1 ripe avocado, mashed
- 1 tbsp lime juice
- 1 tbsp fresh cilantro, chopped
- Salt to taste

### Toppings:

- 2 tbsp sour cream
- 2 tbsp salsa (optional)

## Serving Suggestions:

- Serve immediately with a lime wedge on the side for extra zest.
- Pair with low-carb tortilla chips for a crunchier texture.

## Alternative Ingredients:

- **Protein Substitute:** Use ground turkey or chicken for variety, alternatively tofu crumbles for **Vegetarian Option**.
- **Dairy-Free Option:** Replace cheddar cheese and sour cream with dairy-free alternatives or skip them altogether.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
420	9g	29g	30g	4g	85mg

# Spinach and Bacon Protein Power Bowl



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Dressing:

1. In a small bowl, whisk together olive oil, apple cider vinegar, Dijon mustard, garlic powder, salt, and pepper. Set aside.

### Assemble the Salad:

2. Divide spinach between bowls and top with bacon, eggs, avocado, tomatoes, onion, and cheddar then drizzle with dressing.

## Serving Suggestions:

- Toss gently before serving.
- Pair with a slice of low-carb garlic bread.

## Alternative Ingredients:

- **Vegetarian:** Use grilled tofu or roasted chickpeas.
- **Protein Substitute:** Swap bacon for grilled chicken, turkey, or smoked salmon.

## Ingredients:

- 4 cups (~120g) fresh spinach leaves
- 4 slices bacon (regular or turkey), cooked and crumbled
- 2 large eggs, hard-boiled and sliced
- 1/2 avocado, diced
- 1/4 cup (~40g) cherry tomatoes, halved
- 1/4 cup (~30g) red onion, thinly sliced
- 1/4 cup (~25g) shredded cheddar cheese

### For the Dressing:


- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1/2 tsp garlic powder
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
350	8g	26g	22g	5g	210mg

# Grilled Steak Salad with Blue Cheese Crumbles



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
2

## Instructions:

### Prepare the Steak:

1. Season steak with salt and pepper. Preheat grill or grill pan over medium-high heat.
2. Grill steak for 4-5 min per side (medium-rare) or to desired doneness. Rest for 5 min, then slice against the grain.

### Prepare the Dressing:

3. In a bowl, whisk olive oil, vinegar, Dijon, honey (if using), garlic, salt, and pepper. Adjust seasoning to taste.

### Assemble the Salad:

4. Divide greens between serving plates. Top with steak, blue cheese, tomatoes, onion, and avocado. Drizzle with dressing.

## Serving Suggestions:

- Toss gently before serving.
- Pair with a slice of low-carb garlic bread.

## Alternative Ingredients:

- **Protein Substitute:** Replace steak with grilled chicken, shrimp, or tofu for **Vegetarian Option**.
- **Cheese Alternative:** Use feta cheese or goat cheese if blue cheese isn't your preference.

## Ingredients:

### For the Salad:

- 8 oz (~225g) steak (ribeye, sirloin, or flank steak)
- 4 cups (~120g) mixed salad greens
- 1/4 cup (~25g) blue cheese crumbles
- 1/4 cup (~40g) cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- 1/4 avocado, sliced (optional)

### For the Dressing:

- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp honey (optional)
- 1 garlic clove, minced
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
380	6g	28g	25g	2g	65mg

# Lamb Koftas with Cucumber Yogurt Sauce



  
**Prep Time:**  
20 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
4

## Instructions:

### Prepare the Kofta Mixture:

1. In a large bowl, combine ground lamb, red onion, garlic, parsley, cumin, coriander, paprika, cinnamon, cayenne (if using), salt, and pepper. Mix well.
2. Divide the mixture into 8-10 portions and shape each into cylindrical shape around skewers or leave as patties if preferred.

### Cook the Koftas:

3. Heat olive oil in a grill pan over medium-high heat. Cook the koftas until browned and cooked through (about 3-4 min per side).
4. Make the Cucumber Yogurt Sauce:
5. In a small bowl, mix Greek yogurt, grated cucumber, garlic, dill or mint, lemon juice, salt, and pepper. Chill until ready to serve.

## Serving Suggestions:

- Serve with a generous dollop of cucumber yogurt sauce.
- Pair with grilled vegetables or a slice of low-carb pita bread if desired.

## Alternative Ingredients:

- **Meat Alternative:** Substitute lamb with ground beef or turkey.
- **Herb Swap:** Use cilantro instead of parsley or dill.

## Ingredients:

### For the Koftas:

- 1 lb (450 g) ground lamb
- 1/4 cup (~40g) red onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp fresh parsley, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne pepper (optional)
- 1 tbsp olive oil (for cooking)
- Salt and pepper to taste

### For the Cucumber Yogurt Sauce:


- 1/2 cup (~120g) plain Greek yogurt
- 1/4 cup (~30g) cucumber, finely grated and squeezed to remove excess liquid
- 1 garlic clove, minced
- 1 tbsp fresh dill or mint, finely chopped
- 1 tsp lemon juice
- Salt and pepper, to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
280	5g	18g	23g	1g	65mg

# Pork Chops with Creamy Mushroom Sauce and Cauliflower Mash



 **Prep Time:**  
15 minutes

 **Total Time:**  
25 minutes

 **Level:**  
Beginner

 **Servings:**  
4

## Instructions:

### Prepare the Cauliflower Mash:

1. Bring a large pot of salted water to a boil. Add cauliflower florets and cook for 10-12 min, or until tender, then drain.
2. Transfer to a food processor, add butter, heavy cream, parmesan, salt, and pepper. Blend until smooth and creamy. Adjust seasoning per taste. Keep warm.
3. Season and Cook the Pork Chops:
4. Pat the pork chops dry with a paper towel. Season both sides with garlic powder, onion powder, salt, and pepper.
5. Heat oil in a skillet over medium-high. Sear pork chops 3-4 min per side until golden. Set aside.
6. Make the Creamy Mushroom Sauce:
7. Reduce heat, add butter and mushrooms, sauté for 4-5 min until golden.
8. Add the minced garlic and cook for 1 min until fragrant.
9. Add chicken broth and simmer for 2-3 min.
10. Lower the heat and stir in the heavy cream, Dijon mustard, and parmesan. Simmer for another 2-3 min until the sauce thickens.

### Combine and Serve:

11. Return the pork chops. Simmer in the sauce for 3-4 min, or until the pork chops are cooked to an internal temperature of 145°F (63°C).

## Serving Suggestions:

- Serve pork chops and mushroom sauce over the cauliflower mash, garnished with fresh parsley.

## Alternative Ingredients:

- **Dairy-Free Option:** Replace heavy cream with unsweetened coconut cream and use nutritional yeast instead of parmesan.
- **Mushroom Variation:** Use shiitake or portobello mushrooms.

## Ingredients:

### For the Pork Chops:

- 4 bone-in pork chops (about 1-inch thick)
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tbsp olive oil
- Salt and pepper to taste

### For the Creamy Mushroom Sauce:

- 2 tbsp unsalted butter
- 8 oz (225 g) cremini or button mushrooms, sliced
- 2 garlic cloves, minced
- 1/2 cup (~120ml) heavy cream
- 1/2 (~120ml) cup chicken broth
- 1 tsp Dijon mustard
- 1/4 cup (~25g) grated parmesan cheese
- 1 tbsp fresh parsley, chopped

### For the Cauliflower Mash:


- 1 medium head of cauliflower, cut into florets
- 2 tbsp unsalted butter
- 2 tbsp heavy cream
- 1/4 cup (~25g) grated parmesan cheese
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
390	8g	28g	31g	3g	110mg

# Beef Stroganoff with Shirataki Noodles



 **Prep Time:**  
10 minutes

 **Total Time:**  
25 minutes

 **Level:**  
Beginner

 **Servings:**  
4

## Instructions:

### Prepare the Shirataki Noodles:

1. Drain the shirataki noodles and rinse them well under cold water.
2. Dry-cook noodles 2–3 min over medium heat to remove excess moisture. Add 1 tsp of oil and a pinch of salt, and sauté for another minute. Set aside.

### Cook the Beef Stroganoff:

3. Heat 1 tbsp of olive oil in a large skillet over medium-high heat. Add the sliced beef and sear for 2–3 min on each side, until browned. Remove and set aside.
4. Heat remaining oil in the skillet. Add onions and sauté for 2 min. Add garlic and mushrooms and cook for another 5 min until tender.
5. Stir in the paprika and mustard. Add beef broth and bring to a simmer.
6. Lower heat, stir in heavy cream and sour cream, and simmer for 5 min to thicken.
7. Return cooked beef to the skillet and heat through for 2–3 min. Adjust seasoning to taste.

## Serving Suggestions:

- Serve the beef stroganoff over a bed of Shirataki noodles and garnish with fresh parsley, if desired.

## Alternative Ingredients:

- **Noodle Substitute:** Use zucchini noodles or spaghetti squash.
- **Dairy-Free Option:** Use coconut cream and a dairy-free yogurt in place of heavy cream and sour cream.

## Ingredients:

### For the Stroganoff:

- 1 lb (450 g) beef sirloin or tenderloin, thinly sliced
- 2 tbsp olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 8 oz (225 g) cremini mushrooms, sliced
- 1 tsp paprika
- 1 tsp Dijon mustard
- 1/2 cup (~120ml) beef broth
- 1/2 cup (~120ml) heavy cream
- 1/4 cup (~60ml) sour cream
- Salt and pepper to taste

### For the Shirataki Noodles:

- 2 packages (7 oz each) shirataki noodles
- 1 teaspoon olive oil
- Salt to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
320	6g	22g	25g	2g	90mg

# Cajun Shrimp and Sausage Skillet



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare Ingredients:

1. Pat shrimp dry, season with 1 tsp Cajun seasoning, and set aside.

### Cook the Sausage:

2. Heat 1 tbsp oil in a skillet over medium-high. Add sausage slices and cook until browned (2-3 min per side). Set aside.

### Sauté the Vegetables:

3. Sauté bell peppers and onion in the same skillet for 3–4 min. Add garlic and cook for 30 sec.

### Cook the Shrimp:

4. Move vegetables to one side, add shrimp and cook for 2 min on each side until pink and opaque.

### Combine Everything:

5. Return the cooked sausage, sprinkle the remaining Cajun seasoning, paprika, thyme, salt, and black pepper. Toss to combine.

## Serving Suggestions:

- Garnish the assembled dish with fresh parsley.
- Add a wedge of lime for a citrusy kick.

## Alternative Ingredients:

- **Sausage Substitute:** Use turkey sausage or chicken sausage for a lighter option.
- **Shrimp Substitute:** Use diced chicken breast or thighs instead of shrimp.

## Ingredients:

- 1 lb (~450g) large shrimp, peeled and deveined
- 8 oz (~225g) andouille sausage, sliced into rounds
- 1 tbsp olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 small onion, sliced
- 2 garlic cloves, minced
- 2 tsp Cajun seasoning
- 1/2 tsp smoked paprika
- 1/2 tsp dried thyme
- 1 tbsp fresh parsley, chopped (for garnish)
- Salt and pepper to taste


## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
285	7g	16g	24g	2g	180mg

# Keto BBQ Pulled Pork with Coleslaw



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
2.5-3 hr

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare the Pork:

1. In a small bowl, mix smoked paprika, garlic powder, onion powder, cumin, salt, pepper, and chili powder. Rub this spice mixture all over the pork shoulder.

### Cook the Pork:

2. Preheat your oven to 325°F (160°C).
3. Heat 1 tbsp of oil in a roasting pan. Sear the pork on all sides until browned (2-3 min per side).
4. Add ½ cup of chicken broth (or water) and ½ cup of sugar-free BBQ sauce to the roasting pan. Cover with a lid.
5. Roast pork at 2.5-3 hr until fork-tender. Check after 2 hr, adding more broth if needed.

### Shred the Pork:

6. Shred the cooked pork with forks. Toss the with remaining BBQ sauce.

### Make the Coleslaw:

7. In a large bowl, whisk together the mayonnaise, Dijon mustard, apple cider vinegar, salt, and pepper.
8. Add cabbage, carrot and cilantro (optional). Toss until well coated.

## Ingredients:

### For the Pulled Pork:

- 2 lbs (900g) pork shoulder or pork butt
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 cup (~120ml) sugar-free BBQ sauce
- 1/2 cup (~120ml) chicken broth or water
- 1 tbsp olive oil
- Salt and pepper to taste

### For the Coleslaw:

- 3 cups (~270g) mixed shredded cabbage
- 1 medium carrot, shredded
- 3 tbsp mayonnaise
- 1 tbsp apple cider vinegar
- 1/2 tsp Dijon mustard
- 1 tbsp fresh cilantro, chopped (optional)
- Salt and pepper to taste

## Serving Suggestions:

- Serve the pulled pork on a plate alongside a generous scoop of coleslaw.

## Alternative Ingredients:

- **Meat Substitute:** Use boneless, skinless chicken thighs.
- **Coleslaw Variation:** Swap the cabbage with shredded Brussels sprouts or kale.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
430	7g	32g	26g	2g	115mg

# Balsamic Glazed Steak with Roasted Vegetables



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Marinate the Steak:

1. In a small bowl, whisk together 1 tbsp oil, balsamic vinegar, Dijon mustard, minced garlic, rosemary, salt, and pepper. Coat steaks evenly and marinate for 15 min.

### Prepare the Roasted Vegetables:

2. Preheat the oven to 425°F (220°C).
3. Toss broccoli, zucchini, bell pepper, and onion with oil, garlic powder, paprika (if using), salt, and pepper. Spread on a baking sheet.

### Roast the Vegetables:

4. Roast for 20–25 min, stirring halfway, until tender and caramelized.

### Cook the Steaks:

5. Heat the remaining 1 tbsp oil in a grill pan over medium-high heat. Cook steaks 4–5 min per side (medium-rare) or to preferred doneness. Rest steaks for 5 min before serving.

### Glaze the Steaks:

6. Brush steaks with remaining marinade.

## Serving Suggestions:

- Plate steaks alongside the roasted vegetables. Drizzle with additional balsamic vinegar, if desired.

## Alternative Ingredients:

- **Vegetable Variation:** Swap in asparagus, Brussels sprouts, or eggplant.

## Ingredients:

### For the Steak:

- 4 medium sirloin steaks
- 2 tbsp olive oil, divided
- 3 tbsp balsamic vinegar
- 2 tsp Dijon mustard
- 2 garlic cloves, minced
- 1 tsp fresh rosemary, chopped (or 1/2 tsp dried)
- Salt and pepper to taste

### For the Roasted Vegetables:

- 2 cups (~180g) broccoli florets
- 1 medium zucchini, sliced into rounds
- 1 red bell pepper, sliced into strips
- 1 small red onion, sliced into wedges
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika (optional)
- Salt and pepper to taste

## Nutritional Information (Per Serving)

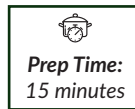
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
420	10g	28g	30g	4g	90mg

# Italian Sausage-Stuffed Bell Peppers



## Ingredients:

- 4 large bell peppers (any color), tops cut off and seeds removed
- 1 lb (~450g) Italian sausage (mild or spicy), casings removed
- 1/2 medium onion, finely diced
- 2 garlic cloves, minced
- 1 medium zucchini, diced
- 1/2 cup (~120ml) marinara sauce (sugar-free)
- 1/2 cup (~55g) shredded mozzarella cheese
- 1/4 cup (~25g) grated parmesan cheese
- 1 tsp Italian seasoning
- 1 tbsp olive oil
- Fresh parsley, chopped (for garnish)
- Salt and pepper to taste



## Instructions:

### Prepare the Bell Peppers:

1. Preheat your oven to 375°F (190°C). Place the bell peppers upright in a baking dish, drizzle with olive oil, and season inside and out.

### Cook the Filling:

2. Cook sausage in a skillet over medium heat, breaking it into small pieces, until browned.
3. Add diced onion, garlic, and zucchini. Cook 3-4 min until softened.
4. Stir in the marinara sauce, Italian seasoning, and parmesan. Season with salt and pepper to taste. Remove from heat.

### Stuff the Peppers:

5. Fill peppers with sausage mixture. Top each stuffed pepper mozzarella cheese.

### Bake:

6. Cover baking dish with foil and bake for 20 min.
7. Remove foil and bake for another 10 min, or until the peppers are tender and the cheese is bubbly.

## Serving Suggestions:

- Serve warm. Garnish with freshly chopped parsley.
- Add a dollop of sour cream or a drizzle of extra marinara sauce.

## Alternative Ingredients:

- **Vegetarian Option:** Replace the Italian sausage with plant-based ground meat or crumbled tofu.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
310	8g	22g	20g	3g	65mg

# Cheesy Cauliflower and Ground Beef Casserole



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
35 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Cook the Cauliflower:

1. Preheat your oven to 375°F (190°C).
2. Boil cauliflower in salted water for 5–7 min until fork-tender. Drain and set aside.

### Cook the Ground Beef:

3. Heat oil in skillet over medium heat. Add ground beef and cook until browned, breaking it up with a spatula.
4. Add onion and garlic and cook for 3-4 min.
5. Stir in smoked paprika, onion powder, oregano, salt, and black pepper. Remove from heat.

### Make the Cheese Sauce:

6. In a saucepan, combine heavy cream, cream cheese, and parmesan. Heat over low-medium heat, stir until smooth.

### Assemble the Casserole:

7. In a mixing bowl, combine cooked cauliflower, ground beef mixture and cheese sauce. Mix until well coated.
8. Transfer the mixture to a greased baking dish. Top with cheddar cheese.

### Bake:

9. Bake for 20 min, or until the cheese is melted and golden brown.

## Serving Suggestions:

- Divide into portions, and garnish with freshly chopped parsley.
- Drizzle with hot sauce or sprinkle red chili flakes on top before serving.

## Alternative Ingredients:

- **Meat Substitute:** Use ground turkey, chicken, or pork instead of beef. Replace the ground beef with plant-based crumbles for **Vegetarian Option**.

## Ingredients:


- 1 medium head of cauliflower, cut into florets
- 3/4 lb (~340g) ground beef (85% lean or leaner)
- 1/2 medium onion, diced
- 1-2 garlic cloves, minced
- 3/4 cup (~85g) shredded cheddar cheese
- 1/3 cup (~35g) grated parmesan cheese
- 1/3 cup (~80ml) heavy cream
- 1/3 cup (~75g) cream cheese, softened
- 1 tsp smoked paprika
- 1 tsp onion powder
- 1 tsp dried oregano
- 2 tbsp olive oil
- Fresh parsley, chopped (for garnish)
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
340	7g	24g	23g	3g	80mg

# Rosemary Garlic Lamb Chops with Sautéed Green Beans



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
4

## Instructions:

### Prepare the Lamb Chops:

1. Pat lamb chops dry and season both sides with salt and pepper.
2. In a bowl, mix olive oil, minced garlic, rosemary, and thyme. Rub the mixture over the lamb chops.

### Cook the Lamb Chops:

3. Heat a large skillet over medium-high heat. Add a drizzle of olive oil.
4. Sear lamb chops 2-3 min per side for medium-rare, or to desired doneness.
5. Remove lamb chops, cover with foil, and leave to rest for 5 min.

### Sauté the Green Beans:

6. Heat oil or butter in the same skillet over medium heat. Add green beans and sauté for 4-5 min, until tender but still crisp.
7. Add minced garlic and red pepper flakes (if using) and cook for an additional minute. Season with salt and pepper to taste.

## Serving Suggestions:

- Plate lamb chops alongside the sautéed green beans. Garnish with additional rosemary, if desired.
- Add a drizzle of balsamic glaze.

## Alternative Ingredients:

- **Green Beans Substitute:** Use asparagus or sautéed zucchini for a change of vegetables.
- **Herb Variation:** Swap rosemary with oregano or sage for a different flavor profile.

## Ingredients:

### For the Lamb Chops:

- 8 lamb chops
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp fresh rosemary, finely chopped
- 1 tsp dried thyme
- Salt and pepper to taste

### For the Sautéed Green Beans:


- 2 cups (~220g) fresh green beans, trimmed
- 1 tbsp olive oil or butter
- 1 garlic clove, minced
- 1/4 tsp red pepper flakes (optional)
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
320	5g	22g	26g	2g	85mg

# Garlic Herb Pork Tenderloin with Roasted Broccoli



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare the Pork Tenderloin:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a bowl, mix olive oil, minced garlic, rosemary, thyme, paprika, salt, and pepper. Rub the mixture over the pork tenderloin.
3. Heat an oven-safe skillet over medium heat with a drizzle of oil.
4. Sear the pork tenderloin for 2-3 min each side, until golden brown.

### Roast the Pork and Broccoli:

5. Place the pork tenderloin on the baking sheet.
6. Drizzle broccoli with oil, season, and toss to coat. Arrange on the baking sheet next to pork.
7. Roast in the oven for 18-20 min, or until the pork reaches an internal temperature of 145°F (63°C) and broccoli is tender and crispy.

### Rest the Pork:

8. Let the pork rest for 5 min before slicing.

## Serving Suggestions:

- Plate sliced pork with roasted broccoli. Garnish with parsley, if desired.
- Top the pork with a dollop of garlic herb butter or a drizzle of balsamic glaze.

## Alternative Ingredients:

- **Vegetable Swap:** Use green beans or asparagus.
- **Herb Variation:** Replace rosemary and thyme with sage or oregano.

## Ingredients:

### For the Pork Tenderloin:

- 1 1/2 lbs (~700g) pork tenderloin
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp fresh rosemary, finely chopped
- 1 tbsp fresh thyme, finely chopped
- 1 tsp smoked paprika
- Salt and pepper to taste

### For the Roasted Broccoli:

- 1 large head of broccoli, cut into florets
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika (optional)
- 1 tablespoon fresh parsley, chopped
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
275	5g	14g	30g	2g	80mg

# BLT Salad Bowl



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Salad Base:

1. In a large bowl, combine romaine lettuce, cherry tomatoes, crumbled bacon, avocado, and red onion. Toss gently to mix.

### Make the Dressing:

2. In a bowl, whisk together mayonnaise, Greek yogurt, Dijon mustard, apple cider vinegar, garlic, salt, and pepper until smooth. Drizzle over the salad.

## Serving Suggestions:

- Toss gently before serving.
- Pair with a slice of low-carb garlic bread.

## Alternative Ingredients:

- **Bacon Substitute:** Use turkey bacon for a lower-fat option or a plant-based bacon alternative for a **Vegetarian Option**.
- **Dressing Variation:** Use ranch dressing or a balsamic vinaigrette if preferred.

## Ingredients:

- 4 cups (~240g) romaine lettuce, chopped
- 1/2 cup (~80g) cherry tomatoes, halved
- 4 slices bacon, cooked until crispy and crumbled
- 1/2 avocado, diced
- 1/4 cup red onion, thinly sliced

### For the Dressing:

- 2 tbsp mayonnaise (sugar-free)
- 1 tbsp plain Greek yogurt
- 1/2 tsp Dijon mustard
- 1/2 tsp apple cider vinegar
- 1 small garlic clove, minced
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
280	6g	23g	11g	4g	30mg

# SEAFOOD

## Baked Salmon with Avocado Salsa



### Ingredients:

#### For the Salmon:

- 2 salmon fillets
- 1 tbsp olive oil
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/4 tsp cumin
- Salt and pepper to taste

#### For the Avocado Salsa:

- 1 ripe avocado, diced
- 1/4 cup (~40g) cherry tomatoes, diced
- 1/4 small red onion, finely diced
- 1 tbsp fresh cilantro, chopped
- 1 tbsp lime juice
- 1/2 tsp olive oil
- Salt and pepper to taste

  
**Prep Time:**  
10 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

### Instructions:

#### Prepare the Salmon:

1. Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Pat the salmon fillets dry with a paper towel.
3. Brush both sides of the fillets with olive oil and season with paprika, garlic powder, cumin, salt, and pepper.

#### Bake the Salmon:

4. Place the salmon fillets skin-side down on the prepared baking sheet.
5. Bake for 12–15 min, or until the salmon flakes easily and is cooked through (internal temperature of 145°F or 63°C).

#### Make the Avocado Salsa:

6. While the salmon is baking, combine the diced avocado, cherry tomatoes, red onion, cilantro, lime juice, olive oil, salt, and pepper in a bowl. Gently toss to combine.

### Serving Suggestions:

- Serve immediately, top each fillet with a generous scoop of avocado salsa.


### Alternative Ingredients:

- **Vegetarian Option:** Replace salmon with baked tofu or roasted portobello mushrooms and serve with avocado salsa.
- **Avocado Salsa Twist:** Add diced cucumber or mango.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
380	8g	26g	29g	4g	75mg

# Cauliflower Fried Rice with Shrimp



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Shrimp:

1. Pat the shrimp dry and season with a pinch of salt and pepper.
2. Heat 1 tbsp olive oil in a skillet over medium-high heat. Cook shrimp for 2–3 min per side until pink. Remove and set aside.

### Cook the Vegetables:

3. In the same skillet, heat another tablespoon of oil. Add green onions (reserving some for garnish), garlic, peas and carrots. Cook for 2–3 min, stirring occasionally.

### Add the Cauliflower Rice:

4. Add riced cauliflower to the skillet and cook for 3–4 min, stirring occasionally, until tender.

### Scramble the Eggs:

5. Push the vegetables to one side of the skillet. Pour the beaten eggs into the empty space and scramble them until fully cooked.

### Season the Fried Rice:

6. Add the soy sauce, remaining oil, and ginger powder to the skillet. Stir well to coat the rice evenly.

### Add the Shrimp:

7. Return the cooked shrimp to the skillet and toss well. Cook for 1–2 min to heat through.

## Serving Suggestions:

- Garnish with reserved green onions, sesame seeds, and an optional squeeze of lime. Serve immediately.

## Alternative Ingredients:

- **Protein Substitute:** Use diced chicken or beef strips for a different twist, alternatively tofu for **Vegetarian Option**.
- **Cauliflower Substitute:** Try broccoli rice or shredded cabbage for variety.

## Ingredients:


- 2 cups (~320g) riced cauliflower (store-bought or homemade)
- 8 oz (~225g) shrimp, peeled and deveined
- 2 tbsp olive oil
- 1/2 cup (~75g) frozen peas and carrots
- 2 green onions, thinly sliced (reserve some for garnish)
- 2 garlic cloves, minced
- 2 large eggs, lightly beaten
- 3 tbsp soy sauce (or coconut aminos)
- 1/2 tsp ginger powder (or 1 teaspoon fresh grated ginger)
- Optional garnish: sesame seeds and a squeeze of lime
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
320	10g	16g	29g	3g	215mg

# Greek-Style Tuna Salad with Feta and Olives



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
None

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Make the Dressing:

1. Whisk olive oil, red wine vinegar, Dijon mustard, oregano, salt, and pepper in a small bowl. Adjust seasoning.

### Assemble the Salad:

2. Combine mixed greens, cherry tomatoes, cucumber, red onion, feta, and olives in a large bowl. Toss to mix

### Add the Tuna:

3. Gently flake the tuna and add it to the salad. Drizzle with dressing.

## Ingredients:

- 2 (5 oz/ 140g) cans of tuna in water, drained
- 3 cups (~90g) mixed greens (e.g., arugula, spinach, or romaine)
- 1/2 cup (~80g) cherry tomatoes, halved
- 1/3 cup (~50g) cucumber, diced
- 1/4 cup (~40g) red onion, thinly sliced
- 1/4 cup (~30g) crumbled feta cheese
- 1/4 cup (~30g) Kalamata olives
- 1 tbsp fresh parsley, chopped (optional)

### For the Dressing:

- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1/2 tsp dried oregano
- Salt and pepper to taste

## Serving Suggestions:

- Garnish with fresh parsley, if desired. Serve immediately.
- Serve with a side of low-carb pita bread or almond flour crackers.


## Alternative Ingredients:

- **Protein Substitute:** Use grilled chicken, shrimp, or hard-boiled eggs.
- **Dressing Alternative:** Use a lemon tahini dressing or balsamic vinaigrette.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
280	8g	15g	29g	2g	35mg

# Tuna Patties with Dill Yogurt Sauce



 **Prep Time:**  
15 minutes

 **Total Time:**  
10 minutes

 **Level:**  
Beginner

 **Servings:**  
4

## Instructions:

### Prepare the Tuna Patties:

1. Mix tuna, almond flour, egg, mayo, parsley, mustard, garlic, paprika, salt, and pepper in a bowl.
2. Shape the mixture into 6-8 small patties, about 2-3 inches wide.

### Cook the Patties:

3. Heat olive oil in a skillet over medium heat. Cook tuna patties for 3-4 min per side, until golden and heated through

### Make the Dill Yogurt Sauce:

4. Whisk Greek yogurt, dill, lemon juice, garlic, salt, and pepper. Refrigerate until ready to serve.

### Optional: Roast the Asparagus:

5. Preheat the oven to 400°F (200°C).
6. Toss asparagus with olive oil, salt, and pepper. Spread on a baking sheet.
7. Roast for 10-12 min, or until tender and lightly caramelized.

## Serving Suggestions:

- Serve the tuna patties warm, drizzled with dill yogurt sauce and the side of roasted asparagus.

## Alternative Ingredients:

- **Vegetarian Option:** Replace tuna with mashed chickpeas or a plant-based tuna alternative.
- **Herb Variations:** Add chives or cilantro for a different flavor.

## Ingredients:

### For the Tuna Patties:

- 2 cans tuna in water, drained
- 1/4 cup (~25g) almond flour
- 1 large egg
- 2 tbsp mayonnaise (sugar-free)
- 2 tbsp fresh parsley, chopped
- 1 tbsp Dijon mustard
- 1 garlic clove, minced
- 1/2 tsp paprika
- 1 tbsp olive oil (for frying)
- Salt and pepper to taste

### For the Dill Yogurt Sauce:

- 1/2 cup (~120g) plain Greek yogurt
- 1 tbsp fresh dill, chopped
- 1 tsp lemon juice
- 1 garlic clove, minced
- Salt and pepper to taste

### Optional Side (Roasted Asparagus):

- 1 bunch asparagus, trimmed
- 1 tbsp olive oil
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
290	5g	17g	29g	2g	85mg

# Creamy Shrimp and Avocado Lettuce Cups



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
5 minutes

  
**Level:**  
Easy

  
**Servings:**  
4 (makes 8 cups)

## Instructions:

### Cook the Shrimp:

1. Heat the olive oil in a skillet over medium-high heat.
2. Toss the shrimp with smoked paprika, garlic powder, salt, and pepper.
3. Cook shrimp 2-3 min per side until pink and opaque. Remove from heat to cool.

### Prepare the Creamy Avocado Mix:

4. Mash avocados in a bowl. Add lime juice, Greek yogurt, cumin, salt, and pepper. Mix until smooth.

### Assemble the Lettuce Cups:

5. Lay out the lettuce leaves on a platter or individual plates.
6. Spoon a generous amount of the creamy avocado mix into each leaf.
7. Top with 2-3 cooked shrimp per lettuce cup.
8. Add cherry tomatoes and garnish with chopped cilantro, if desired.

## Serving Suggestions:

- Serve immediately. Pair with a low-carb tortilla.

## Alternative Ingredients:

- **Vegetarian Option:** Substitute shrimp with grilled halloumi cheese.
- **Dairy-Free Option:** Replace Greek yogurt with coconut cream or a plant-based yogurt.

## Ingredients:

### For the Shrimp Filling:

- 1 lb (~450g) shrimp, peeled, deveined, and tails removed
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- Salt and pepper to taste

### For the Creamy Avocado Mix:

- 2 ripe avocados, mashed
- 1 tbsp lime juice
- 1/4 cup (~60g) plain Greek yogurt
- 1/4 tsp cumin
- Salt and pepper to taste

### For Assembly:

- 8 butter lettuce leaves (or romaine hearts)
- 1/4 cup (~40g) cherry tomatoes, halved
- 2 tbsp fresh cilantro, chopped (optional)

## Nutritional Information (Per Serving - 2 Lettuce Cups):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
290	9g	20g	20g	6g	145mg

# Lemon Garlic Tilapia with Cauliflower Rice



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Beginner

  
**Servings:**  
2

## Instructions:

### Prepare the Tilapia:

1. Pat the tilapia fillets dry with a paper towel.
2. Mix oil, garlic, lemon juice, zest, paprika, salt, and pepper. Brush over tilapia.

### Cook the Tilapia:

3. Heat a non-stick skillet over medium with a drizzle of olive oil.
4. Cook fillets for 3-4 min per side until opaque and flaky.

### Prepare the Cauliflower Rice:

5. Heat butter or oil in a separate skillet over medium.
6. Sauté cauliflower rice with garlic powder, salt, and pepper for 5-7 min, stirring occasionally.

## Ingredients:

### For the Tilapia:

- 2 tilapia fillets
- 2 tbsp olive oil
- 2 garlic cloves, minced
- Juice and zest of 1 lemon
- 1/2 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 tbsp fresh parsley, chopped (for garnish)

### For the Cauliflower Rice:

- 2 cups (~320g) cauliflower rice (store-bought or freshly riced)
- 1 tbsp butter or olive oil
- 1/4 tsp garlic powder
- Salt and pepper to taste

## Serving Suggestions:

- Assemble the dish, garnish with fresh parsley and an extra squeeze of lemon.
- Pair with a side of roasted asparagus or a cucumber and tomato salad.

## Alternative Ingredients:


- **Fish Substitute:** Use cod, halibut, or salmon instead of tilapia.
- **Cauliflower Rice Alternative:** Replace with steamed broccoli rice, sautéed zucchini noodles, or mashed cauliflower.

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
230	6g	12g	24g	2g	55mg

# Herb-Crusted Salmon with Roasted Brussels Sprouts



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Beginner

  
**Servings:**  
4

## Instructions:

### Prepare the Roasted Brussels Sprouts:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Toss Brussels sprouts with olive oil, garlic powder, paprika, salt, and pepper. Spread on the baking sheet.

### Prepare the Herb-Crusted Salmon:

3. Mix almond flour, parmesan, herbs, garlic powder, and lemon zest. Season with salt and pepper.
4. Pat salmon dry, brush with oil, and press the herb mixture on top.
5. Place the salmon fillets on the other side of the baking sheet with the Brussels sprouts.

### Bake the Salmon and Brussels Sprouts:

6. Bake for 20-25 min, or until the salmon reaches an internal temperature of 145°F (63°C) and the Brussels sprouts are golden and tender.
7. If the herb crust isn't browned to your liking, you can cook the salmon for an additional 1-2 min.

## Serving Suggestions:

- Plate the salmon fillets alongside the roasted Brussels sprouts and garnish with a wedge of lemon for squeezing over the dish.

## Alternative Ingredients:

- **Vegetable Variations:** Swap Brussels sprouts with roasted asparagus, green beans, or cauliflower.
- **Herb Mix:** Use thyme or basil instead of parsley and dill for a different flavor.

## Ingredients:

### For the Herb-Crusted Salmon:

- 4 salmon fillets, skin-on
- 2 tbsp olive oil
- 1/4 cup (~25g) almond flour
- 2 tbsp grated parmesan cheese
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 tsp garlic powder
- 1 tsp lemon zest

• Salt and pepper to taste

### For the Roasted Brussels Sprouts:

- 1 lb (450 g) Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
380	8g	25g	33g	4g	80mg

# Sesame-Crusted Tuna Steaks with Cucumber Salad



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
4

## Instructions:

### Marinate the Tuna Steaks:

1. In a small bowl, whisk together soy sauce, sesame oil, ginger, and garlic.
2. Marinate tuna steaks for 10 min, flipping halfway through.

### Prepare the Cucumber Salad:

3. In a large bowl, combine the cucumbers and red onion.
4. Whisk rice vinegar, sesame oil, soy sauce, and ginger. Toss with cucumber, top with sesame seeds and cilantro, and refrigerate.

### Coat and Sear the Tuna Steaks:

5. Pat tuna dry, and coat with sesame seeds, pressing gently.
6. Heat olive oil, and sear tuna for 1-2 min per side until sesame seeds are golden and tuna is cooked to preferred doneness.

## Serving Suggestions:

- Slice the tuna steaks into thin slices and serve alongside the cucumber salad. Garnish with additional sesame seeds or cilantro, if desired.

## Alternative Ingredients:

- **Vegetable Variation:** Add shredded carrots or thinly sliced radishes to the cucumber salad for extra crunch.
- **Low-Sodium Option:** Use coconut aminos instead of soy sauce or tamari.

## Ingredients:

### For the Tuna Steaks:

- 4 tuna steaks, about 1-inch thick
- 1/4 cup (~60ml) soy sauce (or tamari)
- 1 tbsp sesame oil
- 1 tsp grated ginger
- 1 garlic clove, minced
- 1/2 cup (~70g) sesame seeds
- 2 tbsp olive oil
- Salt and pepper to taste

### For the Cucumber Salad:


- 2 medium cucumbers, thinly sliced
- 1/4 red onion, thinly sliced
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp soy sauce (or tamari)
- 1/2 tsp grated ginger
- 1 tbsp sesame seeds (optional)
- 1 tbsp fresh cilantro, chopped (optional)

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
320	7g	19g	30g	2g	55mg

# Baked Cod with Lemon Garlic Butter and Spinach



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare the Cod:

1. Preheat your oven to 400°F (200°C).
2. Pat cod dry, season with salt, pepper, and paprika, then place in a baking dish.

### Make the Lemon Garlic Butter:

3. Whisk melted butter, olive oil, lemon juice, zest, and garlic. Pour over cod.

### Bake the Cod:

4. Bake the cod in the preheated oven for 15-20 min, or until the fish is opaque and flakes easily.

### Cook the Spinach:

5. Heat 1 tbsp olive oil in a skillet over medium heat.
6. Add the minced garlic and cook for 30 sec until fragrant.
7. Add the spinach and sauté for 2-3 min until wilted. Season with salt and pepper to taste.

## Serving Suggestions:

- Serve cod with sautéed spinach, drizzle with leftover lemon garlic butter, and garnish with parsley
- Add a wedge of lemon.

## Alternative Ingredients:

- **Fish Substitute:** Replace cod with another white fish like haddock, halibut, or tilapia.
- **Vegetarian Option:** Substitute cod with thick slices of roasted cauliflower or portobello mushrooms, seasoning them the same way.

## Ingredients:

### For the Cod:

- 4 cod fillets
- 2 tbsp olive oil
- 3 tbsp unsalted butter, melted
- 2 tbsp fresh lemon juice
- 2 garlic cloves, minced
- 1 tsp lemon zest
- 1/2 tsp paprika
- 1 tablespoon fresh parsley, chopped (for garnish)
- Salt and pepper to taste

### For the Spinach:

- 10 oz (~280g) fresh spinach leaves
- 1 tbsp olive oil
- 1 garlic clove, minced
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
250	3g	14g	25g	1g	65mg

# Teriyaki Salmon with Green Beans



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Marinate the Salmon:

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Whisk soy sauce, sesame oil, rice vinegar, garlic, and ginger. Marinate salmon for 10 min while prepping green beans and noodles.

### Prepare the Green Beans:

3. Toss green beans with olive oil, salt, and black pepper. Spread them evenly on one side of the prepared baking sheet.

### Prepare the Shirataki Noodles:

4. Rinse shirataki noodles under cold water for 2–3 min, then drain.
5. Heat a nonstick skillet over medium. Dry-fry noodles for 2–3 min to remove moisture.
6. Stir in sesame oil, soy sauce, and garlic powder. Cook 2 min. Set aside.

### Add Salmon to the Baking Sheet:

7. Place salmon skin-side down on the baking sheet, reserving the marinade.
8. Bake the Salmon and Green Beans:
9. Bake for 12–15 min until salmon flakes and green beans are tender-crisp.

### Thicken the Marinade:

10. Simmer reserved marinade over medium heat for 3–4 min until thickened.

## Serving Suggestions:

- Plate the shirataki noodles, green beans, and salmon together. Drizzle the thickened marinade over the dish. Garnish with sesame seeds and scallions.

## Alternative Ingredients:

- **Vegetarian Option:** Replace the salmon with marinated and roasted tofu or tempeh.
- **Additional Veggies:** Add mushrooms, snap peas, or sliced bell peppers to the green beans for variety.

## Ingredients:

### For the Salmon:

- 4 salmon fillets, skin-on
- 1/4 cup (~60ml) soy sauce (low-sodium)
- 2 tbsp sesame oil
- 2 tbsp rice vinegar
- 2 tbsp minced garlic
- 1 tsp grated fresh ginger
- 2 tsp sesame seeds (optional)
- Fresh scallions, thinly sliced (for garnish)

### For the Green Beans:

- 1 lb (~450g) fresh green beans, trimmed
- 1 tbsp olive oil
- Salt and pepper to taste

### For the Shirataki Noodles:

- 2 (7-ounce) packs shirataki noodles (konjac noodles)
- 1 tsp sesame oil
- 1/2 tsp soy sauce
- 1/2 tsp garlic powder

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
345	8g	20g	28g	3g	70mg

# Garlic Butter Shrimp Skewers with Zucchini Medley



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare the Shrimp Marinade:

1. In a bowl, combine the melted butter, minced garlic, lemon zest, lemon juice, paprika, salt, and pepper.
2. Toss shrimp in marinade and let sit for 10 min.

### Prepare the Zucchini Medley:

3. Toss zucchini, bell pepper, and squash with olive oil, Italian seasoning, salt, and pepper.

### Cook the Zucchini Medley:

4. Heat a skillet over medium-high heat, cook zucchini medley for 5–7 min until tender and charred. Remove and keep warm.

### Assemble and Cook the Shrimp Skewers:

5. Thread the marinated shrimp onto the wooden skewers (about 4–5 shrimp per skewer).
6. Heat grill pan to medium-high heat. Grill shrimp skewers for 2–3 min per side until pink and charred.

## Ingredients:

### For the Shrimp Skewers:

- 1 lb (~450g) large shrimp, peeled and deveined
- 3 tbsp unsalted butter, melted
- 3 garlic cloves, minced
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 1 tsp smoked paprika
- Salt and pepper to taste
- 8–10 wooden skewers (soaked in water for 15 min)

### For the Zucchini Medley:

- 2 medium zucchinis, sliced into half-moons
- 1 red bell pepper, diced
- 1 yellow squash, sliced into half-moons
- 1 tbsp olive oil
- 1/2 tsp Italian seasoning
- Salt and pepper to taste

## Serving Suggestions:

- Plate the shrimp skewers alongside the zucchini medley and garnish with fresh parsley, if desired.

## Alternative Ingredients:

- **Vegetarian Option:** Replace shrimp with marinated tofu or halloumi cubes on skewers.
- **Spice Boost:** Add a pinch of cayenne pepper or red chili flakes to the marinade.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
240	8g	13g	22g	2g	180mg

# Lemon Herb Grilled Mahi-Mahi with Mango Salsa



## Ingredients:

### For the Mahi-Mahi:

- 2 mahi-mahi fillets
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 garlic clove, minced
- 1 tsp dried oregano
- 1/4 tsp paprika
- Salt and pepper to taste

### For the Mango Salsa:

- 1 ripe mango, diced
- 1/4 cup (~40g) red bell pepper, finely diced
- 2 tbsp red onion, finely chopped
- 1 tbsp fresh lime juice
- 2 tbsp fresh cilantro, chopped
- 1/4 teaspoon salt



## Instructions:

### Prepare the Mahi-Mahi:

1. In a small bowl, whisk together olive oil, lemon juice, lemon zest, minced garlic, oregano, paprika, salt, and pepper.
2. Brush marinade on mahi-mahi fillets and let sit for 10 min.

### Grill the Mahi-Mahi:

3. Preheat grill to medium-high and lightly oil the grates.
4. Grill fillets for 4–5 min per side until opaque and flaky.

### Make the Mango Salsa:

5. Mix mango, bell pepper, onion, lime juice, cilantro, and salt in a bowl.

## Serving Suggestions:

- Serve the grilled mahi-mahi fillets topped with fresh mango salsa. Garnish with extra cilantro or lime wedges, if desired.
- Add roasted asparagus or a simple green salad for a bigger meal.

## Alternative Ingredients:

- **Fish Substitute:** Use halibut, swordfish, or salmon instead of mahi-mahi.
- **Salsa Twist:** Replace mango with pineapple, peach, or papaya.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
280	15g	12g	28g	2g	65mg

# Thai Coconut Curry Mussels



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
4

## Instructions:

### Prepare the Mussels:

1. Discard open mussels that don't close when tapped and rinse under cold water

### Cook the Aromatics:

2. Heat oil in a pot, sauté shallot and garlic for 2 min until fragrant.

### Add the Curry Base:

3. Cook red curry paste for 1 min, then add coconut milk, broth, soy sauce, sugar, and lime juice. Simmer

### Cook the Mussels:

4. Add mussels, cover, and cook for 5–7 min, shaking occasionally. Discard any unopened.

## Ingredients:

### For the Mussels:

- 2 lbs (900g) fresh mussels, cleaned and debearded
- 1 tbsp olive oil or coconut oil
- 1 shallot, finely chopped
- 2 garlic cloves, minced
- 1 tbsp red curry paste
- 1 can (~400ml) coconut milk
- 1/2 cup (~120ml) chicken or vegetable broth
- 1 tbsp soy sauce
- 1 tsp sugar (or sugar substitute)
- Juice of 1 lime
- Fresh cilantro, chopped (for garnish)
- 1 red chili, thinly sliced (optional,)

## Serving Suggestions:

- Ladle the mussels and broth into bowls. Garnish with fresh cilantro, red chili slices, and lime wedges.
- Serve with a slice of low-carb bread.

## Alternative Ingredients:

- **Curry Flavor:** Replace red curry paste with yellow or green curry paste.
- **Broth Alternative:** Use white wine instead of chicken broth.


Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
310	7g	16g	32g	1g	75mg

# Pan-Seared Sea Bass with Lemon Caper Sauce and Mashed Cauliflower



## Ingredients:

- For the Sea Bass:
  - 2 sea bass fillets
  - 2 tbsp olive oil
  - Salt and pepper to taste
- For the Lemon Caper Sauce:
  - 2 tbsp unsalted butter
  - 1 garlic clove, minced
  - 1/4 cup (~60ml) chicken broth (or dry white wine)
  - 2 tbsp fresh lemon juice
  - 1 tbsp capers, rinsed and drained
  - 1 tsp lemon zest
  - 1 tbsp chopped parsley (for garnish)
- For the Mashed Cauliflower:
  - 2 cups (~200g) cauliflower florets (about 1/2 a medium head)
  - 1 tbsp butter (or olive oil)
  - 1/4 cup (~60ml) heavy cream (or unsweetened almond milk)
  - 1 garlic clove, minced
  - Salt and pepper to taste

  
**Prep Time:**  
15 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
2

## Instructions:

### Prepare the Mashed Cauliflower:

1. Boil cauliflower florets in salted water for 10–12 min until tender, then drain.
2. Blend cooked cauliflower, butter, cream, garlic, salt, and pepper until smooth. Adjust seasoning and cover to keep warm.

### Cook the Sea Bass:

3. Pat sea bass dry and season with salt and pepper on both sides.
4. Heat olive oil in a skillet, cook fillets skin-side down for 3–4 min until crispy. Flip and cook 2–3 more min until flaky. Keep warm.

### Make the Lemon Caper Sauce:

5. Melt butter in the skillet, sauté garlic for 1 min until fragrant.
6. Stir in broth, lemon juice, capers, and zest. Simmer for 2–3 min to reduce slightly.

## Serving Suggestions:

- Serve sea bass fillet on the bed of the Cauliflower mash. Spoon the lemon caper sauce over the fish.
- Garnish with chopped parsley and a sprinkle of extra lemon zest, if desired.

## Alternative Ingredients:

- **Fish Substitute:** Use cod, halibut, or tilapia in place of sea bass.
- **Dairy-Free:** Use coconut cream instead of heavy cream.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
390	33g	25g	9g	3g	100mg

# Creamy Garlic Scallops with Wilted Spinach



## Ingredients:

### For the Scallops:

- 1 lb (450g) large sea scallops, patted dry
- 1 tbsp olive oil
- 1 tbsp unsalted butter
- Salt and pepper to taste

### For the Creamy Garlic Sauce:

- 1 tbsp unsalted butter
- 2 garlic cloves, minced
- 1/2 cup (~120ml) heavy cream
- 1/4 cup (~25g) grated parmesan cheese
- 1 tsp Dijon mustard
- 1/2 tsp paprika
- 1/4 cup (~60ml) chicken broth (optional)
- Salt and pepper to taste

### For the Spinach:

- 3 cups (~90g) fresh spinach, washed and dried
- 1 tablespoon olive oil
- 1 garlic clove, minced
- Salt and pepper to taste



## Instructions:

### Cook the Scallops:

1. Heat olive oil and butter in a large skillet over medium-high heat.
2. Season scallops with salt and pepper, then sear for 2–3 min per side until golden brown. Remove and set aside, keeping them warm.

### Make the Sauce:

3. Reduce heat to medium, melt butter, and cook garlic until fragrant.
4. Add broth, cream, parmesan, paprika, and stir. Simmer for 3–5 min until thickened, then season with salt and pepper.

### Wilt the Spinach:

5. Heat olive oil in a skillet, sauté garlic for 30 seconds, then cook spinach until wilted (2 min).

## Serving Suggestions:

- Serve the scallops on a bed of sautéed spinach, generously pour the creamy garlic sauce over the assembled dish.
- Pair with a slice of low-carb bread.

## Alternative Ingredients:


- **Vegetable Substitute:** Replace spinach with Swiss chard or kale.
- **Seafood Swap:** Substitute scallops with shrimp or lobster chunks.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
320	4g	21g	28g	1g	100mg

# VEGETARIAN

## Seared Tofu and Vegetable Stir-Fry



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Beginner

  
**Servings:**  
4

### Instructions:

#### Prepare the Tofu:

1. Press the tofu for at least 10 min to remove excess water. Once pressed, cut into 1-inch cubes.
2. Heat avocado oil in a skillet over medium-high heat. Sear tofu until golden (8–10 min), then set aside.

#### Cook the Vegetables:

3. In the same skillet, add oil if needed. Sauté garlic and ginger for 1 min until fragrant.
4. Add bell pepper, zucchini, broccoli, and snap peas. Stir-fry for 5–7 min until crisp-tender.

#### Make the Sauce:

5. In a small bowl, whisk together soy sauce, sesame oil, and rice vinegar.

#### Combine:

6. Return tofu to skillet, add sauce, and toss to coat. Cook 2–3 min until heated and slightly thickened.

### Serving Suggestions:

- Sprinkle with sesame seeds and chopped green onions, if desired.

### Alternative Ingredients:

- **Tofu Substitute:** Use tempeh or a plant-based chicken alternative.
- **Rice Vinegar Substitute:** Use apple cider vinegar or lemon juice.

### Ingredients:

#### For the Stir-Fry:

- 1 block (14 oz/ ~ 400g) firm tofu, pressed and cut into cubes
- 1 tbsp avocado oil (or regular cooking oil)
- 1 red bell pepper, thinly sliced
- 1 zucchini, sliced into half-moons
- 1 cup (~90g) broccoli florets
- 1/2 cup (~50g) snap peas
- 2 green onions, chopped
- 2 garlic cloves, minced
- 1 tbsp fresh ginger, grated

#### For the Sauce:


- 1/4 cup (~60ml) soy sauce
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp sesame seeds (optional)

### Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
220	9g	14g	15g	3g	0

# Cauliflower Steak with Chimichurri Sauce



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Beginner

  
**Servings:**  
4

## Instructions:

### Prepare the Cauliflower:

1. Preheat oven to 425°F (220°C).
2. Place cauliflower steaks on a parchment-lined baking sheet, drizzle with olive oil, and season with spices.

### Roast the Cauliflower:

3. Roast for 15–20 min, flipping halfway, until golden and tender.

### Make the Chimichurri Sauce:

4. Mix parsley, cilantro, garlic, olive oil, vinegar, red pepper flakes (if using), salt, and pepper

## Ingredients:

### For the Cauliflower Steaks:

- 1 large head of cauliflower, sliced into 1-inch “steaks”
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Salt and pepper to taste

### For the Chimichurri Sauce:

- 1/2 cup (~30g) fresh parsley, finely chopped
- 2 tbsp fresh cilantro, finely chopped
- 2 garlic cloves, minced
- 1/4 cup (~60ml) olive oil
- 1 tbsp red wine vinegar
- 1/4 tsp red pepper flakes (optional)
- Salt and pepper to taste

## Serving Suggestions:

- Drizzle the chimichurri sauce over the roasted cauliflower steaks. Serve immediately.
- Top with crumbled feta or toasted nuts for added texture.

## Alternative Ingredients:

- **Cauliflower Substitute:** Use roasted eggplant or zucchini slices.
- **Herb Substitution:** Replace cilantro with basil or omit it entirely.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
180	9g	14g	3g	3g	0

# Portobello Mushroom Pizza with Ricotta and Spinach



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare the Mushrooms:

1. Preheat the oven to 400°F (200°C).
2. Brush both sides of the mushroom caps with olive oil and sprinkle with salt and pepper.
3. Place mushrooms gill-side up on a parchment-lined baking sheet.

### Prepare the Ricotta Mixture:

4. In a small bowl, mix ricotta with garlic powder, oregano, salt, and pepper.

### Assemble the Pizzas:

5. Spoon the ricotta mixture evenly into the mushroom caps.
6. Top each mushroom with chopped spinach.
7. Sprinkle with shredded mozzarella and grated parmesan.
8. Add red pepper flakes if desired for a little heat.

### Bake:

9. Bake for 12–15 min until cheese melts and mushrooms are tender.

## Serving Suggestions:

- Sprinkle with toasted pine nuts or chopped walnuts before serving.

## Alternative Ingredients:

- **Protein Boost:** Add shredded chicken or cooked Italian sausage on top of the spinach before baking.
- **Other Greens:** Replace spinach with kale or arugula.

## Ingredients:

### For the Mushroom Base:

- 4 large portobello mushroom caps, cleaned and stems removed
- 2 tbsp olive oil
- Salt and pepper to taste

### For the Toppings:


- 1 cup (~240g) ricotta cheese
- 1 tsp garlic powder
- 1/2 tsp dried oregano
- 1 cup (~30g) fresh spinach, chopped
- 1/2 cup (~60g) shredded mozzarella cheese
- 1/4 cup (~25g) grated parmesan cheese
- 1/4 tsp red pepper flakes (optional)

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
190	6g	14g	11g	2g	25mg

# Eggplant Lasagna Rolls



  
**Prep Time:**  
20 minutes

  
**Total Time:**  
35 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
2

## Instructions:

### Prepare the Eggplant:

1. Preheat your oven to 375°F (190°C).
2. Place eggplant slices on a parchment-lined baking sheet, brush with olive oil, and season with salt and pepper.
3. Roast in the oven for 12-15 min, flipping halfway through, until tender but not overly soft. Remove from the oven and let cool slightly.

### Make the Filling:

4. Mix ricotta, mozzarella, parmesan, egg, Italian seasoning, and basil in a bowl until smooth. Set aside.

### Prepare the Sauce:

5. Heat marinara sauce, garlic powder, and red pepper flakes in a saucepan until warmed through. Set aside.

### Assemble the Rolls:

6. Spread a thin layer of marinara sauce on the bottom of a baking dish.
7. Spoon 2–3 tbsp of the filling onto the wide end of each eggplant slice, roll tightly, and place seam-side down in the baking dish.
8. Spoon the remaining marinara sauce over the rolls and sprinkle the shredded mozzarella and parmesan cheese on top.

### Bake the Lasagna Rolls:

9. Cover with foil and bake for 20 min. Remove foil and bake for 10 more min, until cheese is bubbly and golden.

## Serving Suggestions:

- Serve immediately. Garnish with additional fresh basil.
- Serve with a low-carb garlic bread.

## Alternative Ingredients:

- **Eggplant Substitute:** Use zucchini slices instead of eggplant.
- **Sauce Variation:** Replace marinara with Alfredo sauce for a creamy twist.

## Ingredients:

### For the Eggplant Rolls:

- 2 medium eggplants, sliced lengthwise into 3 thin slices each (discard sides)
- 1 cup (~250g) ricotta cheese
- 1/2 cup (~55g) shredded mozzarella cheese (plus extra for topping)
- 1/4 cup (25g) grated parmesan cheese
- 1 large egg
- 1 tsp Italian seasoning
- Olive oil, for brushing eggplant slices
- Fresh basil (optional)
- Salt and pepper to taste

### For the Sauce:

- 1 1/2 (~360ml) cups marinara sauce (sugar-free)
- 1/2 tsp garlic powder
- 1/2 tsp red pepper flakes (optional)

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
348	9g	24g	17g	3g	65mg



## CHAPTER 4

# Soups – Warm, Nourishing, and Satisfying

A good soup is like a hug in a bowl—warm, comforting, and flavorful. Whether you are craving a quick, light meal or a hearty, nutrient-dense option to keep you full, soups are a simple and delicious way to nourish your body. This chapter has a variety of soul-warming soup recipes that will warm you up and keep you satisfied.



# Chicken Tortilla Soup



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Sauté Aromatics:

1. Heat olive oil in a large pot over medium heat.
2. Add onion, garlic, and red bell pepper. Sauté for 3–4 min until softened.
3. Stir in spices and cook for 1 minute until fragrant

### Add Tomatoes and Broth:

4. Add chicken broth and diced tomatoes. Bring to a gentle simmer.

### Simmer with Chicken:

5. Stir in shredded chicken and simmer for 10–15 min to absorb flavors.

## Ingredients:

### For the Soup:

- 2 tbsp olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 medium red bell pepper, diced
- 1 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1 can (14.5 oz) diced tomatoes (no added sugar)
- 4 cups (~960ml) low-sodium chicken broth
- 2 cups (~280g) cooked shredded chicken
- 1 medium jalapeño, sliced (optional)
- Salt and black pepper, to taste

### For Garnish:

- 1 avocado, diced
- 1/4 cup (~60ml) sour cream
- 1/4 cup (~4g) chopped fresh cilantro (optional)
- Fresh lime wedges (optional)

## Serving Suggestions:

- Ladle the soup into bowls. Top with avocado slices, sour cream, and fresh cilantro. Add lime wedges and jalapeño slices, if desired.
- Pair with crushed pork rinds or low-carb tortilla chips.


## Alternative Ingredients:

- **Vegetarian Option:** Replace chicken with grilled tofu or jackfruit and use vegetable broth instead of chicken broth.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
310	8g	19g	24g	3g	90mg


# Creamy Broccoli Cheddar Soup



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare the Broccoli:

1. Steam or boil the broccoli florets until tender but not mushy (about 5-7 min). Drain and set aside.

### Sauté Aromatics:

2. Heat oil or butter in a large pot over medium heat. Sauté onion and garlic for 2-3 min until softened.

### Add Broth and Broccoli:

3. Add broth and broccoli, then simmer for 5 min to blend flavors.

### Blend the Soup:

4. Use a blender to blend the mixture until smooth, leaving some broccoli chunks for texture, if desired.

### Add Cream and Cheese:

5. Reduce heat to low and stir in the heavy cream and cheddar until melted and creamy. Avoid boiling.

### Season:

6. Add salt and pepper to taste.

## Serving Suggestions:

- Ladle the soup into bowls and garnish with extra cheddar cheese, parsley, and bacon bits, if desired.
- Pair with almond flour crackers or a slice of low-carb bread.

## Alternative Ingredients:

- **Spice Boost:** Add a pinch of cayenne pepper or a splash of hot sauce.

## Ingredients:

### For the Soup:

- 4 cups (~360g) broccoli florets (fresh or frozen)
- 1 tbsp olive oil or butter
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 3 cups (~ 720ml) low-sodium chicken or vegetable broth
- 1 cup (~240ml) heavy cream (or unsweetened coconut cream)
- 1 1/2 cups (~180g) cheddar cheese, shredded
- Salt and pepper to taste

### For Garnish:

- Extra shredded cheddar cheese
- Chopped fresh parsley
- Bacon bits (optional)

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
280	6g	23g	12g	2g	65mg

# Tuscan Sausage and Kale Soup



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
30 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Cook the Sausage:

1. Heat oil in a pot over medium heat, cook sausage until browned (5–7 min), then remove and set aside.

### Sauté Aromatics:

2. Sauté onion and garlic for 3–4 min until soft and fragrant.

### Add Broth and Cauliflower:

3. Add chicken broth and cauliflower, bring to a boil, then simmer for 10–15 min until tender.

### Add Kale and Sausage:

4. Stir in the chopped kale and cooked sausage. Simmer for another 5 min until the kale is wilted and tender.

### Finish with Cream and Seasoning:

5. Stir in heavy cream, thyme, and red pepper flakes (if using). Season to taste.

## Serving Suggestions:

- Ladle the soup into bowls and garnish with freshly grated Parmesan cheese, parsley, and a drizzle of olive oil, if desired.
- Pair with garlic bread sticks or low-carb bread.

## Alternative Ingredients:

- **Vegetarian Option:** Substitute sausage with plant-based sausage or mushrooms and use vegetable broth instead of chicken broth.
- **Extra Creaminess:** Add 1/4 cup (~60g) cream cheese for a creamier soup.

## Ingredients:

### For the Soup:

- 1 tbsp olive oil
- 1 lb (~450g) Italian sausage, casings removed or sliced into rounds.
- 1 small onion, diced
- 3 garlic cloves, minced
- 4 cups (~960g) low-sodium chicken broth
- 1 cup (~240ml) heavy cream
- 3 cups (~100g) kale, chopped (stems removed)
- 1 cup (120g) finely chopped cauliflower florets
- 1/2 tsp dried thyme
- 1/4 tsp red pepper flakes (optional)
- Salt and pepper to taste

### For Garnish:


- Freshly grated parmesan cheese
- Fresh parsley, chopped
- A drizzle of olive oil (optional)

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
370	7g	29g	18g	2g	95mg

# Cream of Mushroom Soup



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Sauté Aromatics and Mushrooms:

1. Heat butter and oil in a pot. Sauté onion and garlic for 3–4 min until soft and fragrant.
2. Sauté mushrooms for 6–8 min, stirring occasionally, until golden and tender.
3. Add Broth and Simmer:
4. Add broth, thyme, and paprika (if using). Boil, then simmer for 10 min.

### Blend for Creaminess (Optional):

5. Blend for a creamy soup or partially blend for a chunkier texture.

### Add Cream and Parmesan:

6. Add heavy cream and parmesan, stirring for 3–5 min until slightly thickened. Season to taste.

## Serving Suggestions:

- Ladle the soup into bowls and garnish with fresh parsley, sautéed mushrooms, or a drizzle of olive oil or cream, if desired.
- Pair with keto crackers or a slice of low-carb bread.

## Alternative Ingredients:

- **Dairy-Free Option:** Replace heavy cream with coconut cream and parmesan with nutritional yeast.
- **Extra Vegetables:** Add diced zucchini or spinach for extra nutrients.

## Ingredients:

### For the Soup:

- 2 tbsp unsalted butter
- 1 tbsp olive oil
- 1 small onion, finely diced
- 3 garlic cloves, minced
- 12 ounces (~340g) mushrooms (cremini or button), thinly sliced
- 4 cups (~960ml) low-sodium chicken or vegetable broth
- 1 cup (~240ml) heavy cream
- 1/4 cup (~25g) grated parmesan cheese
- 1/2 tsp dried thyme
- 1/4 tsp smoked paprika (optional)
- Salt and pepper to taste

### For Garnish:

- Fresh parsley, chopped
- Thinly sliced sautéed mushrooms (optional)
- A drizzle of olive oil or cream (optional)

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
290	6g	25g	7g	1g	75mg

# Cauliflower Soup with Crouton Crumbles



## Ingredients:

### For the Soup:

- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 medium head of cauliflower, cut into florets
- 4 cups (~960ml) chicken or vegetable broth
- 1/2 cup (~120g) plain Greek yogurt
- 1/2 cup (~60g) shredded sharp cheddar cheese
- 1/2 tsp dried thyme
- Salt and pepper to taste

### For the Crouton Crumbles:

- 1/2 cup (~50g) almond flour or crushed pork rinds
- 2 tbsp grated parmesan cheese
- 1 tbsp unsalted butter or olive oil
- 1/4 tsp garlic powder

### For Garnish:

- Fresh chives or parsley, chopped



## Instructions:

### Prepare the Crouton Crumbles:

1. Heat butter or oil in a skillet over medium heat. Add almond flour, parmesan, and garlic powder
2. Cook 3–4 min, until golden and crispy. Let cool.

### Cook Aromatics and Cauliflower:

3. Heat olive oil in a pot over medium heat. Sauté onion and garlic for 3–4 min until softened.
4. Add the cauliflower florets and cook for 3 min, stirring occasionally.

### Simmer the Soup:

5. Add broth, bring to a boil, then simmer for 15 min until cauliflower is tender.

### Blend the Soup:

6. Puree the soup with an immersion blender or in batches using a regular blender until smooth.

### Add Yogurt, Cheese, and Seasoning:

7. Stir in Greek yogurt, cheddar, and thyme. Cook 3–5 min until melted. Season to taste.

## Serving Suggestions:

- Ladle the soup into bowls, sprinkle with crouton crumbles, and garnish with chopped chives or parsley.
- Pair with a keto-friendly breadstick or a slice of low-carb bread.

## Alternative Ingredients:

- **Vegetarian Option:** Use vegetable broth and add roasted chickpeas as a topping.
- **Dairy-Free Option:** Substitute Greek yogurt with coconut cream and use nutritional yeast instead of cheddar cheese.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
220	7g	14g	12g	3g	30mg

# Creamy Chicken and Spinach Soup



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Sauté Aromatics:

1. Heat olive oil in a pot over medium heat. Sauté onion and garlic for 3–4 min until softened.

### Cook the Chicken:

2. Add chicken, season with salt and pepper, and cook for 5–7 min until browned and nearly cooked through.

### Simmer the Soup Base:

3. Add broth and thyme. Bring to a boil, then simmer for 10 min.

### Add Spinach and Cream:

4. Add spinach and heavy cream, cooking for 3–5 min until wilted and heated through.

### Incorporate Parmesan Cheese:

5. Stir in parmesan until melted. Adjust salt and pepper to taste.

## Serving Suggestions:

- Ladle the soup into bowls and garnish with fresh parsley and additional parmesan cheese, if desired.
- Pair with keto-friendly garlic bread sticks.

## Alternative Ingredients:

- **Vegetarian Option:** Replace the chicken with cubed tofu or roasted mushrooms, use vegetable broth instead of chicken broth.
- **Dairy-Free Option:** Use coconut cream in place of heavy cream and omit the parmesan or replace it with nutritional yeast.

## Ingredients:

### For the Soup:

- 1 tbsp olive oil
- 1 small onion, diced
- 3 garlic cloves, minced
- 1 lb (~450g) boneless, skinless chicken breast diced into bite-sized pieces
- 4 cups (~960ml) chicken broth
- 2 cups (~60g) fresh spinach leaves, chopped
- 1 cup (~240ml) heavy cream
- 1/2 cup (~50g) grated parmesan cheese
- 1/2 tsp dried thyme
- Salt and pepper to taste

### For Garnish:

- Fresh parsley, chopped
- Extra parmesan cheese (optional)

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
290	6g	18g	26g	1g	95mg



## CHAPTER 5

# Nutritious Snacks

Snacks should do more than just fill the gap between meals—they should fuel your body and keep cravings in check. Whether you need a quick bite on the go or a nutritious treat to keep your energy up, this chapter offers a variety of wholesome, satisfying snack recipes to keep you going strong.



# Buffalo Chicken Celery Sticks



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
None

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare the Buffalo Chicken Filling:

1. Mix shredded chicken, cream cheese, sour cream, hot sauce, ranch (if using), garlic powder, salt, and pepper until creamy.

### Assemble the Celery Sticks:

2. Fill celery stalks generously with the Buffalo chicken mixture.

### Add Toppings:

3. Top with blue cheese and garnish with parsley or green onion.

## Ingredients:

### For the Buffalo Chicken Filling:

- 1 cup (~240g) cooked, shredded chicken breast
- 2 tbsp cream cheese, softened
- 2 tbsp sour cream
- 2 tbsp hot sauce (such as Frank's RedHot)
- 1 tbsp ranch dressing (optional)
- 1/4 tsp garlic powder
- Salt and pepper to taste

### For the Assembly:

- 4 large celery stalks, cut into halves or thirds
- 2 tbsp crumbled blue cheese
- 1 tbsp chopped fresh parsley or green onion (optional)

## Serving Suggestions:

- Arrange the celery sticks on a platter. Pair with a small serving of ranch or blue cheese dressing for dipping.

## Alternative Ingredients:

- **Vegetarian Option:** Substitute chicken with shredded jackfruit or mashed chickpeas.
- **Dairy-Free Option:** Replace cream cheese and sour cream with dairy-free alternatives and omit the cheese topping.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
120	3g	8g	10g	1g	30mg

# Hard-Boiled Eggs with Avocado Dip



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Cook the Eggs:

1. Place eggs in a saucepan, cover with water, and bring to a boil. Turn off the heat, cover, and let sit for 10 min.
2. Drain and transfer the eggs to a bowl of ice water to cool. Peel the eggs once cooled.

### Make the Avocado Dip:

3. In a medium bowl, mash the avocado with a fork until smooth.
4. Stir in the lime juice, Greek yogurt (if using), minced garlic, cumin (if using), salt, and black pepper. Mix until creamy and well combined.

## Ingredients:

### For the Hard-Boiled Eggs:

- 8 large eggs

### For the Avocado Dip:

- 2 large ripe avocados
- 1 tbsp lime juice
- 2 tbsp plain Greek yogurt (optional)
- 1 clove garlic, minced
- 1/4 tsp cumin (optional)
- Salt and pepper to taste

### For Garnish (Optional):

- 1 tbsp chopped fresh cilantro or parsley

## Serving Suggestions:

- Halve the eggs, arrange on a platter, and serve with or top with avocado dip.
- Sprinkle the avocado dip with smoked paprika or add chopped cilantro.


## Alternative Ingredients:


- **Extra Protein:** Add a spoonful of protein powder to the avocado dip.
- **Flavor Variations:** Add a pinch of red chili flakes or a dash of hot sauce to the avocado dip.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
190	6g	15g	10g	5g	210mg

# Parmesan Cheese Crisps with Herbs



  
**Prep Time:**  
5 minutes

  
**Total Time:**  
7-10 minutes

  
**Level:**  
Easy

  
**Servings:**  
6 (2 per serving)

## Instructions:

### Prepare Parmesan Mixture:

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper or a silicone mat.
2. Mix parmesan, Italian herbs, garlic powder (if using), and black pepper in a bowl.

### Form Crisps:

3. Spoon 1 tbsp of the Parmesan mixture onto the baking sheet, forming small mounds.
4. Flatten each mound into a 2–3 inch circle, leaving space between them for spreading.

### Bake:

5. Bake for 7–10 min until golden and bubbly, watching closely to prevent burning.

## Ingredients:

- 1 1/2 cups (~150g) grated parmesan cheese
- 1 tsp dried Italian herbs
- 1/2 tsp garlic powder (optional)
- 1/4 tsp black pepper

## Serving Suggestions:

- Let crisps cool on the baking sheet for 5 min, then transfer to a plate or container once firm.
- Serve as a standalone snack or pair with dips like guacamole, sour cream, or marinara sauce.

## Alternative Ingredients:

- **Spices:** Add smoked paprika or cayenne for a smoky or spicy kick.
- **Fresh Herbs:** Substitute dried herbs with finely chopped fresh parsley, dill, or chives for a fresher taste.

### Nutritional Information (Per Serving, 2 Crisps):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
110	1g	8g	8g	0	20mg

# Smoked Salmon and Cream Cheese Bites



  
**Prep Time:**  
10 minutes

  
**Total Time:**  
None

  
**Level:**  
Easy

  
**Servings:**  
8 (2 bites per serving)

## Instructions:

### Prepare the Cream Cheese Mixture:

1. In a small bowl, mix softened cream cheese with lemon juice, and capers (if using). Stir until smooth and creamy.

### Assemble the Bites:

2. Lay out the crackers on a serving platter.
3. Place a folded piece of smoked salmon on each cracker.
4. Use a small spoon to add a dollop of the cream cheese mixture on top of the salmon. Black pepper to taste.

## Ingredients:

### For the Bites:

- 16 small keto-friendly crackers or parmesan crisps
- 8 slices (~225g) smoked salmon, cut in half
- 1/2 cup (~120g) cream cheese, softened
- 1 tbsp lemon juice
- 1 tsp capers (optional, finely chopped)
- Freshly ground black pepper to taste

### For Garnish:

- Small fresh herb leaves (dill or parsley)
- Lemon wedges (optional)

## Serving Suggestions:

- Top with a small herb leaf for garnish.
- Serve with lemon wedges on the side, if desired.

Nutritional Information (Per Serving)					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
80	2g	6g	5g	0g	0

# Spicy Roasted Chickpeas



  
**Prep Time:**  
5 minutes

  
**Total Time:**  
25 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare Chickpeas:

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Spread the rinsed and dried chickpeas on the prepared baking sheet.
3. Drizzle with olive oil and toss to coat evenly.

### Add Seasonings:

4. In a small bowl, mix smoked paprika, cumin, chili powder, cayenne pepper, garlic powder, salt, and black pepper.
5. Sprinkle spices over chickpeas and toss to coat thoroughly.

### Roast:

6. Spread chickpeas in a single layer on the baking sheet.
7. Roast for 20–25 mi, stirring halfway, until chickpeas are crispy and golden.

## Serving Suggestions:

- Serve in a snack bowl alongside mixed nuts for variety.
- Use as a topping for salads or soups to add crunch.

## Alternative Ingredients:

- **Seasoning Variations:** Use lemon pepper or ranch seasoning.

## Ingredients:

- 1 can (~400g) chickpeas, drained, rinsed, and patted dry
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper
- 1/2 tsp garlic powder
- Salt and pepper to taste

## Nutritional Information (Per Serving)

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
110	17g	3.5g	5g	4g	0

# Deviled Eggs with Bacon



## Ingredients:

- 4 large eggs
- 2 slices of bacon
- 2 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika (plus extra for garnish)
- 1 tsp chopped fresh chives (optional)
- Salt and pepper to taste

  
Prep Time:  
10 minutes

  
Total Time:  
15 minutes

  
Level:  
Easy

  
Servings:  
4

## Instructions:

### Cook the Bacon:

1. Heat a non-stick skillet over medium heat.
2. Cook bacon until crispy, flipping occasionally (6–8 min).
3. Place cooked bacon on a paper towel to drain. Once cooled, crumble into small pieces.

### Boil the Eggs:

4. Place eggs in a saucepan, cover with cold water, bring to a boil, and let sit for 10 mins.
5. Drain and cool the eggs in cold water. Peel the eggs once cooled.

### Prepare the Egg Halves:

6. Slice the eggs in half lengthwise.
7. Carefully scoop out the yolks into a small bowl, placing the whites on a serving platter.

### Make the Filling:

8. Mash the yolks with a fork until smooth.
9. Mix in mayonnaise, mustard, garlic powder, paprika, salt, and pepper.

### Assemble the Deviled Eggs:

10. Spoon the yolk mixture back into the egg white halves.
11. Top each egg half with crumbled bacon.

## Serving Suggestions:

- Sprinkle additional smoked paprika over the top for garnish.
- Optionally, add chopped chives for extra flavor and a pop of color.

## Alternative Ingredients:

- **Vegetarian Option:** Replace bacon with crumbled walnuts or crispy fried onions.
- **Mayo Substitute:** Use avocado mashed with a bit of lemon juice instead of mayonnaise.

Nutritional Information (Per Serving, 2 Halves):					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
160	1g	13g	9g	0g	195mg

# Protein-Packed Hummus (with Cauliflower Base)



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
10 minutes

  
**Level:**  
Easy

  
**Servings:**  
6 (1/4 cup per serving)

## Instructions:

### Prepare the Cauliflower:

1. Remove the cauliflower's leaves and core, then chop into florets.
2. Steam or boil cauliflower until tender (8–10 min), then drain and cool.

### Blend the Hummus:

3. Add the cooked cauliflower to a food processor. Blend until smooth.
4. Add tahini, olive oil, lemon juice, garlic, cumin, paprika, salt, and pepper. Blend until creamy, then add Greek yogurt and adjust seasoning, if desired.

## Ingredients:

- 1 medium head of cauliflower (florets only)
- 1/4 cup (~60g) tahini
- 2 tbsp olive oil (plus extra for garnish)
- 2 tbsp lemon juice
- 1 garlic clove, minced
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika
- 1/2 cup (~120g) plain Greek yogurt (optional)
- Salt and pepper to taste

## Serving Suggestions:

- Serve with fresh veggie sticks like cucumber, bell peppers, or celery.
- Drizzle with olive oil and sprinkle with additional smoked paprika for garnish.


## Alternative Ingredients:

- **Tahini Substitute:** Use almond butter or sunflower seed butter instead of tahini.
- **Greek Yogurt Alternative:** For dairy-free, use 1 tbsp of olive oil instead.

Nutritional Information (Per Serving, with Greek Yogurt):					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
90	4g	6g	4g	2g	2mg

# Almond Flour Crackers with Guacamole



  
**Prep Time:**  
15 minutes

  
**Total Time:**  
15 minutes

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Prepare the Crackers:

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, mix almond flour, flaxseed (if using), garlic powder, salt, and pepper. Add the beaten egg and olive oil. Mix until a dough forms.
3. Place dough between parchment sheets and roll to 1/8 inch thick.
4. Remove top parchment and score dough into squares or rectangles.
5. Transfer the parchment with scored dough onto a baking sheet.
6. Bake for 12–15 min until golden and crisp. Cool completely before breaking into crackers.

### Make the Guacamole:

7. In a medium bowl, mash the avocados with a fork.
8. Stir in lime juice, garlic powder, cumin, salt, cilantro, and jalapeño (if using). Adjust seasoning to taste.

## Serving Suggestions:

- Serve the cooled crackers with freshly made guacamole for dipping.

## Alternative Ingredients:

- **Flavor Variations for Crackers:** Add herbs like rosemary, thyme, or a pinch of paprika for additional flavor.

## Ingredients:

### For the Crackers:

- 1 cup (~100g) almond flour
- 1 tbsp ground flaxseed (optional)
- 1/4 tsp garlic powder
- 1 egg, beaten
- 1 tsp olive oil
- Salt and pepper to taste

### For the Guacamole:

- 2 ripe avocados, mashed
- 1 small lime, juiced
- 1/2 tsp garlic powder
- 1/4 tsp cumin
- 1 tbsp chopped cilantro (optional)
- 1 small jalapeño, finely diced (optional)
- Salt and pepper to taste

## Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
240	8g	20g	6g	5g	31mg

# Jalapeño Popper Stuffed Mushrooms



## Ingredients:

- 12 large white or cremini mushrooms, stems removed
- 1/2 cup (~120g) cream cheese, softened
- 1/2 cup shredded cheddar cheese
- 1/4 cup cooked and crumbled bacon (optional)
- 1 jalapeño, finely diced
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika
- 2 tbsp grated parmesan cheese (for topping)
- Salt and pepper to taste

  
**Prep Time:**  
15 minutes

  
**Total Time:**  
20 minutes

  
**Level:**  
Easy

  
**Servings:**  
6 (2 per serving)

## Instructions:

### Prepare Mushrooms:

1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Wipe mushrooms with a damp paper towel, remove stems, and set caps aside.
3. Finely chop mushroom stems (if using for filling) and set aside.

### Make the Filling:

4. In a bowl, combine cream cheese, cheddar, bacon (if using), jalapeño, garlic powder, smoked paprika, salt, and pepper. Mix well.
5. Fold in chopped mushroom stems into the mixture (if using).

### Stuff the Mushrooms:

6. Using a spoon, fill each mushroom cap with the jalapeño cheese mixture.
7. Sprinkle the tops with grated parmesan cheese.

### Bake:

8. Place stuffed mushrooms on a baking sheet, slightly spaced apart.
9. Bake for 18–20 min, until mushrooms are tender and filling is golden and bubbly.

## Serving Suggestions:

- Garnish with chopped fresh parsley or chives for added color.
- Pair with a low-carb dipping sauce, like ranch or a creamy avocado dip.

## Alternative Ingredients:

- **Vegetarian Option:** Omit the bacon and add 2 tablespoons of finely chopped sun-dried tomatoes or roasted red peppers for flavor.
- **Spice Level:** Replace jalapeño with diced green bell pepper for a milder version.

Nutritional Information (Per Serving):					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
130	3g	11g	5g	1g	25mg

# Cheese Sticks with Marinara Dip



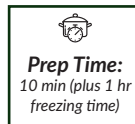
## Ingredients:

### For the Cheese Sticks:

- 12 mozzarella string cheese sticks
- 1/2 cup (~50g) almond flour
- 1/2 cup (~50g) grated parmesan cheese
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 2 large eggs, beaten
- Avocado or olive oil for frying
- Salt and pepper to taste

### For the Marinara Dip:

- 1/2 cup (~120ml) low-carb marinara sauce
- 1/4 tsp dried basil or oregano
- 1/4 tsp red pepper flakes (optional)



## Instructions:

### Prepare the Cheese Sticks:

1. Cut string cheese in half, making 24 pieces, and freeze for 1 hour to prevent melting during frying.
2. In a bowl, mix almond flour, parmesan cheese, garlic powder, Italian seasoning, salt, and pepper.
3. Place the beaten eggs in another bowl.

### Bread the Cheese Sticks:

4. Dip frozen cheese sticks in eggs, then coat with almond flour, pressing to adhere. For a thicker crust, repeat egg dip and almond flour coating.
5. Place the breaded sticks back into the freezer for 10–15 min to set.

### Fry the Cheese Sticks:

6. Heat about 1 inch of avocado or olive oil in a skillet over medium heat until it reaches 350°F (175°C).
7. Fry in batches, turning, for 1–2 min until golden brown
8. Remove and drain on a paper towel-lined plate.

### Make the Marinara Dip:

9. Heat marinara sauce on low, adding red pepper flakes and herbs if desired.

## Serving Suggestions:

- Serve the cheese sticks warm with the marinara sauce for dipping.
- Add fresh parsley on top of the cheese sticks for garnish.

## Alternative Ingredients:

- **Nut-Free:** Replace almond flour with crushed pork rinds for a crispy and nut-free coating.

Nutritional Information (Per Serving):					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
220	4g	17g	12g	1g	55mg



## CHAPTER 6

# Desserts - Indulgent Sweet Treats

Who says dessert can't be both delicious and nourishing? In this chapter, you'll discover desserts that hit the spot while still fitting into a healthy lifestyle. From rich chocolate options to light, fruity delights, these treats let you satisfy your sweet tooth without compromising your goals.



# Peanut Butter Cheesecake Balls



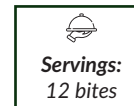
## Ingredients:

### For the Cheesecake Filling:

- 1 cup (1 block, ~ 230g) cream cheese (softened)
- 1/2 cup (~130g) natural peanut butter (unsweetened, no sugar added)
- 1/4 cup (~30g) powdered erythritol (or sweetener of choice)
- 1 tsp vanilla extract

### For the Topping:

- 2 tbsp crushed peanuts



## Instructions:

### Prepare the Cheesecake Filling:

1. In a mixing bowl, combine softened cream cheese, peanut butter, powdered erythritol, and vanilla extract.
2. Beat with an electric mixer until smooth and well combined.

### Shape the Cheesecake Bites:

3. Scoop 1-inch portions of the mixture and roll them between your palms to form smooth balls.

### Add Toppings:

4. Roll the cheesecake balls in crushed peanuts, pressing gently to coat.

### Chill the Bites:

5. Place the balls on a parchment-lined baking sheet and freeze for 30 min, or until firm.

## Serving Suggestions:

- Pair with a hot cup of coffee or tea.

## Alternative Ingredients:

- **Nut-Free Option:** Replace peanut butter with sunflower seed butter and crushed peanuts with crushed sunflower seeds.
- **Dairy-Free Option:** Substitute cream cheese with a plant-based cream cheese alternative.

## Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
115	2g	11g	3g	1g	10mg

# Raspberry Almond Tarts



  
**Prep Time:**  
15 minutes

  
**Cook Time:**  
15 minutes

  
**Level:**  
Moderate

  
**Servings:**  
6

## Instructions:

### Prepare the Crust:

1. Preheat the oven to 350°F (175°C).
2. In a bowl, combine almond flour, coconut oil, erythritol, vanilla, and salt. Mix until the dough has a crumbly yet cohesive texture.
3. Divide dough into six portions and press into greased muffin tin or mini tart pans to form crusts.

### Bake the Crust:

4. Bake crusts for 10–12 min until golden. Allow to cool completely in the pan.

### Make the Filling:

5. In a small bowl, whisk together the sugar-free raspberry jam, almond butter, and almond extract until smooth.

### Assemble the Tarts:

6. Fill tart crusts with raspberry almond filling and smooth the tops.

## Ingredients:

### For the Tart Crust:

- 1 1/2 cups (~150g) almond flour
- 3 tbsp coconut oil (melted)
- 2 tbsp erythritol (or sweetener of choice)
- 1/2 tsp vanilla extract
- Pinch of salt

### For the Filling:

- 1/2 cup sugar-free raspberry jam
- 1/4 cup almond butter (unsweetened)
- 1/4 tsp almond extract

### For the Garnish:

- 1/4 cup fresh raspberries
- 2 tbsp slivered almonds (lightly toasted)

## Serving Suggestions:

- Pair these tarts with a dollop of sugar-free whipped cream or Greek yogurt.
- Top each tart with fresh raspberries and a sprinkle of toasted slivered almonds.

## Alternative Ingredients:


- **Nut-Free Option:** Substitute almond flour with sunflower seed flour and almond butter with sunflower seed butter.
- **Low-Carb Option:** Use unsweetened raspberry puree instead of jam to reduce carb content further.

## Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
165	6g	14g	5g	3g	0


# Lemon and Blueberry Chia Pudding



  
**Prep Time:**  
10 minutes

  
**Chill Time:**  
4 hr

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Mix the Chia Pudding:

1. In a medium bowl or jar, whisk chia seeds, almond milk, lemon zest, juice, erythritol, and vanilla until combined.
2. Let sit for 5 min, then whisk again to prevent clumping.

### Chill:

3. Cover and refrigerate for at least 4 hours or overnight until thickened.

### Prepare the Blueberry Topping:

4. In a small bowl, toss the fresh blueberries with erythritol (if using). Let them sit while the pudding chills to bring out their natural sweetness.

## Ingredients:

### For the Chia Pudding:

- 1/4 cup (~40g) chia seeds
- 1 3/4 cups (~420ml) unsweetened almond milk
- Zest of 1 lemon
- 1 tbsp fresh lemon juice
- 2-3 tbsp powdered erythritol (or sweetener of choice)
- 1/2 tsp vanilla extract

### For the Blueberry Topping:

- 1 cup (~160g) fresh blueberries
- 1 tsp powdered erythritol (or sweetener of choice, optional)

### For Garnish (Optional):

- Additional lemon zest
- A few whole blueberries
- A light dusting of powdered erythritol

## Serving Suggestions:

- Once the chia pudding has been set, divide it into servings. Top each with the sweetened blueberries, garnish with extra lemon zest, and dust with erythritol.
- Sprinkle with crushed nuts, toasted coconut flakes, or a few cacao nibs.

## Alternative Ingredients:

- **Berry Swap:** Replace blueberries with raspberries, blackberries, or strawberries for a different flavor.
- **Dairy Option:** Swap almond milk for unsweetened coconut milk.

## Nutritional Information (Per Serving):


Calories	Carbs	Fats	Protein	Fiber	Cholesterol
120	10g	6g	4g	6g	0mg

# Chocolate Hazelnut Mousse



## Ingredients:

- 1 cup (~240ml) heavy cream
- 2 tbsp unsweetened cocoa powder
- 2 tbsp hazelnut or almond butter (unsweetened)
- 3 tbsp powdered erythritol (or sweetener of choice, to taste)
- 1 tsp vanilla extract
- 1/4 tsp instant espresso powder (optional)
- Dark chocolate shavings or crushed hazelnuts for garnish (optional)

  
**Prep Time:**  
10 minutes

  
**Cook Time:**  
None

  
**Level:**  
Easy

  
**Servings:**  
4

## Instructions:

### Whip the Cream:

1. In a large mixing bowl, whip the heavy cream using a hand mixer or whisk until soft peaks form.

### Mix the Chocolate Base:

2. In a separate bowl, mix the cocoa powder, hazelnut butter, erythritol, vanilla extract, and espresso powder (if using). Stir until smooth.

### Fold in the Cream:

3. Fold half of the whipped cream into the mixture to lighten it. Then gently fold in the rest of the cream until fully incorporated. Be careful not to deflate the mousse.

### Chill:

4. Spoon mousse into serving glasses and refrigerate for at least 1 hr to set.

## Serving Suggestions:

- Garnish with dark chocolate shavings or crushed hazelnuts if desired.
- Serve alongside fresh raspberries or strawberries for a fruity contrast.


## Alternative Ingredients:

- **Dairy-Free Option:** Use coconut cream instead of heavy cream and replace hazelnut butter with almond or sunflower seed butter for variety.
- **Different Flavors:** Add a dash of cinnamon or a pinch of chili powder.

Nutritional Information (Per Serving):					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
210	3g	20g	4g	1g	25mg

# Carrot Cake Squares



  
**Prep Time:**  
15 minutes

  
**Cook Time:**  
30 minutes

  
**Level:**  
Easy

  
**Servings:**  
12 bars

## Instructions:

### Mix the Dry Ingredients:

1. In a large mixing bowl, whisk together almond flour, coconut flour, baking powder, cinnamon, ginger, and salt.

### Combine the Wet Ingredients:

2. In another bowl, whisk together melted butter, powdered erythritol, eggs, and vanilla extract until smooth.

### Mix the Batter:

3. Gradually fold the wet ingredients into the dry ingredients. Stir until combined.
4. Gently fold in the grated carrots and nuts (if using).

### Bake:

5. Preheat oven to 350°F (175°C). Line and grease a small baking pan.
6. Pour batter into the pan and spread evenly.
7. Bake for 25–30 min or until a toothpick comes out clean.

## Serving Suggestions:

- Let the bars cool completely in the pan before slicing. Slice the carrot cake into 12 bars. Sprinkle finely chopped fresh parsley for a pop of color.
- Serve with a dollop of whipped cream for an extra treat.

## Alternative Ingredients:

- **Nut-Free:** Skip the walnuts/pecans or replace with sunflower seeds.

## Ingredients:

- 1 1/2 cups (~150g) almond flour
- 1/4 cup (~30g) coconut flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp salt
- 1/2 cup (~115g) unsalted butter, melted
- 1/2 cup (~60g) powdered erythritol (or sweetener of choice)
- 3 large eggs
- 1 tsp vanilla extract
- 1 cup (~130g) finely grated carrots
- 1/3 cup (~40g) chopped walnuts or pecans (optional)

## Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
150	5g	13g	4g	2g	45mg

# Goopy Chocolate Cake



  
**Prep Time:**  
10 minutes

  
**Cook Time:**  
12 minutes

  
**Level:**  
Intermediate

  
**Servings:**  
4

## Instructions:

### Melt Butter and Chocolate:

1. Melt butter and chocolate in a microwave-safe bowl, stirring every 20 sec. Let cool slightly.

### Mix the Wet Ingredients:

2. In a separate mixing bowl, whisk together the eggs, egg yolks, and powdered erythritol until frothy.
3. Slowly pour the melted chocolate mixture into the egg mixture, whisking constantly to combine.

### Add Dry Ingredients:

4. Gently fold in the almond flour, vanilla extract, and salt until a smooth batter forms.

### Fill Ramekins and Bake:

5. Preheat your oven to 400°F (200°C). Grease four 6-ounce ramekins with butter or coconut oil.
6. Fill each ramekin  $\frac{3}{4}$  full with batter.
7. Bake ramekins on a sheet for 10–12 min until edges set but center remains slightly jiggly.

## Serving Suggestions:

- Let the cakes cool for 2-3 min before serving directly in the ramekins.
- Garnish with fresh raspberries and a dusting of powdered erythritol.
- Top with a dollop of unsweetened whipped cream or keto-friendly vanilla ice cream.

## Alternative Ingredients:

- **Nut-Free:** Replace almond flour with coconut flour but reduce to 2 tbsp.

## Ingredients:

- 1/2 cup (~115g) unsalted butter, plus extra for greasing
- 3 ounces (~85g) dark chocolate (at least 85% cacao), chopped
- 1/3 cup (~40g) powdered erythritol (or sweetener of choice)
- 2 large eggs
- 2 egg yolks
- 1/4 cup (~25g) almond flour
- 1/2 tsp vanilla extract
- Pinch of salt

## Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
330	6g	30g	6g	3g	180mg

# Cinnamon Roll Mug Cake



## Ingredients:

### For the Mug Cake:

- 2 tbsp almond flour
- 1 tbsp coconut flour
- 1/4 tsp baking powder
- 1/2 tsp cinnamon
- 1 tbsp powdered erythritol (or sweetener of choice)
- 1 large egg
- 1 tbsp unsweetened almond milk (or regular milk)
- 1/2 tsp vanilla extract
- 1 tbsp melted butter

### For the Cinnamon Swirl:

- 1 tsp cinnamon
- 1 tsp powdered erythritol (or sweetener of choice)
- 1/2 tsp melted butter

### For the Cream Cheese Frosting:

- 1 tbsp cream cheese, softened
- 1 tsp powdered erythritol (or sweetener of choice)
- 1/4 tsp vanilla extract
- 1 tsp unsweetened almond milk (optional, for thinning)



## Instructions:

### Prepare the Cinnamon Swirl:

1. In a bowl, mix the cinnamon, powdered erythritol, and melted butter. Set aside.

### Mix the Mug Cake Batter:

2. In a microwave-safe mug, whisk almond flour, coconut flour, baking powder, cinnamon, and erythritol.
3. Add the egg, almond milk, vanilla extract, and melted butter. Mix until smooth.

### Add the Cinnamon Swirl:

4. Spoon the cinnamon swirl mixture onto the batter and use a toothpick or the tip of a knife to create a swirl pattern.

### Microwave the Mug Cake:

5. Microwave on high for 90 sec to 2 min until set (adjusting for microwave wattage)

### Prepare the Cream Cheese Frosting:

6. Mix cream cheese, erythritol, and vanilla in a bowl. Add almond milk if needed to achieve a spreadable consistency.
7. Pipe or spoon the frosting over the top of the cooked cake, following the swirl design for a professional finish. Sprinkle with extra cinnamon, if desired.

## Serving Suggestions:

- Enjoy immediately while the cake is warm and gooey.
- Sprinkle ground cinnamon or keto-friendly chocolate shavings for added flair.

## Alternative Ingredients:

- **Dairy-Free Option:** Use coconut cream instead of cream cheese and coconut oil instead of butter.


Nutritional Information (Per Serving):					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
190	4g	16g	6g	3g	110mg

# Vanilla Bean Protein Popsicles



## Ingredients:

- 1 cup (~240ml) unsweetened almond milk
- 1/2 cup (~120ml) heavy cream
- 1/4 cup (~30g) vanilla whey protein powder
- 1/2 tsp vanilla bean paste (or vanilla extract)
- 2 tbsp powdered erythritol (or sweetener of choice, adjust to taste)

 **Prep Time:**  
5 min (plus 4-6 hr  
freezing time)

 **Cook Time:**  
None

 **Level:**  
Easy

 **Servings:**  
6 popsicles

## Instructions:

### Blend the Ingredients:

1. In a blender, combine almond milk, heavy cream, protein powder, vanilla bean paste, and powdered erythritol. Blend until smooth and creamy.

### Adjust Sweetness:

2. Taste the mixture and adjust sweetness if needed by adding more powdered erythritol or sweetener of choice.

### Fill the Popsicle Molds and Freeze:

3. Pour the mixture evenly into popsicle molds, leaving a small gap at the top to allow for expansion as they freeze.
4. Place the popsicle sticks into the molds, ensuring they're centered.
5. Freeze for 4-6 hours or until completely solid.

## Serving Suggestions:

- To remove the popsicles from the molds, run warm water over the outside of the molds for a few seconds to loosen them. Serve immediately.
- Drizzle with melted dark chocolate (85% or higher for low-carb) or sprinkle with crushed nuts before serving.


## Alternative Ingredients:


- **Dairy-Free Option:** Replace heavy cream with coconut cream and use a plant-based protein powder.
- **Different Flavors:** Add a teaspoon of unsweetened cocoa powder for a chocolate version or a splash of almond extract for a nutty flavor.

Nutritional Information (Per Serving):					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
90	2g	7g	6g	0g	20mg

# Mocha Ice Cream



  
**Prep Time:**  
10 min (plus 2-3  
hr freezing time)

  
**Level:**  
Intermediate (Ice  
cream machine  
required)

  
**Servings:**  
6

## Instructions:

### Prepare the Mixture:

1. In a bowl, whisk heavy cream, almond milk, cocoa powder, instant coffee, erythritol, vanilla, and salt until combined.

### Churn the Ice Cream:

2. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions (20-25 min).

### Freeze:

3. Transfer the churned mixture into a freezer-safe container. Cover and freeze for at least 4 hours or until firm.

## Serving Suggestions:

- Scoop into bowls or cones. Garnish with dark chocolate chips or shavings, if desired.

## Alternative Ingredients:

- **Dairy-Free Option:** Use coconut cream and coconut milk instead of heavy cream and almond milk.
- **Flavor Twist:** Add a dash of cinnamon or peppermint extract for a unique flavor.

## Ingredients:

- 1 1/2 (~360ml) cups heavy cream
- 1/2 cup (~120ml) unsweetened almond milk
- 1/3 cup (~40g) powdered erythritol (or sweetener of choice)
- 2 tbsp unsweetened cocoa powder
- 1 tbsp instant coffee granules (adjust to taste)
- 1 tsp vanilla extract
- Dark chocolate chips or shavings for topping (optional)
- Pinch of salt

### Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
140	3g	13g	2g	1g	30mg

# Coconut Lime Protein Balls



  
**Prep Time:**  
15 minutes

  
**Chill Time:**  
30 minutes

  
**Level:**  
Easy

  
**Servings:**  
12

## Instructions:

### Mix the Dry Ingredients:

1. In a large bowl, combine shredded coconut, coconut flour, protein powder, lime zest, and powdered erythritol.

### Add the Wet Ingredients:

2. Stir in lime juice, coconut oil, and almond milk until a dough forms. Add more almond milk if too dry.

### Shape the Bites and Chill:

3. Roll the mixture into 1-inch balls. You should get about 12 bites.
4. Place the balls on a parchment-lined plate or tray. Refrigerate for 30 min or until firm.

## Ingredients:

- 1 cup (~80g) unsweetened shredded coconut
- 1/4 cup (~30g) coconut flour
- 1/3 cup (~40g) vanilla protein powder
- Zest of 1 lime
- Juice of 1/2 lime (about 1 tablespoon)
- 3 tbsp powdered erythritol (or sweetener of choice)
- 1/4 cup (60ml) coconut oil, melted
- 2 tbsp unsweetened almond milk (as needed)

## Serving Suggestions:

- Roll the bites in shredded coconut or drizzle with melted sugar-free white chocolate for an extra touch.
- Pair with a cup of unsweetened iced tea for a refreshing snack.

## Alternative Ingredients:

- **Protein Powder Swap:** Use chocolate or coconut-flavored protein powder.
- **Nut-Free Option:** Use sunflower seed butter instead of coconut oil for binding.

## Nutritional Information (Per Bite):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
95	2g	8g	3g	1g	0mg



## CHAPTER 7

# Drinks & Smoothies – Simple & Refreshing Sips

Sometimes, a light and refreshing drink is all it takes to recharge your day. From creamy smoothies to warm, comforting lattes, this chapter offers a carefully curated selection of drinks to energize, refresh, and delight.



# Peanut Butter and Berry Smoothie



  
**Prep Time:**  
5 minutes

  
**None Time:**  
None

  
**Level:**  
Beginner

  
**Servings:**  
1

## Instructions:

### Combine and Blend the Ingredients:

1. Combine almond milk, frozen berries, peanut butter, protein powder, chia seeds (if using), vanilla extract, and ice in a blender.
2. Blend on high until the mixture is smooth. Adjust consistency (with almond milk or ice) as needed.

## Serving Suggestions:

- Top with a sprinkle of chia seeds or a few crushed nuts for garnish.
- Top with a few fresh berries for garnish.

## Alternative Ingredients:

- **Nut Butter Substitute:** Use almond butter, sunflower seed butter, or tahini.
- **Flavor Boost:** Add cinnamon or a small piece of fresh ginger for added flavor.

## Ingredients:


- 1 cup (~240ml) unsweetened almond milk
- 1/4 cup (~35g) frozen mixed berries
- 1 tbsp natural peanut butter
- 1 scoop (~30g) vanilla protein powder
- 1/2 tsp vanilla extract
- 1 tbsp chia seeds (optional)
- Ice cubes (optional)

## Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
260	8g	14g	25g	4g	25mg

# Almond Vanilla Keto Latte



  
**Prep Time:**  
5 minutes

  
**None Time:**  
5 minutes

  
**Level:**  
Easy

  
**Servings:**  
1

## Instructions:

### Heat the Almond Milk:

1. In a small saucepan, heat the almond milk over medium heat until steaming but not boiling.

### Combine and Blend the Ingredients:

2. Add the heated almond milk, coffee, coconut oil, vanilla extract, and erythritol to a blender. Blend on high for about 20 sec until frothy.

## Serving Suggestions:

- Pour the frothy latte into a mug. Sprinkle with ground cinnamon, if desired.

## Alternative Ingredients:

- **Dairy-Free Creaminess:** Replace almond milk with coconut milk.
- **Extra Flavor:** Add a dash of nutmeg or cardamom for a festive twist.

## Ingredients:


- 1 cup (~240ml) unsweetened almond milk
- 1/2 cup (~120ml) brewed coffee (or espresso shot)
- 1 tbsp coconut oil
- 1 tbsp vanilla extract
- 1 tsp powdered erythritol (or sweetener of choice)
- 1/4 tsp ground cinnamon (optional)

## Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
80	1g	8g	1g	0	0

# Green Smoothie with Spinach and Avocado



  
**Prep Time:**  
5 minutes

  
**None Time:**  
None

  
**Level:**  
Easy

  
**Servings:**  
1

## Instructions:

### Combine and Blend the Ingredients:

1. In a blender, combine the almond milk, avocado, spinach, Greek yogurt, vanilla extract, ground cinnamon (if using), chia seeds, and sweetener.
2. Blend on high speed until the mixture is smooth. Add ice and blend again.

## Serving Suggestions:

- Sprinkle a few extra chia seeds or a pinch of cinnamon on top.

## Ingredients:

- 1 cup (~240ml) unsweetened almond milk
- 1/2 ripe avocado
- 1 cup (~30g) fresh spinach leaves (packed)
- 1/2 cup (~120ml) plain Greek yogurt
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon (optional)
- 1 tbsp chia seeds
- 1-2 tsp powdered erythritol (or sweetener of choice)
- 4-5 cup ice cubes

## Alternative Ingredients:


- **Coconut Milk:** Use full-fat canned coconut milk for a creamier texture.
- **Protein Boost:** Add 1 scoop of unflavored or vanilla protein powder.

### Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
210	6g	16g	8g	5g	5mg

# Chocolate Protein Shake with Coconut Milk



  
**Prep Time:**  
5 minutes

  
**None Time:**  
None

  
**Level:**  
Easy

  
**Servings:**  
1

## Instructions:

### Combine and Blend the Ingredients:

1. In a blender, combine the coconut milk, chocolate protein powder, cocoa powder, almond butter (if using), vanilla extract, sweetener, and ice cubes.
2. Blend on high speed until the mixture is smooth and creamy.
3. Adjust the sweetness or consistency (with water) as desired.

## Serving Suggestions:

- Garnish with a sprinkle of cocoa powder or shredded coconut.
- Pair with a handful of almonds or a small piece of dark chocolate.

## Alternative Ingredients:

- **Milk Alternative:** Substitute coconut milk with unsweetened almond milk or cashew milk for a lighter shake.
- **Nut-Free:** Skip the almond butter or replace it with sunflower seed butter.

## Ingredients:

- 1 cup (~240ml) unsweetened coconut milk
- 1 scoop (~30g) chocolate protein powder
- 1 tbsp unsweetened cocoa powder
- 1 tsp almond butter (optional)
- 1 tsp vanilla extract
- 1-2 tsp powdered erythritol (or sweetener of choice)
- 1/4 cup (~60ml) water (optional)
- 4-5 ice cubes

## Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
180	4g	11g	18g	3g	10mg

# Green Tea and Coconut Smoothie



 **Prep Time:**  
5 minutes

 **None Time:**  
None

 **Level:**  
Easy

 **Servings:**  
2

## Instructions:

### Brew the Green Tea:

1. Brew a strong cup of green tea and let it chill in the fridge.

### Combine and Blend the Ingredients:

2. In a blender, combine the coconut milk, chilled green tea, avocado, protein powder, shredded coconut, matcha powder (if using), sweetener, vanilla extract and ice (if using).
3. Blend on high until the smoothie is creamy and well combined.

## Ingredients:

- 1 cup (~240ml) unsweetened coconut milk
- 1/2 cup (~120ml) brewed green tea, chilled
- 1/2 avocado
- 1 scoop (~30g) vanilla protein powder
- 1 tbsp unsweetened shredded coconut
- 1/2 tsp matcha powder (optional)
- 1 tbsp powdered erythritol (or sweetener of choice)
- 1/2 tsp vanilla extract
- Ice cubes (optional)

## Serving Suggestions:

- Serve with a straw, garnish with a sprinkle of shredded coconut or a pinch of matcha powder, if desired.

## Alternative Ingredients:

- **Dairy-Free Option:** Use almond or cashew milk instead of coconut milk.
- **Extra Flavor:** Add a squeeze of lime juice for a tropical twist.

Nutritional Information (Per Serving):					
Calories	Carbs	Fats	Protein	Fiber	Cholesterol
150	3g	11g	8g	3g	5mg

# Vanilla Cinnamon Protein Iced Coffee



## Ingredients:

- 1 cup (~240ml) brewed coffee, chilled
- 1/2 cup (~120ml) unsweetened almond milk
- 1 scoop (~30g) vanilla protein powder
- 1/4 tsp cinnamon
- 1 tbsp powdered erythritol (or sweetener of choice)
- 1/2 tsp vanilla extract
- Ice cubes (optional)

  
**Prep Time:**  
5 minutes

  
**None Time:**  
None

  
**Level:**  
Easy

  
**Servings:**  
1

## Instructions:

### Brew the Coffee:

1. Brew a strong cup of coffee and allow it to cool.

### Blend the Ingredients:

2. In a blender, combine the chilled coffee, almond milk, protein powder, cinnamon, sweetener, vanilla extract, and ice cubes. Blend until frothy and smooth.

## Serving Suggestions:

- Pour into a tall glass. Sprinkle a pinch of cinnamon on top for garnish, if desired.
- Serve with a dollop of sugar-free whipped cream, if desired.

## Alternative Ingredients:

- **Milk Swap:** Use coconut milk or cashew milk for a creamier texture.
- **Extra Spice:** Add a pinch of nutmeg or pumpkin spice for a seasonal twist.

## Nutritional Information (Per Serving):

Calories	Carbs	Fats	Protein	Fiber	Cholesterol
120	2g	3g	20g	0g	20mg

# CHAPTER 8

## 28 Day Meal Plan

### Meal Plan Week 1

Day 1:	<ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Almond Flour Pancakes</li> <li>• <b>Lunch:</b> Philly Cheesesteak Bowl</li> <li>• <b>Dinner:</b> Zucchini Noodles with Lemon Butter Chicken</li> <li>• <b>Snack:</b> Spicy Roasted Chickpeas</li> </ul>
Day 2:	<ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Cloud Bread Breakfast Sandwich</li> <li>• <b>Lunch:</b> Cauliflower Fried Rice with Shrimp</li> <li>• <b>Dinner:</b> Garlic Herb Pork Tenderloin with Roasted Broccoli</li> <li>• <b>Snack:</b> Cinnamon Roll Mug Cake</li> </ul>
Day 3:	<ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Smoked Salmon and Avocado Breakfast Bowl</li> <li>• <b>Lunch:</b> Roasted Red Pepper and Feta Stuffed Chicken</li> <li>• <b>Dinner:</b> Beef Stroganoff with Shirataki Noodles</li> <li>• <b>Snack:</b> Vanilla Cinnamon Protein Iced Coffee</li> </ul>
Day 4:	<ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Cheesy Broccoli and Ham Omelette</li> <li>• <b>Lunch:</b> Cajun Shrimp and Sausage Skillet</li> <li>• <b>Dinner:</b> Zucchini Lasagna with Ground Turkey</li> <li>• <b>Snack:</b> Green Tea and Coconut Smoothie</li> </ul>
Day 5:	<ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Greek Yogurt Parfait with Chia Seeds</li> <li>• <b>Lunch:</b> Beef Taco Salad with Sour Cream and Guacamole</li> <li>• <b>Dinner:</b> Lemon Garlic Tilapia with Cauliflower Rice</li> <li>• <b>Snack:</b> Hard-Boiled Eggs with Avocado Dip</li> </ul>
Day 6:	<ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Bacon and Avocado Egg Bake</li> <li>• <b>Lunch:</b> Creamy Garlic Scallops with Wilted Spinach</li> <li>• <b>Dinner:</b> Garlic Herb Grilled Chicken Thighs with Asparagus and Roasted Sweet Potatoes</li> <li>• <b>Snack:</b> Peanut Butter Cheesecake Balls</li> </ul>
Day 7:	<ul style="list-style-type: none"> <li>• <b>Breakfast:</b> Cottage Cheese Pancakes with Blueberries</li> <li>• <b>Lunch:</b> Eggplant Lasagna Rolls</li> <li>• <b>Dinner:</b> Baked Salmon with Avocado Salsa</li> <li>• <b>Snack:</b> Buffalo Chicken Celery Sticks</li> </ul>

## Meal Plan Week 2

Day 8:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Creamy Mushroom and Spinach Scrambled Eggs</li> <li>● <b>Lunch:</b> Tuna Patties with Dill Yogurt Sauce</li> <li>● <b>Dinner:</b> Parmesan-Crusted Chicken Breasts with Roasted Veggies</li> <li>● <b>Snack:</b> Raspberry Almond Tarts</li> </ul>
Day 9:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Ham and Cheddar Omelette Roll-Ups</li> <li>● <b>Lunch:</b> Cauliflower Soup with Crouton Crumbles</li> <li>● <b>Dinner:</b> Baked Cod with Lemon Garlic Butter and Spinach</li> <li>● <b>Snack:</b> Chocolate Hazelnut Mousse</li> </ul>
Day 10:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Almond Butter and Chia Protein Mug Cake</li> <li>● <b>Lunch:</b> Chicken Tortilla Soup</li> <li>● <b>Dinner:</b> Cheesy Cauliflower and Ground Beef Casserole</li> <li>● <b>Snack:</b> Cheese Sticks with Marinara Dip</li> </ul>
Day 11:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Herb and Feta Breakfast Casserole</li> <li>● <b>Lunch:</b> Creamy Shrimp and Avocado Lettuce Cups</li> <li>● <b>Dinner:</b> Honey Garlic Glazed Turkey Meatballs with Garlic-Sautéed Spinach</li> <li>● <b>Snack:</b> Mocha Ice Cream</li> </ul>
Day 12:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Crispy Prosciutto and Spinach Frittata</li> <li>● <b>Lunch:</b> Thai Coconut Curry Mussels</li> <li>● <b>Dinner:</b> Italian Sausage-Stuffed Bell Peppers</li> <li>● <b>Snack:</b> Almond Flour Crackers with Guacamole</li> </ul>
Day 13:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Cinnamon Almond Butter Porridge</li> <li>● <b>Lunch:</b> Seared Tofu and Vegetable Stir-Fry</li> <li>● <b>Dinner:</b> Sesame-Crusted Tuna Steaks with Cucumber Salad</li> <li>● <b>Snack:</b> Parmesan Cheese Crisps with Herbs</li> </ul>
Day 14:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Cheesy Cauliflower Breakfast Hash with Bacon</li> <li>● <b>Lunch:</b> Coconut Lime Chicken Lettuce Wraps</li> <li>● <b>Dinner:</b> Rosemary Garlic Lamb Chops with Sautéed Green Beans</li> <li>● <b>Snack:</b> Peanut Butter and Berry Smoothie</li> </ul>

## Meal Plan Week 3

Day 15:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Greek-Style Breakfast Pizza</li> <li>● <b>Lunch:</b> Tuscan Sausage and Kale Soup</li> <li>● <b>Dinner:</b> Spicy Thai Chicken Salad with Peanut Dressing</li> <li>● <b>Snack:</b> Almond Vanilla Keto Latte</li> </ul>
Day 16:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Turkey Sausage and Zucchini Breakfast Scramble</li> <li>● <b>Lunch:</b> Greek-Style Tuna Salad with Feta and Olives</li> <li>● <b>Dinner:</b> BBQ Pulled Pork with Coleslaw</li> <li>● <b>Snack:</b> Lemon and Blueberry Chia Pudding</li> </ul>
Day 17:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Smoked Salmon and Avocado Breakfast Bowl</li> <li>● <b>Lunch:</b> Spinach and Bacon Protein Power Bowl</li> <li>● <b>Dinner:</b> Thai Coconut Curry Chicken with Vegetables</li> <li>● <b>Snack:</b> Cinnamon Roll Mug Cake</li> </ul>
Day 18:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Cucumber Boats with Cream Cheese and Smoked Salmon</li> <li>● <b>Lunch:</b> Creamy Chicken and Spinach Soup</li> <li>● <b>Dinner:</b> Lamb Koftas with Cucumber Yogurt Sauce</li> <li>● <b>Snack:</b> Jalapeño Popper Stuffed Mushrooms</li> </ul>
Day 19:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Peanut Butter Energy Oats</li> <li>● <b>Lunch:</b> Cauliflower Steak with Chimichurri Sauce</li> <li>● <b>Dinner:</b> Herb-Crusted Salmon with Roasted Brussels Sprouts</li> <li>● <b>Snack:</b> Protein-Packed Hummus</li> </ul>
Day 20:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Avocado "Toast" on Sweet Potato Slices</li> <li>● <b>Lunch:</b> Garlic Butter Shrimp Skewers with Zucchini Medley</li> <li>● <b>Dinner:</b> Crispy Skin Duck Breast with Asian Slaw</li> <li>● <b>Snack:</b> Chocolate Protein Shake with Coconut Milk</li> </ul>
Day 21:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Almond Flour Pancakes</li> <li>● <b>Lunch:</b> Creamy Broccoli Cheddar Soup</li> <li>● <b>Dinner:</b> Balsamic Glazed Steak with Roasted Vegetables</li> <li>● <b>Snack:</b> Green Tea and Coconut Smoothie</li> </ul>

## Meal Plan Week 4

Day 22:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Cloud Bread Breakfast Sandwich</li> <li>● <b>Lunch:</b> Grilled Steak Salad with Blue Cheese Crumbles</li> <li>● <b>Dinner:</b> Lemon Herb Grilled Mahi-Mahi with Mango Salsa</li> <li>● <b>Snack:</b> Almond Flour Crackers with Guacamole</li> </ul>
Day 23:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Turkey Sausage and Zucchini Breakfast Scramble</li> <li>● <b>Lunch:</b> Cauliflower Soup with Crouton Crumbles</li> <li>● <b>Dinner:</b> Pork Chops with Creamy Mushroom Sauce and Cauliflower Mash</li> <li>● <b>Snack:</b> Smoked Salmon and Cream Cheese Bites</li> </ul>
Day 24:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Crispy Prosciutto and Spinach Frittata</li> <li>● <b>Lunch:</b> Portobello Mushroom Pizza with Ricotta and Spinach</li> <li>● <b>Dinner:</b> Greek-Style Meatballs with Tzatziki and Roasted Vegetables</li> <li>● <b>Snack:</b> Carrot Cake Squares</li> </ul>
Day 25:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Herb and Feta Breakfast Casserole</li> <li>● <b>Lunch:</b> BLT Salad Bowl</li> <li>● <b>Dinner:</b> Duck Breast with Blackberry Reduction and Garlic Green Beans</li> <li>● <b>Snack:</b> Peanut Butter and Berry Smoothie</li> </ul>
Day 26:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Cheesy Cauliflower Breakfast Hash with Bacon</li> <li>● <b>Lunch:</b> Chicken Caprese Salad with Basil Vinaigrette</li> <li>● <b>Dinner:</b> Pan-Seared Sea Bass with Lemon Caper Sauce</li> <li>● <b>Snack:</b> Deviled Eggs with Bacon</li> </ul>
Day 27:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Cheesy Broccoli and Ham Omelette</li> <li>● <b>Lunch:</b> Cream of Mushroom Soup</li> <li>● <b>Dinner:</b> Honey Mustard Baked Chicken Thighs with Cauliflower Rice</li> <li>● <b>Snack:</b> Peanut Butter Cheesecake Balls</li> </ul>
Day 28:	<ul style="list-style-type: none"> <li>● <b>Breakfast:</b> Zucchini and Goat Cheese Breakfast Frittata</li> <li>● <b>Lunch:</b> Grilled Chicken Caesar Salad</li> <li>● <b>Dinner:</b> Teriyaki Salmon with Green Beans</li> <li>● <b>Snack:</b> Chocolate Protein Shake with Coconut Milk</li> </ul>

# CHAPTER 9

## Shopping List

### Pantry Staples for the 28-Day Meal Plan

This is a comprehensive list of pantry staples used throughout the 28-day meal plan. While many of these ingredients are common in a well-stocked kitchen, some may need to be purchased or can be substituted based on availability and preference.

#### Baking & Dry Goods

- Almond flour – 2 lbs (1kg)
- Coconut flour – 4 oz (120g)
- Baking powder
- Cream of tartar
- Sugar-free oatmeal – small pack
- Cornstarch

#### Oils, Vinegars & Condiments

- Olive oil – 1 bottle (500ml)
- Avocado oil – 1 bottle (500ml)
- Sesame oil
- Coconut oil – small jar
- Balsamic vinegar
- Red wine vinegar
- Apple cider vinegar
- Rice vinegar
- Soy sauce or coconut aminos
- Dijon mustard
- Whole grain mustard
- Sugar-free BBQ sauce
- Thai curry paste
- Red curry paste
- Chili paste
- Hot sauce
- Ranch dressing
- Marinara sauce – 4 small jars
- Sugar-free mayonnaise
- Worcestershire sauce

#### Canned & Jarred Essentials

- Canned coconut milk – 5 cans
- Chickpeas – 1 can
- Tuna in water – 4 cans
- Diced tomatoes (no added sugar) – 1 can
- Black olives – small jar
- Kalamata olives – small jar
- Capers – small jar
- Chicken stock – 12 small cartons (500ml each)
- Beef stock – 1 small carton (500ml)

#### Nut Butters, Sweeteners & Flavorings

- Peanut butter – small jar
- Almond butter – small jar
- Tahini – small jar
- Cocoa powder
- Matcha powder
- Espresso powder
- Protein powder (vanilla & chocolate)
- Vanilla extract
- Almond extract
- Maple syrup
- Honey
- Powdered erythritol (or sweetener of choice)
- Sugar
- Green tea
- Coffee
- Shredded coconut
- Sugar-free raspberry jam
- Dark chocolate

### **Spices, Seeds & Seasonings**

- Cinnamon
- Paprika / Smoked paprika
- Ground cumin
- Ground coriander
- Chili powder
- Chinese 5 spices
- Cayenne pepper
- Garlic powder
- Onion powder
- Red chili flakes
- Ginger powder
- Dried thyme
- Dried oregano
- Cajun seasoning
- Italian seasoning
- Small pack of chia and sesame seeds
- Flaxseed
- **Nuts:** Peanuts, Almonds, Hazelnuts, Walnuts, Pecans
- Salt
- Black pepper

### **Low-Carb Staples**

- Shirataki noodles – 4 packs
- Low-carb bread, crackers, and croutons

# Shopping List Week 1

## Proteins:

- Chicken breast – pack of 6 (~2½ lbs / 1.1kg)
- Chicken thighs – pack of 4 (~1½ lbs / 700g)
- Ground beef – ½ lb (~225g)
- Ground turkey – 1 lb (~450g)
- Beef steak – 1½ lbs (~700g)
- Pork tenderloin – 1½ lbs (~700g)
- Andouille sausage – 2 links (~8 oz / 225g)
- Bacon – small pack (~7 oz / 200g)
- Smoked salmon – small pack (~3 oz / 85g)
- Shrimp – 1½ lbs (~700g)
- Tilapia fillets – pack of 2 (~10 oz / 300g)
- Salmon fillets – pack of 2 (~12 oz / 350g)
- Scallops – 1 lb (~450g)
- Eggs – 2½ dozen
- Deli ham – small pack (~5 oz / 150g)

## Dairy & Alternatives:

- Unsalted butter – small block (~250g)
- Almond milk – small carton (~1L)
- Greek yogurt – small tub (~500g)
- Cottage cheese – small tub (~250g)
- Heavy cream – small carton (~500ml)
- Sour cream – small tub (~250g)
- Cream cheese – small tub (~300g)
- Cheddar cheese – small block (~200g)
- Mozzarella cheese – pre-shredded pack (~8 oz / 200g)
- Parmesan cheese – pre-shredded pack (~8 oz / 200g)
- Feta cheese – small pack (~150g)
- Ricotta cheese – small tub (~250g)
- Blue cheese – small wedge (~100g)

## Vegetables & Fruits:

- Zucchini – 5
- Riced cauliflower, homemade or store-bought (~1 lb / 450g)
- Broccoli – 2 heads
- Spinach – medium bag (~7 oz / 200g)
- Romaine lettuce – 1 head
- Cherry tomatoes – small pack (~7 oz / 200g)
- Bell peppers (mixed) – 6
- Cremini mushrooms – regular pack (~10 oz / 300g)
- White onions – 4
- Red onions – 2
- Green onions – 1 bunch
- Asparagus – 1 bunch (~1 lb / 450g)
- Avocados – 7
- Sweet potatoes – 2 medium (~400g)
- Celery stalks – 4 large
- Eggplants – 2 medium
- Frozen peas and carrots mix – small pack (~300g)
- Lemons – 3
- Limes – 3
- Fresh blueberries (or other berries) – small pack (~150g)
- Garlic – 2 bulbs
- **Fresh herbs:** Parsley, basil, chives, rosemary, cilantro, thyme – recommended for best flavor but optional or substitutable.

## Shopping List Week 2

### Proteins:

- Chicken breast – pack of 8 (~3½ lbs / 1.6kg)
- Ground turkey – 1 lb (~450g)
- Ground beef – 12 oz (~340g)
- Lamb chops – pack of 8 (~1½ lbs / 700g)
- Bacon – small pack (~7 oz / 200g)
- Italian sausage – ~5 links (~1 lb / 450g)
- Prosciutto – 1 pack (~5 oz / 150g)
- Deli ham – small pack (~5 oz / 150g)
- Cod – 4 fillets (~1½ lbs / 700g)
- Tuna – 4 steaks (~1½ lbs / 700g)
- Shrimp – 1 lb (~450g)
- Fresh mussels – 2 lbs (~900g)
- Tofu – 1 block (~400g)
- Eggs – 2½ dozen

### Dairy & Alternatives:

- Unsalted butter – small block (~250g)
- Almond milk – small carton (~1L)
- Greek yogurt – medium tub (~500g)
- Heavy cream – large carton (~1L)
- Sour cream – small tub (~250g)
- Cream cheese – small tub (~300g)
- Cheddar cheese – small block (~200g)
- Mozzarella cheese – pre-shredded pack (~5 oz / 150g)
- Mozzarella cheese sticks – pack of 12
- Parmesan cheese – pre-shredded pack (~12 oz / 360g)
- Feta cheese – small pack (~150g)

### Vegetables & Fruits:

- Zucchini – 3
- Cauliflower – 3 heads
- Broccoli – 1 head
- Spinach – large bag (~13 oz / 380g)
- Butter lettuce leaves – 2 heads
- Cherry tomatoes – small pack (~7 oz / 200g)
- Bell peppers (mixed) – 8
- Mushrooms – small pack (~225g / 8 oz)
- White onions – 3
- Red onion – 1
- Green onions – 1 bunch
- Avocados – 5
- Cucumber – 3 medium
- Carrots – 1 medium
- Snap peas – small pack (~150g)
- Fresh green beans – small pack (~200g)
- Lemons – 3
- Limes – 3
- Fresh raspberries – small pack (~150g)
- Frozen mixed berries – small pack (~200g)
- Garlic – 2 bulbs
- Jalapeño peppers – 2
- Ginger – 1 small piece (~50g)
- **Fresh herbs:** Parsley, chives, rosemary, cilantro, shallots – recommended for best flavor but optional or substitutable.

## Shopping List Week 3

### Proteins:

- Chicken breast – pack of 6 (~2½ lbs / 1.1kg)
- Duck breast – pack of 4 (~2 lbs / 900g)
- Ground lamb – 1 lb (~450g)
- Ground turkey sausage – ½ lb (~225g)
- Beef sirloin steaks – 4 medium
- Pork shoulder – 2 lbs (~900g)
- Italian sausage – 4 links (~1 lb / 450g)
- Bacon – small pack (~7 oz / 200g)
- Smoked salmon – medium pack (~4 oz / 120g)
- Shrimp – 1 lb (~450g)
- Salmon fillets – pack of 4 (~1½ lbs / 700g)
- Eggs – 1 dozen

### Dairy & Alternatives:

- Unsalted butter – small block (~250g)
- Almond milk – small carton (~1L)
- Greek yogurt – medium tub (~500g)
- Heavy cream – large carton (~1L)
- Cream cheese – medium tub (~400g)
- Cheddar cheese – small block (~200g)
- Parmesan cheese – pre-shredded pack (~½ lb / 200g)
- Feta cheese – small pack (~150g)

### Vegetables & Fruits:

- Zucchini – 4
- Cauliflower – 3 heads
- Broccoli – 2 heads

- Spinach – medium bag (~7 oz / 200g)
- Cherry tomatoes – medium pack (~10 oz / 300g)
- Bell peppers – 3
- Mixed greens – large pack (~9 oz / 250g)
- Cabbage – 2 small heads (red and white)
- Cremini mushrooms – regular pack (~10 oz / 300g)
- White onions – 4
- Red onions – 3
- Green onions – 1 bunch
- Avocados – 2
- Cucumber – 3 large
- Carrots – 3 medium
- Sweet potatoes – 1 medium (~200g)
- Yellow squash – 1 medium
- Radish – small pack (~150g)
- Snap peas – small pack (~5 oz / 150g)
- Brussels sprouts – medium bag (~1 lb / 450g)
- Lemons – 3
- Limes – 3
- Fresh blueberries – small pack (~150g)
- Garlic – 2 bulbs
- Jalapeño peppers – 2
- Ginger – small piece (~50g)
- **Fresh herbs:** Parsley, arugula, chives, rosemary, cilantro, dill – recommended for best flavor but optional or substitutable.

# Shopping List Week 4

## Proteins:

- Chicken breast – pack of 4 (~1¾ lbs / 800g)
- Chicken thighs – pack of 4 (~1½ lbs / 700g)
- Duck breast – pack of 2 (~1 lb / 450g)
- Ground turkey – 1 lb (~450g)
- Ground turkey sausage – ½ lb (~225g)
- Beef steak – ½ lb (~225g)
- Pork chops (bone-in) – pack of 4 (~1½ lbs / 700g)
- Bacon – small pack (~7 oz / 200g)
- Prosciutto – 1 pack (~5 oz / 150g)
- Deli ham – small pack (~5 oz / 150g)
- Smoked salmon – large pack (~8 oz / 225g)
- Mahi-mahi fillets – pack of 2 (~12 oz / 350g)
- Salmon fillets – pack of 4 (~1½ lbs / 700g)
- Sea bass fillets – pack of 2 (~10 oz / 300g)
- Eggs – 2½ dozen

## Dairy & Alternatives:

- Unsalted butter – small block (~250g)
- Almond milk – small carton (~1L)
- Greek yogurt – medium tub (~500g)
- Heavy cream – small carton (~500ml)
- Cream cheese – large tub (~500g)
- Cheddar cheese – small block (~200g)
- Parmesan cheese – pre-shredded pack (~9 oz / 250g)
- Ricotta cheese – small tub (~250g)
- Mozzarella cheese – pre-shredded pack (~10 oz / 300g)
- Feta cheese – small pack (~150g)
- Blue cheese – small wedge (~100g)
- Goat cheese – small pack (~100g)

## Vegetables & Fruits:

- Zucchini – 3
- Cauliflower – 3 heads
- Broccoli – 1 small head
- Spinach – small bag (~3½ oz / 100g)
- Romaine lettuce – 2 medium heads
- Cherry tomatoes – large pack (~1.3 lbs / 600g)
- Bell peppers – 1
- Mixed greens – large pack (~9 oz / 250g)
- Cremini mushrooms – large pack (~1.3 lbs / 600g)
- Portobello mushrooms – 4 large
- White onions – 3
- Red onion – 1
- Green onions – 1 bunch
- Avocados – 5
- Cucumber – 1 small
- Carrots – 2 medium
- Fresh green beans – large pack (~1½ lbs / 700g)
- Lemons – 3
- Limes – 3
- Fresh or frozen blackberries – small pack (~150g)
- Frozen berries – small pack (~200g)
- Mango – 1
- Garlic – 2 bulbs
- Jalapeño peppers – 2
- Ginger – small piece (~50g)
- Fresh herbs: Parsley, chives, dill, basil, mint, thyme – recommended for best flavor but optional or substitutable.

## FINAL THOUGHTS

Congratulations on taking this step toward a healthier, more balanced lifestyle! By following a **low-carb, high-protein** approach, you're giving your body the fuel it needs to feel energized, satisfied, and strong. Remember, consistency is key, and small, sustainable changes can lead to incredible results.

Thank you for choosing my book as your guide on this journey. I hope you found it informative, inspiring, and full of delicious meal ideas. If you enjoyed this book and found it helpful, I would truly appreciate it if you left a review. Your feedback helps others discover these recipes and stay motivated on their own path to better health.

Wishing you success and satisfaction in every meal ahead!

Faithfully,  
Iris Blanton