



**THE *ULTIMATE***  
**HIGH-PROTEIN LOW-CARB**  
**COOKBOOK**

**100+** Flavorful, Super Easy, and Delicious Recipes  
to Burn Fat, Build Muscle & Boost Energy

Meghan Neal

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# Contents

|  |    |
|--|----|
| <i>Introduction</i> .....                                | 4  |
| <i>No-Cook Recipes</i> .....                             | 7  |
| <i>Stovetop Recipes</i> .....                            | 13 |
| <i>Oven-Baked Recipes</i> .....                          | 24 |
| <i>Air Fryer Creations</i> .....                         | 37 |
| <i>Slow Cooker Comforts</i> .....                        | 48 |
| <i>Grilled Goodness</i> .....                            | 56 |
| <i>Soups</i> .....                                       | 62 |
| <i>Desserts &amp; Smoothies</i> .....                    | 66 |
| <i>Bonus 1: Figuring Your Calorie Requirements</i> ..... | 72 |
| <i>Bonus 2: Simple Food Replacing Strategies</i> .....   | 75 |
| <i>Bonus 3: Index by ingredients</i> .....               | 79 |
| <i>Conclusion</i> .....                                  | 81 |
| <i>Meal Plans and Prepping Ideas</i> .....               | 82 |
| <i>Last words</i> .....                                  | 83 |
| <i>Appreciation</i> .....                                | 84 |

# Introduction

Welcome to a world where convenience, flavor, and health come together seamlessly! If you've ever been trapped in the monotonous cycle of bland chicken or bland salads, this cookbook is here to transform your experience.

A low-carb, high-protein diet is more than just a trendy way of eating—it's a proven strategy that boosts energy, supports fitness goals, and promotes balanced, nourishing meals. Whether you're looking to manage your weight, build lean muscle, or simply improve your skin, this lifestyle offers the nourishment your body craves. And the best part? You don't need to spend hours in the kitchen or sacrifice flavor to enjoy every bite.

## ***What is the Low-Carb, High-Protein Diet?***

Consider your body as an intricately balanced system. Protein is the essential building block that fuels your muscles, aids recovery, and helps keep you feeling full for longer. When combined with a reduction in carbs, you create a recipe for balanced blood sugar levels, minimized cravings, and sustained energy throughout the day. This isn't about deprivation; it's about indulging in food the right way.

Picture sizzling, perfectly seared steak, rich and creamy casseroles, or crispy, guilt-free air-fried chicken tenders—each bite packed with flavor yet aligned with your health goals. This cookbook is filled with these types of recipes, designed to show you that eating well can be as satisfying as your favorite comfort foods.

## ***Benefits of the Low-Carb, High-Protein Diet***

- ◆ *Increased Energy:* Fuel your day with consistent, steady energy without the sugar crashes.
- ◆ *Weight Management:* Protein helps regulate your appetite and keep you full, while reducing carbs helps stabilize blood sugar.
- ◆ *Muscle Support:* Protein is essential for muscle repair and growth, supporting an active lifestyle.
- ◆ *Healthier Skin:* A protein-rich diet can help maintain your skin's health and appearance.

## ***Pantry Essentials for a Low-Carb, High-Protein Lifestyle***

To make this lifestyle work for you, having the right ingredients on hand is key. Stocking up on high-quality proteins (like lean meats, fish, eggs, and legumes), healthy fats

(avocado, olive oil, and nuts), and low-carb vegetables (spinach, cauliflower, and zucchini) will ensure you always have what you need to create satisfying meals. These ingredients will become the backbone of your meals, making it easy to whip up something delicious, healthy, and quick.

## ***Cooking Tips and Techniques***

Whether you're an experienced cook or a beginner, this cookbook will provide simple yet effective techniques for preparing flavorful dishes. From stovetop stir-fries to slow-cooked stews, air fryer delights, and even no-cook recipes, there's something for every skill level. Learn how to make the most of your time and ingredients, creating meals that are both easy and nutritious.

## ***Why I Created This Book***

I know firsthand how challenging it can be to stay motivated when you feel like healthy eating means endless salads or bland meals. But after discovering how a low-carb, high-protein diet can completely transform not only my health but my relationship with food, I wanted to share these recipes with you. This cookbook is designed to make healthy living not just attainable but enjoyable for everyone—whether you're a busy professional, a parent, or someone who simply wants to eat better without sacrificing flavor or time.

## ***What You'll Discover***

This is not just another collection of recipes—it's a toolkit created to simplify your life while giving you all the tools you need to succeed on a low-carb, high-protein lifestyle. The recipes are categorized by cooking method, making it easier for you to find meals that suit your schedule, taste preferences, and kitchen equipment.

- ◆ *No-Cook Recipes*: Quick, delicious meals when you're hungry and pressed for time.
- ◆ *Stovetop Recipes*: Flavor-packed dishes made in minutes with just one pan.
- ◆ *Oven-Baked Recipes*: Hands-off meals with minimal cleanup, perfect for busy nights.
- ◆ *Air Fryer Creations*: Light, crispy dishes made in no time with the perfect crunch.
- ◆ *Slow Cooker Comforts*: Set-it-and-forget-it meals that are ready when you need them.
- ◆ *Grilled Goodness*: Smoky, grilled recipes perfect for any season.
- ◆ *Soups*: A hearty selection of protein-packed soups to warm you up from the inside out.

- ◆ *Desserts & Smoothies*: Guilt-free indulgence with desserts and smoothies that satisfy your sweet tooth.

### **How This Book Helps You**

Beyond just tasty recipes, this book is designed to save you time, simplify meal planning, and take the guesswork out of cooking. Each recipe includes nutritional breakdowns, time-saving tips, and meal prep ideas so you can make meals in advance and never feel rushed. With both metric and imperial measurements included, you can cook with ease, no matter where you are.

### **How to Use This Book**

Feel free to dive in anywhere—whether you're looking for a quick stovetop dinner, a hands-off oven-baked dish, or a comforting soup to warm you up. You can follow the book front to back or simply flip to whatever suits your mood. I've also included suggestions for ingredient swaps in case you have dietary preferences or need to use what's in your pantry.

### **Extra Bonuses**

After you've explored the recipes, I've included some additional bonuses to help you on your journey:

- ◆ *Calculation of Your Calorie Needs*: Learn how to calculate, monitor, and adjust your calorie intake to match your goals, whether you're aiming for weight loss, maintenance, or muscle gain.
- ◆ *Easy Dietary Substitutions*: Whether you follow a paleo, gluten-free, dairy-free, vegan, or keto diet, this section offers practical and easy swaps so you can make the recipes work for your specific needs.

And, as a final bonus, an Index will be included at the end of the book, making it easier for you to find specific recipes, categories, or even dietary tips throughout the cookbook.

### **A Journey to Better Eating**

This journey is about more than just losing weight or building muscle—it's about learning to enjoy food that nourishes both your body and soul. By following this cookbook, you'll have access to a wide variety of satisfying meals that are as quick as they are delicious. So, whether you're at the start of your low-carb, high-protein adventure or you've been living this lifestyle for years, this book will help you stay on track, stay motivated, and stay inspired.

**Let's get cooking!**

# *No-Cook Recipes*

Discover quick, delicious meals you can whip up in minutes when hunger strikes and time is tight.





### Protein-Packed Greek Yogurt Bowls

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None

#### Ingredients

- ◆ Greek yogurt (plain, unsweetened): 1 cup (8 oz / 230 g)
- ◆ Chia seeds: 2 tbsp (1 oz / 28 g)
- ◆ Mixed berries (blueberries, strawberries, raspberries): 1 cup (5 oz / 150 g)
- ◆ Unsweetened shredded coconut: 2 tbsp (0.5 oz / 15 g)
- ◆ Almonds (sliced): 2 tbsp (0.6 oz / 18 g)
- ◆ Honey or sugar-free sweetener (optional): 1 tsp (5 ml)

#### Preparation Steps

1. Divide Greek yogurt evenly between two bowls.
2. Top each bowl with chia seeds, mixed berries, shredded coconut, and sliced almonds.
3. Drizzle with honey or sugar-free sweetener if desired.
4. Serve immediately or refrigerate for up to 2 hours.

#### Nutritional Info (per serving)

- |                 |               |
|-----------------|---------------|
| ◆ Calories: 210 | ◆ Fiber: 6 g  |
| ◆ Protein: 14 g | ◆ Sugar: 10 g |
| ◆ Carbs: 18 g   | ◆ Fat: 9 g    |



### Tuna and Avocado Salad Cups

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None

#### Ingredients

- ◆ Canned tuna (in water, drained): 1 can (5 oz / 140 g)
- ◆ Avocado (diced): 1 medium (7 oz / 200 g)
- ◆ Red onion (finely diced): 2 tbsp (1 oz / 28 g)
- ◆ Fresh lime juice: 1 tbsp (15 ml)
- ◆ Olive oil: 1 tsp (5 ml)
- ◆ Romaine lettuce leaves: 4 large leaves (2 oz / 60 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. In a bowl, mix the tuna, avocado, red onion, lime juice, and olive oil.
2. Season with salt and pepper to taste.
3. Spoon the mixture into the lettuce leaves to form cups.
4. Serve immediately.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 220 | ◆ Fiber: 4 g |
| ◆ Protein: 20 g | ◆ Sugar: 1 g |
| ◆ Carbs: 6 g    | ◆ Fat: 14 g  |



### Smoked Salmon with Cream Cheese Roll-Ups

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None

#### Ingredients

- ◆ Smoked salmon: 4 slices (4 oz / 120 g)
- ◆ Cream cheese (softened): 4 tbsp (2 oz / 60 g)
- ◆ Fresh dill: 1 tbsp (5 g)
- ◆ Lemon zest: ½ tsp (1 g)

#### Preparation Steps

1. Spread 1 tablespoon of cream cheese onto each slice of smoked salmon.
2. Sprinkle with dill and lemon zest.
3. Roll each slice tightly and secure with a toothpick if needed.
4. Serve immediately.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 180 | ◆ Fiber: 0 g |
| ◆ Protein: 14 g | ◆ Sugar: 0 g |
| ◆ Carbs: 1 g    | ◆ Fat: 12 g  |



### High-Protein Egg Salad Lettuce Wraps

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** None

#### Ingredients

- ◆ Hard-boiled eggs (chopped): 4 large (8 oz / 230 g)
- ◆ Greek yogurt (plain, unsweetened): 2 tbsp (1 oz / 30 g)
- ◆ Dijon mustard: 1 tsp (5 g)
- ◆ Green onions (chopped): 2 tbsp (0.5 oz / 15 g)
- ◆ Romaine lettuce leaves: 4 large leaves (2 oz / 60 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. In a bowl, combine chopped eggs, yogurt, mustard, and green onions.
2. Season with salt and pepper.
3. Spoon the mixture into the lettuce leaves.
4. Serve immediately.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 190 | ◆ Fiber: 1 g |
| ◆ Protein: 14 g | ◆ Sugar: 1 g |
| ◆ Carbs: 3 g    | ◆ Fat: 14 g  |



### No-Bake Peanut Butter Protein Bars

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** None

#### Ingredients

- ◆ Peanut butter (unsweetened):  $\frac{1}{4}$  cup (2 oz / 60 g)
- ◆ Almond flour: 2 tbsp (0.7 oz / 20 g)
- ◆ Protein powder (vanilla, unsweetened): 2 tbsp (0.6 oz / 18 g)
- ◆ Chia seeds: 1 tbsp (0.5 oz / 15 g)
- ◆ Water: 1 tbsp (15 ml)

#### Preparation Steps

1. In a bowl, mix all ingredients until a dough forms.
2. Press the mixture into a small container or mold.
3. Refrigerate for 30 minutes to set.
4. Cut into two bars and serve.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 220 | ◆ Fiber: 3 g |
| ◆ Protein: 12 g | ◆ Sugar: 2 g |
| ◆ Carbs: 8 g    | ◆ Fat: 16 g  |



### Cucumber and Turkey Sandwich Bites

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** None

#### Ingredients

- ◆ Cucumber (sliced into  $\frac{1}{4}$ -inch rounds): 1 large (10 oz / 300 g)
- ◆ Deli turkey slices (cut into small pieces): 4 oz (120 g)
- ◆ Cream cheese: 2 tbsp (1 oz / 30 g)
- ◆ Cherry tomatoes (halved): 4 (2 oz / 60 g)
- ◆ Toothpicks for assembly

#### Preparation Steps

1. Spread a small amount of cream cheese on each cucumber slice.
2. Place a piece of turkey on top of the cream cheese.
3. Top with a cherry tomato half and secure with a toothpick.
4. Serve immediately or refrigerate for up to 2 hours.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 140 | ◆ Fiber: 1 g |
| ◆ Protein: 12 g | ◆ Sugar: 2 g |
| ◆ Carbs: 5 g    | ◆ Fat: 8 g   |



### **Chicken Caesar Salad Mason Jars**

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None

#### **Ingredients**

- ◆ Cooked chicken breast (shredded): 6 oz (170 g)
- ◆ Romaine lettuce (chopped): 4 cups (8 oz / 230 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Caesar dressing (low-carb): 2 tbsp (1 oz / 30 g)
- ◆ Cherry tomatoes (halved): 4 (2 oz / 60 g)

#### **Preparation Steps**

1. In two mason jars, layer ingredients in the following order: shredded chicken, cherry tomatoes, Parmesan cheese, chopped lettuce, and Caesar dressing.
2. Seal the jars and refrigerate for approx. 30 minutes. Shake before eating.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 230 | ◆ Fiber: 2 g |
| ◆ Protein: 24 g | ◆ Sugar: 1 g |
| ◆ Carbs: 5 g    | ◆ Fat: 12 g  |



### **Easy Shrimp and Avocado Cocktail**

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None

#### **Ingredients**

- ◆ Cooked shrimp (peeled, deveined): 6 oz (170 g)
- ◆ Avocado (diced): 1 medium (7 oz / 200 g)
- ◆ Cherry tomatoes (halved): 4 (2 oz / 60 g)
- ◆ Lime juice: 1 tbsp (15 ml)
- ◆ Olive oil: 1 tsp (5 ml)
- ◆ Fresh cilantro (chopped): 1 tbsp (5 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. In a bowl, combine shrimp, avocado, cherry tomatoes, lime juice, olive oil, and cilantro.
2. Season with salt and pepper.
3. Divide between two small cocktail glasses and serve immediately.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 200 | ◆ Fiber: 3 g |
| ◆ Protein: 18 g | ◆ Sugar: 1 g |
| ◆ Carbs: 5 g    | ◆ Fat: 12 g  |



### **Almond Butter Chia Pudding**

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None (Refrigeration Time: 2 hrs)

#### **Ingredients**

- ◆ Unsweetened almond milk: 1 cup (8 oz / 240 ml)
- ◆ Chia seeds: 3 tbsp (1.5 oz / 45 g)
- ◆ Almond butter: 2 tbsp (1 oz / 30 g)
- ◆ Vanilla extract: ½ tsp (2.5 ml)
- ◆ Sweetener (optional): 1 tsp (5 ml)

#### **Preparation Steps**

1. In a jar, mix almond milk, chia seeds, almond butter, vanilla extract, and sweetener.
2. Stir well and refrigerate for at least 2 hours or overnight, stirring once after 30 minutes to prevent clumping.
3. Serve chilled.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 190 | ◆ Fiber: 5 g |
| ◆ Protein: 6 g  | ◆ Sugar: 1 g |
| ◆ Carbs: 8 g    | ◆ Fat: 14 g  |



### **Cottage Cheese and Berry Protein Bowl**

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None

#### **Ingredients**

- ◆ Cottage cheese (low-fat): 1 cup (8 oz / 230 g)
- ◆ Mixed berries (blueberries, raspberries, strawberries): 1 cup (5 oz / 150 g)
- ◆ Almonds (sliced): 2 tbsp (0.6 oz / 18 g)
- ◆ Honey or sweetener (optional): 1 tsp (5 ml)

#### **Preparation Steps**

1. Divide cottage cheese evenly between two bowls.
2. Top with mixed berries and sliced almonds.
3. Drizzle with honey or sweetener if desired. Serve immediately.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 180 | ◆ Fiber: 3 g |
| ◆ Protein: 14 g | ◆ Sugar: 7 g |
| ◆ Carbs: 10 g   | ◆ Fat: 6 g   |

# *Stovetop Recipes*

Flavor-packed dishes made in minutes with just one pan.





### **Garlic Butter Shrimp Stir-Fry**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 10 minutes

#### **Ingredients**

- ◆ Large shrimp (peeled and deveined): 8 oz (225 g)
- ◆ Butter: 2 tbsp (1 oz / 30 g)
- ◆ Garlic (minced): 3 cloves (1 tbsp / 10 g)
- ◆ Zucchini (sliced): 1 medium (7 oz / 200 g)
- ◆ Red bell pepper (sliced): 1 medium (6 oz / 170 g)
- ◆ Soy sauce (or coconut aminos): 1 tbsp (15 ml)
- ◆ Lemon juice: 1 tbsp (15 ml)
- ◆ Fresh parsley (chopped): 1 tbsp (5 g)

#### **Preparation Steps**

1. Heat a large skillet over medium heat. Add 1 tablespoon of butter.
2. Sauté garlic until fragrant, about 1 minute.
3. Add shrimp and cook for 2-3 minutes on each side until pink and opaque. Remove and set aside.
4. In the same skillet, add the remaining butter, zucchini, and red bell pepper. Sauté for 3-4 minutes until tender-crisp.
5. Return the shrimp to the skillet. Add soy sauce and lemon juice, stirring to combine.
6. Garnish with parsley and serve immediately.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 290 | ◆ Fiber: 2 g |
| ◆ Protein: 28 g | ◆ Sugar: 4 g |
| ◆ Carbs: 8 g    | ◆ Fat: 16 g  |



### **Chicken Zucchini Noodles Alfredo**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### **Ingredients**

- ◆ Chicken breast (thinly sliced): 6 oz (170 g)
- ◆ Zucchini (spiralized into noodles): 2 medium (14 oz / 400 g)
- ◆ Butter: 2 tbsp (1 oz / 30 g)
- ◆ Heavy cream: ¼ cup (2 oz / 60 ml)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Garlic (minced): 2 cloves (1 tsp / 5 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Heat a skillet over medium heat. Add butter and garlic, sautéing until fragrant.
2. Add chicken slices and cook for 3-4 minutes on each side until fully cooked. Remove and set aside.
3. In the same skillet, pour in heavy cream and Parmesan cheese, stirring until the sauce thickens, about 2-3 minutes.
4. Add zucchini noodles to the sauce, tossing gently to coat. Cook for 2-3 minutes until tender.
5. Return the chicken to the skillet. Mix well and season with salt and pepper.
6. Serve hot.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 320 | ◆ Fiber: 2 g |
| ◆ Protein: 30 g | ◆ Sugar: 5 g |
| ◆ Carbs: 8 g    | ◆ Fat: 18 g  |



### **Beef and Broccoli Stir-Fry**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### **Ingredients**

- ◆ Beef sirloin (thinly sliced): 8 oz (225 g)
- ◆ Broccoli florets: 2 cups (10 oz / 280 g)
- ◆ Soy sauce (or coconut aminos): 2 tbsp (30 ml)
- ◆ Garlic (minced): 2 cloves (1 tsp / 5 g)
- ◆ Ginger (minced): 1 tsp (5 g)
- ◆ Sesame oil: 1 tsp (5 ml)
- ◆ Olive oil: 1 tbsp (15 ml)

#### **Preparation Steps**

1. Heat olive oil in a skillet over medium-high heat. Add beef slices and cook for 2-3 minutes on each side until browned. Remove and set aside.
2. In the same skillet, add sesame oil, garlic, and ginger. Sauté for 1 minute.
3. Add broccoli florets and 2 tablespoons of water. Cover and steam for 3-4 minutes until tender-crisp.
4. Return the beef to the skillet. Add soy sauce and stir until well combined.
5. Cook for an additional 2 minutes and serve immediately.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 280 | ◆ Fiber: 3 g |
| ◆ Protein: 30 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 14 g  |



### **Keto-Friendly Pork Stir-Fry**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### **Ingredients**

- ◆ Ground pork: 8 oz (225 g)
- ◆ Coleslaw mix (shredded cabbage and carrots): 2 cups (10 oz / 280 g)
- ◆ Soy sauce (or coconut aminos): 1 tbsp (15 ml)
- ◆ Sesame oil: 1 tsp (5 ml)
- ◆ Garlic (minced): 2 cloves (1 tsp / 5 g)
- ◆ Ginger (minced): 1 tsp (5 g)
- ◆ Green onions (sliced): 2 tbsp (0.5 oz / 15 g)

#### **Preparation Steps**

1. Heat a skillet over medium heat. Add ground pork and cook until browned, about 5-6 minutes. Drain excess fat if necessary.
2. Add garlic, ginger, and sesame oil to the skillet. Sauté for 1 minute.
3. Stir in coleslaw mix and soy sauce. Cook for 3-4 minutes until the cabbage softens.
4. Garnish with green onions and serve hot.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 250 | ◆ Fiber: 2 g |
| ◆ Protein: 20 g | ◆ Sugar: 3 g |
| ◆ Carbs: 8 g    | ◆ Fat: 16 g  |



## Seared Salmon with Creamed Spinach

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

### Ingredients

- ◆ Salmon fillets (skin-on):  
2 (6 oz each / 170 g)
- ◆ Butter: 2 tbsp (1 oz / 30 g)
- ◆ Spinach (fresh): 4 cups (8 oz / 230 g)
- ◆ Heavy cream: ¼ cup (2 oz / 60 ml)
- ◆ Garlic (minced): 2 cloves (1 tsp / 5 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Heat a skillet over medium heat. Add 1 tablespoon of butter.
2. Place salmon fillets skin-side down and cook for 4-5 minutes. Flip and cook for another 3-4 minutes. Remove and set aside.
3. In the same skillet, add the remaining butter and garlic. Sauté for 1 minute.
4. Add spinach and cook until wilted, about 2 minutes. Stir in heavy cream and Parmesan cheese. Cook for 1-2 minutes until the sauce thickens.
5. Serve the salmon over the creamed spinach.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 390 | ◆ Fiber: 2 g |
| ◆ Protein: 35 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 25 g  |



## Turkey and Spinach Meatballs

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 15 minutes

### Ingredients

- ◆ Ground turkey: 8 oz (225 g)
- ◆ Fresh spinach (finely chopped): 1 cup (2 oz / 60 g)
- ◆ Egg: 1 large (1.8 oz / 50 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Garlic powder: 1 tsp (5 g)
- ◆ Onion powder: 1 tsp (5 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

### Preparation Steps

1. In a bowl, combine ground turkey, chopped spinach, egg, Parmesan cheese, garlic powder, onion powder, salt, and pepper. Mix until well combined.
2. Form the mixture into small meatballs (about 12).
3. Heat olive oil in a skillet over medium heat. Add meatballs and cook for 8-10 minutes, turning occasionally, until browned and fully cooked.
4. Serve with a side of sautéed vegetables or cauliflower rice.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 240 | ◆ Fiber: 1 g |
| ◆ Protein: 28 g | ◆ Sugar: 1 g |
| ◆ Carbs: 3 g    | ◆ Fat: 12 g  |



### **Protein-Packed Shakshuka**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### **Ingredients**

- ◆ Eggs: 4 large (7.2 oz / 200 g)
- ◆ Canned diced tomatoes (no added sugar): 1 cup (8 oz / 230 g)
- ◆ Red bell pepper (diced): 1 medium (6 oz / 170 g)
- ◆ Onion (diced): ½ medium (4 oz / 115 g)
- ◆ Garlic (minced): 2 cloves (1 tsp / 5 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Ground cumin: 1 tsp (5 g)
- ◆ Paprika: 1 tsp (5 g)
- ◆ Fresh parsley (chopped): 1 tbsp (5 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Heat olive oil in a skillet over medium heat. Add onion, garlic, and red bell pepper. Sauté for 3-4 minutes until softened.
2. Add canned tomatoes, cumin, paprika, salt, and pepper. Simmer for 5-6 minutes.
3. Make four small wells in the tomato mixture. Crack an egg into each well. Cover the skillet and cook for 5-6 minutes until the eggs are set to your preference.
4. Garnish with parsley and serve hot.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 190 | ◆ Fiber: 3 g |
| ◆ Protein: 14 g | ◆ Sugar: 5 g |
| ◆ Carbs: 10 g   | ◆ Fat: 11 g  |



### **Low-Carb Chili with Ground Beef**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

#### **Ingredients**

- ◆ Ground beef (80% lean): 8 oz (225 g)
- ◆ Canned diced tomatoes (no added sugar): 1 cup (8 oz / 230 g)
- ◆ Zucchini (diced): 1 medium (7 oz / 200 g)
- ◆ Onion (diced): ½ medium (4 oz / 115 g)
- ◆ Chili powder: 1 tbsp (6 g)
- ◆ Ground cumin: 1 tsp (5 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Heat olive oil in a skillet over medium heat. Add ground beef and cook until browned, about 5-6 minutes. Drain excess fat if needed.
2. Add onion, zucchini, and chili powder. Sauté for 3-4 minutes until the vegetables soften.
3. Stir in canned tomatoes, cumin, salt, and pepper. Simmer for 10 minutes, stirring occasionally.
4. Serve hot, optionally topped with shredded cheese or sour cream.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 260 | ◆ Fiber: 3 g |
| ◆ Protein: 22 g | ◆ Sugar: 4 g |
| ◆ Carbs: 8 g    | ◆ Fat: 16 g  |



### **Cauliflower Fried Rice with Chicken**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### **Ingredients**

- ◆ Cooked chicken breast (diced): 6 oz (170 g)
- ◆ Cauliflower rice: 2 cups (10 oz / 280 g)
- ◆ Eggs: 2 large (3.6 oz / 100 g)
- ◆ Soy sauce (or coconut aminos): 2 tbsp (30 ml)
- ◆ Garlic (minced): 2 cloves (1 tsp / 5 g)
- ◆ Green onions (sliced): 2 tbsp (0.5 oz / 15 g)
- ◆ Olive oil: 1 tbsp (15 ml)

#### **Preparation Steps**

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute.
2. Add cauliflower rice and cook for 4-5 minutes, stirring occasionally.
3. Push the cauliflower rice to one side of the skillet. Crack eggs into the empty side and scramble until cooked.
4. Mix scrambled eggs into the cauliflower rice. Add cooked chicken and soy sauce. Stir well.
5. Garnish with green onions and serve hot.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 240 | ◆ Fiber: 2 g |
| ◆ Protein: 27 g | ◆ Sugar: 3 g |
| ◆ Carbs: 8 g    | ◆ Fat: 11 g  |



### **Lemon Garlic Tilapia with Green Beans**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### **Ingredients**

- ◆ Tilapia fillets: 2 (6 oz each / 170 g)
- ◆ Green beans (trimmed): 2 cups (8 oz / 230 g)
- ◆ Butter: 2 tbsp (1 oz / 30 g)
- ◆ Garlic (minced): 2 cloves (1 tsp / 5 g)
- ◆ Lemon juice: 1 tbsp (15 ml)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Heat olive oil in a skillet over medium heat. Season tilapia with salt and pepper. Cook for 3-4 minutes on each side until golden and fully cooked. Remove and set aside.
2. In the same skillet, melt butter and sauté garlic for 1 minute. Add green beans and cook for 5-6 minutes until tender-crisp.
3. Return the tilapia to the skillet. Drizzle with lemon juice and cook for an additional 1-2 minutes. Serve hot.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 290 | ◆ Fiber: 2 g |
| ◆ Protein: 32 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 16 g  |



## Pork and Cabbage Stir-Fry

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

### Ingredients

- ◆ Pork tenderloin (thinly sliced): 8 oz (225 g)
- ◆ Green cabbage (shredded): 2 cups (10 oz / 280 g)
- ◆ Garlic (minced): 2 cloves (1 tsp / 5 g)
- ◆ Ginger (minced): 1 tsp (5 g)
- ◆ Soy sauce (or coconut aminos): 2 tbsp (30 ml)
- ◆ Sesame oil: 1 tsp (5 ml)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Red pepper flakes (optional) ¼ tsp (1 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Heat olive oil in a skillet over medium-high heat. Add pork slices and cook for 3-4 minutes until browned. Remove and set aside.
2. Add sesame oil, garlic, and ginger to the skillet. Sauté for 1 minute.
3. Add shredded cabbage and cook for 5-6 minutes, stirring occasionally, until tender.
4. Return pork to the skillet. Add soy sauce and red pepper flakes (if using). Stir well and cook for an additional 2 minutes.
5. Serve hot and enjoy!

### Nutritional Info (per serving)

- ◆ Calories: 260
- ◆ Protein: 28 g
- ◆ Carbs: 7 g
- ◆ Fiber: 2 g
- ◆ Sugar: 3 g
- ◆ Fat: 12 g



## Steak Bites with Asparagus

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

### Ingredients

- ◆ Sirloin steak (cubed): 8 oz (225 g)
- ◆ Asparagus (trimmed): 2 cups (8 oz / 230 g)
- ◆ Butter: 2 tbsp (1 oz / 30 g)
- ◆ Garlic (minced): 2 cloves (1 tsp / 5 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Heat olive oil in a skillet over medium-high heat. Add steak bites and season with salt and pepper. Cook for 3-4 minutes, stirring occasionally, until browned. Remove and set aside.
2. In the same skillet, melt butter and add garlic. Sauté for 1 minute.
3. Add asparagus and cook for 4-5 minutes until tender-crisp.
4. Return steak bites to the skillet. Toss with asparagus and garlic butter. Cook for an additional 1-2 minutes and serve immediately.

### Nutritional Info (per serving)

- ◆ Calories: 290
- ◆ Protein: 28 g
- ◆ Carbs: 5 g
- ◆ Fiber: 2 g
- ◆ Sugar: 2 g
- ◆ Fat: 18 g



### **Creamy Mushroom Chicken Skillet**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

#### **Ingredients**

- ◆ Chicken thighs (boneless, skinless): 2 (6 oz each / 170 g)
- ◆ Mushrooms (sliced): 1 cup (6 oz / 170 g)
- ◆ Heavy cream: ¼ cup (2 oz / 60 ml)
- ◆ Chicken broth: ¼ cup (2 oz / 60 ml)
- ◆ Garlic (minced): 2 cloves (1 tsp / 5 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Butter: 1 tbsp (0.5 oz / 15 g)
- ◆ Fresh thyme (optional): 1 tsp (5 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Heat olive oil in a skillet over medium heat. Season chicken thighs with salt and pepper. Cook for 5-6 minutes on each side until golden and fully cooked. Remove and set aside.
2. In the same skillet, melt butter and sauté garlic for 1 minute. Add mushrooms and cook for 4-5 minutes until softened.
3. Pour in chicken broth and heavy cream. Stir well and simmer for 3-4 minutes until the sauce thickens.
4. Return chicken thighs to the skillet. Coat them with the creamy mushroom sauce and cook for 1-2 minutes. Garnish with thyme if desired and serve hot.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 350 | ◆ Fiber: 1 g |
| ◆ Protein: 30 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 20 g  |



### **Sausage and Bell Pepper Hash**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### **Ingredients**

- ◆ Chicken sausage (sliced): 6 oz (170 g)
- ◆ Bell peppers (mixed colors, diced): 2 medium (12 oz / 340 g)
- ◆ Onion (diced): ½ medium (4 oz / 115 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic powder: 1 tsp (5 g)
- ◆ Paprika: 1 tsp (5 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Heat olive oil in a skillet over medium heat. Add sausage slices and cook for 3-4 minutes until browned. Remove and set aside.
2. In the same skillet, add diced bell peppers and onion. Sauté for 5-6 minutes until tender.
3. Return sausage to the skillet. Sprinkle with garlic powder, paprika, salt, and pepper. Stir well and cook for an additional 2-3 minutes.
4. Serve hot and enjoy this colorful, protein-packed dish.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 270 | ◆ Fiber: 3 g |
| ◆ Protein: 20 g | ◆ Sugar: 6 g |
| ◆ Carbs: 12 g   | ◆ Fat: 16 g  |



## Thai Coconut Chicken Soup

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

### Ingredients

- ◆ Chicken breast (thinly sliced): 6 oz (170 g)
- ◆ Coconut milk (unsweetened): 1 cup (8 oz / 230 ml)
- ◆ Chicken broth: 1 cup (8 oz / 230 ml)
- ◆ Mushrooms (sliced): 1 cup (6 oz / 170 g)
- ◆ Red curry paste: 1 tbsp (15 g)
- ◆ Lime juice: 1 tbsp (15 ml)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Fresh cilantro (chopped): 2 tbsp (0.5 oz / 15 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Heat olive oil in a saucepan over medium heat. Add red curry paste and sauté for 1 minute until fragrant.
2. Stir in chicken broth, coconut milk, and lime juice. Bring to a simmer.
3. Add chicken slices and mushrooms. Cook for 10-12 minutes until the chicken is fully cooked.
4. Season with salt and pepper. Garnish with fresh cilantro and serve hot.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 290 | ◆ Fiber: 2 g |
| ◆ Protein: 24 g | ◆ Sugar: 2 g |
| ◆ Carbs: 7 g    | ◆ Fat: 18 g  |



## Turkey Taco Lettuce Wraps

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 10 minutes

### Ingredients

- ◆ Ground turkey: 8 oz (225 g)
- ◆ Romaine lettuce leaves: 4 large (6 oz / 170 g)
- ◆ Taco seasoning (low-carb): 1 tbsp (8 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Shredded cheddar cheese: 2 tbsp (0.5 oz / 15 g)
- ◆ Diced avocado: ¼ medium (1 oz / 30 g)
- ◆ Salsa (sugar-free): 2 tbsp (30 ml)

### Preparation Steps

1. Heat olive oil in a skillet over medium heat. Add ground turkey and cook for 6-7 minutes until browned.
2. Add taco seasoning and stir well. Cook for an additional 1-2 minutes.
3. Spoon the turkey mixture into the lettuce leaves. Top with shredded cheddar, diced avocado, and salsa.
4. Serve immediately as a fun and fresh low-carb taco option.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 230 | ◆ Fiber: 3 g |
| ◆ Protein: 26 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 12 g  |



### Spicy Shrimp and Cauliflower Grits

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### Ingredients

- ◆ Shrimp (peeled and deveined): 8 oz (225 g)
- ◆ Cauliflower rice: 2 cups (10 oz / 280 g)
- ◆ Heavy cream: 2 tbsp (1 oz / 30 ml)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Butter: 1 tbsp (0.5 oz / 15 g)
- ◆ Garlic powder: 1 tsp (5 g)
- ◆ Paprika: 1 tsp (5 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Red pepper flakes: ¼ tsp (1 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. Heat butter in a saucepan over medium heat. Add cauliflower rice and cook for 5-6 minutes.
2. Stir in heavy cream, Parmesan cheese, garlic powder, salt, and pepper. Cook for another 2-3 minutes until creamy.
3. Meanwhile, heat olive oil in a skillet. Season shrimp with paprika, red pepper flakes, salt, and pepper. Cook for 2-3 minutes on each side until pink and cooked through.
4. Serve shrimp over cauliflower grits for a flavorful low-carb meal.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 240 | ◆ Fiber: 2 g |
| ◆ Protein: 27 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 12 g  |



### Low-Carb Chicken Parmesan

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

#### Ingredients

- ◆ Chicken breast (halved lengthwise): 2 pieces (6 oz each / 170 g)
- ◆ Almond flour: 2 tbsp (1 oz / 30 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Egg: 1 large (1.8 oz / 50 g)
- ◆ Marinara sauce (sugar-free): ½ cup (4 oz / 120 ml)
- ◆ Mozzarella cheese (shredded): ¼ cup (1 oz / 30 g)
- ◆ Olive oil: 2 tbsp (30 ml)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. Mix almond flour and Parmesan cheese in a bowl. Beat the egg in another bowl.
2. Dip each chicken piece into the egg, then coat with the almond flour mixture.
3. Heat olive oil in a skillet over medium heat. Cook the chicken for 4-5 minutes on each side until golden and cooked through.
4. Top each piece with marinara sauce and shredded mozzarella. Cover and cook for 2-3 minutes until the cheese melts.
5. Serve hot with a side of steamed vegetables or zucchini noodles.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 320 | ◆ Fiber: 2 g |
| ◆ Protein: 33 g | ◆ Sugar: 3 g |
| ◆ Carbs: 6 g    | ◆ Fat: 18 g  |



### **Protein-Packed Breakfast Scramble**

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** 10 minutes

#### **Ingredients**

- ◆ Eggs: 4 large (7.2 oz / 200 g)
- ◆ Egg whites: ½ cup (4 oz / 120 ml)
- ◆ Turkey bacon (chopped): 2 slices (2 oz / 60 g)
- ◆ Spinach (fresh): 1 cup (2 oz / 60 g)
- ◆ Cherry tomatoes (halved): ½ cup (3 oz / 85 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Heat olive oil in a skillet over medium heat. Add chopped turkey bacon and cook for 2-3 minutes until crisp.
2. Add spinach and cherry tomatoes. Cook for 1-2 minutes until spinach wilts.
3. In a bowl, whisk together eggs, egg whites, salt, and pepper. Pour into the skillet.
4. Cook for 3-4 minutes, stirring occasionally, until the eggs are set.
5. Serve hot for a quick, protein-packed breakfast.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 200 | ◆ Fiber: 1 g |
| ◆ Protein: 24 g | ◆ Sugar: 2 g |
| ◆ Carbs: 4 g    | ◆ Fat: 10 g  |



### **Spinach and Feta Turkey Burgers**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### **Ingredients**

- ◆ Ground turkey: 8 oz (225 g)
- ◆ Spinach (finely chopped): ½ cup (1 oz / 30 g)
- ◆ Feta cheese (crumbled): 2 tbsp (0.5 oz / 15 g)
- ◆ Garlic powder: 1 tsp (5 g)
- ◆ Onion powder: 1 tsp (5 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. In a bowl, combine ground turkey, chopped spinach, feta cheese, garlic powder, onion powder, salt, and pepper. Mix until well combined.
2. Form the mixture into 2 burger patties.
3. Heat olive oil in a skillet over medium heat. Cook the patties for 6-7 minutes on each side until fully cooked and browned.
4. Serve the burgers on lettuce wraps or alongside a side salad for a low-carb option.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 240 | ◆ Fiber: 1 g |
| ◆ Protein: 27 g | ◆ Sugar: 1 g |
| ◆ Carbs: 3 g    | ◆ Fat: 13 g  |

# *Oven-Baked Recipes*

Hands-off meals with minimal cleanup, perfect for busy nights.





### ***Herb-Crusted Baked Salmon***

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### ***Ingredients***

- ◆ Salmon fillets: 2 (6 oz each / 170 g)
- ◆ Fresh parsley (chopped): 2 tbsp (8 g)
- ◆ Fresh dill (chopped): 1 tbsp (4 g)
- ◆ Garlic (minced): 2 cloves (6 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Lemon juice: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

#### ***Preparation Steps***

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a small bowl, mix parsley, dill, garlic, olive oil, lemon juice, salt, and pepper.
3. Place the salmon fillets on the baking sheet and spread the herb mixture evenly on top.
4. Bake for 12-15 minutes, or until the salmon flakes easily with a fork.
5. Serve with a side of steamed vegetables or a fresh salad.

#### ***Nutritional Info (per serving)***

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 280 | ◆ Fiber: 0 g |
| ◆ Protein: 30 g | ◆ Sugar: 0 g |
| ◆ Carbs: 1 g    | ◆ Fat: 18 g  |



### ***Sheet Pan Chicken Fajitas***

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

#### ***Ingredients***

- ◆ Chicken breast (sliced): 8 oz (225 g)
- ◆ Bell peppers (sliced): 2 medium (10 oz / 280 g)
- ◆ Onion (sliced): 1 medium (6 oz / 170 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Fajita seasoning (low-carb): 1 tbsp (8 g)
- ◆ Lime juice: 1 tbsp (15 ml)
- ◆ Salt to taste

#### ***Preparation Steps***

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a bowl, combine chicken, bell peppers, onion, olive oil, fajita seasoning, lime juice, and salt. Toss well.
3. Spread the mixture evenly on the baking sheet.
4. Bake for 18-20 minutes, flipping halfway through.
5. Serve in lettuce wraps or with a side of cauliflower rice.

#### ***Nutritional Info (per serving)***

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 230 | ◆ Fiber: 2 g |
| ◆ Protein: 28 g | ◆ Sugar: 3 g |
| ◆ Carbs: 6 g    | ◆ Fat: 8 g   |



### **Baked Cod with Lemon and Dill**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### **Ingredients**

- ◆ Cod fillets: 2 (6 oz each / 170 g)
- ◆ Fresh dill (chopped): 2 tbsp (8 g)
- ◆ Garlic (minced): 1 clove (3 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Lemon slices: 4 thin slices (2 oz / 60 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Preheat the oven to 375°F (190°C) and line a baking dish with parchment paper.
2. Place the cod fillets in the dish and drizzle with olive oil.
3. Sprinkle with garlic, dill, salt, and pepper. Top each fillet with lemon slices.
4. Bake for 12-15 minutes, or until the fish flakes easily with a fork.
5. Serve with roasted vegetables or a simple side salad.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 170 | ◆ Fiber: 0 g |
| ◆ Protein: 28 g | ◆ Sugar: 0 g |
| ◆ Carbs: 1 g    | ◆ Fat: 6 g   |



### **Zucchini Boats with Ground Turkey**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 25 minutes

#### **Ingredients**

- ◆ Zucchini (halved lengthwise): 2 medium (8 oz / 225 g)
- ◆ Ground turkey: 6 oz (170 g)
- ◆ Marinara sauce (sugar-free): ½ cup (4 oz / 120 ml)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic powder: 1 tsp (5 g)
- ◆ Italian seasoning: 1 tsp (5 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Preheat the oven to 375°F (190°C) and line a baking dish with parchment paper.
2. Scoop out the zucchini centers to create boats. Place them in the baking dish and drizzle with olive oil.
3. In a skillet, cook ground turkey with garlic powder, Italian seasoning, salt, and pepper until browned. Stir in marinara sauce.
4. Fill the zucchini boats with the turkey mixture and sprinkle with Parmesan cheese.
5. Bake for 20-25 minutes, or until the zucchini is tender.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 230 | ◆ Fiber: 2 g |
| ◆ Protein: 24 g | ◆ Sugar: 4 g |
| ◆ Carbs: 7 g    | ◆ Fat: 10 g  |



## Low-Carb Lasagna with Eggplant Layers

**Servings:** 2 **Prep Time:** 20 minutes  
**Cooking Time:** 30 minutes

### Ingredients

- ◆ Eggplant (sliced lengthwise): 1 medium (12 oz / 340 g)
- ◆ Ground beef: 6 oz (170 g)
- ◆ Ricotta cheese: ½ cup (4 oz / 120 g)
- ◆ Mozzarella cheese (shredded): ½ cup (2 oz / 60 g)
- ◆ Marinara sauce (sugar-free): ½ cup (4 oz / 120 ml)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic (minced): 1 clove (3 g)
- ◆ Italian seasoning: 1 tsp (5 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 375°F (190°C) and grease a small baking dish.
2. Lightly brush eggplant slices with olive oil and bake for 10 minutes until softened.
3. In a skillet, cook ground beef with garlic, Italian seasoning, salt, and pepper until browned. Stir in marinara sauce.
4. In the baking dish, layer eggplant slices, ground beef, ricotta, and mozzarella. Repeat layers.
5. Bake for 20-25 minutes, or until the cheese is melted and bubbly.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 310 | ◆ Fiber: 3 g |
| ◆ Protein: 28 g | ◆ Sugar: 4 g |
| ◆ Carbs: 8 g    | ◆ Fat: 18 g  |



## Parmesan-Crusted Chicken Tenders

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

### Ingredients

- ◆ Chicken tenders: 8 (8 oz / 225 g)
- ◆ Parmesan cheese (grated): ½ cup (2 oz / 60 g)
- ◆ Almond flour: ¼ cup (1 oz / 30 g)
- ◆ Garlic powder: 1 tsp (5 g)
- ◆ Paprika: ½ tsp (2.5 g)
- ◆ Olive oil spray
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a bowl, mix Parmesan, almond flour, garlic powder, paprika, salt, and pepper.
3. Coat each chicken tender in the mixture, pressing gently to adhere.
4. Arrange tenders on the baking sheet and spray lightly with olive oil.
5. Bake for 18-20 minutes, flipping halfway through, until golden and crispy.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 310 | ◆ Fiber: 1 g |
| ◆ Protein: 36 g | ◆ Sugar: 0 g |
| ◆ Carbs: 3 g    | ◆ Fat: 16 g  |



### **Broccoli and Cheddar-Stuffed Chicken Breasts**

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 25 minutes

#### **Ingredients**

- ◆ Chicken breasts: 2 (6 oz each / 170 g)
- ◆ Broccoli (chopped): ½ cup (2 oz / 60 g)
- ◆ Cheddar cheese (shredded): ½ cup (2 oz / 60 g)
- ◆ Cream cheese: 2 tbsp (1 oz / 30 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic powder: 1 tsp (5 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Preheat the oven to 375°F (190°C) and grease a baking dish.
2. In a bowl, mix broccoli, cheddar, cream cheese, garlic powder, salt, and pepper.
3. Cut a pocket into each chicken breast and stuff with the broccoli mixture. Secure with toothpicks if needed.
4. Brush chicken with olive oil and place it in the baking dish.
5. Bake for 25 minutes, or until the chicken is cooked through.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 380 | ◆ Fiber: 1 g |
| ◆ Protein: 44 g | ◆ Sugar: 1 g |
| ◆ Carbs: 4 g    | ◆ Fat: 20 g  |



### **Garlic Butter Pork Tenderloin**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 30 minutes

#### **Ingredients**

- ◆ Pork tenderloin: 12 oz (340 g)
- ◆ Garlic (minced): 3 cloves (9 g)
- ◆ Butter (melted): 2 tbsp (28 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Fresh thyme: 1 tsp (1 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Preheat the oven to 375°F (190°C) and heat a skillet over medium-high heat.
2. Season the pork tenderloin with salt and pepper.
3. Sear the pork in olive oil for 2-3 minutes per side, then transfer to a baking dish.
4. Mix melted butter, garlic, and thyme, and pour over the pork.
5. Bake for 25-30 minutes, or until the internal temperature reaches 145°F (63°C). Let rest before slicing.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 280 | ◆ Fiber: 0 g |
| ◆ Protein: 32 g | ◆ Sugar: 0 g |
| ◆ Carbs: 1 g    | ◆ Fat: 16 g  |



## Buffalo Cauliflower and Chicken Casserole

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 30 minutes

### Ingredients

- ◆ Chicken breast (cooked, shredded): 8 oz (225 g)
- ◆ Cauliflower florets: 2 cups (8 oz / 225 g)
- ◆ Buffalo sauce: 2 tbsp (30 ml)
- ◆ Cream cheese: 2 oz (60 g)
- ◆ Mozzarella cheese (shredded): ½ cup (2 oz / 60 g)
- ◆ Ranch seasoning: 1 tsp (5 g)

### Preparation Steps

1. Preheat the oven to 375°F (190°C) and grease a small casserole dish.
2. Steam the cauliflower for 5 minutes until slightly tender.
3. Mix chicken, cauliflower, Buffalo sauce, cream cheese, mozzarella, and ranch seasoning.
4. Spread the mixture into the casserole dish and top with extra cheese if desired.
5. Bake for 25-30 minutes, or until bubbly and golden.

### Nutritional Info (per serving)

- ◆ Calories: 340
- ◆ Protein: 34 g
- ◆ Carbs: 6 g
- ◆ Fiber: 2 g
- ◆ Sugar: 3 g
- ◆ Fat: 18 g



## Keto Meatloaf with Almond Flour

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 35 minutes

### Ingredients

- ◆ Ground beef: 8 oz (225 g)
- ◆ Almond flour: ¼ cup (1 oz / 30 g)
- ◆ Egg: 1 large (50 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Onion (minced): ¼ cup (1 oz / 30 g)
- ◆ Garlic powder: 1 tsp (5 g)
- ◆ Ketchup (sugar-free): 2 tbsp (30 ml)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 375°F (190°C) and grease a small loaf pan.
2. In a bowl, mix all ingredients except ketchup.
3. Press the mixture into the loaf pan and spread ketchup on top.
4. Bake for 35 minutes, or until fully cooked through. Let rest for 5 minutes before slicing.

### Nutritional Info (per serving)

- ◆ Calories: 320
- ◆ Protein: 28 g
- ◆ Carbs: 5 g
- ◆ Fiber: 1 g
- ◆ Sugar: 2 g
- ◆ Fat: 20 g



## Oven-Baked Turkey Meatballs

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

### Ingredients

- ◆ Ground turkey: 8 oz (225 g)
- ◆ Almond flour: 2 tbsp (15 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Egg: 1 large (50 g)
- ◆ Garlic (minced): 1 clove (3 g)
- ◆ Italian seasoning: 1 tsp (5 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a bowl, mix all ingredients until well combined.
3. Form the mixture into 12 meatballs and place them on the baking sheet.
4. Bake for 18-20 minutes, or until the meatballs are fully cooked and slightly golden.
5. Serve with a side of marinara sauce or over zucchini noodles.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 220 | ◆ Fiber: 0 g |
| ◆ Protein: 29 g | ◆ Sugar: 0 g |
| ◆ Carbs: 2 g    | ◆ Fat: 10 g  |



## Low-Carb Shepherd's Pie

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 25 minutes

### Ingredients

- ◆ Ground beef: 6 oz (170 g)
- ◆ Onion (chopped): ¼ cup (1 oz / 30 g)
- ◆ Cauliflower (steamed and mashed): 1 cup (4 oz / 120 g)
- ◆ Butter: 1 tbsp (14 g)
- ◆ Heavy cream: 2 tbsp (30 ml)
- ◆ Garlic powder: ½ tsp (2.5 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 375°F (190°C) and grease a small baking dish.
2. In a skillet, cook ground beef and onion until browned. Season with salt and pepper.
3. Spread the beef mixture in the baking dish.
4. Mix mashed cauliflower, butter, cream, garlic powder, salt, and pepper, and spread over the beef layer.
5. Bake for 20-25 minutes, or until the top is golden.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 280 | ◆ Fiber: 2 g |
| ◆ Protein: 21 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 18 g  |



## Spaghetti Squash Carbonara

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 30 minutes

### Ingredients

- ◆ Spaghetti squash (halved, seeds removed): 1 small (20 oz / 600 g)
- ◆ Bacon (chopped): 4 slices (4 oz / 120 g)
- ◆ Egg yolks: 2 large (35 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Heavy cream: 2 tbsp (30 ml)
- ◆ Garlic powder: ½ tsp (2.5 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 400°F (200°C) and bake the spaghetti squash (cut side down) for 30 minutes.
2. While the squash is baking, cook the bacon in a skillet until crispy.
3. In a bowl, whisk egg yolks, Parmesan, cream, garlic powder, salt, and pepper.
4. Use a fork to scrape the spaghetti squash into strands and mix with the bacon.
5. Stir in the sauce while the squash is warm, allowing it to coat evenly. Serve immediately.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 320 | ◆ Fiber: 2 g |
| ◆ Protein: 14 g | ◆ Sugar: 4 g |
| ◆ Carbs: 10 g   | ◆ Fat: 24 g  |



## Baked Lemon Herb Chicken Thighs

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 35 minutes

### Ingredients

- ◆ Chicken thighs (bone-in, skin-on): 4 (12 oz / 340 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Lemon juice: 2 tbsp (30 ml)
- ◆ Garlic (minced): 2 cloves (6 g)
- ◆ Fresh rosemary: 1 tsp (1 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 400°F (200°C) and grease a baking dish.
2. In a bowl, mix olive oil, lemon juice, garlic, rosemary, salt, and pepper.
3. Rub the mixture over the chicken thighs and place them in the baking dish.
4. Bake for 30-35 minutes, or until the internal temperature reaches 165°F (74°C).
5. Serve with a side of roasted vegetables or cauliflower rice.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 290 | ◆ Fiber: 0 g |
| ◆ Protein: 26 g | ◆ Sugar: 0 g |
| ◆ Carbs: 1 g    | ◆ Fat: 20 g  |



### ***Cheesy Cauliflower Gratin with Bacon***

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 25 minutes

#### ***Ingredients***

- ◆ Cauliflower florets: 2 cups (8 oz / 225 g)
- ◆ Bacon (chopped): 4 slices (4 oz / 120 g)
- ◆ Cheddar cheese (shredded): ½ cup (2 oz / 60 g)
- ◆ Heavy cream: ¼ cup (2 oz / 60 ml)
- ◆ Cream cheese: 2 tbsp (1 oz / 30 g)
- ◆ Garlic powder: ½ tsp (2.5 g)
- ◆ Salt and pepper to taste

#### ***Preparation Steps***

1. Preheat the oven to 375°F (190°C) and grease a small casserole dish.
2. Steam the cauliflower for 5 minutes until tender.
3. Cook the bacon until crispy and set aside.
4. In a saucepan, melt cream cheese with heavy cream, garlic powder, salt, and pepper. Stir in cheddar cheese until smooth.
5. Toss cauliflower with the cheese sauce and bacon, then transfer to the casserole dish.
6. Bake for 20-25 minutes, or until bubbly and golden.

#### ***Nutritional Info (per serving)***

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 340 | ◆ Fiber: 2 g |
| ◆ Protein: 19 g | ◆ Sugar: 3 g |
| ◆ Carbs: 7 g    | ◆ Fat: 27 g  |



### ***Roasted Garlic and Herb Shrimp Skewers***

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 10 minutes

#### ***Ingredients***

- ◆ Shrimp (peeled and deveined): 12 large (8 oz / 225 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic (minced): 2 cloves (6 g)
- ◆ Fresh parsley (chopped): 1 tbsp (4 g)
- ◆ Lemon juice: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

#### ***Preparation Steps***

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a bowl, mix olive oil, garlic, parsley, lemon juice, salt, and pepper. Add shrimp and toss to coat.
3. Thread shrimp onto skewers and place them on the prepared baking sheet.
4. Roast for 8-10 minutes, flipping halfway, until shrimp are pink and cooked through.
5. Serve with a lemon wedge for extra zest.

#### ***Nutritional Info (per serving)***

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 180 | ◆ Fiber: 0 g |
| ◆ Protein: 22 g | ◆ Sugar: 0 g |
| ◆ Carbs: 1 g    | ◆ Fat: 8 g   |



### **Keto Stuffed Bell Peppers**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 30 minutes

#### **Ingredients**

- ◆ Bell peppers: 2 medium (8 oz / 225 g)
- ◆ Ground turkey: 6 oz (170 g)
- ◆ Cauliflower rice: ½ cup (4 oz / 120 g)
- ◆ Tomato paste: 2 tbsp (30 g)
- ◆ Italian seasoning: 1 tsp (5 g)
- ◆ Mozzarella cheese (shredded): ½ cup (2 oz / 60 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Preheat the oven to 375°F (190°C) and grease a baking dish.
2. Slice the tops off the bell peppers and remove the seeds.
3. In a skillet, cook ground turkey until browned. Stir in cauliflower rice, tomato paste, Italian seasoning, salt, and pepper.
4. Stuff the mixture into the bell peppers and place them in the baking dish. Top with mozzarella cheese.
5. Bake for 25-30 minutes, or until the peppers are tender and the cheese is melted.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 260 | ◆ Fiber: 2 g |
| ◆ Protein: 27 g | ◆ Sugar: 4 g |
| ◆ Carbs: 7 g    | ◆ Fat: 12 g  |



### **Low-Carb Eggplant Parmesan**

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 30 minutes

#### **Ingredients**

- ◆ Eggplant (sliced): 1 medium (12 oz / 340 g)
- ◆ Almond flour: ¼ cup (1 oz / 30 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Egg: 1 large (50 g)
- ◆ Marinara sauce (sugar-free): ½ cup (4 oz / 120 g)
- ◆ Mozzarella cheese (shredded): ½ cup (2 oz / 60 g)
- ◆ Olive oil: 2 tbsp (30 ml)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Preheat the oven to 375°F (190°C) and grease a baking dish.
2. Dip eggplant slices in beaten egg, then coat with a mixture of almond flour and Parmesan.
3. Heat olive oil in a skillet and fry eggplant slices until golden on both sides.
4. Layer eggplant, marinara sauce, and mozzarella in the baking dish. Repeat layers.
5. Bake for 25-30 minutes, or until bubbly and golden.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 290 | ◆ Fiber: 3 g |
| ◆ Protein: 16 g | ◆ Sugar: 3 g |
| ◆ Carbs: 8 g    | ◆ Fat: 21 g  |



## Sheet Pan Salmon and Asparagus

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

### Ingredients

- ◆ Salmon fillets: 2 (6 oz / 170 g each)
- ◆ Asparagus: 8 oz (225 g)
- ◆ Olive oil: 2 tbsp (30 ml)
- ◆ Lemon juice: 1 tbsp (15 ml)
- ◆ Garlic powder: ½ tsp (2.5 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Arrange salmon and asparagus on the sheet. Drizzle with olive oil and lemon juice.
3. Sprinkle garlic powder, salt, and pepper over everything.
4. Roast for 12-15 minutes, or until the salmon flakes easily with a fork and the asparagus is tender.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 320 | ◆ Fiber: 2 g |
| ◆ Protein: 34 g | ◆ Sugar: 1 g |
| ◆ Carbs: 3 g    | ◆ Fat: 18 g  |



## Almond-Crusted Pork Chops

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

### Ingredients

- ◆ Pork chops: 2 (6 oz / 170 g each)
- ◆ Almond flour: ¼ cup (1 oz / 30 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Egg: 1 large (50 g)
- ◆ Garlic powder: ½ tsp (2.5 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Beat the egg in a shallow bowl. In another bowl, mix almond flour, Parmesan, garlic powder, salt, and pepper.
3. Dip pork chops in the egg, then coat with the almond flour mixture.
4. Heat olive oil in a skillet and sear the pork chops for 2 minutes per side.
5. Transfer to the baking sheet and bake for 15-20 minutes, or until fully cooked.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 330 | ◆ Fiber: 1 g |
| ◆ Protein: 35 g | ◆ Sugar: 0 g |
| ◆ Carbs: 3 g    | ◆ Fat: 19 g  |



## Roasted Chicken Drumsticks with Veggies

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 35 minutes

### Ingredients

- ◆ Chicken drumsticks: 4 (16 oz / 450 g)
- ◆ Zucchini (sliced): 1 medium (8 oz / 225 g)
- ◆ Bell peppers (sliced): 1 medium (8 oz / 225 g)
- ◆ Olive oil: 2 tbsp (30 ml)
- ◆ Paprika: 1 tsp (2 g)
- ◆ Garlic powder: 1 tsp (2.5 g)
- ◆ Italian seasoning: 1 tsp (2 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss chicken drumsticks and vegetables with olive oil, paprika, garlic powder, Italian seasoning, salt, and pepper.
3. Arrange the drumsticks and vegetables on the baking sheet in a single layer.
4. Roast for 30-35 minutes, turning the chicken halfway, until drumsticks are golden and cooked through.
5. Serve warm with roasted veggies on the side.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 260 | ◆ Fiber: 2 g |
| ◆ Protein: 27 g | ◆ Sugar: 4 g |
| ◆ Carbs: 7 g    | ◆ Fat: 12 g  |



## Spinach and Ricotta Stuffed Mushrooms

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

### Ingredients

- ◆ Large portobello mushrooms: 4 (10 oz / 280 g)
- ◆ Ricotta cheese: ½ cup (4 oz / 120 g)
- ◆ Spinach (cooked and chopped): ½ cup (2 oz / 60 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Garlic (minced): 1 clove (3 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Preheat the oven to 375°F (190°C) and line a baking dish with parchment paper.
2. Clean the mushrooms and remove the stems. Brush the caps with olive oil and place them in the dish.
3. In a bowl, mix ricotta, spinach, Parmesan, garlic, salt, and pepper.
4. Spoon the mixture into the mushroom caps.
5. Bake for 18-20 minutes, or until the mushrooms are tender and the filling is golden.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 210 | ◆ Fiber: 2 g |
| ◆ Protein: 15 g | ◆ Sugar: 3 g |
| ◆ Carbs: 6 g    | ◆ Fat: 15 g  |



### **Cheese-Crusted Zucchini Pizza**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

#### **Ingredients**

- ◆ Zucchini (sliced into rounds): 1 large (10 oz / 280 g)
- ◆ Mozzarella cheese (shredded): ½ cup (2 oz / 60 g)
- ◆ Marinara sauce (sugar-free): ½ cup (4 oz / 120 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Italian seasoning: 1 tsp (2 g)
- ◆ Olive oil: 1 tbsp (15 ml)

#### **Preparation Steps**

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Arrange zucchini slices on the sheet and brush with olive oil.
3. Spread a small amount of marinara sauce on each slice and sprinkle with mozzarella and Parmesan.
4. Add Italian seasoning on top and bake for 15-20 minutes, or until the cheese is melted and bubbly.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 200 | ◆ Fiber: 1 g |
| ◆ Protein: 14 g | ◆ Sugar: 3 g |
| ◆ Carbs: 5 g    | ◆ cFat: 14 g |



### **Keto Chicken Alfredo Bake**

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 25 minutes

#### **Ingredients**

- ◆ Chicken breast (cubed): 8 oz (225 g)
- ◆ Cauliflower florets: 2 cups (8 oz / 225 g)
- ◆ Heavy cream: ½ cup (4 oz / 120 ml)
- ◆ Parmesan cheese (grated): ¼ cup (1 oz / 30 g)
- ◆ Mozzarella cheese (shredded): ½ cup (2 oz / 60 g)
- ◆ Garlic (minced): 1 clove (3 g)
- ◆ Butter: 1 tbsp (15 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Preheat the oven to 375°F (190°C) and grease a baking dish.
2. Steam cauliflower florets until tender, then place them in the baking dish.
3. In a skillet, melt butter and sauté garlic. Add chicken and cook until browned. Add heavy cream, Parmesan, salt, and pepper, stirring until thickened.
4. Pour the chicken Alfredo sauce over the cauliflower and top with mozzarella cheese.
5. Bake for 20-25 minutes, or until the top is golden and bubbly.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 360 | ◆ Fiber: 2 g |
| ◆ Protein: 32 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 22 g  |

# *Air Fryer Creations*

Light, crispy dishes made in no time with the perfect crunch.





### **Air Fryer Chicken Wings**

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** 25 minutes

#### **Ingredients**

- ◆ Chicken wings: 12 pieces (1 lb / 450 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic powder: 1 tsp (2.5 g)
- ◆ Paprika: 1 tsp (2 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Pat the chicken wings dry with paper towels.
2. Toss the wings with olive oil, garlic powder, paprika, salt, and pepper.
3. Preheat the air fryer to 380°F (190°C).
4. Arrange the wings in the air fryer basket in a single layer. Cook for 25 minutes, flipping halfway through.
5. Increase the temperature to 400°F (200°C) for the last 3-5 minutes for extra crispiness. Serve warm.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 350 | ◆ Fiber: 0 g |
| ◆ Protein: 28 g | ◆ Sugar: 0 g |
| ◆ Carbs: 1 g    | ◆ Fat: 26 g  |



### **Crispy Air Fryer Salmon Patties**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 12 minutes

#### **Ingredients**

- ◆ Canned salmon (drained): 1 can (7.5 oz / 213 g)
- ◆ Egg: 1 large
- ◆ Almond flour: 2 tbsp (14 g)
- ◆ Parmesan cheese (grated): 2 tbsp (0.5 oz / 15 g)
- ◆ Dijon mustard: 1 tsp (5 ml)
- ◆ Green onions (chopped): 2 tbsp (6 g)
- ◆ Olive oil spray

#### **Preparation Steps**

1. In a bowl, mix salmon, egg, almond flour, Parmesan, Dijon mustard, and green onions until combined.
2. Form into 4 small patties.
3. Preheat the air fryer to 400°F (200°C). Lightly spray the basket with olive oil.
4. Place the patties in the basket and spray the tops with olive oil. Air fry for 10-12 minutes, flipping halfway.
5. Serve with a low-carb dipping sauce or salad.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 250 | ◆ Fiber: 1 g |
| ◆ Protein: 25 g | ◆ Sugar: 0 g |
| ◆ Carbs: 2 g    | ◆ Fat: 15 g  |



### **Parmesan-Crusted Zucchini Fries**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### **Ingredients**

- ◆ Zucchini (cut into fries): 1 large (10 oz / 280 g)
- ◆ Almond flour: ¼ cup (28 g)
- ◆ Parmesan cheese (grated): ¼ cup (1 oz / 30 g)
- ◆ Egg: 1 large
- ◆ Garlic powder: 1 tsp (2.5 g)
- ◆ Italian seasoning: 1 tsp (2 g)
- ◆ Olive oil spray

#### **Preparation Steps**

1. Preheat the air fryer to 400°F (200°C).
2. In one bowl, whisk the egg. In another bowl, mix almond flour, Parmesan, garlic powder, and Italian seasoning.
3. Dip each zucchini fry into the egg, then coat with the flour mixture.
4. Place the coated fries in the air fryer basket in a single layer. Lightly spray with olive oil.
5. Air fry for 12-15 minutes, flipping halfway, until golden and crispy.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 190 | ◆ Fiber: 2 g |
| ◆ Protein: 10 g | ◆ Sugar: 1 g |
| ◆ Carbs: 4 g    | ◆ Fat: 14 g  |



### **Air Fryer Steak Tips with Garlic Butter**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 8 minutes

#### **Ingredients**

- ◆ Steak (cubed): 8 oz (225 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic powder: 1 tsp (2.5 g)
- ◆ Salt and pepper to taste
- ◆ Butter: 1 tbsp (15 g)
- ◆ Fresh parsley (chopped): 1 tbsp (3 g)

#### **Preparation Steps**

1. Toss the steak cubes with olive oil, garlic powder, salt, and pepper.
2. Preheat the air fryer to 400°F (200°C).
3. Place the steak cubes in the air fryer basket and cook for 6-8 minutes, shaking the basket halfway.
4. Melt the butter and mix it with chopped parsley.
5. Drizzle the garlic butter over the cooked steak tips before serving.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 280 | ◆ Fiber: 0 g |
| ◆ Protein: 25 g | ◆ Sugar: 0 g |
| ◆ Carbs: 0 g    | ◆ Fat: 20 g  |



### **Keto Chicken Nuggets**

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 12 minutes

#### **Ingredients**

- ◆ Chicken breast (cut into chunks): 8 oz (225 g)
- ◆ Almond flour: ½ cup (56 g)
- ◆ Parmesan cheese (grated): ¼ cup (1 oz / 30 g)
- ◆ Egg: 1 large
- ◆ Paprika: 1 tsp (2 g)
- ◆ Garlic powder: 1 tsp (2.5 g)
- ◆ Salt and pepper to taste
- ◆ Olive oil spray

#### **Preparation Steps**

1. Preheat the air fryer to 400°F (200°C).
2. In one bowl, whisk the egg. In another bowl, mix almond flour, Parmesan, paprika, garlic powder, salt, and pepper.
3. Dip chicken chunks into the egg, then coat in the almond flour mixture.
4. Place the coated chicken pieces in the air fryer basket and lightly spray with olive oil.
5. Air fry for 10-12 minutes, flipping halfway, until golden and crispy.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 260 | ◆ Fiber: 1 g |
| ◆ Protein: 28 g | ◆ Sugar: 0 g |
| ◆ Carbs: 3 g    | ◆ Fat: 15 g  |



### **Cajun Shrimp Skewers**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 8 minutes

#### **Ingredients**

- ◆ Shrimp (peeled, deveined): 12 large (8 oz / 225 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Cajun seasoning: 1 tsp (2 g)
- ◆ Lemon wedges for serving
- ◆ Garlic (minced): 1 clove (3 g)
- ◆ Butter: 1 tbsp (15 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Preheat the air fryer to 400°F (200°C).
2. In a bowl, toss shrimp with olive oil and Cajun seasoning until well coated.
3. Thread the shrimp onto skewers.
4. Place the skewers in the air fryer basket in a single layer. Cook for 6-8 minutes, flipping halfway.
5. Serve warm with lemon wedges.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 150 | ◆ Fiber: 0 g |
| ◆ Protein: 26 g | ◆ Sugar: 0 g |
| ◆ Carbs: 1 g    | ◆ Fat: 5 g   |



### Low-Carb Mozzarella Sticks

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 8 minutes

#### Ingredients

- ◆ Mozzarella cheese sticks: 4 sticks (4 oz / 115 g)
- ◆ Almond flour: ¼ cup (28 g)
- ◆ Parmesan cheese (grated): 2 tbsp (15 g)
- ◆ Egg: 1 large
- ◆ Italian seasoning: 1 tsp (2 g)
- ◆ Olive oil spray

#### Preparation Steps

1. Cut each mozzarella stick in half and freeze for 30 minutes.
2. Preheat the air fryer to 390°F (200°C).
3. Whisk the egg in one bowl and mix almond flour, Parmesan, and Italian seasoning in another.
4. Dip each frozen cheese stick in the egg, then coat with the flour mixture.
5. Place in the air fryer basket in a single layer and lightly spray with olive oil.
6. Air fry for 6-8 minutes, watching closely to prevent over-melting. Serve warm.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 220 | ◆ Fiber: 1 g |
| ◆ Protein: 14 g | ◆ Sugar: 0 g |
| ◆ Carbs: 3 g    | ◆ Fat: 17 g  |



### Bacon-Wrapped Asparagus Bundles

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 10 minutes

#### Ingredients

- ◆ Asparagus spears: 12 (6 oz / 170 g)
- ◆ Bacon strips: 6 (6 oz / 170 g)
- ◆ Olive oil spray

#### Preparation Steps

1. Preheat the air fryer to 375°F (190°C).
2. Divide the asparagus into 6 bundles (2 spears per bundle). Wrap each bundle with a strip of bacon.
3. Place the bundles in the air fryer basket in a single layer and lightly spray with olive oil.
4. Air fry for 10 minutes, flipping halfway, until the bacon is crispy.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 190 | ◆ Fiber: 1 g |
| ◆ Protein: 10 g | ◆ Sugar: 0 g |
| ◆ Carbs: 3 g    | ◆ Fat: 15 g  |



### **Crispy Pork Belly Bites**

**Servings: 2 Prep Time: 10 minutes  
Cooking Time: 20 minutes**

#### **Ingredients**

- ◆ Pork belly (cubed): 8 oz (225 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic powder: 1 tsp (2.5 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Toss pork belly cubes with olive oil, garlic powder, salt, and pepper.
2. Preheat the air fryer to 375°F (190°C).
3. Place the pork belly cubes in the air fryer basket in a single layer.
4. Air fry for 18-20 minutes, shaking the basket halfway, until crispy and golden.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 300 | ◆ Fiber: 0 g |
| ◆ Protein: 15 g | ◆ Sugar: 0 g |
| ◆ Carbs: 0 g    | ◆ Fat: 27 g  |



### **Air Fryer Lemon Pepper Cod**

**Servings: 2 Prep Time: 5 minutes  
Cooking Time: 10 minutes**

#### **Ingredients**

- ◆ Cod fillets: 2 (6 oz / 170 g each)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Lemon pepper seasoning: 1 tsp (2 g)
- ◆ Lemon wedges for serving

#### **Preparation Steps**

1. Preheat the air fryer to 380°F (190°C).
2. Rub the cod fillets with olive oil and sprinkle with lemon pepper seasoning.
3. Place the fillets in the air fryer basket and cook for 8-10 minutes until flaky.
4. Serve with lemon wedges.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 150 | ◆ Fiber: 0 g |
| ◆ Protein: 30 g | ◆ Sugar: 0 g |
| ◆ Carbs: 0 g    | ◆ Fat: 4 g   |



## Spicy Cauliflower Buffalo Wings

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

### Ingredients

- ◆ Cauliflower florets: 3 cups (10 oz / 280 g)
- ◆ Almond flour: ¼ cup (28 g)
- ◆ Egg: 1 large
- ◆ Buffalo sauce: ¼ cup (60 ml)
- ◆ Olive oil spray

### Preparation Steps

1. Preheat the air fryer to 375°F (190°C).
2. In one bowl, whisk the egg. In another, toss cauliflower florets with almond flour.
3. Dip each floret into the egg, then coat again with almond flour.
4. Place the florets in the air fryer basket and lightly spray with olive oil. Cook for 10-12 minutes, shaking halfway.
5. Toss the cooked florets in Buffalo sauce and air fry for an additional 3 minutes. Serve warm.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 190 | ◆ Fiber: 4 g |
| ◆ Protein: 7 g  | ◆ Sugar: 2 g |
| ◆ Carbs: 10 g   | ◆ Fat: 13 g  |



## Garlic-Parmesan Chicken Tenders

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 12 minutes

### Ingredients

- ◆ Chicken tenders: 6 (8 oz / 225 g)
- ◆ Almond flour: ¼ cup (28 g)
- ◆ Parmesan cheese (grated): ¼ cup (1 oz / 30 g)
- ◆ Garlic powder: 1 tsp (2.5 g)
- ◆ Italian seasoning: 1 tsp (2 g)
- ◆ Egg: 1 large
- ◆ Olive oil spray

### Preparation Steps

1. Preheat the air fryer to 400°F (200°C).
2. In one bowl, whisk the egg. In another, mix almond flour, Parmesan, garlic powder, and Italian seasoning.
3. Dip each chicken tender into the egg, then coat with the flour mixture.
4. Place in the air fryer basket in a single layer and lightly spray with olive oil.
5. Air fry for 10-12 minutes, flipping halfway, until golden and crispy.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 260 | ◆ Fiber: 1 g |
| ◆ Protein: 30 g | ◆ Sugar: 0 g |
| ◆ Carbs: 2 g    | ◆ Fat: 15 g  |



### **Air Fryer Breakfast Sausage Patties**

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** 10 minutes

#### **Ingredients**

- ◆ Ground pork: 8 oz (225 g)
- ◆ Sage: ½ tsp (1 g)
- ◆ Thyme: ½ tsp (1 g)
- ◆ Garlic powder: ½ tsp (1.5 g)
- ◆ Paprika: ½ tsp (1 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. In a bowl, combine ground pork with all the seasonings. Form into 4 small patties.
2. Preheat the air fryer to 375°F (190°C).
3. Place the patties in the air fryer basket and cook for 8-10 minutes, flipping halfway.
4. Serve warm with your favorite low-carb breakfast sides.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 220 | ◆ Fiber: 0 g |
| ◆ Protein: 20 g | ◆ Sugar: 0 g |
| ◆ Carbs: 1 g    | ◆ Fat: 16 g  |



### **Keto-Friendly Fish Sticks**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 12 minutes

#### **Ingredients**

- ◆ White fish fillets (e.g., cod, haddock): 8 oz (225 g)
- ◆ Almond flour: ¼ cup (28 g)
- ◆ Parmesan cheese (grated): 2 tbsp (15 g)
- ◆ Egg: 1 large
- ◆ Paprika: 1 tsp (2 g)
- ◆ Garlic powder: 1 tsp (2.5 g)
- ◆ Olive oil spray

#### **Preparation Steps**

1. Preheat the air fryer to 400°F (200°C).
2. Cut fish into strips. Whisk the egg in one bowl, and mix almond flour, Parmesan, paprika, and garlic powder in another.
3. Dip each fish strip into the egg, then coat with the almond flour mixture.
4. Place in the air fryer basket in a single layer and lightly spray with olive oil.
5. Air fry for 10-12 minutes, flipping halfway, until golden and crispy.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 190 | ◆ Fiber: 1 g |
| ◆ Protein: 22 g | ◆ Sugar: 0 g |
| ◆ Carbs: 2 g    | ◆ Fat: 10 g  |



### Low-Carb Jalapeño Poppers

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 10 minutes

#### Ingredients

- ◆ Jalapeños (halved and deseeded): 4 (4 oz / 115 g)
- ◆ Cream cheese: 2 oz (60 g)
- ◆ Cheddar cheese (shredded): ¼ cup (1 oz / 30 g)
- ◆ Bacon strips (cut in half): 4 (4 oz / 115 g)

#### Preparation Steps

1. Preheat the air fryer to 375°F (190°C).
2. In a bowl, mix cream cheese and cheddar cheese. Stuff each jalapeño half with the mixture.
3. Wrap each stuffed jalapeño with a half strip of bacon.
4. Place in the air fryer basket and cook for 8-10 minutes until the bacon is crispy.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 250 | ◆ Fiber: 1 g |
| ◆ Protein: 12 g | ◆ Sugar: 1 g |
| ◆ Carbs: 3 g    | ◆ Fat: 20 g  |



### Crispy Tofu Bites

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### Ingredients

- ◆ Firm tofu: 8 oz (225 g), cubed
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Soy sauce: 1 tbsp (15 ml)
- ◆ Garlic powder: 1 tsp (2.5 g)
- ◆ Smoked paprika: ½ tsp (1 g)

#### Preparation Steps

1. Press the tofu to remove excess water, then cut it into cubes.
2. In a bowl, toss tofu with olive oil, soy sauce, garlic powder, and smoked paprika.
3. Preheat the air fryer to 375°F (190°C).
4. Place the tofu cubes in the air fryer basket in a single layer. Cook for 12-15 minutes, shaking halfway, until crispy.
5. Serve as a snack or salad topping.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 170 | ◆ Fiber: 2 g |
| ◆ Protein: 12 g | ◆ Sugar: 1 g |
| ◆ Carbs: 4 g    | ◆ Fat: 11 g  |



### **Air Fryer BBQ Pork Ribs**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

#### **Ingredients**

- ◆ Pork ribs: 12 oz (340 g), cut into individual pieces
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ BBQ dry rub: 1 tbsp (8 g)
- ◆ Low-carb BBQ sauce: 2 tbsp (30 ml)

#### **Preparation Steps**

1. Preheat the air fryer to 375°F (190°C).
2. Rub pork ribs with olive oil and BBQ dry rub.
3. Place ribs in the air fryer basket in a single layer. Cook for 15 minutes, flipping halfway.
4. Brush ribs with low-carb BBQ sauce and cook for an additional 5 minutes.
5. Serve warm.

#### **Nutritional Info (per serving)**

- |                 |               |
|-----------------|---------------|
| ◆ Calories: 300 | ◆ Fiber: 0 g  |
| ◆ Protein: 22 g | ◆ Sugar: 1 g, |
| ◆ Carbs: 2 g    | ◆ at: 23 g    |



### **Herb-Crusted Lamb Chops**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 12 minutes

#### **Ingredients**

- ◆ Lamb chops: 4 small (8 oz / 225 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Fresh rosemary (chopped): 1 tsp (1 g)
- ◆ Fresh thyme (chopped): 1 tsp (1 g)
- ◆ Garlic (minced): 1 clove
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Preheat the air fryer to 400°F (200°C).
2. In a small bowl, mix olive oil, rosemary, thyme, garlic, salt, and pepper. Rub this mixture over the lamb chops.
3. Place the lamb chops in the air fryer basket and cook for 10-12 minutes, flipping halfway.
4. Serve with a side of vegetables.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 250 | ◆ Fiber: 0 g |
| ◆ Protein: 22 g | ◆ Sugar: 0 g |
| ◆ Carbs: 0 g    | ◆ Fat: 18 g  |



### **Crispy Brussels Sprouts with Bacon**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 12 minutes

#### **Ingredients**

- ◆ Brussels sprouts: 2 cups (10 oz / 280 g), halved
- ◆ Bacon: 4 slices (4 oz / 115 g), chopped
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic powder: ½ tsp (1.5 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Preheat the air fryer to 375°F (190°C).
2. Toss Brussels sprouts with olive oil, garlic powder, salt, and pepper.
3. Add chopped bacon to the Brussels sprouts mixture.
4. Place in the air fryer basket and cook for 10-12 minutes, shaking halfway, until the sprouts are crispy and the bacon is cooked.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 210 | ◆ Fiber: 3 g |
| ◆ Protein: 10 g | ◆ Sugar: 2 g |
| ◆ Carbs: 7 g    | ◆ Fat: 16 g  |



### **Air Fryer Coconut Shrimp**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 10 minutes

#### **Ingredients**

- ◆ Large shrimp (peeled, deveined): 12 (8 oz / 225 g)
- ◆ Almond flour: ¼ cup (28 g)
- ◆ Unsweetened shredded coconut: ¼ cup (21 g)
- ◆ Egg: 1 large
- ◆ Olive oil spray

#### **Preparation Steps**

1. Preheat the air fryer to 375°F (190°C).
2. Whisk the egg in one bowl. In another, mix almond flour and shredded coconut.
3. Dip each shrimp into the egg, then coat with the flour-coconut mixture.
4. Place shrimp in the air fryer basket in a single layer and lightly spray with olive oil.
5. Cook for 8-10 minutes, flipping halfway, until golden and crispy.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 230 | ◆ Fiber: 2 g |
| ◆ Protein: 20 g | ◆ Sugar: 1 g |
| ◆ Carbs: 4 g    | ◆ Fat: 15 g  |

# *Slow Cooker Comforts*

Set-it-and-forget-it meals that are ready when you need them.





### **Low-Carb Chicken Tikka Masala**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 4 hours

#### **Ingredients**

- ◆ Boneless, skinless chicken thighs: 8 oz (225 g), cubed
- ◆ Coconut milk: 1 cup (240 ml)
- ◆ Tomato paste: 2 tbsp (30 g)
- ◆ Garlic (minced): 2 cloves
- ◆ Ginger (grated): 1 tsp (2 g)
- ◆ Garam masala: 1 tsp (2 g)
- ◆ Cumin: ½ tsp (1 g)
- ◆ Turmeric: ½ tsp (1 g)
- ◆ Chili powder: ¼ tsp (0.5 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. In the slow cooker, whisk together coconut milk, tomato paste, garlic, ginger, and spices.
2. Add chicken cubes to the slow cooker, ensuring they're coated in the sauce.
3. Cover and cook on low for 4 hours, stirring occasionally.
4. Serve warm with a side of cauliflower rice.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 310 | ◆ Fiber: 2 g |
| ◆ Protein: 24 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 20 g  |



### **Pulled Pork with Cabbage Slaw**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 8 hours

#### **Ingredients**

- ◆ Pork shoulder: 10 oz (280 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Paprika: 1 tsp (2 g)
- ◆ Garlic powder: ½ tsp (1 g)
- ◆ Salt and pepper to taste
- ◆ Cabbage (shredded): 2 cups (140 g)
- ◆ Apple cider vinegar: 1 tbsp (15 ml)
- ◆ Mayonnaise: 1 tbsp (15 g)

#### **Preparation Steps**

1. Rub pork shoulder with olive oil, paprika, garlic powder, salt, and pepper.
2. Place pork in the slow cooker and cook on low for 8 hours.
3. Shred the pork with forks.
4. Toss cabbage with apple cider vinegar and mayonnaise to make slaw.
5. Serve pulled pork with cabbage slaw on the side.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 380 | ◆ Fiber: 2 g |
| ◆ Protein: 29 g | ◆ Sugar: 1 g |
| ◆ Carbs: 5 g    | ◆ Fat: 26 g  |



### Beef Stew with Turnips

Servings: 2 Prep Time: 10 minutes  
Cooking Time: 6 hours

#### Ingredients

- ◆ Stew beef: 12 oz (340 g), cubed
- ◆ Turnips: 2 small (6 oz / 170 g), diced
- ◆ Celery: 2 stalks (100 g), chopped
- ◆ Beef broth: 1 cup (240 ml)
- ◆ Tomato paste: 1 tbsp (15 g)
- ◆ Onion (chopped): 1 small (70 g)
- ◆ Garlic (minced): 2 cloves
- ◆ Thyme: 1 tsp (1 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. Add all ingredients to the slow cooker and stir to combine.
2. Cover and cook on low for 6 hours, stirring occasionally.
3. Serve warm, garnished with fresh thyme if desired.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 280 | ◆ Fiber: 2 g |
| ◆ Protein: 31 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 12 g  |



### Keto Butter Chicken

Servings: 2 Prep Time: 10 minutes  
Cooking Time: 4 hours

#### Ingredients

- ◆ Boneless, skinless chicken thighs: 8 oz (225 g), cubed
- ◆ Heavy cream: ½ cup (120 ml)
- ◆ Tomato paste: 2 tbsp (30 g)
- ◆ Butter: 2 tbsp (30 g)
- ◆ Garlic (minced): 2 cloves
- ◆ Ginger (grated): 1 tsp (2 g)
- ◆ Garam masala: 1 tsp (2 g)
- ◆ Cumin: ½ tsp (1 g)
- ◆ Turmeric: ½ tsp (1 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. Combine all ingredients in the slow cooker, stirring to coat the chicken.
2. Cook on low for 4 hours, stirring occasionally.
3. Serve warm with a side of steamed broccoli or cauliflower rice.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 320 | ◆ Fiber: 1 g |
| ◆ Protein: 23 g | ◆ Sugar: 2 g |
| ◆ Carbs: 5 g    | ◆ Fat: 22 g  |



### **Creamy Garlic Pork Chops**

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 4 hours

#### **Ingredients**

- ◆ Boneless pork chops: 10 oz (280 g)
- ◆ Heavy cream: ½ cup (120 ml)
- ◆ Chicken broth: ½ cup (120 ml)
- ◆ Garlic (minced): 3 cloves
- ◆ Parmesan cheese (grated): 2 tbsp (15 g)
- ◆ Butter: 1 tbsp (15 g)
- ◆ Thyme: ½ tsp (1 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Place pork chops in the slow cooker.
2. In a small saucepan, melt butter over medium heat, then add garlic and sauté until fragrant.
3. Stir in heavy cream, chicken broth, Parmesan cheese, thyme, salt, and pepper. Cook until combined.
4. Pour the sauce over the pork chops in the slow cooker.
5. Cook on low for 4 hours. Serve with mashed cauliflower.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 350 | ◆ Fiber: 0 g |
| ◆ Protein: 30 g | ◆ Sugar: 1 g |
| ◆ Carbs: 4 g    | ◆ Fat: 24 g  |



### **Slow Cooker Turkey Chili**

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 6 hours

#### **Ingredients**

- ◆ Ground turkey: 8 oz (225 g)
- ◆ Diced tomatoes (canned): 1 cup (240 ml)
- ◆ Tomato paste: 1 tbsp (15 g)
- ◆ Chicken broth: ½ cup (120 ml)
- ◆ Onion (chopped): 1 small (70 g)
- ◆ Green bell pepper (chopped): 1 small (100 g)
- ◆ Chili powder: 1 tsp (2 g)
- ◆ Cumin: ½ tsp (1 g)
- ◆ Garlic powder: ½ tsp (1 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. In a skillet, brown the ground turkey over medium heat, then transfer to the slow cooker.
2. Add all remaining ingredients to the slow cooker and stir to combine.
3. Cover and cook on low for 6 hours, stirring occasionally.
4. Serve warm with a dollop of sour cream or shredded cheese.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 220 | ◆ Fiber: 3 g |
| ◆ Protein: 25 g | ◆ Sugar: 3 g |
| ◆ Carbs: 8 g    | ◆ Fat: 8 g   |



### Low-Carb Chicken Alfredo Soup

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 4 hours

#### Ingredients

- ◆ Boneless, skinless chicken breast: 8 oz (225 g), cubed
- ◆ Chicken broth: 2 cups (480 ml)
- ◆ Heavy cream: ½ cup (120 ml)
- ◆ Parmesan cheese (grated): 2 tbsp (15 g)
- ◆ Garlic (minced): 2 cloves
- ◆ Spinach: 1 cup (30 g)
- ◆ Butter: 1 tbsp (15 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. Add chicken, chicken broth, garlic, and butter to the slow cooker. Cook on low for 3 hours.
2. Stir in heavy cream, Parmesan cheese, and spinach. Cook for an additional hour.
3. Serve warm and garnish with extra Parmesan if desired.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 260 | ◆ Fiber: 1 g |
| ◆ Protein: 28 g | ◆ Sugar: 2 g |
| ◆ Carbs: 5 g    | ◆ Fat: 14 g  |



### Pork Carnitas with Lettuce Wraps

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 8 hours

#### Ingredients

- ◆ Pork shoulder: 12 oz (340 g)
- ◆ Chicken broth: ½ cup (120 ml)
- ◆ Garlic (minced): 2 cloves
- ◆ Cumin: 1 tsp (2 g)
- ◆ Paprika: ½ tsp (1 g)
- ◆ Oregano: ½ tsp (1 g)
- ◆ Lime juice: 1 tbsp (15 ml)
- ◆ Lettuce leaves: 4 large

#### Preparation Steps

1. Place the pork shoulder in the slow cooker.
2. Add chicken broth, garlic, cumin, paprika, oregano, and lime juice.
3. Cover and cook on low for 8 hours.
4. Shred pork and serve in lettuce wraps.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 290 | ◆ Fiber: 1 g |
| ◆ Protein: 26 g | ◆ Sugar: 0 g |
| ◆ Carbs: 2 g    | ◆ Fat: 20 g  |



## Keto Spinach and Artichoke Dip

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 2 hours

### Ingredients

- ◆ Cream cheese: 4 oz (115 g), softened
- ◆ Sour cream: ¼ cup (60 g)
- ◆ Parmesan cheese (grated): 2 tbsp (15 g)
- ◆ Mozzarella cheese (shredded): ¼ cup (30 g)
- ◆ Spinach (chopped): 1 cup (30 g)
- ◆ Artichoke hearts (canned, chopped): ½ cup (75 g)
- ◆ Garlic powder: ½ tsp (1 g)

### Preparation Steps

1. Combine all ingredients in the slow cooker and mix well.
2. Cook on low for 2 hours, stirring halfway.
3. Serve warm with low-carb crackers or vegetable sticks.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 250 | ◆ Fiber: 2 g |
| ◆ Protein: 8 g  | ◆ Sugar: 2 g |
| ◆ Carbs: 5 g    | ◆ Fat: 22 g  |



## Lemon Herb Chicken and Cauliflower Rice

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 4 hours

### Ingredients

- ◆ Boneless, skinless chicken thighs: 8 oz (225 g)
- ◆ Lemon juice: 2 tbsp (30 ml)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic (minced): 2 cloves
- ◆ Dried oregano: 1 tsp (2 g)
- ◆ Cauliflower rice: 2 cups (200 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Place chicken thighs in the slow cooker.
2. Mix lemon juice, olive oil, garlic, oregano, salt, and pepper in a small bowl. Pour over the chicken.
3. Cook on low for 4 hours.
4. Steam the cauliflower rice separately and serve it alongside the chicken.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 250 | ◆ Fiber: 2 g |
| ◆ Protein: 27 g | ◆ Sugar: 1 g |
| ◆ Carbs: 5 g    | ◆ Fat: 12 g  |



## Slow Cooker Lamb Curry

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 6 hours

### Ingredients

- ◆ Lamb shoulder: 10 oz (280 g), cubed
- ◆ Coconut milk: 1 cup (240 ml)
- ◆ Curry powder: 1 tbsp (6 g)
- ◆ Tomato paste: 1 tbsp (15 g)
- ◆ Garlic (minced): 2 cloves
- ◆ Ginger (grated): 1 tsp (2 g)
- ◆ Onion (chopped): 1 small (70 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Place lamb cubes in the slow cooker.
2. Mix coconut milk, curry powder, tomato paste, garlic, ginger, onion, salt, and pepper. Pour over the lamb.
3. Cover and cook on low for 6 hours.
4. Serve warm with a side of steamed broccoli or cauliflower rice.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 350 | ◆ Fiber: 2 g |
| ◆ Protein: 27 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 24 g  |



## Thai-Inspired Coconut Shrimp Soup

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 3 hours

### Ingredients

- ◆ Shrimp (peeled and deveined): 8 oz (225 g)
- ◆ Coconut milk: 1 cup (240 ml)
- ◆ Chicken broth: 1 cup (240 ml)
- ◆ Red curry paste: 1 tsp (5 g)
- ◆ Ginger (grated): 1 tsp (2 g)
- ◆ Mushrooms (sliced): 1 cup (70 g)
- ◆ Zucchini noodles: 1 cup (100 g)
- ◆ Lime juice: 1 tbsp (15 ml)

### Preparation Steps

1. Add coconut milk, chicken broth, curry paste, ginger, and mushrooms to the slow cooker. Stir to combine.
2. Cook on low for 2 hours.
3. Add shrimp and zucchini noodles, and cook for an additional hour.
4. Serve warm with a squeeze of lime juice.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 240 | ◆ Fiber: 1 g |
| ◆ Protein: 24 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 14 g  |



### Low-Carb Beef Stroganoff

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 4 hours

#### Ingredients

- ◆ Ground beef: 8 oz (225 g)
- ◆ Mushrooms (sliced): 1 cup (70 g)
- ◆ Sour cream: ½ cup (120 g)
- ◆ Beef broth: ½ cup (120 ml)
- ◆ Garlic powder: ½ tsp (1 g)
- ◆ Paprika: ½ tsp (1 g)
- ◆ Zucchini noodles: 2 cups (200 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. Place ground beef, mushrooms, beef broth, garlic powder, and paprika in the slow cooker. Stir to combine.
2. Cook on low for 4 hours.
3. Stir in sour cream and mix well.
4. Serve over zucchini noodles.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 280 | ◆ Fiber: 1 g |
| ◆ Protein: 24 g | ◆ Sugar: 2 g |
| ◆ Carbs: 5 g    | ◆ Fat: 18 g  |



### Italian-Style Meatball Stew

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 6 hours

#### Ingredients

- ◆ Ground beef: 8 oz (225 g)
- ◆ Parmesan cheese (grated): 2 tbsp (15 g)
- ◆ Egg: 1 large
- ◆ Zucchini (sliced): 1 cup (100 g)
- ◆ Tomato sauce (no sugar added): 1 cup (240 ml)
- ◆ Garlic (minced): 2 cloves
- ◆ Italian seasoning: 1 tsp (2 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. In a bowl, mix ground beef, Parmesan cheese, egg, garlic, Italian seasoning, salt, and pepper. Shape into meatballs.
2. Place meatballs in the slow cooker. Add zucchini and tomato sauce.
3. Cook on low for 6 hours. Serve warm.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 320 | ◆ Fiber: 2 g |
| ◆ Protein: 28 g | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 20 g  |

# *Grilled Goodness*

Smoky, grilled recipes perfect for any season.





### Grilled Lemon Garlic Chicken Breasts

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 15 minutes

#### Ingredients

- ◆ Chicken breasts: 10 oz (300 g)
- ◆ Lemon juice: 2 tbsp (30 ml)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Garlic (minced): 2 cloves
- ◆ Dried thyme: ½ tsp (1 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. In a bowl, whisk together lemon juice, olive oil, garlic, thyme, salt, and pepper.
2. Marinate chicken breasts in the mixture for at least 30 minutes.
3. Preheat the grill to medium heat.
4. Grill the chicken for 6-8 minutes per side or until fully cooked.
5. Serve hot with a side of grilled vegetables.

#### Nutritional Info (per serving)

- ◆ Calories: 220
- ◆ Protein: 36 g
- ◆ Carbs: 1 g
- ◆ Fat: 8 g



### BBQ Shrimp Skewers

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 10 minutes

#### Ingredients

- ◆ Shrimp (peeled and deveined): 8 oz (225 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ BBQ sauce (low-sugar): 2 tbsp (30 g)
- ◆ Paprika: ½ tsp (1 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. Toss shrimp with olive oil, BBQ sauce, paprika, salt, and pepper.
2. Thread shrimp onto skewers.
3. Preheat the grill to medium-high heat.
4. Grill shrimp for 2-3 minutes per side until pink and cooked through.
5. Serve immediately.

#### Nutritional Info (per serving)

- ◆ Calories: 180
- ◆ Protein: 22 g
- ◆ Carbs: 4 g
- ◆ Fat: 7 g



### *Grilled Zucchini and Halloumi*

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 10 minutes

#### **Ingredients**

- ◆ Zucchini (sliced lengthwise): 2 medium (300 g)
- ◆ Halloumi cheese (sliced): 6 oz (170 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Dried oregano: ½ tsp (1 g)
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Brush zucchini and halloumi slices with olive oil. Sprinkle with oregano, salt, and pepper.
2. Preheat the grill to medium heat.
3. Grill zucchini and halloumi for 3-4 minutes per side until grill marks appear.
4. Serve as a side dish or appetizer.

#### **Nutritional Info (per serving)**

- ◆ Calories: 320
- ◆ Protein: 20 g
- ◆ Carbs: 5 g
- ◆ Fat: 25 g



### *Cilantro Lime Grilled Salmon*

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 12 minutes

#### **Ingredients**

- ◆ Salmon fillets: 10 oz (300 g)
- ◆ Lime juice: 2 tbsp (30 ml)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Cilantro (chopped): 2 tbsp (6 g)
- ◆ Garlic (minced): 1 clove
- ◆ Salt and pepper to taste

#### **Preparation Steps**

1. Combine lime juice, olive oil, garlic, cilantro, salt, and pepper. Rub over salmon fillets.
2. Preheat the grill to medium heat.
3. Grill salmon for 5-6 minutes per side until cooked through.
4. Serve warm with a lime wedge.

#### **Nutritional Info (per serving)**

- ◆ Calories: 280
- ◆ Protein: 30 g
- ◆ Carbs: 2 g
- ◆ Fat: 17 g



### Turkey Burgers with Guacamole

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 10 minutes

#### Ingredients

- ◆ Ground turkey: 8 oz (225 g)
- ◆ Egg: 1 small
- ◆ Garlic powder: ½ tsp (1 g)
- ◆ Paprika: ½ tsp (1 g)
- ◆ Avocado: 1 small (150 g), mashed
- ◆ Lime juice: 1 tbsp (15 ml)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. In a bowl, mix ground turkey, egg, garlic powder, paprika, salt, and pepper. Shape into 2 patties.
2. Preheat the grill to medium heat.
3. Grill patties for 4-5 minutes per side or until cooked through.
4. Top with guacamole and serve in lettuce wraps.

#### Nutritional Info (per serving)

- ◆ Calories: 280
- ◆ Protein: 25 g
- ◆ Carbs: 6 g
- ◆ Fat: 16 g



### Korean-Style Grilled Beef Ribs

**Servings:** 2 **Prep Time:** 15 minutes (plus 1-hour  
marinating) **Cooking Time:** 10 minutes

#### Ingredients

- ◆ Beef short ribs (flanken cut): 12 oz (340 g)
- ◆ Soy sauce (low-sodium): 3 tbsp (45 ml)
- ◆ Sesame oil: 1 tbsp (15 ml)
- ◆ Garlic (minced): 2 cloves
- ◆ Ginger (grated): 1 tsp (5 g)
- ◆ Brown sugar substitute: 1 tbsp (12 g)
- ◆ Sesame seeds: 1 tsp (3 g)
- ◆ Green onions (sliced): 2 tbsp (6 g)

#### Preparation Steps

1. In a bowl, mix soy sauce, sesame oil, garlic, ginger, brown sugar substitute, and sesame seeds.
2. Marinate beef ribs in the mixture for at least 1 hour.
3. Preheat the grill to medium-high heat.
4. Grill ribs for 3-4 minutes per side until caramelized and fully cooked.
5. Garnish with green onions and serve hot.

#### Nutritional Info (per serving)

- ◆ Calories: 360
- ◆ Protein: 32 g
- ◆ Carbs: 5 g
- ◆ Fat: 22 g



## Grilled Portobello Mushroom Caps

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 10 minutes

### Ingredients

- ◆ Portobello mushrooms: 2 large (200 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Balsamic vinegar: 1 tbsp (15 ml)
- ◆ Garlic powder: ½ tsp (1 g)
- ◆ Dried thyme: ½ tsp (1 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. Remove stems from mushrooms and brush caps with olive oil, balsamic vinegar, garlic powder, thyme, salt, and pepper.
2. Preheat the grill to medium heat.
3. Grill mushrooms for 5 minutes per side until tender.
4. Serve as a side dish or bun substitute for burgers.

### Nutritional Info (per serving)

- ◆ Calories: 70
- ◆ Protein: 2 g
- ◆ Carbs: 5 g
- ◆ Fat: 6 g



## Greek Chicken Kabobs

**Servings:** 2 **Prep Time:** 15 minutes (plus 30 minutes marinating)  
**Cooking Time:** 12 minutes

### Ingredients

- ◆ Chicken breast (cubed): 10 oz (300 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Lemon juice: 1 tbsp (15 ml)
- ◆ Garlic (minced): 1 clove
- ◆ Dried oregano: 1 tsp (2 g)
- ◆ Red bell pepper (cubed): 1 medium (150 g)
- ◆ Red onion (cubed): 1 small (100 g)
- ◆ Salt and pepper to taste

### Preparation Steps

1. In a bowl, combine olive oil, lemon juice, garlic, oregano, salt, and pepper. Marinate chicken cubes for 30 minutes.
2. Thread chicken, bell pepper, and onion onto skewers.
3. Preheat the grill to medium-high heat.
4. Grill kabobs for 10-12 minutes, turning occasionally, until chicken is fully cooked.
5. Serve with a side of tzatziki sauce or a Greek salad.

### Nutritional Info (per serving)

- ◆ Calories: 240
- ◆ Protein: 30 g
- ◆ Carbs: 6 g
- ◆ Fat: 10 g



### Spicy Grilled Pork Chops

**Servings:** 2 **Prep Time:** 10 minutes (plus 20 minutes marinating) **Cooking Time:** 12 minutes

#### Ingredients

- ◆ Pork chops (bone-in): 10 oz (300 g)
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Smoked paprika: 1 tsp (2 g)
- ◆ Cayenne pepper: ½ tsp (1 g)
- ◆ Garlic powder: ½ tsp (1 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

1. In a bowl, mix olive oil, smoked paprika, cayenne pepper, garlic powder, salt, and pepper. Rub over pork chops and let marinate for 20 minutes.
2. Preheat the grill to medium heat.
3. Grill pork chops for 6 minutes per side until fully cooked.
4. Rest for 5 minutes before serving.

#### Nutritional Info (per serving)

- ◆ Calories: 260
- ◆ Protein: 30
- ◆ Carbs: 1 g
- ◆ Fat: 15 g



### Grilled Asparagus and Chicken Salad

**Servings:** 2 **Prep Time:** 10 minutes **Cooking Time:** 15 minutes

#### Ingredients

- ◆ Chicken breast: 10 oz (300 g)
- ◆ Asparagus (trimmed): 6 oz (170 g)
- ◆ Olive oil: 2 tbsp (30 ml)
- ◆ Lemon juice: 1 tbsp (15 ml)
- ◆ Dijon mustard: 1 tsp (5 g)
- ◆ Mixed greens: 4 cups (120 g)
- ◆ Cherry tomatoes (halved): 1 cup (150 g)
- ◆ Salt and pepper to taste

#### Preparation Steps

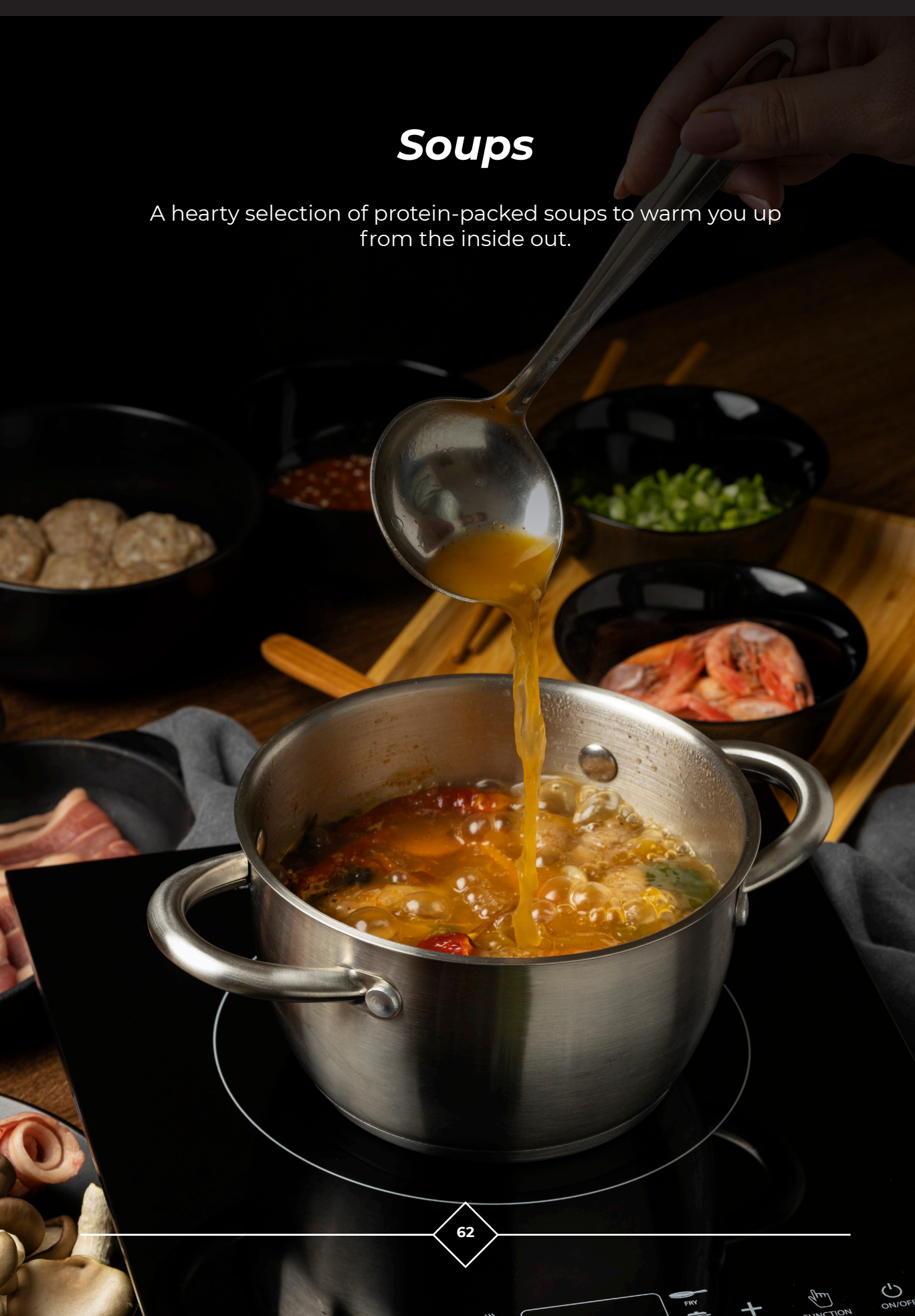
1. Toss asparagus and chicken with 1 tbsp olive oil, salt, and pepper. Grill chicken for 6-7 minutes per side and asparagus for 3-4 minutes until tender.
2. In a small bowl, whisk together lemon juice, Dijon mustard, and remaining olive oil to make a dressing.
3. Arrange mixed greens and cherry tomatoes on plates. Top with grilled chicken and asparagus.
4. Drizzle with dressing and serve.

#### Nutritional Info (per serving)

- ◆ Calories: 250
- ◆ Protein: 33 g
- ◆ Carbs: 6 g
- ◆ Fat: 10 g

# *Soups*

A hearty selection of protein-packed soups to warm you up from the inside out.





### **Creamy Chicken Zoodle Soup**

**Servings:** 4 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

#### **Ingredients**

- ◆ Chicken breast (cubed): 2 cups (8 oz / 225 g)
- ◆ Zucchini (spiralized): 2 medium (8 oz / 225 g)
- ◆ Chicken broth (low sodium): 4 cups (960 ml)
- ◆ Heavy cream: 1/2 cup (120 ml)
- ◆ Garlic (minced): 2 cloves
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper: to taste

#### **Preparation Steps**

1. Heat olive oil in a large pot over medium heat.
2. Add chicken and garlic, cooking until the chicken is browned.
3. Add chicken broth and bring to a boil.
4. Reduce heat, add zucchini noodles, and simmer for 5-7 minutes.
5. Stir in heavy cream and season with salt and pepper.
6. Serve hot.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 250 | ◆ Fiber: 3 g |
| ◆ Protein: 26 g | ◆ Sugar: 4 g |
| ◆ Carbs: 7 g    | ◆ Fat: 16 g  |



### **Low-Carb Beef and Mushroom Soup**

**Servings:** 4 **Prep Time:** 10 minutes  
**Cooking Time:** 25 minutes

#### **Ingredients**

- ◆ Ground beef (90% lean): 1 lb (16 oz / 450 g)
- ◆ Mushrooms (sliced): 1 cup (3 oz / 85 g)
- ◆ Beef broth (low sodium): 4 cups (960 ml)
- ◆ Onion (chopped): 1/2 medium (2 oz / 60 g)
- ◆ Garlic (minced): 2 cloves
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper: to taste

#### **Preparation Steps**

1. Heat olive oil in a large pot.
2. Add ground beef and cook until browned.
3. Add mushrooms, onion, and garlic, cooking for 5 minutes.
4. Pour in beef broth and bring to a boil.
5. Lower heat and simmer for 15 minutes.
6. Season with salt and pepper, then serve.

#### **Nutritional Info (per serving)**

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 300 | ◆ Fiber: 2 g |
| ◆ Protein: 30 g | ◆ Sugar: 3 g |
| ◆ Carbs: 6 g    | ◆ Fat: 20 g  |



### Spicy Shrimp and Cauliflower Soup

**Servings:** 4 **Prep Time:** 10 minutes  
**Cooking Time:** 20 minutes

#### Ingredients

- ◆ Shrimp (peeled and deveined): 1 lb (16 oz / 450 g)
- ◆ Cauliflower (chopped): 2 cups (8 oz / 225 g)
- ◆ Chicken broth (low sodium): 4 cups (960 ml)
- ◆ Onion (chopped): 1 medium (4 oz / 115 g)
- ◆ Garlic (minced): 2 cloves
- ◆ Chili flakes: 1/2 tsp (1 g)
- ◆ Olive oil: 1 tbsp (15 ml)

#### Preparation Steps

1. Heat olive oil in a large pot and sauté onion and garlic for 3 minutes.
2. Add cauliflower and chicken broth; bring to a boil.
3. Simmer for 10 minutes or until the cauliflower is tender.
4. Add shrimp and chili flakes; simmer for another 5-7 minutes.
5. Serve hot.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 220 | ◆ Fiber: 4 g |
| ◆ Protein: 30 g | ◆ Sugar: 4 g |
| ◆ Carbs: 9 g    | ◆ Fat: 8 g   |



### Keto Broccoli and Cheddar Soup

**Servings:** 4 **Prep Time:** 5 minutes  
**Cooking Time:** 20 minutes

#### Ingredients

- ◆ Broccoli florets: 4 cups (8 oz / 225 g)
- ◆ Chicken broth (low sodium): 3 cups (720 ml)
- ◆ Heavy cream: 1/2 cup (120 ml)
- ◆ Cheddar cheese (shredded): 1 cup (4 oz / 115 g)
- ◆ Garlic (minced): 2 cloves
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Salt and pepper: to taste

#### Preparation Steps

1. Heat olive oil in a pot and sauté garlic for 2 minutes.
2. Add broccoli and chicken broth; bring to a boil.
3. Reduce heat and simmer for 10 minutes.
4. Stir in heavy cream and shredded cheese.
5. Blend slightly with an immersion blender for a creamy texture, if desired.
6. Serve hot.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 250 | ◆ Fiber: 3 g |
| ◆ Protein: 12 g | ◆ Sugar: 3 g |
| ◆ Carbs: 8 g    | ◆ Fat: 20 g  |



### Spicy Chicken and Avocado Soup

**Servings:** 4 **Prep Time:** 10 minutes  
**Cooking Time:** 25 minutes

#### Ingredients

- ◆ Chicken breast (cubed): 2 cups (8 oz / 225 g)
- ◆ Avocado (diced): 1 medium (6 oz / 170 g)
- ◆ Chicken broth (low sodium): 4 cups (960 ml)
- ◆ Jalapeño (sliced): 1 (optional)
- ◆ Garlic (minced): 2 cloves
- ◆ Olive oil: 1 tbsp (15 ml)
- ◆ Lime juice: 1 tbsp (15 ml)

#### Preparation Steps

1. Heat olive oil in a large pot and cook chicken and garlic until browned.
2. Add chicken broth and bring to a boil.
3. Add jalapeño (optional) and simmer for 15 minutes.
4. Stir in lime juice and diced avocado.
5. Serve hot.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 290 | ◆ Fiber: 5 g |
| ◆ Protein: 28 g | ◆ Sugar: 3 g |
| ◆ Carbs: 8 g    | ◆ Fat: 20 g  |



### Sausage and Kale Soup

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** 4 hours

#### Ingredients

- ◆ Italian sausage (ground): 8 oz (225 g)
- ◆ Kale (chopped): 2 cups (60 g)
- ◆ Chicken broth: 2 cups (480 ml)
- ◆ Heavy cream: ¼ cup (60 ml)
- ◆ Onion (chopped): 1 small (70 g)
- ◆ Garlic (minced): 2 cloves
- ◆ Salt and pepper to taste

#### Preparation Steps

1. Brown the sausage in a skillet, then transfer it to the slow cooker.
2. Add kale, chicken broth, onion, garlic, salt, and pepper. Stir to combine.
3. Cook on low for 4 hours.
4. Stir in heavy cream before serving.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 300 | ◆ Fiber: 2 g |
| ◆ Protein: 20 g | ◆ Sugar: 3 g |
| ◆ Carbs: 7 g    | ◆ Fat: 22 g  |

# *Desserts & Smoothies*

Guilt-free indulgence with desserts and smoothies that satisfy your sweet tooth.





## Chocolate Avocado Protein Mousse

**Servings:** 2 **Prep Time:** 10 minutes  
**Cooking Time:** None

### Ingredients

- ◆ Ripe avocado: 1 (6 oz / 170 g)
- ◆ Unsweetened cocoa powder: 2 tbsp (0.5 oz / 15 g)
- ◆ Protein powder (chocolate flavor): 1 scoop (28 g)
- ◆ Almond milk (unsweetened): 1/4 cup (60 ml)
- ◆ Stevia or sugar-free sweetener: 1 tsp (5 ml)
- ◆ Vanilla extract: 1 tsp (5 ml)

### Preparation Steps

1. Scoop out the avocado and place it in a food processor.
2. Add the cocoa powder, protein powder, almond milk, sweetener, and vanilla extract.
3. Blend until smooth and creamy.
4. Divide into two servings and refrigerate for 30 minutes.
5. Serve chilled, optionally topped with shredded coconut or berries.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 220 | ◆ Fiber: 8 g |
| ◆ Protein: 14 g | ◆ Sugar: 1 g |
| ◆ Carbs: 12 g   | ◆ Fat: 18 g  |



## Berry Protein Smoothie

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None

### Ingredients

- ◆ Frozen mixed berries (blueberries, strawberries, raspberries): 1 cup (5 oz / 150 g)
- ◆ Vanilla protein powder: 1 scoop (28 g)
- ◆ Almond milk (unsweetened): 1 cup (240 ml)
- ◆ Chia seeds: 1 tbsp (0.5 oz / 14 g)
- ◆ Stevia or sugar-free sweetener (optional): 1 tsp (5 ml)

### Preparation Steps

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into two glasses and serve immediately.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 180 | ◆ Fiber: 7 g |
| ◆ Protein: 22 g | ◆ Sugar: 5 g |
| ◆ Carbs: 15 g   | ◆ Fat: 6 g   |



### Coconut Almond Protein Bites

**Servings:** 12 bites **Prep Time:** 10 minutes  
**Cooking Time:** None

#### Ingredients

- ◆ Almond butter (unsweetened): 1/2 cup (4 oz / 115 g)
- ◆ Protein powder (vanilla flavor): 1 scoop (28 g)
- ◆ Unsweetened shredded coconut: 1/4 cup (1 oz / 30 g)
- ◆ Almonds (chopped): 1/4 cup (1 oz / 30 g)
- ◆ Stevia or sugar-free sweetener: 1 tbsp (5 ml)
- ◆ Water: 2 tbsp (30 ml)

#### Preparation Steps

1. Mix almond butter, protein powder, shredded coconut, chopped almonds, and sweetener in a bowl.
2. Add water to achieve a dough-like consistency.
3. Roll the mixture into 12 bite-sized balls.
4. Refrigerate for at least 30 minutes before serving.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 120 | ◆ Fiber: 3 g |
| ◆ Protein: 6 g  | ◆ Sugar: 2 g |
| ◆ Carbs: 6 g    | ◆ Fat: 10 g  |



### Low-Carb Protein Cheesecake Cups

**Servings:** 2 **Prep Time:** 15 minutes  
**Cooking Time:** 30 minutes

#### Ingredients

- ◆ Cream cheese (full-fat): 4 oz (115 g)
- ◆ Protein powder (vanilla flavor): 1 scoop (28 g)
- ◆ Almond flour: 2 tbsp (0.5 oz / 15 g)
- ◆ Eggs: 1
- ◆ Stevia or sugar-free sweetener: 1 tbsp (5 ml)
- ◆ Lemon juice: 1 tbsp (15 ml)

#### Preparation Steps

1. Preheat oven to 350°F (175°C).
2. Beat cream cheese, protein powder, egg, sweetener, and lemon juice until smooth.
3. Pour the mixture into two muffin cups.
4. Bake for 25-30 minutes, or until set.
5. Let cool and refrigerate for at least 1 hour before serving.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 200 | ◆ Fiber: 1 g |
| ◆ Protein: 17 g | ◆ Sugar: 2 g |
| ◆ Carbs: 5 g    | ◆ Fat: 14 g  |



### **Peanut Butter Protein Bars**

**Servings:** 8 bars **Prep Time:** 10 minutes  
**Cooking Time:** 10 minutes

#### **Ingredients**

- ◆ Peanut butter (unsweetened): 1/2 cup (4 oz / 115 g)
- ◆ Protein powder (chocolate flavor): 1 scoop (28 g)
- ◆ Unsweetened cocoa powder: 1 tbsp (0.25 oz / 7 g)
- ◆ Almond flour: 1/4 cup (1 oz / 30 g)
- ◆ Stevia or sugar-free sweetener: 1 tbsp (5 ml)
- ◆ Almond milk (unsweetened): 2 tbsp (30 ml)

#### **Preparation Steps**

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients in a bowl until smooth.
3. Pour the mixture into a baking pan lined with parchment paper.
4. Bake for 8-10 minutes.
5. Let cool, then cut into 8 bars.

#### **Nutritional Info (per serving)**

- ◆ Calories: 150
- ◆ Protein: 10 g
- ◆ Carbs: 8 g
- ◆ Fiber: 4 g
- ◆ Sugar: 2 g
- ◆ Fat: 12 g



### **Strawberry Banana Protein Smoothie**

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None

#### **Ingredients**

- ◆ Frozen strawberries: 1/2 cup (3 oz / 85 g)
- ◆ Banana (small): 1/2
- ◆ Vanilla protein powder: 1 scoop (28 g)
- ◆ Almond milk (unsweetened): 1 cup (240 ml)
- ◆ Ice cubes: 1/2 cup (120 g)

#### **Preparation Steps**

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into two glasses and serve immediately.

#### **Nutritional Info (per serving)**

- ◆ Calories: 160
- ◆ Protein: 22 g
- ◆ Carbs: 18 g
- ◆ Fiber: 4 g
- ◆ Sugar: 10 g
- ◆ Fat: 4 g



### Coconut Macadamia Protein Balls

**Servings:** 12 balls **Prep Time:** 10 minutes  
**Cooking Time:** None

#### Ingredients

- ◆ Macadamia nuts (chopped): 1/4 cup (1 oz / 30 g)
- ◆ Unsweetened shredded coconut: 1/4 cup (1 oz / 30 g)
- ◆ Protein powder (vanilla flavor): 1 scoop (28 g)
- ◆ Almond flour: 2 tbsp (0.5 oz / 15 g)
- ◆ Stevia or sugar-free sweetener: 1 tbsp (5 ml)
- ◆ Coconut oil (melted): 1 tbsp (15 ml)

#### Preparation Steps

1. Combine all ingredients in a bowl.
2. Mix until the dough holds together.
3. Roll into 12 small balls.
4. Refrigerate for at least 30 minutes before serving.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 120 | ◆ Fiber: 3 g |
| ◆ Protein: 6 g  | ◆ Sugar: 1 g |
| ◆ Carbs: 5 g    | ◆ Fat: 10 g  |



### Cinnamon Roll Protein Smoothie

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None

#### Ingredients

- ◆ Vanilla protein powder: 1 scoop (28 g)
- ◆ Ground cinnamon: 1 tsp (2 g)
- ◆ Almond milk (unsweetened): 1 cup (240 ml)
- ◆ Greek yogurt (plain, unsweetened): 1/4 cup (2 oz / 60 g)
- ◆ Ice cubes: 1/2 cup (120 g)

#### Preparation Steps

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into two glasses and serve immediately.

#### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 190 | ◆ Fiber: 5 g |
| ◆ Protein: 22 g | ◆ Sugar: 5 g |
| ◆ Carbs: 14 g   | ◆ Fat: 6 g   |



## Peach Protein Smoothie

**Servings:** 2 **Prep Time:** 5 minutes  
**Cooking Time:** None

### Ingredients

- ◆ Frozen peach slices: 1 cup (5 oz / 150 g)
- ◆ Vanilla protein powder: 1 scoop (28 g)
- ◆ Almond milk (unsweetened): 1 cup (240 ml)
- ◆ Stevia or sugar-free sweetener: 1 tsp (5 ml)

### Preparation Steps

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into two glasses and serve immediately.

### Nutritional Info (per serving)

- |                 |               |
|-----------------|---------------|
| ◆ Calories: 170 | ◆ Fiber: 4 g  |
| ◆ Protein: 22 g | ◆ Sugar: 10 g |
| ◆ Carbs: 18 g   | ◆ Fat: 4 g    |



## Keto Chocolate Chip Cookies

**Servings:** 12 cookies **Prep Time:** 15 minutes  
**Cooking Time:** 12 minutes

### Ingredients

- ◆ Almond flour: 1 cup (4 oz / 120 g)
- ◆ Protein powder (chocolate flavor): 1 scoop (28 g)
- ◆ Baking soda: 1/2 tsp (2 g)
- ◆ Butter (melted): 1/4 cup (4 tbsp / 60 g)
- ◆ Dark chocolate chips (sugar-free): 1/4 cup (1 oz / 30 g)
- ◆ Stevia or sugar-free sweetener: 1/4 cup (5 g)
- ◆ Egg: 1

### Preparation Steps

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients until well combined.
3. Drop spoonfuls of dough onto a baking sheet.
4. Bake for 10-12 minutes.
5. Let cool before serving.

### Nutritional Info (per serving)

- |                 |              |
|-----------------|--------------|
| ◆ Calories: 120 | ◆ Fiber: 2 g |
| ◆ Protein: 6 g  | ◆ Sugar: 1 g |
| ◆ Carbs: 5 g    | ◆ Fat: 10 g  |

# Bonus 1: Figuring Your Calorie Requirements

Whether your health objectives are to gain muscle, keep your present weight, or reduce weight, knowing how many calories you should eat daily will help you to reach them. The secret is to figure your Total Daily Energy Expenditure (TDEE), which is the calorie count required to keep your weight the same, then modify it depending on your particular aims. Here's a detailed walk-through approach:

## **Firstly: Figure out your Basal Metabolic Rate (BMR).**

Your basal metabolic rate (BMR) is the total calories your body requires for basic operations, including digestion, breathing, and body temperature maintenance—that is, the essential energy your body uses at rest. You are unique in this number, which is impacted by your weight, height, age, and gender.

Using the Mifflin-St Jeor Equation—one of the most accurate methods for approximating BMR—you will find your BMR:

Men:  $BMR = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} + 5$   
 $BMR = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} + 5$

For women:  $BMR = 10 \times \text{kg} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$   
 $BMR = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$

Allow me to dissect it using an example:

Assume you are a 165 cm tall, 70 kg, 30-year-old lady.

$BMR = 10 \times 70 + 6.25 \times 165 - 5 \times 30 - 161$

$BMR = 1420.25 \text{ kcal/day}; 700 + 1031.25 - 150 - 161$

Your body thus requires roughly 1420 calories daily to keep fundamental operations when at rest.

## **Second step: modify for an activity level based on TDEE, total daily energy expenditure.**

After determining your BMR, you should then modify your activity level to obtain your Total Daily Energy Expenditure (TDEE), which is the overall calorie count burned in a day

encompassing all activities—work, exercise, or even sleep.

Multiply your BMR by an activity factor considering your level of activity to find your TDEE. Common activity levels are broken down here together with their related multiples:

Sedentary, meaning little to no exercise: BMR multiplied by 1.2

Lightly active (one to three days a week mild exercise or sports: BMR × 1.375).

Moderately active—that is, three to five days a week of sports or moderate exercise—BMR × 1.55

Six to seven days a week, very active—hard exercise or sports—BMR × 1.725

Super active—very rigorous exercise, physical work, or twice daily training—BMR × 1.9

Let's draw on our Step 1 example. Should this woman be really active—that is, exercise three to five days a week—her TDEE computation might show this:

TDEE = BMR × 1.55; TDEE = 1420.25 × 1.55; TDEE = 2 201.39 kcal/day.

She therefore needs roughly 2,201 calories daily to keep her present weight, considering her degree of activity.

### ***Third step: Customize for your objectives.***

Knowing your TDEE now will help you modify your calorie consumption in line with your particular goals. Your calorie intake will vary depending on your goals—weight loss, muscle building, or maintenance of your present weight:

In regards to weight loss: Should you be trying to lose weight, you must generate a calorie deficit by consuming fewer calories than your TDEE. Usually ranging from 10 to 20% below your TDEE, a safe and sustainable calorie restriction is This will let you steadily reduce weight without starving your body.

For weight loss, for instance, cutting your TDEE—which is 2200 calories—by 15% targets roughly 1870 calories daily.

To gain muscle, you must eat more calories than your body uses, therefore generating a calorie surplus. A surplus of 5–10% above your TDEE is advised generally.

For instance, adding 5% would target roughly 2310 calories daily for muscle development from your TDEE of 2200 calories.

Regarding Weight Maintenance: Your TDEE is your target if all you want is to keep your present weight. There is no modification required; just eat about equal to your TDEE.

### ***Step 4: Track and Modify***

Your calorie demands are not fixed. Tracking your progress toward your objectives will help you to modify appropriately. If after a few weeks you are not getting the expected results, think about changing your calorie consumption depending on how your body responds.

### ***Last Thoughts***

Calculating your BMR, adjusting for your activity level, and customizing your calorie intake to fit your goals will provide you a clear, doable roadmap to enable you to reach your intended results. Whether your goals are weight loss, muscle building, or simply keeping your present weight, knowing your calorie requirements helps you to decide what to consume.

Recall that these computations provide a basis. Your body is different; hence, elements like metabolism, muscular mass, and general health can affect the real calorie needs of you. Track your development and never hesitate to change as you go!

# ***Bonus 2: Simple Food Replacing Strategies***

Everybody has different dietary requirements; therefore, this part is meant to assist you in making the recipes in this book fit for your particular lifestyle, tastes, and nutritional requirements. Whether your diet is paleo, gluten-free, vegan, ketogenic, or another specific diet, or if you have food allergies, you can quickly adapt these dishes to meet your needs. These are some basic, quick substitutes for typical food preferences.

## ***1. Substitution for Paleo Diet:***

Avoiding grains, legumes, and dairy, the paleo diet is centered on eating what our ancestors could have eaten, mostly entire foods such as meats, fish, fruits, vegetables, nuts, and seeds.

### ***Common substitutes:***

Replace rice, quinoa, or pasta with cauliflower rice, zucchini noodles, or spaghetti squash. These are nutrient-dense, low-carb substitutes.

***Dairy:*** Swap out dairy goods with plant-based substitutes. Substitute almond or coconut milk for cow's milk. Try dairy-free cheese made from nuts like cashews or almonds or nutritional yeast—which tastes cheesy—for cheese.

Should a recipe ask for sugar or processed sweeteners, substitute raw honey, maple syrup, or stevia. Remember that these are still kinds of sugar; hence, they should be handled carefully.

***Legumes:*** The paleo diet forbids legumes; hence, in meals like stews or chili, you can replace cauliflower rice or zucchini for beans or lentils.

### ***Example substitutions:***

Pasta → Either spaghetti squash or zucchini noodles (zoodles)

Cow's milk → Almond or coconut milk

## ***2. Gluten-Free Alternatives***

For those with celiac disease or gluten sensitivity, a gluten-free diet is absolutely vital. Wheat, barley, rye, and many processed foods all contain gluten, so it is advisable to choose gluten-free substitutes to guarantee a safe and nutritious meal.

### ***Typical substitutions:***

Flours: Swap all-purpose flour for almond flour, coconut flour, or mixes free of gluten. These flours work wonderfully for thickening sauces or baking.

For breaded foods, replace almond meal or gluten-free panko for ordinary breadcrumbs.

For soy sauce: Use tamari or coconut aminos for a gluten-free substitute; traditional soy sauce includes gluten.

Replace conventional pasta with gluten-free pasta derived from rice, corn, quinoa, zucchini noodles, or rice noodles.

Almond or coconut flour substitutes all-purpose flour.

Soy sauce → coconut aminos, or tamari

### ***3. Dairy-Free Replacements***

Those who are lactose intolerant or have dairy allergies must follow a dairy-free diet. Fortunately, there are lots of dairy-free substitutes to make your dinners just as great.

#### ***Typical substitutes:***

Replace cow's milk with soy, oat, almond, or coconut milk. These are fantastic for baking, frying, and sloshy additions.

For a comparable taste and texture, use vegan cheese, nutritional yeast, or dairy-free cheese derived from nuts—such as cashew cheese.

Try coconut oil, olive oil, or vegan butter—often derived from coconut or avocado—instead of butter.

In sauces or soups, substitute coconut cream or cashew cream for heavy cream.

#### ***Example Substitution:***

Milk: Almond or coconut milk

Butter → Olive or coconut oil

### ***4. Vegetable Alternatives***

Those on a vegan diet—which cuts out all animal products—can readily replace animal-based components with plant-based ones. While keeping loyal to your vegan diet, these substitutes will enable you to experience the same flavors and textures in your food.

### **Common Alternatives:**

One egg is equivalent to one tablespoon of ground flaxseeds or chia seeds combined with three tablespoons of water. You might also bake or make scrambles from tofu.

Replace meat with tofu, tempeh, seitan, or legumes, including lentils, chickpeas, or beans. Any dish calling for meat will find these plant-based proteins ideal.

Made from different nuts, such as cashews or almonds, vegan cheese is Nutritional yeast can also offer a cheesy taste without any dairy.

To give sauces and soups richness, substitute silken tofu, cashew cream, or coconut cream for cream.

Chicken → Tempeh, tofu, chickpeas.

### **5. Keto Diet Replacing Agents**

High-fat, low-carb foods abound on the ketogenic diet, meant to induce ketosis—a condition whereby the body burns fat for energy rather than carbohydrates. Following a ketogenic diet means you should keep carbs low and raise good fats.

#### **Typical Replaces:**

Carbohydrates include bread, pasta, and rice: Swap lettuce wraps, cloud bread, or almond flour bread for bread. Try zucchini noodles or shirataki noodles—made from konjac root—for pasta. For rice, either cauliflower or broccoli rice.

Sugar: Replace stevia, monk fruit sweetener, or erythritol. These low-carb, zero-calorie sweeteners neither increase blood sugar levels.

Snacks: Try cheese crackers, pork rinds, and avocado slices instead of high-carb favorites like chips. These abound in protein and good fats.

Fruit: Cut back on fruit as many of them are heavy in sugar. Stick to berries—like blackberries, raspberries, and strawberries—which have less carbohydrates than other foods.

*Substitution for an example:*

Bread: Almond flour bread or cloud bread

Sugar → Monk fruit sweetener or stevia

## ***Last Thoughts***

Simple substitutions will let you enjoy the dishes in this book regardless of your dietary requirements or preferences. Whether your diet is paleo, gluten-free, dairy-free, vegan, or ketogenic, these substitutes guarantee you can still enjoy great, nutritious food fit for your way of life. Get creative with your ingredients and discover the substitutes that best fit you without feeling limited!

# Bonus 3: Index by ingredients

|                  |   |                         |   |
|------------------|---|-------------------------|---|
| Almond butter    | 10; 67  | Caesar dressing         | 9   |
| Almond flour     | 8; 20; 25; 27; 28; 31; 32; 37-40; 42; 43; 46; 67; 68-70 | Cajun seasoning         | 38  |
| Almond milk      | 10; 65; 67-69   | Cauliflower             | 27; 28; 30; 34; 41; 49; 62                                    |
| Almonds          | 6; 10; 66   | Cauliflower rice        | 14; 16; 20; 23; 29; 31; 47; 48; 51; 52                        |
| Artichoke        | 51  | Cayenne pepper          | 59  |
| Asparagus        | 17; 32; 39; 59  | Celery                  | 48  |
| Avocado          | 6; 9; 19; 57; 63; 65                                    | Cheese (Cheddar)        | 19; 26; 30; 43; 62  |
| Bacon            | 21; 29; 30; 39; 43; 45                                  | Cheese (Cottage cheese) | 10  |
| Banana           | 67  | Cheese (Cream cheese)   | 7; 8; 26; 27; 30; 43; 51; 66                                  |
| BBQ sauce        | 44; 55  | Cheese (Feta)           | 21  |
| Beef             | 13; 15; 25; 27; 28; 48; 53; 57; 61                      | Cheese (Halloumi)       | 56  |
| Bell pepper      | 12; 15; 18; 23; 31; 33; 49; 58                          | Cheese (Mozzarella)     | 20; 25; 27; 31; 34; 39; 51                                    |
| Berries          | 6; 10; 65; 67   | Cheese (Parmesan)       | 9; 12; 14; 20; 24; 25; 27-29; 31-34; 36-39; 41; 42; 49-51; 53 |
| Broccoli         | 13; 26; 48; 52; 62                                      | Cheese (Ricotta)        | 25; 33  |
| Broth (beef)     | 48; 53; 61  | Cherry tomatoes         | 8; 9; 21; 59  |
| Broth (chicken)  | 18; 19; 49; 50; 52; 61-63                               | Chia seeds              | 6; 8; 10; 65  |
| Brussels sprouts | 45  | Chicken breast          | 9; 12; 16; 19; 20; 23; 26; 27; 34; 38; 50; 55; 58; 59; 61; 63 |
| Buffalo sauce    | 27; 41  | Chicken drumsticks      | 33  |
| Butter           | 12; 14; 16-18; 20; 26; 28; 34; 37; 48-50; 69            | Chicken sausage         | 18  |
| Cabbage          | 13; 17; 47  | Chicken tenders         | 25; 41  |
| Chicken thighs   | 18; 29; 47; 48; 51                                      | Ginger                  | 13; 17; 47; 48; 52; 57  |
| Chicken wings    | 36  | Greek yogurt            | 6; 7; 68  |
| Chili            | 15; 47; 49; 62  | Green beans             | 16  |
| Chocolate chips  | 69  | Green cabbage           | 17  |
| Cilantro         | 9; 19; 56   | Green onions            | 7; 13; 16; 36; 57   |
| Cinnamon         | 68  | Heavy cream             | 12; 14; 18; 20; 28-30; 34; 48-50; 61-63                       |
| Cocoa powder     | 65; 67  | Honey                   | 6; 10   |
| Coconut          | 6; 45; 65; 66; 68                                       | Italian sausage         | 63  |

|                         |   |                       |   |
|-------------------------|---|-----------------------|---|
| Coconut milk            | 19; 47; 52                                    | Jalapeño              | 43; 63  |
| Coconut oil             | 68  | Kale                  | 63  |
| Cod                     | 24; 40; 42                                    | Ketchup               | 27  |
| Coleslaw mix            | 13  | Lamb                  | 44; 52  |
| Cucumber                | 8   | Lemon juice           | 12; 16; 23; 29; 30; 32; 51;<br>55; 58; 59; 66     |
| Cumin                   | 15; 47-50                                     | Lettuce               | 6; 7; 9; 19; 21; 23; 50; 57                       |
| Curry                   | 19; 52  | Lime juice            | 6; 9; 19; 23; 50; 52; 56;<br>57; 63               |
| Diced tomatoes (canned) | 15; 49  | Macadamia nuts        | 68  |
| Dijon mustard           | 7; 36; 59                                     | Marinara sauce        | 20; 24; 25; 28; 31; 34                            |
| Dill                    | 7; 23; 24                                     | Mayonnaise            | 47  |
| Egg                     | 7; 15; 16; 20; 21; 29; 32;<br>39; 42; 45      | Mixed greens          | 59  |
| Eggplant                | 25; 31  | Mushrooms             | 18; 19; 33; 52; 53; 58; 61                        |
| Fajita seasoning        | 23  | Oregano               | 50; 51; 56; 58                                    |
| Garam masala            | 47; 48  | Parsley               | 12; 15; 23; 30; 37                                |
| Peanut butter           | 8; 67   | Stevia                | 65-69   |
| Pork                    | 13; 17; 26; 32; 40; 42;<br>44; 47; 49; 50; 59 | Taco seasoning        | 19  |
| Protein powder          | 8; 65-69                                      | Thyme                 | 18; 26; 42; 44; 48; 49;<br>55; 58                 |
| Rosemary                | 29; 44  | Tilapia               | 16  |
| Salmon                  | 7; 14; 23; 32; 36; 56                         | Tofu                  | 43  |
| Salsa                   | 19  | Tomato paste          | 31; 47-49; 52                                     |
| Sausage                 | 18; 42; 63                                    | Tuna                  | 6   |
| Sesame oil              | 13; 17; 57                                    | Turkey                | 8; 14; 19; 21; 24; 28; 31;<br>49; 57              |
| Sesame seeds            | 57  | Turmeric              | 47; 48  |
| Shrimp                  | 9; 12; 20; 30; 38; 45;<br>52; 55; 62          | Turnips               | 48  |
| Steak                   | 17; 37  | Vanilla               | 8; 10; 65-69                                      |
| Sour cream              | 15; 49; 51; 53                                | Vinegar (Apple cider) | 47  |
| Soy sauce               | 12; 13; 16; 17; 43; 57                        | Vinegar (Balsamic)    | 58  |
| Spinach                 | 14; 21; 33; 50; 51                            | Zucchini              | 12; 15; 20; 24; 28; 33;<br>34; 37; 52; 53; 56; 61 |
| Squash                  | 29  |                       |   |

# Conclusion

All things considered, great on almost finishing this cookbook! You have just found a rainbow of delicious, basic, low-carb, high-protein foods that will help you grow on this way of life. Together with ideas for meal planning and preparation and an index for convenient access, these are some last tips to ensure your success as you start your road.

You have to be consistent. Staying low-carb and high-protein on target primarily hinges on consistency. As far as you can, stick to your dinner plans; nonetheless, let yourself treat sometimes. The secret is balance.

Be aware of your body. Everybody reacts differently to a change of diet. If you feel sluggish, want sugar, or discover your energy levels changing, your macronutrient ratios or dietary choices could be worth altering. Remember and adjust as needed.

Keep hydrated. Many times overlooked, hydration is essential. Drink enough water during the day to keep good metabolism and help with digestion. If you run low on electrolytes, consider adding some sea salt to your water.

Incorporate diversity. Avoid the trap of meals eaten consecutively. This cookbook features some inventive recipes that will liven your mealtime. Discover new tastes and play around with herbs and spices to keep food fresh.

Though this is a low-carb, high-protein diet, be sure you also are getting adequate fats—especially from avocados, olive oil, and nuts. A balanced plate is the best way to keep your body supplied and your energy levels constant.

# ***Meal Plans and Prepping Ideas***

Meal planning and cooking will help you much improve your low-carb, high-protein diet. Ahead of time planning guarantees that you will always be ready with healthy food, save time, and help you avoid negative temptations. These ideas should help to streamline the process:

## ***Guidelines for Meal Planning***

Starting with an hourly schedule, Once a week, sit down to plan your meals. Sort through the cookbook, pick meals you like, and plan your week. Add breakfast, lunch, dinner, and others. This will keep you neat and help you prevent last-minute anxiousness.

Cook in batches: Cooking in large amounts is among the best ways to stay on your diet. Make enough of a recipe for three to four days; then, save leftovers for quick, ready-to-eat dinners by refrigeration or freezing.

Balance Your Meals: Every meal should preferably feature non-starchy veggies, good sources of protein, and good fats. Change up your protein sources—chicken, beef, fish, and tofu—and experiment with several vegetables—spinach, broccoli, cauliflower, and zucchini.

Prepare ingredients first: Spend some time every week slicing vegetables, marinating proteins, or maybe cooking a large batch of cauliflower rice. You have only a few minutes to arrange a supper in this sense.

## ***Meal Planning Strategies***

Eat twice daily and cook once. Prepare double servings of easily reheated food for lunch or dinner tomorrow. Cook extra chicken or steak, for example, then stir-fry or toss it in a salad the next day.

Keep treats handy. To help you avoid grabbing for high-carb options, stock up on nutritious snacks, including boiled eggs, Greek yogurt (if not dairy-free), nuts, or veggies with hummus.

Ahead of time, plan low-carb sauces or dressings. Refrigerated homemade ranch, avocado dressing, or a basic vinaigrette will make simple supper additions.

Store in containers: Invest in high-quality meal prep containers to hold your ingredients and ready meals. They will help you keep orderly and lessen the need to choose bad choices.

# ***Last words***

This cookbook provides a road map for changing your attitude to eating, not only a set of dishes. Adopting a low-carb, high-protein diet means you are choosing taste, nutrition, and the possibility of a better, more energizing life.

Remember, the trip is about appreciating the food you consume and keeping constant with the decisions that assist your objectives. Meal planning, recipe experimentation, or applying the ideas and substitutions in this book will all help you to prepare yourself for success.

Thus, let's get right on! Enjoy the great meals ahead and happy cooking!

# ***Appreciation***

Thank you so much for purchasing my book! Out of all the options available, you chose this one, and I'm incredibly grateful for that. I appreciate you sticking with it all the way to the end.

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