

HIGH PROTEIN LOW CARB *Cookbook*

**A Simple Step-by-Step Program for a Weight Loss, Lasting
Energy, and Appetite Control — Includes a 28-Day Meal
Plan, Daily Recipes, and Shopping Lists**

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2025

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INTRODUCTION

NOT JUST A TREND BUT AN EFFECTIVE LIFESTYLE

Dear reader, I'm excited to guide you toward a healthier, more substantial body. If you've struggled with restrictive diets, energy crashes, or finding a sustainable way to stay fit, this book will change how you approach nutrition. A high-protein, low-carb diet isn't just another trend—it's a scientifically supported method to help you burn fat, build muscle, and feel your best.

This approach is particularly beneficial for women over 30 looking to maintain lean muscle, athletes who need balanced nutrition, and anyone who has found low-fat or extreme diets unsustainable. By focusing on protein-rich foods, healthy fats, and controlled carbohydrates, you can stabilize blood sugar levels, support metabolism, and avoid the frustration of constant hunger.

THE SCIENCE BEHIND THIS DIET

A well-balanced intake of 45–55% protein, 30–25% carbs, and 25–20% fats provides the body with the fuel it needs while promoting fat loss and preserving lean mass. Unlike restrictive diets that leave you feeling drained, this method ensures steady energy and optimal performance, whether working out or managing a busy schedule.

A PRACTICAL AND SUSTAINABLE APPROACH

I understand that complicated meal plans and expensive ingredients can be discouraging. This book is designed to be straightforward and adaptable to different lifestyles.

You'll find everything you need to succeed:

- **A 28-day structured meal plan** – No guesswork, just simple and effective daily menus.
- **A complete shopping list** – Save time and money with easy-to-find ingredients.
- **Quick, delicious recipes** – Satisfying, nutritious, and easy-to-prepare meals.
- **Calorie and portion guidelines** – Adjust your intake based on gender and activity level.
- **Workout nutrition tips** – Learn how to fuel your body before and after exercise for maximum results.

WHAT TO EXPECT FROM THIS BOOK

This guide is more than just a collection of recipes—it's a roadmap to long-term success. You'll learn how to structure meals for lasting energy, adapt the plan to your needs, and develop healthy habits that fit your lifestyle. No matter where you're starting from, small, consistent changes can lead to lasting transformation.

With the right approach, eating healthy won't feel like a struggle—it will become part of your life.

I encourage you to embrace this journey with an open mind and commitment to yourself. Proper nutrition makes you feel stronger, more energized, and more confident daily.

*With care and encouragement,
Oscar Norris!*





CHAPTER 1

BASICS OF THE DIET

WHAT IS THE HIGH PROTEIN, LOW CARB DIET?

UNDERSTANDING THE DIET

The High-Protein, Low-Carb Diet is a balanced weight-loss approach. It optimizes your body's natural fat-burning processes while preserving muscle mass. This method works by adjusting the balance of macronutrients—primarily protein, fats, and carbohydrates—to encourage fat loss and prevent muscle breakdown.

KEY DIFFERENCES:

Dr. Nowzaradan's diet is temporary and a structured system designed for rapid and safe weight loss. Its effectiveness is based on several key principles:

- **Versus Keto:** Although both diets reduce carbs, the High-Protein, Low-Carb Diet emphasizes higher protein intake. This ensures fat-burning and muscle preservation without requiring the body to reach ketosis, as is necessary for the keto diet.
- **Versus General Healthy Eating:** While general healthy eating may still include moderate carb intake, this diet significantly lowers carbs to control blood sugar and promote fat utilization for energy.
- **Versus Low-Calorie Diets:** Unlike typical low-calorie diets that cut calories drastically, this plan maintains a balanced nutrient intake, preventing muscle loss and ensuring steady weight loss without nutrient deficiencies.

THE ROLE OF PROTEIN IN REGULATING INSULIN

This diet's effectiveness is rooted in how protein influences insulin levels. By slowing the release of glucose into the bloodstream, protein helps maintain stable blood sugar, preventing insulin spikes that contribute to fat storage. This stabilizing effect encourages the body to burn fat while retaining muscle mass, making weight loss healthier and more sustainable.

SUSTAINABLE ENERGY WITHOUT SUGAR CRASHES

Excess carbohydrates, particularly refined ones, lead to blood sugar spikes followed by crashes, leaving you feeling sluggish. By minimizing carbs and focusing on protein and healthy fats, this diet provides a steady energy supply throughout the day, reducing hunger and cravings while improving overall energy levels.

The high-protein, Low-Carb Diet is particularly sustainable because of its simplicity. It doesn't rely on extreme restrictions or complicated meal planning. Instead, it promotes nutrient-dense, whole foods that help maintain energy levels and reduce hunger, making it easier to stick to over time and integrate into daily life.

YOUR JOURNEY STARTS TODAY—STAY COMMITTED AND BELIEVE IN YOURSELF!

HOW TO BUILD YOUR DIET?

MACRONUTRIENTS & BFP RATIOS

Building your diet around a high-protein, low-carb structure requires focus and consistency. The key to long-lasting results lies in understanding and balancing your macronutrients and Body Fat Percentage (BFP). When you prioritize protein and healthy fats and carefully manage carbohydrate intake, you set the stage for effective fat loss, muscle preservation, and sustainable energy levels.

A PRACTICAL AND INSPIRING DIET PLAN

This high-protein, low-carb approach isn't just a trend; it's a lifestyle. It teaches you to take full responsibility for your health and dietary choices, focusing on the idea that weight loss doesn't stem from "bad genes" or an "unfortunate metabolism" but from mindful eating and calorie control.

This method requires you to eliminate excuses and embrace a disciplined eating method—one meal, one decision at a time.

ACCOUNTABILITY AND STRICT ADHERENCE

The high-protein, low-carb diet emphasizes accountability and strict adherence to the plan. Success hinges on your willingness to stick to the guidelines. Every food choice and portion size matters. By eliminating processed foods, sugars, and unhealthy eating habits, you'll develop the discipline necessary for sustainable weight loss. It's about being present in each meal and recognizing the impact of every calorie you consume.

To succeed with this approach:

- **Plan and Portion:** Every meal should be carefully planned and adequately portioned.
- **Avoid Emotional Eating:** Eliminate emotional eating triggers and snack cravings.
- **Stick to Protein Goals:** Stay committed to daily protein intake to support muscle retention.
- **Cut Out Sugar and Refined Carbs:** There is no room for sugar, refined carbs, or processed foods.
- **Consistency Is Key:** Every food choice contributes to long-term success, so stay consistent.

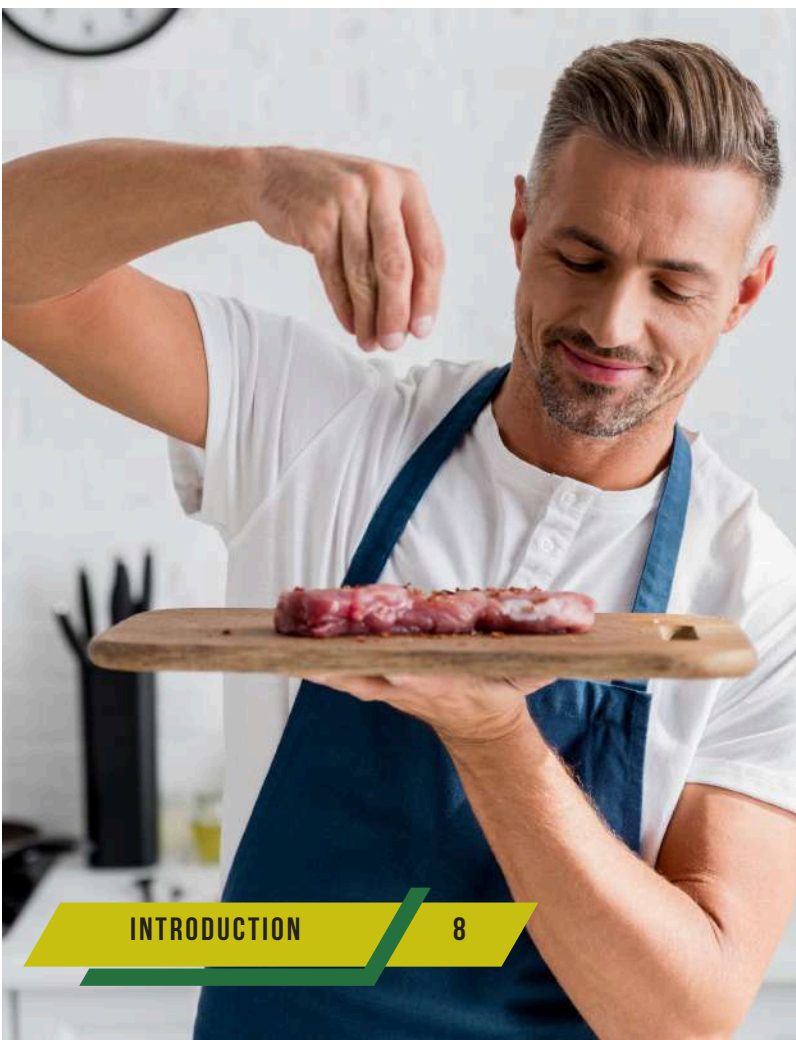
HOW THIS DIET PREPARES YOUR BODY

This approach works because it focuses on fat loss while preserving muscle mass. By prioritizing high-protein foods and restricting carbs, your body burns fat efficiently. This is especially important if you're working toward significant weight loss or have a health condition that requires you to shed pounds. The goal isn't just about looking good—it's about feeling healthier and stronger.

Protein helps preserve lean muscle. Carbohydrates are limited to reduce fat storage. Fats are consumed to maintain energy without sugar crashes. The body burns fat more effectively as a fuel source.

Straying from the diet can slow your progress, so remaining disciplined is crucial. Your body will thank you for it in the long run.

STRONG DISCIPLINE TODAY LEADS TO A HEALTHIER, MORE ENERGETIC TOMORROW!



BEST PROTEIN, FAT, AND CARB SOURCES

BUILDING A BALANCED DIET

The foundation of a high-protein, low-carb diet is selecting the right sources of protein, healthy fats, and carbohydrates.

This approach prioritizes lean proteins for muscle maintenance, healthy fats for sustained energy, and limited carbohydrates to stabilize blood sugar and promote fat loss.

Choosing high-quality, nutrient-dense foods ensures optimal results and long-term success.

TOP 10 PROTEIN-RICH FOODS

Protein is essential for muscle growth, satiety, and metabolic health. The best protein sources for this diet include:

1. **Chicken Breast** – Lean, high-protein, low-carb.
2. **Eggs** – Affordable, protein-packed, versatile.
3. **Salmon Fillets** – Protein-rich, omega-3 fatty acids.
4. **Tuna Steaks** – Lean, firm, protein-packed.
5. **Sea Bass Fillets** – High-protein, low-fat.
6. **Shrimp** – Low-calorie, high-protein seafood.
7. **Pork and Beef Steaks** – Lean, hearty protein.
8. **Cottage Cheese** – Protein-rich, calcium-packed.
9. **Greek Yogurt** – Thick, creamy, high-protein.
10. **Cheese** (Parmesan, Feta, Mozzarella) – Protein

HEALTHY FATS

Fats are crucial for hormone regulation, brain function, and overall well-being.

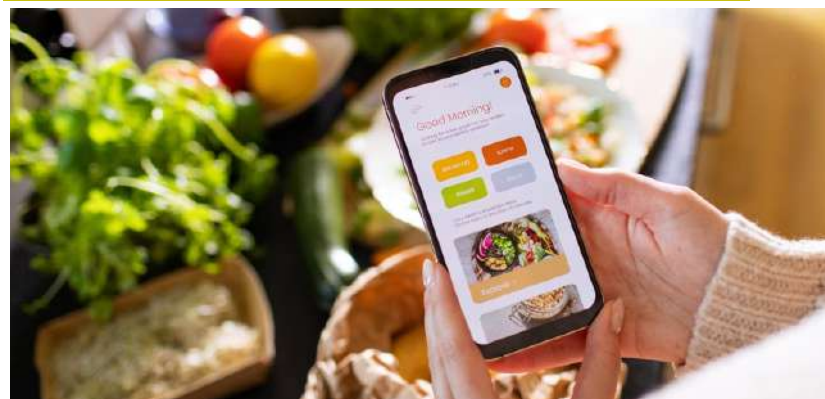
However, it is vital to focus on healthy sources while avoiding harmful ones.

INCLUDE	AVOID
Avocado, Nuts (Almonds, Walnuts), Seeds (Chia, Sunflower), Olive oil Fatty fish (Salmon, Sardines, Trout) Butter, Coconut oil. Cheese (Parmesan, Feta, Mozzarella), Greek yogurt, Eggs	Processed vegetable oils (<i>canola, soybean, corn oil</i>) Margarine and hydrogenated fats Fried and heavily processed foods

CARBS

This diet minimizes carbohydrates, focusing on fiber-rich, nutrient-dense options while eliminating high-glycemic and refined carbs.

ALLOWED (IN MODERATION)	LIMITED OR AVOIDED
Leafy greens (<i>spinach, kale, arugula</i>) Cruciferous vegetables (<i>broccoli, cauliflower, Brussels sprouts</i>) Zucchini, eggplant, and bell peppers Apples, fresh figs, dried apricots, grapefruit Nuts and seeds	White bread, pasta, rice, and processed grains Sugary snacks, sodas, and fruit juices Starchy vegetables (<i>potatoes, corn, peas</i>) High-sugar fruits (<i>bananas, grapes, mangoes</i>)



THE POWER OF SMART FOOD CHOICES

Focusing on these nutrient-rich food choices can fuel your body while maintaining a high-protein, low-carb lifestyle.

Making mindful decisions about protein, fats, and carbs will support sustained energy, fat loss, and overall health. This dietary approach enhances physical performance and supports weight management. It also helps regulate hormones, reduce cravings, and maintain consistent energy throughout the day.

PRIORITIZING REAL, WHOLE FOODS IS THE KEY TO SUSTAINABLE SUCCESS ON ANY HEALTH JOURNEY!

ADJUSTING TO A LOW-CARB DIET

Switching to a high-protein, low-carb lifestyle can be a significant change—especially in the first few weeks. As your body adjusts to using fat and protein as its primary fuel sources, you may experience temporary discomfort.

But with the right mindset and strategies, the transition can be smooth and empowering.

WHAT TO EXPECT DURING CARB WITHDRAWAL

As you reduce your carb intake, your body may go through a phase commonly called the “low-carb flu.” This can include symptoms such as fatigue, irritability, headaches, brain fog, and sugar cravings. These effects are temporary and typically pass within a few days to a week.

TIP

Stay hydrated, rest when needed, and eat enough protein and healthy fats to feel balanced.

HYDRATION AND ELECTROLYTE BALANCE

Low-carb diets can lead to rapid water loss, especially in the first few days.

Along with water, your body also flushes out electrolytes like sodium, potassium, and magnesium, leading to fatigue, muscle cramps, or dizziness if not correctly managed.

TIP

Drink plenty of water and consider adding a pinch of salt or electrolyte supplements. Leafy greens, nuts, and seeds are also great natural sources of minerals.

HOW TO HANDLE SUGAR CRAVINGS

Reducing carbs often comes with intense sugar cravings, especially if your previous diet included a lot of sweets or refined carbohydrates. Addressing these cravings with satisfying, low-carb alternatives that keep you on track is essential.

TIP

Try a high-protein smoothie with unsweetened almond milk and a few berries, or enjoy a handful of nuts with cinnamon. Sugar-free options with stevia or monk fruit can help ease the transition without breaking your diet.

STAY STRONG, SEE RESULTS

Once your body adapts to the low-carb lifestyle, you'll likely notice clearer thinking, fewer energy crashes, and improved control over your appetite.

This phase is where momentum builds—turning a challenging start into a sustainable, rewarding routine. Stay consistent, trust the process, and remind yourself that each day brings you closer to your health and weight goals.

By staying patient and supporting your body through this adjustment period, you'll soon experience the benefits of steady energy, reduced cravings, and better overall health.

**THE INITIAL CHALLENGE IS TEMPORARY—
THE RESULTS ARE LONG-TERM!**





COMMON MISTAKES THAT SABOTAGE YOUR

Transitioning to a high-protein, low-carb lifestyle can deliver outstanding results—but only if you avoid a few common pitfalls that may slow progress or even reverse your efforts.

Avoiding these mistakes will ensure your high-protein, low-carb journey is practical, sustainable, and energizing. Pay attention to how your body responds, nourish it properly.

1 NOT EATING ENOUGH PROTEIN MUSCLE LOSS & SLOWED METABOLISM

Protein is the foundation of this diet. If you're not eating enough, your body may start breaking down muscle tissue for energy—slowing your Metabolism and sabotaging fat loss. Aim to include a quality protein source in every meal: eggs, chicken, turkey, fish, tofu, or Greek yogurt.

2 CUTTING FATS TOO MUCH HORMONAL IMBALANCE & FATIGUE

While the diet emphasizes low carbs, it doesn't mean fat should disappear completely.

Healthy fats like avocado, olive oil, fatty fish, and nuts help regulate hormones, support brain function, and keep you full. Completely cutting fats can lead to hormonal issues, low energy, and even mood swings.

3 IGNORING FIBER DIGESTIVE PROBLEMS

A common mistake is overlooking fiber. Low-carb doesn't mean low fiber. Vegetables like spinach, broccoli, zucchini, and chia seeds offer fiber without grain carbs. You may face bloating, constipation, or poor gut health without enough fiber.

4 GOING TOO LOW ON CARBS ENERGY CRASHES & BRAIN FOG

Cutting carbs too aggressively can leave you feeling drained and mentally foggy. Your body needs some carbs for fuel—especially from nutrient-dense sources like leafy greens, berries, and small portions of quinoa or legumes. Don't fear good carbs; use them wisely.

5 OVEREATING “LOW-CARB” PACKAGED FOODS HIDDEN SUGARS & ADDITIVES

Not everything labeled “low carb” is healthy. Many packaged foods are highly processed and contain hidden sugars or unhealthy fats. Whole, minimally processed foods should remain the base of your diet. Just because it fits your macros doesn't mean it's good for your body.

6 NOT STAYING HYDRATED ELECTROLYTE IMBALANCE

As your body sheds carbs, it also flushes out water and electrolytes. Failing to drink enough water or replenish sodium, magnesium, and potassium can lead to headaches, fatigue, or muscle cramps. Prioritize hydration and consider adding salt to your meals or sipping electrolyte-rich drinks.

Stay consistent, and don't let early missteps discourage you. With the right approach, your body will adapt and reward you with increased energy, mental clarity, and steady progress.

YOU'LL STAY ON TRACK TOWARD LASTING RESULTS AND BETTER HEALTH.

ADAPTING THE DIET FOR MEN VS. WOMEN

The high-protein, low-carb diet is effective for everyone, but understanding how to tailor it to gender differences and activity levels is key to maximizing results. Both men and women have unique metabolic needs, and their fitness goals will influence how they should adapt their diet.



METABOLISM, MUSCLE MASS, AND FAT STORAGE

Men generally have higher muscle mass than women, so they burn more calories at rest. Women, on the other hand, typically store more fat due to hormonal differences. While both men and women can benefit from a high-protein, low-carb approach, the ratios and total caloric intake may need to be adjusted based on gender-specific needs.

ADJUSTING PROTEIN INTAKE BASED ON FITNESS GOALS

Protein is essential for weight loss, helping preserve muscle while burning fat. Both men and women should aim to include a high-quality protein source at every meal to keep muscle mass intact.

Protein intake may need to be increased for muscle gain to support muscle recovery and growth. Aim for lean proteins like chicken, turkey, fish, tofu, and eggs, focusing on consuming protein post-workout to maximize muscle repair.

CALORIES FOR MEN VS. WOMEN

Caloric intake should be adjusted based on gender and activity level to effectively manage weight and ensure the body has the energy it needs.

LOW ACTIVITY	MODERATE ACTIVITY	HIGH ACTIVITY
Women: 1500–1800 kcal Men: 1800–2200 kcal	Women: 1800–2100 kcal Men: 2000–2400 kcal	Women: 2100–2500 kcal Men: 2400–2800+ kcal

These numbers are guidelines and may vary depending on specific body composition, metabolism, and goals. Listening to your body and adjusting to maintain energy and support your fitness goals is essential.

HOW TO COMBINE THIS DIET WITH EXERCISE

STRENGTH TRAINING AND PROTEIN INTAKE:

Protein plays a crucial role in strength training. It helps build muscle, aids in recovery and maintains muscle mass while on a calorie deficit. Both men and women should aim for at least 1.2–1.6 grams of protein per kilogram of body weight, especially if engaging in regular strength training. Consuming protein post-workout helps muscle recovery.

CARBS FOR HIGH-INTENSITY WORKOUTS:

For performance, high-intensity workouts require some carbohydrate intake to fuel energy demands.

While the diet is low in carbs, small amounts of nutrient-dense carbs from vegetables, berries, or small portions of whole grains can be beneficial before or after workouts.

The key is to consume carbs strategically to support energy during high-intensity exercise while avoiding excess carbs that may hinder fat loss. This helps maintain optimal performance and steady progress.

This revision aligns dietary advice with the High-Protein, Low-Carb Diet, highlighting gender and activity-based adjustments.

CHAPTER 2

28-DAY MEAL PLAN

WEEKS 1–2: TRANSITIONING & REDUCING CARBS

SMOOTH TRANSITIONS FOR LONG-TERM SUCCESS

The first two weeks of the High-Protein, Low-Carb Diet help your body shift from burning carbs to using protein and fat for energy. Gradually reducing carbs prevents withdrawal symptoms like fatigue and mood swings while promoting fat-burning and appetite control.

Instead of cutting all carbs immediately, eliminate processed sources like white bread, pasta, and sugary drinks. Replace them with low-carb vegetables like spinach, zucchini, and leafy greens. Boost your protein intake with eggs, poultry, lean beef, tofu, seafood, and low-fat dairy to preserve muscle mass and stay full longer.

MEAL STRUCTURE AND CONSISTENCY

Establishing a consistent eating routine is key. Stick to three meals and one to two snacks daily to maintain steady energy. Always include protein at breakfast to start the day right. Avoid skipping meals to prevent cravings and overeating.

Here's an example of a typical day during Weeks 1–2:

- **Breakfast:** Omelet with 2 eggs, spinach, mushrooms, and a sprinkle of feta cheese
- **Snack:** Low-fat Greek yogurt or a hard-boiled egg
- **Lunch:** Grilled chicken breast with a side of mixed greens and avocado slices

- **Snack** (optional): A handful of almonds or a few celery sticks with cottage cheese
- **Dinner:** Baked cod with roasted broccoli and cauliflower mash

TRACKING PROGRESS AND LISTENING TO YOUR BODY

During the first two weeks, monitoring your physical and emotional responses is essential. Keep a simple food journal and record your meals, mood, energy levels, and hunger cues.

You may notice early benefits such as reduced bloating, fewer cravings, better focus, and even initial weight loss.

MAKING ADJUSTMENTS BASED ON ACTIVITY LEVEL

If you're physically active, especially with strength or endurance training, you may need a small amount of complex carbs, like quinoa or legumes, to fuel your workouts while supporting fat loss.

The key is balance—enough to energize your performance without exceeding your carb goals.

Weeks 1–2 are about building awareness, habits, and confidence. By following the guidelines on portion control, meal timing, and protein focus, you'll be fully prepared to complete the rest of the plan successfully.

STAY CONSISTENT, TRUST THE PROCESS!



WEEKS 3–4: OPTIMIZATION & MEAL VARIETY

ENHANCING RESULTS WITH WORKOUTS

In weeks 3 and 4, adding workouts will accelerate your weight loss and help build lean muscle.

A mix of strength training, High-Intensity Interval Training (HIIT), and cardio will optimize the effects of your high-protein, low-carb diet. Strength training boosts metabolism, while HIIT and cardio burn fat effectively.

Following your structured meal plan and gradually increasing activity, you'll notice improved muscle tone, increased energy, and enhanced fat loss.

MEAL VARIETY WITHOUT SACRIFICING YOUR GOALS

Your body has adjusted to the reduced carb intake, so it's time to introduce meal variety. Focus on lean proteins like chicken, turkey, fish and vegetables like spinach, broccoli, and cauliflower.

Add healthy fats like avocados and olive oil in moderation, and experiment with herbs and spices for added flavor. This will keep your meals interesting while staying within the high-protein, low-carb framework.

SAMPLE MEAL PLAN FOR WEEKS 3–4:

- **Breakfast:** Scrambled eggs with spinach and avocado
- **Lunch:** Grilled chicken with cauliflower rice and sautéed broccoli
- **Dinner:** Baked salmon with roasted asparagus and a side salad (with olive oil dressing)

This meal plan provides variety while staying within your macronutrient targets. It ensures that you meet your protein needs and keep carbs low.

TRACKING PROGRESS: WEIGHT, ENERGY, AND APPETITE CONTROL

During weeks 3 and 4, tracking your progress is essential to stay motivated and see how far you've come. Keep a journal of your weight, energy levels, and appetite.

Monitoring your weight will give you a tangible sense of progress, but paying attention to how your body feels is crucial. If you notice you're feeling more energized and experiencing fewer cravings, these are indicators that your body is adjusting well to the high-protein, low-carb lifestyle.

EXPECTED RESULTS AFTER 28 DAYS

By the end of week 4, you should begin to see significant changes in both how you feel and how your body looks. Many individuals experience a noticeable reduction in body fat, particularly around the abdomen, improved muscle definition, and higher energy levels.

If you've followed the meal plan, tracked your progress, and included regular workouts, you should also notice better appetite control and fewer cravings for sugar and processed foods.

MEAL PLAN & SHOPPING LIST FOR EFFORTLESS PROGRESS

This chapter includes a **detailed meal plan** that will guide you every step of the way, helping you stay on track with your goals. You'll also find a **shopping list** designed to save you time and make grocery shopping easier, so you can focus more on your health and less on the details. This plan will support you in maximizing your results and maintaining a high-protein, low-carb lifestyle.

By following these steps and making consistent adjustments to your workout routine, diet, and overall lifestyle, you'll be setting yourself up for sustainable success.





FOOD LISTS & FLEXIBLE SUBSTITUTION OPTIONS

Adopting a high-protein, low-carb diet doesn't mean sacrificing flavor or variety. With the right ingredients and some creative substitutions, you can enjoy your meals while staying within your macronutrient targets.

Here's a flexible approach to food choices and swaps that make your high-protein, low-carb journey even more straightforward.

WHAT CAN YOU EAT FREELY?

In the high-protein, low-carb diet, your focus will be on foods rich in protein, healthy fats, and low in carbohydrates. The following foods can be eaten freely without worrying about exceeding your carb limits:

- **Lean Proteins:** Chicken breast, turkey, lean beef, and fish (salmon, tuna, cod).
- **Eggs:** A high-protein staple, great for breakfast or snacks.
- **Non-Starchy Vegetables:** Leafy greens (spinach, kale, lettuce), cruciferous veggies (broccoli, cauliflower), zucchini, and asparagus.
- **Healthy Fats:** Avocados, olive oil, and nuts (almonds, walnuts).
- **Dairy (in moderation):** Cheeses like mozzarella, cheddar, and cottage cheese.
- **Herbs & Spices:** Fresh herbs (basil, parsley, cilantro, oregano) and spices (turmeric, cumin, cinnamon, black pepper).

BEST FOOD SWAPS FOR A LOW-CARB DIET

To make your high-protein, low-carb lifestyle even more manageable, here are some simple swaps you can make to replace higher-carb ingredients without sacrificing taste or satisfaction:

- **Cauliflower rice instead of white rice:** A low-carb rice substitute for stir-fries or side dishes.
- **Zucchini noodles (zoodles) instead of pasta:** A low-carb pasta alternative, easy to make.
- **Stevia or Monk Fruit instead of sugar:** Natural sweeteners with no carbs.
- **Greek yogurt instead of sour cream or cream cheese:** A creamy, high-protein, low-carb option.
- **Almond or coconut flour instead of wheat flour:** Gluten-free flour for baking or thickening.

BEST FOOD SWAPS FOR A LOW-CARB DIET

Making quick ingredient swaps can save time and help you meet your dietary goals. Here are a few simple substitutions

- **Shredded zucchini or cauliflower for mashed potatoes:** Mash zucchini or cauliflower with butter and seasoning for a low-carb alternative.
- **Avocado for mayonnaise:** Use avocado in salads, sandwiches, and wraps for healthy fats and fewer carbs.
- Substitute ground **chicken breast for ground beef** in tacos or casseroles to reduce fat and carbs.
- **Spinach or kale for lettuce:** Swap regularly with spinach or kale for more nutrients and lower carbs.

This approach's flexibility will enable you to keep things interesting and sustainable while supporting your high-protein, low-carb lifestyle!

MEAL PLAN FOR WEEKS 1

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	 Pancakes with Smoked Salmon p.26	 Fresh Salad with Peach p.38	 Cheese-Stuffed Pork Loin p.52	 Cottage Cheese with Cream p.80
Calories: 1760 / Fat: 97g / Protein: 122g / Carbs: 104g / Sugar: 35g / Fiber: 21g				
MONDAY	 Chicken with Avocado and Spinach p.28	 Salad with Mussels p.39	 Avocado and Tomato Salad, p.38	 Pumpkin Spice Chia Pudding p.79
Calories: 2000 / Fat: 124g / Protein: 170g / Carbs: 68g / Sugar: 24g / Fiber: 20g				
TUESDAY	 Casserole with Salmon p.30	 Chicken with Tomato Sauce p.66	 Baked Cauliflower with Cream and Parmesan p.70	 Honey-Glazed Pork Ribs p. 53
Calories: 1830 / Fat: 118g / Protein: 140g / Carbs: 39g / Sugar: 21g / Fiber: 10g				
WEDNESDAY	 Shakshuka with Tomatoes p.33	 Chicken Soup with Parmesan p.48	 Salad with Mussels, p.39	 Baked Salmon with Vegetables p.60
Calories: 2140 / Fat: 103g / Protein: 157g / Carbs: 79g / Sugar: 45g / Fiber: 11g				
THURSDAY	 Stuffed Baked Apples p.81	 Chicken Soup with Celery, p.45	 Salad with Fresh Figs, p.40	 Roasted Lamb Chops p.55
Calories: 2070 / Fat: 125g / Protein: 162g / Carbs: 65g / Sugar: 24g / Fiber: 13g				
FRIDAY	 Cottage Cheese Casserole , p.77	 Salmon and Veggie Frittata p.28	 Pork Roll Baked with Plums, p.56	 Easy Zucchini Noodles, p.71
Calories: 2040 / Fat: 114g / Protein: 164g / Carbs: 98g / Sugar: 20g / Fiber: 17g				
SATURDAY	 Chicken Breast Tortilla p.29	 Pork Cutlets p.51	 Seasoned Pork Steak p.51	 Baked Mushrooms Stuffed p.80
Calories: 2040 / Fat: 114g / Protein: 164g / Carbs: 98g / Sugar: 20g / Fiber: 17g				
SATURDAY	 Omelet Pulyar p.32	 Beef Steaks with Herb Sauce p.55	 Chicken Soup with Broccoli p.47	 Juicy Grilled Salmon Steak p.58
Calories: 1776 / Fat: 108g / Protein: 155g / Carbs: 56g / Sugar: 13g / Fiber: 13g				

SHOPPING LIST FOR DAYS 1-7

DAIRY PRODUCTS

- Regular milk - 1 L / 4 1/4 cups
- Almond milk - 500 mL / 2 1/8 cups
- Cottage cheese - 700 g / 3 cups
- Heavy cream - 360 mL / 1 1/2 cups
- Parmesan cheese - 180 g / 6.3 ounces
- Cheddar cheese - 150 g / 5.3 ounces
- Mozzarella cheese - 150 g / 5.3 ounces
- Feta cheese - 350 g / 12.3 ounces
- Burrata cheese - 125 g / 4.4 ounces
- Cream cheese - 120 g / 4.2 ounces
- Sheep cheese - 50 g / 1.8 ounces
- Butter - 80 g / 1/3 cup

PROTEIN

- Eggs - 50 large
- Chicken breast - 2 kg / 4.4 pounds
- Ground chicken - 400 g / 14 ounces
- Pork loin - 800 g / 1.8 pounds
- Pork ribs - 400 g / 14 ounces
- Pork steaks - 200 g / 7 ounces
- Lamb chops - 680 g / 1.5 pounds
- Salmon fillets - 1.5 kg / 3.3 pounds
- Smoked salmon - 700 g / 1.5 pounds
- Tuna - 200 g / 7 ounces
- Beef steaks - 2 kg / 4.4 pounds
- Shrimp - 450 g / 15 ounces
- Cooked mussels - 400 g / 14 ounces

BROTHS AND PASTES

- Chicken broth - 2.1 L / 8 3/4 cups
- Beef broth - 120 mL / 1/2 cup
- Vegetable broth - 620 mL / 2 2/3 cups

SPICES AND FLAVORINGS

- Paprika - 7.5 g / 1 1/2 teaspoons
- Cumin - 4 g / 3/4 teaspoon
- Coriander - 2.5 g / 1/2 teaspoon
- Cinnamon - 10 g / 2 teaspoons
- Smoked paprika - 5 g / 1 teaspoon
- Oregano - 5 g / 1 teaspoon
- Rosemary - 5 g / 1 teaspoon
- Thyme - 5 g / 1 teaspoon

FRUITS AND VEGETABLES

- Tomatoes - 5 large
- Cherry tomatoes - 1.1 kg / 2.4 pounds
- Regular onions - 2 kg / 4.4 pounds
- Red onions - 700 g / 1.6 pounds
- Garlic - 16 cloves
- Carrots - 6 medium
- Zucchini - 700 g / 24.6 ounces
- Bell peppers - 4 large
- Broccoli florets - 300 g / 10.5 ounces
- Spinach leaves - 600 g / 1.3 pounds
- Lettuce - 300 g / 10.5 ounces
- Avocados - 3 large
- Apples - 4 large
- Peaches - 2 ripe
- Lemon - 2 large, juiced
- Cucumber - 1 medium
- Fresh figs - 300 g / 10.6 ounces
- Parsley - 50 g / 1/3 cup
- Dill - 30 g / 2 tablespoons

OILS AND SAUCES

- Olive oil - 620 mL / 20.8 ounces
- Avocado oil - 30 mL / 1 ounce
- Balsamic glaze - 30 mL / 2 tablespoons
- Honey - 90 mL / 6 tablespoons
- Maple syrup - 5 mL / 1 teaspoon
- Soy sauce - 60 mL / 4 tablespoons
- Apple cider vinegar - 15 mL / 1 tablespoon
- Tomato paste - 15 mL / 1 tablespoon
- Lime juice - 30 mL / 2 tablespoons
- Whole-grain mustard - 15 g / 1 tablespoon
- Plain yogurt - 240 mL / 1 cup

NUTS AND SEEDS

- Walnuts - 200 g / 7 ounces
- Peanuts - 35 g / 1/4 cup
- Chia seeds - 40 g / 1/4 cup

GRAINS AND LEGUMES

- Oat flour - 300 g / 10.5 ounces
- Red lentils - 480 mL / 2 cups
- Dried chickpeas - 200 g / 1 cup
- Almond flour - 60 g / 1/4 cup
- Dried giant beans - 200 g / 7 ounces



MEAL PLAN FOR WEEKS 2

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	 <p>Spinach Rolls with Salmon, p.27</p>	 <p>Aromatic Beef Rib Soup p.44</p> <p>Salmon Salad with Avocado, p.36</p>	 <p>Steak with Pepper Sauce, p.55</p>	 <p>Yogurt Smoothie with Blueberries, p.81</p>
Calories: 1770 / Fat: 114g / Protein: 155g / Carbs: 47g / Sugar: 16g / Fiber: 8g				
MONDAY	 <p>Scrambled Eggs with Salmon, p.28</p>	 <p>Salad with Mussels, p.39</p> <p>Cod with Spinach and Capers p.59</p>	 <p>Pork Roll Baked with Plums p.56</p> <p>Delicious Baked Sweet Potatoes, p.71</p>	 <p>Cottage Cheese with Cream, p.80</p>
Calories: 1780 / Fat: 97g / Protein: 165g / Carbs: 77g / Sugar: 29g / Fiber: 22g				
TUESDAY	 <p>Oatmeal with Poached Egg, p.31</p>	 <p>Salmon Soup with Cream, p.45</p> <p>Shrimps Salad with Mango, p.37</p>	 <p>Easy Zucchini Noodles, p.71</p> <p>Stuffed Chicken Breast, p. 64</p>	 <p>Mini Cream Cheese Balls, p.78</p>
Calories: 1860 / Fat: 112g / Protein: 130g / Carbs: 95g / Sugar: 20g / Fiber: 18g				
WEDNESDAY	 <p>Cottage Cheese Patties, p.32</p>	 <p>White Bean Salad with Tuna, p.40</p> <p>Mussels with Lemon and Herbs, p.60</p>	 <p>Hummus with Vegetable Sticks p.72</p> <p>Turkey Fillet with Zucchini, p.65</p>	 <p>Baked Pear with Cheese and Nuts, p.76</p>
Calories: 1765 / Fat: 86g / Protein: 147g / Carbs: 83g / Sugar: 29g / Fiber: 18g				
THURSDAY	 <p>Sunny-Side Up Eggs with Pumpkin, p.31</p>	 <p>Creamy Pea Soup, p.46</p> <p>Grilled Tuna Salad, p.41</p>	 <p>Gigantes Plaki, p.73</p> <p>Stuffed Bell Peppers with Pork, p.56</p>	 <p>Mini Egg and Bacon Burgers, p.77</p>
Calories: 1940 / Fat: 109g / Protein: 173g / Carbs: 91g / Sugar: 30g / Fiber: 26g				
FRIDAY	 <p>Chicken & Mushroom Omelet, p.34</p>	 <p>Sea Bass Fillet with Thyme, p.59</p>	 <p>Loaded Baked Potatoes, p.72</p> <p>Rabbit Meat Sliced with Garlic, p.52</p>	 <p>Pumpkin Spice Chia Pudding p.79</p>
Calories: 1890 / Fat: 107g / Protein: 139g / Carbs: 102g / Sugar: 22g / Fiber: 20g				
SATURDAY	 <p>Zucchini Spaghetti with Eggs, p.34</p>	 <p>Celery and Chicken Salad, p.42</p> <p>Bouillon with Chicken and Egg, p.46</p>	 <p>Cheese-Stuffed Pork Loin, p.52</p>	 <p>Egg Muffins with Bacon, p.78</p>
Calories: 1836 / Fat: 88g / Protein: 164g / Carbs: 99g / Sugar: 16g / Fiber: 15g				

SHOPPING LIST FOR DAYS 8-14

DAIRY PRODUCTS

- Cream cheese - 500 g / 17.6 ounces
- Cottage cheese - 620 g / 2 5/8 cups
- Parmesan cheese - 135 g / 1 1/8 cups
- Cheddar cheese - 90 g / 3.2 ounces
- Mozzarella cheese - 30 g / 1/4 cup
- Feta cheese - 150 g / 5.3 ounces
- Sheep cheese - 80 g / 2.8 ounces
- Butter - 85 g / 5 3/4 tablespoons
- Heavy cream - 720 mL / 3 cups
- Plain yogurt - 240 mL / 1 cup
- Almond milk - 240 mL / 1 cup
- Whole milk - 120 mL / 1/2 cup
- Mayonnaise - 70 mL / 1/4 cup
- Greek yogurt - 45 mL / 3 tablespoons

PROTEIN

- Eggs - 38 large
- Smoked salmon - 470 g / 16.5 ounces
- Chicken breast - 3.45 kg / 7.6 pounds
- Ground chicken - 1.32 kg / 2.9 pounds
- Ground turkey - 500 g / 1.1 pounds
- Shrimp - 310 g / 11 ounces
- Sea bass fillets - 225 g / 2 fillets
- Salmon fillets - 795 g / 28 ounces
- Tuna steaks - 425 g / 15 ounces
- Pork loin - 1.8 kg / 4 pounds
- Pork steaks - 800 g / 28 ounces
- Steaks - 680 g / 24 ounces
- Bacon - 6 slices

OILS AND SAUCES

- Extra virgin olive oil - 330 mL / 11 1/4 ounces
- Maple syrup - 5 g / 1 teaspoon
- Honey - 72 mL / 5 tablespoons
- Soy sauce - 90 mL / 6 tablespoons
- Dijon mustard - 20 mL / 4 teaspoons
- White vinegar - 15 mL / 1 tablespoon
- Brandy or cognac - 15 mL / 1 tablespoon
- Coconut oil - 15 mL / 1 tablespoon

SPICES AND FLAVORINGS

- Paprika - 19.5 g / 4 teaspoons
- Coriander - 2.5 g / 1/2 teaspoon
- Garlic powder - 15 g / 3 teaspoons
- Dried oregano - 15 g / 3 teaspoons
- Dried thyme - 10.5 g / 2 teaspoons
- Cumin - 8 g / 1 1/2 teaspoons
- Grated ginger - 7 g / 1 teaspoon

- Cinnamon - 10 g / 2 teaspoons
- Black peppercorns - 7 g / 1/2 tablespoon

FRUITS AND VEGETABLES

- Spinach - 90 g / 3 cups
- Mixed salad greens - 150 g / 3 cups
- Lettuce leaves - 4 large
- Carrot - 100 g / 1 large
- Cucumber - 600 g / 21 ounces
- Tomatoes - 1 kg / 35 ounces
- Cherry tomatoes - 610 g / 21.5 ounces
- Onions - 690 g / 24 ounces
- Red onion - 190 g / 6.7 ounces
- Green onions - 36 g / 3 tablespoons
- Bell peppers - 270 g / 9.5 ounces
- Garlic cloves - 23 minced
- Fresh parsley - 45 g / 3 tablespoons
- Fresh dill - 45 g / 3 tablespoons
- Fresh rosemary - 15 g / 2 teaspoons
- Fresh cilantro - 30 g / 2 tablespoons
- Black olives - 130 g / 4.6 ounces
- Fresh figs - 300 g / 10.6 ounces
- Asparagus - 100 g / 3.5 ounces
- Grapefruit - 1 large
- Dried apricots - 200 g / 7 ounces
- Avocado - 650 g / 23 ounces
- Lemon juice - 240 mL / 1 cup
- Apples - 4 large

NUTS AND SEEDS

- Sliced almonds - 60 g / 2.1 ounces
- Sesame seeds - 15 g / 0.5 ounces
- Chopped walnuts - 80 g / 2.8 ounces
- Peanuts - 35 g / 1/4 cup

BROTHS AND PASTES

- Chicken broth - 2.1 L / 8 3/4 cups
- Beef broth - 120 mL / 1/2 cup
- Vegetable broth - 620 mL / 2 2/3 cups
- Tomato paste - 30 g / 2 tablespoons

GRAINS AND LEGUMES

- Oat flour - 270 g / 9.5 ounces
- Breadcrumbs - 60 mL / 1/4 cup
- Dried giant beans - 200 g / 7 ounces
- Dry white beans - 100 g / 3.5 ounces
- Slow-cooking oatmeal - 90 g / 1 cup
- Frozen green peas - 300 g / 2 cups
- Dried cranberries - 20 g / 1/8 cup
- Almond flour - 20 g / 3 tablespoons
- Red lentils - 480 mL / 2 cups
- Frozen corn - 300 g / 2 cups
- Red rice - 400 g / 2 cups



MEAL PLAN FOR WEEKS 3

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	 <p>Chicken Breast with Tortilla p.29</p>	 <p>Salmon Salad with Avocado p.36</p>  <p>Chicken Meatloaf with Carrots, p.68</p>	 <p>Gigantes Plaki p.73</p>  <p>Sea Bass Fillet with Tartare, p.62</p>	 <p>Egg Muffins with Bacon, p.78</p>
Calories: 1950 / Fat: 107g / Protein: 164g / Carbs: 109g / Sugar: 26g / Fiber: 23g				
MONDAY	 <p>Chicken with Avocado and Spinach p.28</p>	 <p>Chicken Soup with Parmesan p.48</p>	 <p>Baked Cauliflower with Cream p.70</p>  <p>Chicken Breast with Avocado p.66</p>	 <p>Pumpkin Spice Chia Pudding p.79</p>
Calories: 2065 / Fat: 89g / Protein: 142g / Carbs: 88g / Sugar: 27g / Fiber: 23g				
TUESDAY	 <p>Pancakes with Smoked Salmon p.26</p>	 <p>Rich Red Lentil Soup, p.48</p>  <p>Chicken with Tomato Sauce, p.67</p>	 <p>Salad with Fresh Figs, p.40</p>  <p>Chicken Roll with Apricot, p. 67</p>	 <p>Yogurt Smoothie with Blueberries, p.81</p>
Calories: 1880 / Fat: 83g / Protein: 131g / Carbs: 141g / Sugar: 39g / Fiber: 30g				
WEDNESDAY	 <p>Spinach Rolls with Salmon, p.27</p>	 <p>Grilled Tuna Salad, p.41</p>  <p>Shrimp with Garlic and Dill p.61</p>	 <p>Meatballs in Almond Sauce p.68</p>	 <p>Cottage Cheese with Cream, p.80</p>
Calories: 1710 / Fat: 110g / Protein: 158g / Carbs: 38g / Sugar: 17g / Fiber: 9g				
THURSDAY	 <p>Casserole with Salmon, p.30</p>	 <p>White Bean Salad with Tuna, p.40</p>  <p>Turkey Meatballs, p.65</p>	 <p>Cheese-Stuffed Pork Loin p.52</p>	 <p>Mini Egg and Bacon Burgers , p.77</p>
Calories: 1770 / Fat: 110g / Protein: 160g / Carbs: 44g / Sugar: 17g / Fiber: 14g				
FRIDAY	 <p>Oatmeal with Poached Egg, p.31</p>	 <p>Avocado Egg Salad, p.42</p>  <p>Baked Salmon with Vegetables, p.60</p>	 <p>Chickpea Curry, p.74</p>  <p>Seasoned Pork Steak p.51</p>	 <p>Baked Mushrooms Stuffed, p.80</p>
Calories: 1780 / Fat: 94g / Protein: 156g / Carbs: 86g / Sugar: 16g / Fiber: 14g				
SATURDAY	 <p>Shakshuka with Tomatoes p.33</p>	 <p>Avocado and Tomato Salad, p.38</p>  <p>Grilled Tuna Steak p.62</p>	 <p>Easy Zucchini Noodles, p.71</p>  <p>Steak with Pepper Sauce p.55</p>	 <p>Stuffed Baked Apples, p.81</p>
Calories: 1970 / Fat: 111g / Protein: 153g / Carbs: 99g / Sugar: 13g / Fiber: 22g				

SHOPPING LIST FOR DAYS 15-21

DAIRY PRODUCTS

- Cream cheese - 500 g / 17.6 ounces
- Cottage cheese - 620 g / 2 5/8 cups
- Parmesan cheese - 135 g / 1 1/8 cups
- Cheddar cheese - 90 g / 3.2 ounces
- Mozzarella cheese - 30 g / 1/4 cup
- Feta cheese - 150 g / 5.3 ounces
- Sheep cheese - 80 g / 2.8 ounces
- Butter - 85 g / 5 3/4 tablespoons
- Heavy cream - 720 mL / 3 cups
- Plain yogurt - 240 mL / 1 cup
- Almond milk - 240 mL / 1 cup
- Whole milk - 120 mL / 1/2 cup
- Mayonnaise - 70 mL / 1/4 cup
- Greek yogurt - 45 mL / 3 tablespoons

PROTEIN

- Eggs - 34 large
- Hard-boiled eggs - 4 chopped
- Smoked salmon - 470 g / 16.5 ounces
- Chicken breast - 3.45 kg / 7.6 pounds
- Ground chicken - 1.32 kg / 2.9 pounds
- Ground turkey - 500 g / 1.1 pounds
- Shrimp - 310 g / 11 ounces
- Sea bass fillets - 225 g / 2 fillets
- Salmon fillets - 795 g / 28 ounces
- Tuna steaks - 425 g / 15 ounces
- Pork loin - 1.8 kg / 4 pounds
- Pork steaks - 800 g / 28 ounces
- Steaks - 680 g / 24 ounces
- Bacon - 6 slices

SPICES AND FLAVORINGS

- Paprika - 19.5 g / 4 teaspoons
- Coriander - 2.5 g / 1/2 teaspoon
- Garlic powder - 15 g / 3 teaspoons
- Dried oregano - 15 g / 3 teaspoons
- Dried thyme - 10.5 g / 2 teaspoons
- Cumin - 8 g / 1 1/2 teaspoons
- Grated ginger - 7 g / 1 teaspoon
- Cinnamon - 10 g / 2 teaspoons
- Black peppercorns - 7 g / 1/2 tablespoon

OILS AND SAUCES

- Olive oil - 330 mL / 11 1/4 ounces
- Maple syrup - 5 g / 1 teaspoon
- Honey - 72 mL / 5 tablespoons
- Soy sauce - 90 mL / 6 tablespoons
- Dijon mustard - 20 mL / 4 teaspoons
- White vinegar - 15 mL / 1 tablespoon

- White vinegar - 15 mL / 1 tablespoon
- Brandy or cognac - 15 mL / 1 tablespoon
- Coconut oil - 15 mL / 1 tablespoon

FRUITS AND VEGETABLES

- Spinach - 90 g / 3 cups
- Mixed salad greens - 150 g / 3 cups
- Lettuce leaves - 4 large
- Carrot - 100 g / 1 large
- Cucumber - 600 g / 21 ounces
- Tomatoes - 1 kg / 35 ounces
- Cherry tomatoes - 610 g / 21.5 ounces
- Onions - 690 g / 24 ounces
- Red onion - 190 g / 6.7 ounces
- Green onions - 36 g / 3 tablespoons
- Bell peppers - 270 g / 9.5 ounces
- Garlic cloves - 23 minced
- Fresh parsley - 45 g / 3 tablespoons
- Fresh dill - 45 g / 3 tablespoons
- Fresh rosemary - 15 g / 2 teaspoons
- Fresh cilantro - 30 g / 2 tablespoons
- Fresh basil leaves - for garnish
- Black olives - 130 g / 4.6 ounces
- Fresh figs - 300 g / 10.6 ounces
- Asparagus - 100 g / 3.5 ounces
- Grapefruit - 1 large
- Dried apricots - 200 g / 7 ounces
- Avocado - 650 g / 23 ounces
- Lemon juice - 240 mL / 1 cup
- Apples - 4 large

NUTS AND SEEDS

- Sliced almonds - 60 g / 2.1 ounces
- Sesame seeds - 15 g / 0.5 ounces
- Chopped walnuts - 80 g / 2.8 ounces
- Peanuts - 35 g / 1/4 cup

GRAINS AND LEGUMES

- Oat flour - 270 g / 9.5 ounces
- Breadcrumbs - 60 mL / 1/4 cup
- Dried giant beans - 200 g / 7 ounces
- Dry white beans - 100 g / 3.5 ounces
- Red lentils - 480 mL / 2 cups
- Slow-cooking oatmeal - 90 g / 1 cup
- Red rice - 400 g / 2 cups
- Frozen corn - 300 g / 2 cups
- Frozen green peas - 300 g / 2 cups
- Dried cranberries - 20 g / 1/8 cup
- Almond flour - 20 g / 3 tablespoons



MEAL PLAN FOR WEEKS 4

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	 <p>Scrambled Eggs with Salmon, p.28</p>	 <p>Shrimps Salad with Mango, p.37</p>	 <p>Stuffed Chicken Breast, p.64</p>	 <p>Baked Pear with Cheese and Nuts, p.76</p>
Calories: 1745 / Fat: 92g / Protein: 159g / Carbs: 96g / Sugar: 41g / Fiber: 18g				
MONDAY	 <p>Oatmeal with Poached Egg, p.31</p>	 <p>Avocado and Tomato Salad, p.38</p>	 <p>Honey-Glazed Pork Ribs, p.53</p>	 <p>Pumpkin Spice Chia Pudding p.79</p>
Calories: 2030 / Fat: 128g / Protein: 118g / Carbs: 100g / Sugar: 25g / Fiber: 23g				
TUESDAY	 <p>Salmon and Veggie Frittata, p.27</p>	 <p>Pork Cutlets, p.52</p>	 <p>Salad with mussels, p.39</p>	 <p>Cottage Cheese Casserole, p.77</p>
Calories: 1910 / Fat: 101g / Protein: 147g / Carbs: 106g / Sugar: 34g / Fiber: 16g				
WEDNESDAY	 <p>Omelet Pulyar, p.32</p>	 <p>Salad with Fresh Figs, p.40</p>	 <p>Turkey Fillet with Zucchini, p.65</p>	 <p>Cottage Cheese with Cream p.80</p>
Calories: 1970 / Fat: 115g / Protein: 146g / Carbs: 66g / Sugar: 11g / Fiber: 15g				
THURSDAY	 <p>Spinach Rolls with Salmon p.27</p>	 <p>Sea Bass Fillet with Thyme, p.59</p>	 <p>Cheese-Stuffed Pork Loin, p.52</p>	 <p>Zucchini Pancakes with Herbs, p.79</p>
Calories: 1770 / Fat: 107g / Protein: 164g / Carbs: 47g / Sugar: 9g / Fiber: 9g				
FRIDAY	 <p>Sunny-Side Up Eggs with Pumpkin p.31</p>	 <p>Celery and Chicken Salad, p.42</p>	 <p>Easy Zucchini Noodles, p.71</p>	 <p>Baked Mushrooms Stuffed, p.80</p>
Calories: 1836 / Fat: 101g / Protein: 153g / Carbs: 78g / Sugar: 29g / Fiber: 16g				
SATURDAY	 <p>Cottage Cheese Patties, p.32</p>	 <p>Creamy Pea Soup, p.46</p>	 <p>Loaded Baked Potatoes, p.72</p>	 <p>Mini cream cheese balls, p.78</p>
Calories: 1930 / Fat: 101g / Protein: 173g / Carbs: 81g / Sugar: 13g / Fiber: 15g				

SHOPPING LIST FOR DAYS 22-28

DAIRY PRODUCTS

- Cream cheese - 450 g / 15.9 ounces
- Cottage cheese - 1.35 kg / 5 5/8 cups
- Parmesan cheese - 235 g / 1 7/8 cups
- Cheddar/Mozzarella cheese - 350 g / 3 cups
- Feta cheese - 150 g / 5.3 ounces
- Gorgonzola cheese - 120 g / 1/2 cup
- Blue cheese - 30 g / 2 tablespoons
- Butter - 154 g / 5 3/8 tablespoons
- Heavy cream - 800 mL / 3 1/3 cups
- Sour cream - 240 mL / 1 cup
- Milk - 180 mL / 3/4 cup
- Greek yogurt - 255 mL / 1 cup

PROTEIN

- Eggs - 42 large
- Smoked salmon - 513 g / 18.1 ounces
- Chicken breasts - 4 boneless, skinless
- Ground chicken - 120 g / 1/2 cup
- Ground pork - 800 g / 1.7 pounds
- Rabbit meat - 900 g / 2 pounds
- Shrimp - 370 g / 13 ounces
- Mussels - 2 kg / 4.4 pounds
- Sea bass fillets - 400 g / 8 fillets
- Salmon fillets - 1.8 kg / 4 pounds
- Cod fillets - 500 g / 18 ounces
- Pork loin - 2.6 kg / 5.7 pounds
- Pork ribs - 900 g / 2 pounds
- Beef ribs - 450 g / 1 pound
- Beef steaks - 1.6 kg / 3.5 pounds
- Bacon - 400 g / 14 ounces
- Turkey breast fillet - 420 g / 15 ounces

SPICES AND FLAVORINGS

- Paprika - 27 g / 5 1/2 teaspoons
- Cumin - 9 g / 2 teaspoons
- Garlic powder - 29 g / 5 teaspoons
- Thyme - 17 g / 3 teaspoons
- Oregano - 11 g / 2 teaspoons
- Cinnamon - 6 g / 1 teaspoon
- Nutmeg - 1.2 g / 1/2 teaspoon
- Vanilla extract - 10 mL / 2 teaspoons
- Black pepper - as needed
- Salt - as needed

FRUITS AND VEGETABLES

- Spinach - 890 g / 31 ounces
- Lettuce - 200 g / 7 ounces
- Tomatoes - 1.1 kg / 39 ounces

- Cherry tomatoes - 1.13 kg / 40 ounces
- Cucumber - 200 g / 7 ounces
- Onions - 1.7 kg / 60 ounces
- Garlic cloves - 26 minced
- Green onions - 60 g / 1 cup
- Bell peppers - 2 large
- Broccoli florets - 375 g / 13 ounces
- Zucchini - 1.55 kg / 55 ounces
- Avocado - 1.4 kg / 49 ounces
- Apples - 4 large
- Pears - 4 ripe, halved and cored
- Mango - 150 g / 5.3 ounces
- Fresh figs - 300 g / 10.6 ounces
- Cauliflower - 1 kg / 2 small heads
- Sweet potatoes - 700 g / 2 large
- Pumpkin - 225 g / 1 1/2 cups
- Fresh parsley - 105 g / 1 3/4 cups
- Fresh basil - 45 g / 3 tablespoons
- Fresh dill - 50 g / 1/3 cup
- Fresh rosemary - 25 g / 4 teaspoons
- Fresh mint - 40 g / 4 tablespoons
- Fresh cilantro - 30 g / 2 tablespoons

NUTS AND SEEDS

- Walnuts - 310 g / 11 ounces
- Peanuts - 70 g / 1/2 cup
- Sesame seeds - 30 g / 1 ounce
- Chia seeds - 80 g / 1/2 cup
- Mixed nuts - 150 g / 1 cup
- Almond flour - 50 g / 1/2 cup

OILS AND SAUCES

- Olive oil - 510 mL / 17 1/4 ounces
- Vegetable oil - 90 mL / 3 ounces
- Lemon juice - 270 mL / 9 ounces
- Honey - 195 mL / 6.5 ounces
- Apple cider vinegar - 30 mL / 1 ounce
- Soy sauce - 60 mL / 2 ounces
- Tahini - 60 g / 1/4 cup
- Beef broth - 950 mL / 4 cups
- Fish or vegetable broth - 1.9 L / 8 cups

GRAINS AND LEGUMES

- Oatmeal - 180 g / 2 cups
- Oat flour - 132 g / 10 tablespoons
- Red rice - 600 g / 3 cups
- Frozen corn - 600 g / 4 cups
- Frozen green peas - 950 g / 6 1/3 cups
- Dried cranberries - 20 g / 1/8 cup
- Uncooked chickpeas - 400 g / 2 cups



MAXIMIZING RESULTS WITH PHYSICAL ACTIVITY

Regular physical activity supports your high-protein, low-carb diet. It burns calories, enhances heart health, boosts metabolism, and improves mood. Exercise helps preserve lean muscle mass, promotes fat burning, and increases energy levels for fat loss.

BEST LOW-IMPACT WORKOUTS FOR BEGINNERS

Choosing exercises that minimize joint stress while promoting weight loss is essential for individuals with limited mobility or those new to fitness. Low-impact activities such as walking, swimming, cycling, or yoga are excellent for burning calories without overtaxing the body.

Resistance band and chair exercises can also be great for building strength and endurance, especially for beginners. Start with short sessions of 10–15 minutes, gradually increasing duration as your stamina improves.

BUILDING STRENGTH AND BOOSTING METABOLISM

Strength training is an integral part of a high-protein, low-carb lifestyle. Incorporating resistance exercises helps maintain and build muscle mass, supporting a healthy metabolism.

Simple bodyweight exercises, light dumbbells, or resistance bands provide a full-body workout while preserving muscle. Maintaining muscle is crucial when reducing carbs to ensure weight loss is primarily from fat, not lean tissue.

SETTING REALISTIC GOALS

Consistency is key when it comes to exercise.

Begin with small, achievable goals—such as walking for an extra five minutes daily or performing a brief strength training session three times a week.

Finding activities you enjoy, such as dancing, yoga, or swimming, can make sticking to a routine more enjoyable. Tracking progress — such as increased endurance, improved strength, or reduced fatigue — helps reinforce motivation and keeps you on track with your fitness goals.

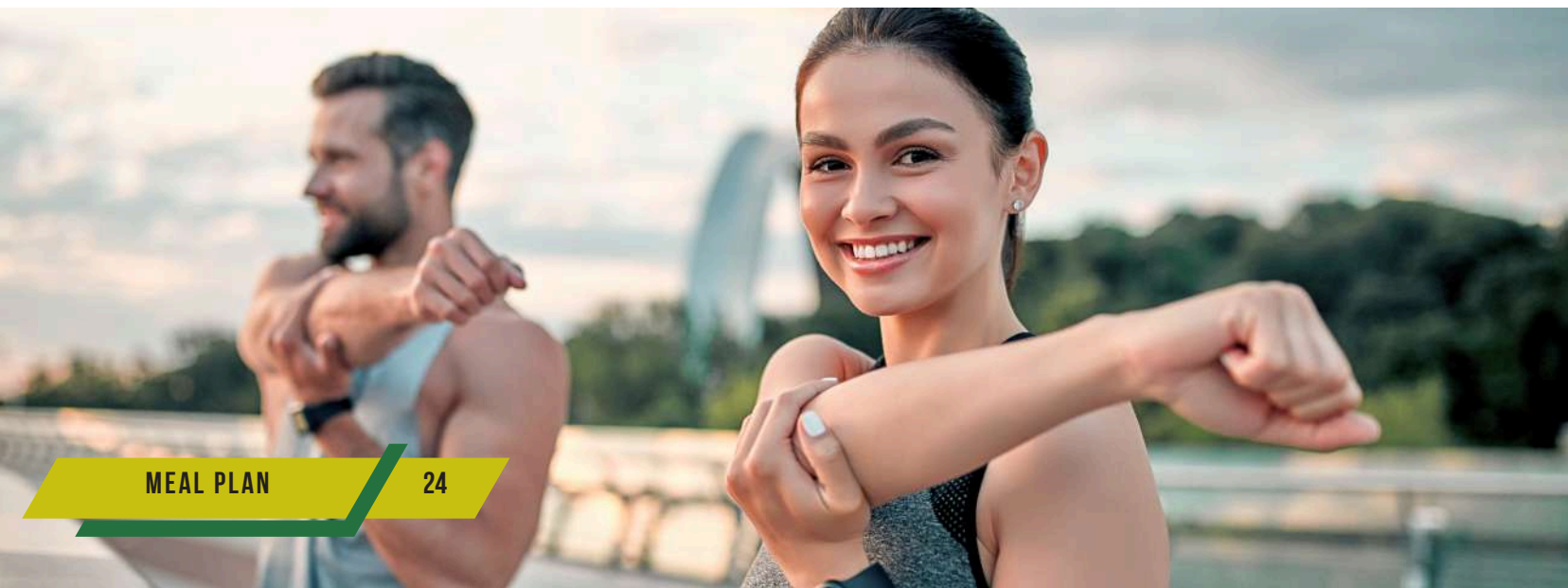
STAYING MOTIVATED AND FOCUSED

Remember, every small step counts toward your overall health and fitness goals. Consistency, patience, and progress—no matter how small—genuinely lead to lasting success. Celebrate your wins; whether they fit into a pair of jeans, you thought you'd never wear again or feel more energized and stronger each day.

By incorporating regular physical activity into your routine and progressing at your own pace, you'll complement your high-protein, low-carb diet, leading to more significant fat loss, improved mobility, and a healthier lifestyle over time.

Keep pushing forward, and don't forget to be kind to yourself along the way.

STAY FOCUSED, AND THE RESULTS WILL FOLLOW!



CHAPTER 3

BREAKFAST





PANCAKES WITH SMOKED SALMON



4 Portion



Easy



10 min



20 min

INGREDIENTS:

- 60 g or 1/2 cup oat flour
- 150 ml or 2/3 cup milk
- 60 g or 2 large eggs
- 20 g or 1 tablespoon melted butter
- 5 g or 1 teaspoon maple syrup
- 0.6 g or 1/8 teaspoon salt
- Olive oil for cooking (as needed)
- 150 g or 5 ounces cream cheese
- 30 g or 1 cup fresh spinach leaves
- 150 g or 5 ounces smoked salmon

INSTRUCTIONS:

1. Preheat a non-stick skillet over medium heat and lightly coat it with a thin layer of olive oil.
2. In a bowl, whisk together the oat flour and salt until evenly combined.
3. In another bowl, thoroughly whisk milk, eggs, melted butter, and maple syrup until the mixture becomes smooth.
4. Combine the wet ingredients with the dry ingredients, mixing gently until a smooth, uniform batter forms without lumps.
5. Pour 60 ml (1/4 cup) of batter into the skillet, gently tilting it to spread evenly into a thin pancake.
6. Cook each pancake until bubbles form on the surface and edges appear set, then flip and cook until golden brown, about 1–2 minutes per side. Repeat with remaining batter.
7. Spread cream cheese evenly onto each pancake, layer with fresh spinach leaves, and top with slices of smoked salmon.
8. Fold pancakes neatly into quarters or roll them up carefully. Serve immediately.

PER SERVING:

Calories: 410; Fats: 25g; Protein: 28g; Carbs: 25g; Sugar: 5g; Fiber: 3g

SALMON AND VEGGIE FRITTATA

INGREDIENTS:

- 6 large eggs
- 60 ml or 1/4 cup milk
- 1/2 cup cooked broccoli florets
- 1/2 cup fresh spinach
- 60 g or 1/4 cup grated cheese
- 100 g or 3.5 ounces smoked salmon
- 30 g or 1 tablespoon olive oil
- 1 g or 1/4 teaspoon salt
- 1 g or 1/4 teaspoon black pepper

INSTRUCTIONS:

1. Preheat the oven to 350°F. Whisk together the eggs, milk, salt, and black pepper in a bowl until smooth. Heat an oven-safe skillet and add olive oil. Sauté the spinach for 1 to 2 minutes.
2. Spread cooked broccoli and smoked salmon slices evenly in the skillet. Pour the egg mixture over the ingredients, making sure to coat. Sprinkle grated cheese over the top and cook on the stovetop for 2 to 3 minutes, until the edges begin to set.
3. Transfer the skillet to the preheated oven and bake for 12 minutes, until the frittata is completely set and the top is lightly golden.
4. Let frittata cool for 5 minutes before slicing. Serve warm.

PER SERVING:

Calories: 400 Fats: 25g Protein: 35g Carbs: 10g Sugar: 3g Fiber: 4g



4 Portion

Easy

10 min

20 min



2 Portion

Easy

10 min

10 min

SPINACH ROLLS WITH SALMON

INGREDIENTS:

- 4 large eggs
- 30 g or 1 cup fresh spinach
- 100 g or 3.5 ounces salted salmon, thinly sliced
- Salt and pepper to taste
- 100 g or 3.5 ounces cream cheese
- 15 ml or 1 tablespoon lemon juice
- Fresh basil for garnish

INSTRUCTIONS:

1. Combine the eggs, spinach, salt, and pepper; blend until smooth.
2. Heat a non-stick skillet over medium heat. Pour half the egg mixture into the skillet, swirling to create an even layer. Cook until set, then transfer the egg pancake to a plate. Repeat with the remaining mixture to form a second pancake.
3. Spread the cream cheese evenly over each egg pancake, then layer with thinly sliced salmon and drizzle with lemon juice.
4. Carefully roll up each pancake and slice each roll into pieces. Garnish with fresh basil and serve immediately.

PER SERVING:

Calories: 370; Fats: 28g; Protein: 32g; Carbs: 4g; Sugar: 1g; Fiber: 1g





CHICKEN WITH AVOCADO AND SPINACH

INGREDIENTS:

- 300 g or 10.5 ounces boneless, skinless chicken breasts
- 5 ml or 1 teaspoon olive oil
- 1 g or 1/2 teaspoon paprika
- 30 g or 1/4 red onion
- 0.5 g or 1/4 tsp garlic powder
- 1/2 avocado, sliced
- 30 g or 1 cup fresh spinach leaves
- 60 g or 4 cherry tomatoes, halved
- Salt and black pepper to taste

INSTRUCTIONS:

1. Brush the chicken breasts with olive oil and season evenly with paprika, garlic powder, salt, and black pepper. Grill over medium-high heat for 6–7 min per side until 165°F (75°C).
2. While the chicken is cooking, prepare the garnish. Arrange fresh spinach leaves on serving plates, followed by sliced avocado, halved cherry tomatoes, and thinly sliced red onion rings.
3. Let the chicken rest for 2 minutes and place each fillet on the arranged vegetables. Serve immediately.

PER SERVING:

Calories: 380; Fats: 18g; Protein: 48g; Carbs: 7g; Sugar: 2g; Fiber: 3g

2 Portion

Easy

5 min

15 min



2 Portion

Easy

5 min

6 min

SCRAMBLED EGGS WITH SALMON

INGREDIENTS:

- 4 large eggs
- 200 g or 7 ounces avocado, sliced
- 113 g or 4 ounces smoked salmon
- 20 g or 0.7 ounces fresh arugula
- 30 ml or 1 ounce heavy cream
- 14 g or 0.5 ounces of butter
- Salt and pepper to taste
- Lemon juice (optional)
- Fresh dill for garnish (optional)

INSTRUCTIONS:

1. Arrange sliced avocado on a plate and lightly season with salt, pepper, and lemon juice, if desired.
2. In a bowl, whisk the eggs together with heavy cream, salt, and pepper.
3. Heat the butter in a skillet over medium heat and gently scramble the eggs, stirring continuously, until soft and creamy.
4. Place the scrambled eggs next to the avocado slices and layer the smoked salmon on top.
5. Add a handful of fresh arugula on the side.
6. Optionally, garnish with fresh dill before serving.

PER SERVING:

Calories: 350; Fats: 22g; Protein: 42g; Carbs: 5g; Sugar: 2g; Fiber: 3g



CHICKEN BREAST TORTILLA



2 Portion



Easy



10 min



10 min

INGREDIENTS:

- 120 g or 4.2 ounces of oat flour
- 45 ml or 3 tablespoons extra virgin olive oil
- 90 ml or 6 tablespoons warm water
- 200 g or 7 ounces of chicken breast
- 100 g or 3.5 ounces onion, thinly sliced
- 120 g or 4.2 ounces bell pepper, thinly sliced
- 80 g or 2.8 ounces grated sheep cheese
- 150 g or 5.3 ounces tomato, thinly sliced
- 200 g or 7 ounces of cucumber, thinly sliced
- 4 large lettuce leaves
- Salt and pepper to taste
- 240 ml or 1 cup plain yogurt
- 1 garlic clove, minced
- 15 ml or 1 tablespoon lemon juice

INSTRUCTIONS:

1. Combine oat flour, 2 tablespoons of olive oil, and warm water in a bowl, mixing until the dough comes together. Knead until smooth, then cover and let it rest for 10 minutes.
2. Roll the dough into thin tortillas, then cook each in a hot, dry pan for 1–2 minutes per side, until lightly browned. Set aside. Slice the chicken breast and season with salt and pepper. Heat a grill or skillet on medium-high heat, then cook the chicken thoroughly. Allow it to rest before cutting it into strips. Mix plain yogurt, lemon juice, minced garlic, salt, and pepper in a separate bowl to prepare a creamy sauce. Stir until combined.
3. Assemble the wraps by placing a lettuce leaf onto each tortilla. Add the grilled chicken strips, thinly sliced raw onion, bell pepper, tomato, cucumber, and grated sheep cheese.
4. Drizzle the yogurt sauce over the filling, then roll the tortillas tightly. Serve warm and enjoy!

PER SERVING:

Calories: 420; Fats: 18g; Protein: 42g; Carbs: 38g; Sugar: 6g; Fiber: 6g





CASSEROLE WITH SALMON



2 Portion



Easy



10 min



25 min

INGREDIENTS:

- 225 g or 8 ounces salmon fillets, skinless and boneless
- 100 g or 3.5 ounces broccoli florets
- 120 ml or 1/2 cup heavy cream
- 60 g or 2.1 ounces shredded cheddar cheese
- 2 large eggs
- 15 ml or 1 tablespoon olive oil
- 1 g or 1/4 teaspoon garlic powder
- 1 g or 1/4 teaspoon paprika
- Salt and pepper to taste

INSTRUCTIONS:

1. Set the oven to 190°C (375°F) and grease a small baking dish with olive oil.
2. Lightly steam the broccoli for 3–4 minutes until tender, then set aside.
3. Mix the eggs, heavy cream, garlic powder, paprika, salt, and pepper in a bowl until well combined.
4. Cut the salmon into small pieces and spread them evenly in the prepared baking dish. Add the steamed broccoli on top.
5. Pour the egg and cream mixture over the salmon and broccoli, ensuring they are completely covered. Sprinkle shredded cheddar cheese over the top.
6. Bake for 20–25 minutes until the casserole is firm and the cheese has melted into a golden, bubbling layer.
7. Let it cool slightly before serving.

PER SERVING:

Calories: 410; Fats: 28g; Protein: 38g; Carbs: 6g; Sugar: 2g; Fiber: 2g

OATMEAL WITH POACHED EGG

INGREDIENTS:

- 90 g or 1 cup slow-cooking oatmeal
- 500 ml or 2 cups of water
- 1 g or 1/4 teaspoon salt
- 15 ml or 1 tablespoon olive oil
- 150 g or 1 cup mushrooms, sliced
- 2 garlic cloves, minced
- 2 large eggs
- 15 ml or 1 tablespoon white vinegar
- Fresh herbs, chopped (for garnish)
- Salt and pepper to taste

INSTRUCTIONS:

1. Bring water and salt to a boil, add oatmeal, and simmer for 10–15 minutes until tender.
2. Sauté mushrooms in olive oil for 5–7 minutes, add garlic, and cook for 1 minute. In a separate saucepan, bring water to a simmer and add vinegar. Poach eggs for 3–4 minutes, then drain.
3. Serve oatmeal topped with mushrooms, poached eggs, and fresh herbs. Season with salt and pepper.

PER SERVING:

Calories: 320; Fats: 12g; Protein: 13g; Carbs: 43g; Sugar: 2g; Fiber: 7g

SUNNY-SIDE UP EGGS WITH PUMPKIN

INGREDIENTS:

- 6 large eggs
- 225 g or 1.5 cups diced pumpkin
- 225 g or 1.5 cups sliced mushrooms
- 45 ml or 3 tablespoons olive oil
- 1.5 g or 3/8 teaspoon salt
- 1.5 g or 3/8 teaspoon black pepper
- 1.5 g or 3/8 teaspoon paprika
- 110 g or 3/4 cup diced onion
- Fresh parsley, chopped (optional)

INSTRUCTIONS:

1. Heat olive oil in a skillet over medium heat. Cook diced pumpkin for 5 minutes until it softens.
2. Add sliced mushrooms and diced onion, cooking for 3–4 minutes until mushrooms are tender and onion is translucent.
3. Push vegetables to the sides, crack eggs into the skillet, and season. Cover and cook for 3–4 minutes until whites set.
4. Remove skillet from heat and let it sit covered for 1 minute.
5. Garnish with parsley if desired. Serve warm!

PER SERVING:

Calories: 310; Fats: 22g; Protein: 16g; Carbs: 17g; Sugar: 4g; Fiber: 4g



2 Portion Easy 10 min 20 min
4 Portion Easy 10 min 15 min

A set of icons representing the recipe's characteristics: a fork and knife for 2 Portion, a fork and knife for 4 Portion, a chef's hat for Easy, a clock for 10 min, and a clock for 20 min.



OMELET PULYAR

INGREDIENTS:

- 4 large eggs, separated
- 60 ml or 1/4 cup heavy cream
- 85 g or 3 ounces cooked, peeled shrimp (about 8 small shrimp)
- 40 g or 1.4 ounces of small mushrooms, sliced
- 15 ml or 1 tablespoon butter
- 10 g or 0.35 ounces radish, thinly sliced (for garnish)
- 30 g or 1 ounce cherry tomatoes, halved (for garnish)
- Salt and pepper to taste

INSTRUCTIONS:

1. Separate egg whites from yolks and beat until stiff peaks form. Whisk yolks with heavy cream, salt, and pepper.
2. Melt butter in a pan. Cook the yolk mixture for 40–45 seconds, then spread the whipped whites on top. Cover and cook for 8 minutes. Meanwhile, sauté shrimp and mushrooms for 5–6 minutes until golden.
3. Fold the omelet, placing the whites inside. Top with shrimp and mushrooms, garnish with radish and cherry tomatoes, and serve warm.

PER SERVING:

Calories: 320; Fats: 22g; Protein: 35g; Carbs: 4g; Sugar: 1g; Fiber: 1g

2 Portion Easy 10 min 15 min

 2 Portion Easy 10 min 10 min



COTTAGE CHEESE PATTIES

INGREDIENTS:

- 600 g or 2 1/2 cups cottage cheese
- 2 large eggs
- 40 g or 1/4 cup Parmesan cheese
- 15 g or 2 tablespoons fresh dill
- Salt, to taste
- 200 g or 7 oz smoked salmon
- 30 ml or 2 tablespoons vegetable oil (for frying)

INSTRUCTIONS:

1. Combine cottage cheese, eggs, grated Parmesan cheese, chopped dill, and salt in a mixing bowl. Stir until smooth and well combined. Form small balls from the mixture and gently flatten them into patty shapes.
2. Heat vegetable oil in a skillet over medium heat. Fry the patties on each side for 3–4 minutes until golden brown. Transfer them onto a paper towel to drain excess oil.
3. Arrange the thin slices of smoked salmon in a fan shape on the serving plates. Place the fried patties alongside the salmon.
4. Garnish with fresh dill for a fragrant and elegant touch. Serve immediately.

PER SERVING:

Calories: 350; Fats: 20g; Protein: 28g; Carbs: 4g; Sugar: 1g; Fiber: 1g

SHAKSHUKA WITH TOMATOES



2 Portion



Easy



10 min



15 min

INGREDIENTS:

- 6 large eggs
- 4 ripe tomatoes, diced
- 2 bell peppers, sliced
- 1 red onion, cut into rings
- 15 ml or 1 tablespoon olive oil
- 5 g or 1 teaspoon paprika
- 2 g or 1/2 teaspoon cumin
- Salt and pepper to taste
- Fresh basil for garnish

INSTRUCTIONS:

1. Chop the tomatoes, bell pepper, and red onion into pieces.
2. Heat the olive oil in a large skillet over medium heat until shimmering.
3. Add the chopped vegetables to the skillet and season generously with cumin, paprika, salt, and freshly ground black pepper.
4. Cook, stirring occasionally, until the vegetables are softened and the sauce has thickened nicely, for about 10 minutes.
5. Use a spoon to make small indentations in the tomato mixture. Carefully crack an egg into each indentation, being cautious not to break the yolks. Season the eggs lightly with additional salt and pepper, if desired. Reduce the heat to low, cover the skillet, and cook gently for about 5 minutes, or until the eggs are done to your preference.
6. Remove the skillet from the heat and allow it to sit briefly, about 1 minute, before serving.
7. Garnish generously with coarsely chopped fresh basil.
8. Serve shakshuka hot, accompanied by slices of fresh bread or warmed pita bread.

PER SERVING:

Calories: 340; Fats: 22g; Protein: 32g; Carbs: 5g; Sugar: 2g; Fiber: 2g





CHICKEN & MUSHROOM OMELET

INGREDIENTS:

- 30 ml or 2 tablespoons milk
- 30 ml or 2 tablespoons olive oil
- 150 g or 1 cup cooked chicken, diced
- 150 g or 1 cup mushrooms, sliced
- 75 g or 1/2 cup onion, diced
- 4 large eggs
- 4 g or 1 teaspoon garlic powder
- 4 g or 1 teaspoon paprika
- Fresh parsley (for garnish)
- Salt and pepper to taste

INSTRUCTIONS:

1. Heat olive oil in a frying pan. Sauté the onion for 2-3 minutes. Add the mushrooms and cook for 5 minutes until tender. Add the diced chicken, season with salt, pepper, garlic powder, and paprika, cook for 2 minutes, and set aside.
2. Beat the eggs with milk, salt, pepper, and spices, if desired. Heat the olive oil in a pan, pour the egg mixture, and cook for 3-4 minutes until set. Add the prepared toppings to one side of the omelet. Fold the other half over the filling and cook for another 1 minute. Transfer to a plate, garnish with parsley.

PER SERVING:

Calories: 360; Fats: 22g; Protein: 32g; Carbs: 7g; Sugar: 2g; Fiber: 2g

2 Portion

Easy

10 min

10 min



Portion

Easy

15 min

10 min

ZUCCHINI SPAGHETTI WITH EGGS

INGREDIENTS:

- 200 g or 1 medium zucchini, spiralized into noodles
- 4 large eggs
- 75 g or 1/2 avocado, sliced
- 7.5 ml or 1/2 tablespoon olive oil
- 1.5 g or 1/4 teaspoon salt
- 1.5 g or 1/4 teaspoon black pepper
- 1.5 g or 1/4 teaspoon paprika
- 15 ml or juice of 1/2 lemon

INSTRUCTIONS:

1. Preheat the oven to 175°C (350°F). Grease a baking sheet or line it with parchment paper.
2. Cut the zucchini into noodles. Season with salt and black pepper, then toss gently. Divide the zucchini noodles in half, forming them into nests on the baking sheet. Make sure the centres are slightly hollow to accommodate the eggs. Crack one egg into the centre of each zucchini nest. Sprinkle the eggs with paprika. Bake in the preheated oven for 8–10 minutes.
3. Remove the nests from the oven and transfer them to plates. Place the avocado slices alongside and drizzle with lemon juice. Serve warm.

PER SERVING:

Calories: 220; Fats: 16 g; Protein: 10 g; Carbs: 7 g; Sugar: 0g; Fiber: 3 g



CHAPTER 4

SALADS





SALMON SALAD WITH AVOCADO



2 Portion



Easy



10 min



10 min

INGREDIENTS:

- 200 g or 7 ounces of salmon fillets
- 2 cups salad greens
- 60 g or 2.1 ounces sliced almonds
- 1 grapefruit, peeled and segmented
- 1 garlic clove, minced
- 30 ml or 2 tablespoons olive oil
- Salt and pepper to taste
- 5 ml or 1 teaspoon Dijon mustard
- 15 ml or 1 tablespoon lemon juice

INSTRUCTIONS:

1. Pat the salmon fillets dry, check for any remaining bones, and remove them.
2. Season with salt and pepper and let rest for 10 minutes.
3. Heat 1 tablespoon of olive oil in a skillet over medium heat.
4. Fry the salmon for 4–5 minutes per side, until golden and cooked.
5. Allow salmon to cool slightly, then cut into bite-sized pieces.
6. Gently toss salad greens, grapefruit slices, and almonds in a large bowl. Add the warm salmon pieces.
7. In a separate bowl, whisk together remaining olive oil, lemon juice, Dijon mustard, minced garlic, salt, and pepper until emulsified.
8. Drizzle dressing over salad and gently toss to evenly coat ingredients.
9. Serve immediately, garnished with extra almonds if desired.

PER SERVING:

Calories: 380; Fats: 24g; Protein: 36g; Carbs: 12g; Sugar: 6g; Fiber: 4g

SALAD WITH POMEGRANATE AND MINT

INGREDIENTS:

- 100 g or 4 cups lettuce (such as romaine or mixed greens)
- 100 g or 5–6 radishes, thinly sliced
- 60 g or 1 large carrot, thinly sliced
- 150 g of seeds from 1 pomegranate
- 1 g or 1/4 teaspoon salt
- 15 g or 1/2 cup fresh mint, chopped
- 30 ml or 2 tablespoons extra virgin olive oil
- 15 ml or 1 tablespoon balsamic vinegar
- 1 g or 1/4 teaspoon black pepper

INSTRUCTIONS:

1. Combine lettuce, sliced radishes, sliced carrots, pomegranate seeds, and chopped mint in a large bowl for the salad base.
2. To make the dressing, combine olive oil, balsamic vinegar, salt, and black pepper in a small bowl.
3. Pour the dressing over the salad ingredients and toss gently to coat.
4. Serve immediately!

PER SERVING:

Calories: 120; Fats: 8 g; Protein: 2 g; Carbohydrates: 12 g; Fiber: 4 g



2 Portion



2 Portion

Easy



Easy

0 min



10 min

0 min



5 min

SHRIMPS SALAD WITH MANGO

INGREDIENTS:

- 200 g or 7 ounces cooked and peeled shrimp
- 100 g or 3.5 ounces cherry tomatoes, halved
- 200 g or 7 ounces avocado, diced
- 100 g or 3.5 ounces mixed salad greens
- 150 g or 5.3 ounces ripe mango, diced
- 30 ml or 2 tablespoons olive oil
- 15 ml or 1 tablespoon lemon juice
- 1 teaspoon honey (optional)
- Salt and pepper to taste

INSTRUCTIONS:

1. Combine the salad greens, cherry tomatoes, avocado cubes, and mango pieces in a large bowl.
2. Heat 1 tablespoon of olive oil in a skillet over medium heat. Add shrimp and sauté for 2–3 minutes, until lightly golden.
3. In a separate bowl, whisk the remaining olive oil, lemon juice, honey (if using), salt, and pepper until smooth.
4. Add the warm shrimp to the salad, drizzle with the dressing, and toss gently. Serve immediately and enjoy the fresh, vibrant flavors!

PER SERVING:

Calories: 360; Fats: 22g; Protein: 32g; Carbs: 18g; Sugar: 10g; Fiber: 5g





FRESH SALAD WITH PEACH

INGREDIENTS:

- 2 ripe peaches, halved and pitted
- 125 g or 4.4 ounces burrata cheese
- 50 g or 1.8 ounces walnuts, roughly chopped
- 30 ml or 2 tablespoons olive oil
- 15 ml or 1 tbsp balsamic glaze
- 100 g or 3.5 ounces arugula
- 1 teaspoon honey (optional)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Preheat a grill or grill pan over medium heat. Brush peach halves with 1 tablespoon of olive oil and grill 2 minutes per side, until caramelized. Remove and set aside.
2. Toss arugula with olive oil, balsamic glaze, salt, and pepper in a large bowl.
3. Arrange the dressed arugula on a serving plate. Place the grilled peaches on top and gently tear the burrata into pieces over the salad. Sprinkle with chopped walnuts and drizzle with honey (if using). Serve immediately.

PER SERVING:

Calories: 320; Fats: 22g; Protein: 14g; Carbs: 20g; Sugar: 14g; Fiber: 4g

2 Portion

Easy

0 min

0 min



2 Portion

Easy

15 min

10 min

AVOCADO AND TOMATO SALAD

INGREDIENTS:

- 150 g or 1 ripe avocado, sliced
- 200 g or 7.05 ounces cherry tomatoes
- 2 large eggs
- 15 g or 1 tablespoon whole-grain mustard
- Salt and pepper, to taste
- 30 ml or 2 tablespoons extra virgin olive oil or avocado oil
- 50 g or 1 cup mixed salad greens (e.g., arugula, spinach, and radicchio)

INSTRUCTIONS:

1. Boil the eggs for 10 minutes, then cool them in ice water and carefully peel them. Slice the avocado and quarter the cherry tomatoes. Combine these with the mixed salad greens in a large bowl to create a colorful base.
2. Whisk together the grainy mustard, vegetable oil, salt, and pepper in a small bowl to create a flavorful dressing. Drizzle the dressing over the salad and gently toss to coat all ingredients evenly.
3. Arrange the boiled egg halves on the salad for a neat finish.
4. Serve immediately.

PER SERVING:

Calories: 230; Fats: 18g; Protein: 7g; Carbs: 11g; Sugar: 0g; Fiber: 4g



SALAD WITH MUSSELS



2 Portion



Easy



10 min



5 min

INGREDIENTS:

- 200 g or 7 ounces cooked mussels
- 100 g or 3.5 ounces fresh spinach
- 100 g or 3.5 ounces cherry tomatoes, halved
- 50 g or 1.8 ounces walnuts, roughly chopped
- 1 lemon, juiced
- 100 g or 3.5 ounces lettuce, chopped
- 100 g or 3.5 ounces of mozzarella, sliced into rounds
- 30 ml or 2 tablespoons olive oil
- Salt and black pepper to taste

INSTRUCTIONS:

1. Combine the spinach, chopped lettuce, cherry tomatoes, and mozzarella slices in a large bowl.
2. In a dry frying pan over medium heat, lightly toast the walnuts for 2 to 3 minutes until fragrant. Stir frequently to prevent burning. Transfer the toasted walnuts to a plate and let them cool completely.
3. Heat 1 tablespoon of olive oil in another pan. Add the mussels and quickly fry for about 2 minutes until warmed and tender.
4. Season the mussels lightly with salt and freshly ground black pepper, then remove from the heat.
5. Let the mussels rest briefly while preparing the dressing to enhance their flavor.
6. Whisk together lemon juice, olive oil, salt, and black pepper in a small bowl until combined into a light, citrusy dressing.
7. Taste the dressing and adjust seasoning as desired.
8. Add the warm mussels and toasted walnuts to the salad bowl.
9. Drizzle the dressing evenly over the salad, coating all ingredients. Toss gently to distribute the ingredients evenly and allow the flavors to blend.
10. Serve the salad immediately, enjoying the balance of fresh vegetables, crunchy nuts, creamy mozzarella, and flavorful mussels.

PER SERVING:

Calories: 390; Fats: 26g; Protein: 36g; Carbs: 12g; Sugar: 6g; Fiber: 4g





SALAD WITH FRESH FIGS

INGREDIENTS:

- 150 g or 5.3 ounces of feta cheese, cubed
- 100 g or 4 cups salad mix
- 45 ml or 3 tablespoons of extra virgin olive oil
- 300 g or 10.6 ounces fresh figs
- Salt and pepper, to taste
- 30 ml or 2 tablespoons lime juice

INSTRUCTIONS:

1. Combine the fresh salad mix, sliced figs, and cubed feta cheese in a large bowl to form a colorful base for your salad.
2. Whisk together the lime juice, olive oil, salt, and pepper in a small bowl to create a zesty dressing.
3. Drizzle the dressing over the salad and gently toss to ensure all the ingredients are evenly coated.
4. Serve immediately and enjoy the fresh, sweet, and savory flavor harmony.

PER SERVING:

Calories: 300; Fats: 21g; Protein: 8g; Carbs: 18g; Sugar: 0g; Fiber: 5g

2 Portion Easy 10 min 0 min

 2 Portion Easy 10 min 45 min

WHITE BEAN SALAD WITH TUNA

INGREDIENTS:

- 100 g or 3.5 ounces white beans
- 150 g or 5.3 ounces canned tuna
- 50 g or 1.8 ounces black olives
- 1 small red onion, thinly sliced
- 80 g or 2.8 ounces sun-dried tomatoes, chopped
- 1 teaspoon Dijon mustard
- 100 g or 3.5 ounces mixed salad greens
- 30 ml or 2 tablespoons olive oil
- 15 ml or 1 tablespoon lemon juice
- Salt and black pepper to taste

INSTRUCTIONS:

1. Rinse dry white beans, soak in cold water for 8–12 hours, and drain. Boil in fresh water, reduce heat, and simmer for 40–45 minutes until tender. Drain and cool.
2. Combine salad greens, cooked white beans, flaked tuna, sliced black olives, thinly sliced red onion, and chopped sun-dried tomatoes in a large bowl.
3. Whisk olive oil, lemon juice, mustard, salt, and pepper. Pour dressing over salad, toss gently, and serve immediately.

PER SERVING:

Calories: 340; Fats: 22g; Protein: 30g; Carbs: 12g; Sugar: 4g; Fiber: 5g



GRILLED TUNA SALAD



2 Portion



Easy



15 min



10 min

INGREDIENTS:

- 200 g or 7 ounces of tuna steaks
- 2 large eggs, boiled and quartered
- 150 g or 5.3 ounces cherry tomatoes, halved
- 80 g or 2.8 ounces red onion, sliced
- 50 g or 1.8 ounces black olives, sliced
- 100 g or 3.5 ounces of asparagus, trimmed
- 15 g or 0.5 ounces of sesame seeds
- 100 g or 3.5 ounces mixed salad greens
- 30 ml or 2 tablespoons soy sauce
- 30 ml or 2 tablespoons olive oil
- Juice of 1 lime
- 7 g or 1 teaspoon of honey
- 7 g or 1 teaspoon grated ginger
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat the grill to medium-high heat.
2. Season tuna steaks with salt and pepper, then let marinate for 10–15 minutes.
3. Grill tuna for 3–4 minutes per side, until cooked to your preference.
4. Let cool slightly, remove skin and bones, then flake into large pieces.
5. To blanch asparagus, boil it for 2–3 minutes, then transfer to ice water to stop cooking. Drain and set aside. In a large bowl, mix cherry tomatoes, red onion, olives, lettuce, asparagus, and tuna. Add quartered boiled eggs.
6. Mix cherry tomatoes, red onion, olives, lettuce, asparagus, and tuna in a large bowl. Add quartered boiled eggs.
7. Whisk soy sauce, olive oil, lime juice, honey, ginger, salt, and pepper in a separate bowl until smooth.
8. Drizzle dressing over salad, gently toss, then sprinkle sesame seeds on top. Serve warm and enjoy!

PER SERVING:

Calories: 390; Fats: 24g; Protein: 42g; Carbs: 12g; Sugar: 5g; Fiber: 4g





CELERY AND CHICKEN SALAD

INGREDIENTS:

- 450 g or 16 oz of chicken breasts
- 2 stalks celery
- 100 g or 3.5 oz radishes
- 20 g or 1/8 cup dried cranberries
- 80 g or 2.8 oz red onion
- 15 ml or 1 tbsp lemon juice
- 7 g or 1 tbsp of honey
- 5 g or 1 tsp Dijon mustard
- 5 g or 1 tsp garlic powder
- 5 g or 1 tsp paprika
- 30 ml or 2 tbsp lemon juice
- 120 g or 1/2 cup plain yogurt
- Salt and pepper to taste
- 5 g / 1 tbsp fresh dill, chopped

INSTRUCTIONS:

1. Season the chicken with garlic powder, paprika, salt, and pepper.
2. Heat a nonstick skillet over medium heat, and cook the chicken for 6–7 minutes per side until fully cooked. Let cool, then cut into strips. Combine sliced celery, radish, dried cranberries, and red onion in a bowl. Whisk together lemon juice, honey, and Dijon mustard, then toss with the salad. Add shredded chicken and mix gently. Whisk together yogurt, lemon juice, salt, pepper, and fresh dill in a separate bowl for dressing. Serve with the salad.

PER SERVING:

Calories: 306; Fats: 7g; Protein: 44g; Carbs: 18g; Sugar: 8g; Fiber: 2g

2 Portion Easy 10 min 15 min

 2 Portion Easy 10 min 10 min



AVOCADO EGG SALAD

INGREDIENTS:

- 4 large eggs
- 100 g or 3.5 ounces of cucumber, diced
- 45 ml or 3 tablespoons of Greek yogurt
- 15 ml or 1 tablespoon lemon juice
- 1 large avocado, diced
- 5 g or 1 teaspoon Dijon mustard
- 5 g or 1 tablespoon fresh parsley, chopped (optional)
- Salt and black pepper to taste

INSTRUCTIONS:

1. Place eggs in a pot of cold water, boil over medium-high heat, then reduce heat and simmer for 10 minutes. Remove eggs and transfer to ice water to cool for 5 minutes, then peel and chop them.
2. Mix chopped eggs, diced avocado, and cucumber in a bowl.
3. Add Greek yogurt, lemon juice, and Dijon mustard, stirring gently to combine. Season with salt and black pepper, garnish with parsley if desired. Serve immediately or refrigerate for later.

PER SERVING:

Calories: 280; Fats: 21g; Protein: 15g; Carbs: 9g; Sugar: 2g; Fiber: 6g

CHAPTER 5

SOUPS





AROMATIC BEEF RIB SOUP



0 Portion



Easy



15 min



2 hours

INGREDIENTS:

- 450 g or 1 pound beef ribs
- 1/2 large onion, chopped
- 2 cloves garlic, minced
- 1 carrot, peeled and chopped
- 1 celery stalk, diced
- 1/2 large potato, cubed
- 1/2 bay leaf
- 2 g or 1/2 teaspoon dried thyme
- 2 g or 1/2 teaspoon paprika
- 950 ml or 4 cups beef broth
- 15 ml or 1 tablespoon olive oil
- Salt and pepper to taste
- 15 g or 1/4 cup green onions, chopped (for garnish)

INSTRUCTIONS:

1. Heat the olive oil in a large saucepan over medium heat. Sear the beef ribs for 5 to 7 minutes, turning occasionally. Remove and set aside. In the same pan, sauté the onions, carrots, and celery for about 5 minutes. Add the garlic and cook for another minute, stirring frequently.
2. Sprinkle with paprika and thyme, stirring occasionally. Let cook for 2-3 minutes.
3. Return the beef ribs to the skillet and pour in the beef broth. Add the bay leaf and bring to a low boil.
4. Reduce heat, cover, and cook for about 1.5 hours, allowing the beef to tenderize. Stir occasionally.
5. Add the diced potatoes and cook for 20 to 30 minutes, until tender. Adjust seasoning with salt and pepper.
6. Remove the bay leaves before serving. Pour the hot soup into bowls and garnish with fresh green onions.

PER SERVING:

Calories: 380 Fats: 22g Protein: 35g Carbs: 12g Sugar: 3g Fiber: 2g

CHICKEN SOUP WITH CELERY

INGREDIENTS:

- 1.5 kg or 3.3 pounds chicken breast, cut into cubes
- 4-6 celery stalks, sliced
- 2 carrots, diced
- 2 onions, finely chopped
- 4 garlic cloves, minced
- 1.9 l or 8 cups chicken broth
- 1 bay leaf
- Salt and pepper to taste
- Fresh herbs for serving (optional)

INSTRUCTIONS:

1. Pour chicken broth into a large saucepan and boil over medium-high heat. Add cubed chicken and skim off any impurities that rise to the surface to keep the broth clear. Once the chicken is partially cooked, stir in the carrot, celery, onion, garlic, and bay leaf.
2. Reduce heat and let simmer gently for 25-30 minutes until the vegetables soften and the chicken is fully cooked.
3. Season with salt and pepper to taste, adjusting as needed. Remove the bay leaf before serving. Ladle the soup into bowls and serve hot.

PER SERVING:

Calories: 280 Fats: 6g Protein: 40g Carbs: 12g Sugar: 3g Fiber: 2g



4 Portion



4 Portion

Easy



☆☆☆
Easy

10 min



15 min

30 min



15 min

SALMON SOUP WITH CREAM

INGREDIENTS:

- 900 g or 2 pounds of salmon fillet, cut into chunks
- 2 onions, finely chopped
- 4 carrots, sliced into thin rounds
- 4 celery stalks, chopped
- 60 ml or 4 tablespoons olive oil
- 1.9 l or 8 cups of fish or vegetable broth
- 480 ml or 2 cups heavy cream
- 30 g or 1/2 cup chopped green onion (for garnish)
- Salt and pepper to taste

INSTRUCTIONS:

1. Heat the olive oil in a large saucepan. Sauté the onion until soft. Add the sliced carrots and celery, and cook for a few minutes.
2. Gently place the salmon pieces into the pan. Cook for 3-4 minutes. Pour in the fish or vegetable stock, boil, and simmer for 10-15 minutes, until the salmon is cooked and the vegetables are tender. Add the heavy cream, stirring gently to combine. Heat until just simmering, then adjust the seasoning with salt and pepper.
3. Serve hot, garnished with chopped chives for a fresh finish.

PER SERVING:

Calories: 380 Fats: 24g Protein: 35g Carbs: 10g Sugar: 3g Fiber: 2g





CREAMY PEA SOUP

INGREDIENTS:

- 30 ml or 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 900 g or 2 lbs chicken breast, cubed
- 1.9 L or 8 cups chicken broth
- 240 ml or 1 cup heavy cream
- 540 g or 4 cups frozen green peas
- 240 g or 2 cups cauliflower florets
- Salt and pepper to taste
- Microgreen peas (optional)

INSTRUCTIONS:

1. Heat olive oil in a saucepan. Fry the onion for 5 minutes, add the garlic and cook for another minute.
2. Add the chopped chicken fillet and fry for 5-7 minutes until lightly browned. Pour the broth, add the cauliflower, and cook for 10 minutes until soft.
3. Add the green peas and cook for another 5 minutes.
4. Remove from heat, blend the soup until smooth, and add cream, salt, and pepper. Serve hot, garnished with pea microgreens.

PER SERVING:

Calories: 360 Fats: 18g Protein: 42g Carbs: 15g Sugar: 4g Fiber: 4g

2 Portion Easy 15 min 20 min

 2 Portion Easy 10 min 7 min

BOUILLON WITH CHICKEN AND EGG

INGREDIENTS:

- 900 g or 2-pound chicken fillet, cut into chunks
- 1.9 L or 8 cups of water
- 8 quail eggs
- 1 cup uncooked noodles
- Salt, pepper, and favorite spices to taste
- Fresh dill for garnish

INSTRUCTIONS:

1. In a large pot, bring water to a boil. Add chicken fillet pieces and skim off any foam to keep the broth clear. Cook for about 10 minutes until fully cooked.
2. Meanwhile, boil quail eggs in a pot for 4 minutes until hard-boiled. Peel and cut them in half.
3. Add uncooked noodles to the chicken broth and simmer for 5-7 minutes until tender.
4. Season with salt, pepper, and preferred spices, adjusting flavors to taste.
5. Serve hot with quail egg halves and fresh dill as garnish.

PER SERVING:

Calories: 350 Fats: 10g Protein: 45g Carbs: 18g Sugar: 2g Fiber: 2g



CHICKEN SOUP WITH BROCCOLI



4 Portion



Easy



15 min



20 min

INGREDIENTS:

- 1.9 L or 8 cups chicken broth
- 280 g or 10 ounces chicken fillet, diced
- 120 g or 1/2 cup broccoli florets
- 150 g or 1 cup green peas (fresh or frozen)
- 2 medium carrots, julienned
- 2 celery stalks, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 15 ml or 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh parsley or dill for garnish

INSTRUCTIONS:

1. Warm olive oil in a saucepan over medium heat.
2. Add diced onion and garlic, sauté for about 3 minutes until fragrant and softened.
3. Stir in julienned carrots and diced celery, cooking for 3 minutes until slightly tender.
4. Pour in 6 cups of chicken broth and add diced chicken.
5. Bring the mixture to a gentle boil, then reduce the heat and let it simmer for 10 minutes.
6. Skim off any foam that may appear on the surface during simmering.
7. Mix in broccoli florets and green peas, allowing them to cook for another 10 minutes until all vegetables are tender and chicken is fully cooked.
8. Season with salt and pepper, adjusting the flavors to taste.
9. If desired, add a squeeze of lemon juice for brightness and acidity.
10. Stir gently before serving to distribute the ingredients evenly.
11. Serve hot, garnished with freshly chopped parsley or dill for an aromatic finish.

PER SERVING:

Calories: 256, Fat: 14g, Protein: 28g, Carbs: 16g, Fiber: 5g, Sugar: 6g





CHICKEN SOUP WITH PARMESAN

INGREDIENTS:

- 900 g/ 2 pounds of chicken breast, diced
- 100 g/1 cup Parmesan cheese, grated
- 150 g or 1 cup sun-dried tomatoes
- 240 ml or 1 cup heavy cream
- 1.9 L or 8 cups of chicken broth
- 4 cloves garlic, minced
- 2 medium onions, chopped
- 30 ml or 2 tbsp olive oil
- Salt and pepper to taste
- Fresh basil leaves for garnish

INSTRUCTIONS:

1. Warm olive oil in a large saucepan. Add the chopped onions and minced garlic. Sauté for 3 minutes until softened. Add diced chicken breast and cook for 5–7 minutes, stirring occasionally.
2. Mix in the chopped sun-dried tomatoes. Pour in the chicken broth and bring to a gentle boil. Reduce heat and simmer for 10 minutes. Add heavy cream and grated Parmesan cheese, stirring thoroughly. Heat gently without boiling.
3. Season with salt and pepper to taste. Serve hot, garnished with fresh basil leaves.

PER SERVING:

Calories: 810 Fats: 26g Protein: 42g Carbs: 15g Sugar: 3g Fiber: 2g

6 Portion **Easy** **15 min** **20 min**

4 Portion **Easy** **15 min** **40 min**

RICH RED LENTIL SOUP

INGREDIENTS:

- 15 ml or 1 tablespoon olive oil
- 1/2 large onion, chopped
- 1 clove garlic, minced
- 1 carrot, chopped
- 480 ml or 2 cups red lentils, rinsed
- 1.5 g or 1/2 tsp ground coriander
- 1.5 g or 1/2 tsp smoked paprika
- 1.4 l or 6 cups chicken broth
- 205 g or 7.25 ounces tomatoes
- 1/2 potato, diced
- Salt and pepper to taste
- 15 g or 1/4 cup chopped parsley for garnish

INSTRUCTIONS:

1. Heat the olive oil and sauté the onion, carrot and garlic for 5 minutes. Add the coriander and smoked paprika and cook for 2 minutes.
2. Add the lentils, fresh tomatoes and stock; bring to the boil, then simmer for 15 minutes. Add the diced potatoes and simmer for 20 minutes until tender.
3. Season with salt and pepper and partially puree. Garnish with parsley; serve hot.

PER SERVING:

Calories: 330 Fats: 5g Protein: 18g Carbs: 48g Sugar: 9g Fiber: 12g



CHAPTER 6

MEAT





BACON-WRAPPED PORK ROLLS



4 Portion



Easy



20 min



25 min

INGREDIENTS:

- 600 g or 21 ounces of pork loin, sliced into thin fillets
- 100 g or 3.5 ounces feta cheese, crumbled
- 100 g or 3.5 ounces fresh spinach, chopped
- 50 g or 1.8 ounces sun-dried tomatoes, chopped
- 200 g or 7 ounces of bacon slices
- 30 ml or 2 tablespoons olive oil
- 5 g or 1 teaspoon dried oregano
- 5 g or 1 teaspoon garlic powder
- 5 g or 1 teaspoon black pepper
- Salt to taste
- Toothpicks or kitchen twine for securing

INSTRUCTIONS:

1. Take the pork tenderloin and carefully slice it into about 5 mm-thick slices. Lightly beat them with a kitchen mallet to make them softer and easier to roll.
2. Place the pork fillets, season with salt, pepper, garlic powder and oregano. Spread the spinach evenly over each fillet, then crumble feta and sun-dried tomatoes. Roll each fillet tightly and wrap with slices of bacon, securing with toothpicks or twine.
3. Heat the olive oil in a frying pan over medium heat. Fry the rolls on each side for 4-5 minutes until golden brown.
4. Cover and cook on low heat for 15 minutes, until the pork is cooked. Remove the toothpicks before serving. Serve hot with a fresh salad or roasted vegetables.

PER SERVING:

Calories: 480; Fats: 32g; Protein: 42g; Carbs: 6g; Sugar: 2g; Fiber: 2g

SEASONED PORK STEAK

INGREDIENTS:

- 800 g or 28 ounces of pork steaks
- 15 ml or 1 tablespoon olive oil
- 1 garlic clove, minced
- 2.5 g or 1/2 teaspoon ground paprika
- 2.5 g or 1/2 tsp ground cumin
- 2.5 g or 1/2 teaspoon dried thyme
- 2.5 g or 1/2 teaspoon dried rosemary
- Salt and black pepper to taste
- Lemon wedges for serving

INSTRUCTIONS:

1. Preheat your grill or skillet to medium-high heat.
2. Mix olive oil, minced garlic, paprika, cumin, thyme, rosemary, salt, and pepper in a small bowl. Rub this mixture evenly over both sides of the pork steaks.
3. Place the pork steaks on the grill or skillet. Cook 5–7 minutes per side until the internal temperature reaches 145°F (63°C).
4. Let the pork steaks rest for 3–5 minutes to keep the juices inside.
5. Serve with lemon wedges for added flavor.

PER SERVING:

Calories: 560; Fats: 28g; Protein: 64g; Carbs: 2g; Sugar: 0g; Fiber: 2g



2 Portion	Easy	5 min	12 min
4 Portion	Easy	15 min	10 min

PORK CUTLETS

INGREDIENTS:

- 800 g or 1.7 pound ground pork
- 1 large egg
- 1 small onion, finely chopped
- 10 g or 2 cloves garlic, minced
- 60 ml or 1/4 cup milk
- Salt and black pepper to taste
- 30 ml or 2 tablespoons olive oil
- Microgreens for serving

INSTRUCTIONS:

1. Combine ground pork, chopped onion, minced garlic, egg, milk, salt, and pepper in a large bowl. Mix thoroughly until evenly combined. Lightly oil your hands, then shape the mixture into small patties about 3 inches (7.5 cm) in diameter. Heat olive oil in a skillet over medium heat. Add the patties and cook for 4–5 minutes per side, until golden brown and cooked through.
2. Transfer the patties to a plate lined with paper towels to absorb excess oil. Let them rest for 3–5 minutes before serving.
3. Serve the pork cutlets with a side of microgreens or greens for added freshness.

PER SERVING:

Calories: 310; Fats: 20g; Protein: 25g; Carbs: 5g; Sugar: 2g; Fiber: 0g





RABBIT MEAT SLICED WITH GARLIC

INGREDIENTS:

- 900 g or 2 pound of rabbit meat, sliced
- 4 garlic cloves, minced
- 30 ml or 2 tablespoons olive oil
- Salt and black pepper to taste
- 1 lemon, juiced and zested
- 10 g or 2 teaspoons fresh rosemary, chopped
- Fresh rosemary sprigs (for garnish)
- Lemon slices (for garnish)

INSTRUCTIONS:

1. Combine olive oil, lemon juice, zest, garlic, rosemary, salt, and pepper for the marinade.
2. Cut the rabbit into equal-sized portions for even cooking. Coat the rabbit pieces evenly, cover, and marinate for at least 30 minutes or up to 24 hours.
3. Heat a frying pan over medium heat, fry the marinated rabbit pieces for 4-5 minutes on each side until golden and cooked.
4. Serve garnished with rosemary sprigs and lemon wedges.

PER SERVING:

Calories: 280; Fats: 15g; Protein: 34g; Carbs: 2g; Sugar: 1g; Fiber: 0g

4 Portion

Easy

0 min

0 min



4 Portion

Easy

10 min

20 min

CHEESE-STUFFED PORK LOIN

INGREDIENTS:

- 1 kg or 2.2 pounds of pork loin, whole
- 170 g or 6 ounces of cheese (cheddar or mozzarella), sliced
- 40 g or 2 2/3 tablespoons butter
- Salt and black pepper to taste
- Fresh herbs (parsley or dill) for garnish (optional)

INSTRUCTIONS:

1. Preheat your oven to 350°F (180°C).
2. Season the pork loin with salt and black pepper on both sides.
3. Make cuts across the pork loin, spaced about 2 cm (3/4 inch) apart, being careful not to cut all the way through. Insert slices of cheese into each cut, ensuring they fit snugly. Place the pork loin in a baking dish and distribute the butter on top and around the meat.
4. Bake in the preheated oven for 20–25 minutes, or until the pork is cooked and the cheese is melted and bubbly. The pork's internal temperature should reach 145°F (63°C).
5. Remove the pork loin from the oven and rest for 5 minutes before slicing. Garnish with fresh herbs if desired and serve.

PER SERVING:

Calories: 450; Fats: 30g; Protein: 46g; Carbs: 1g; Sugar: 0g



HONEY-GLAZED PORK RIBS



0 Portion



Easy



15 min



2 hours
20 min

INGREDIENTS:

- 900 g or 2 pounds of rack of pork ribs
- 15 ml or 1 tablespoon olive oil
- 30 ml or 2 tablespoons apple cider vinegar
- 15 ml or 1 tablespoon of honey
- 30 ml or 2 tablespoons soy sauce
- 2 garlic cloves, minced
- 2.5 g or 1/2 teaspoon smoked paprika
- 2.5 g or 1/2 teaspoon ground black pepper
- 2.5 g or 1/2 teaspoon ground cumin
- Salt to taste

INSTRUCTIONS:

1. Preheat the oven to 300°F (150°C). If needed, carefully remove the membrane from the back of the ribs to ensure tender meat.
2. Mix olive oil, apple cider vinegar, honey, soy sauce, minced garlic, smoked paprika, black pepper, cumin, and salt in a bowl. Stir well to create a marinade.
3. Rub the marinade evenly over both sides of the ribs, ensuring full coverage.
4. Place the ribs in a baking dish, cover tightly with aluminum foil, and bake for 2 hours, or until the meat is tender and starts to pull away from the bone.
5. Remove the foil, increase the oven temperature to 400°F (200°C), and bake for 15 minutes to caramelize the surface and achieve slight crispiness.
6. Remove the ribs from the oven and let them rest for 5 minutes.
7. Cut into individual ribs and serve hot with your choice of sides.

PER SERVING:

Calories: 450; Fats: 28g; Protein: 36g; Carbs: 9g; Sugar: 6g; Fiber: 0g





BEEF STEAKS WITH HERB BUTTER SAUCE



2 Portion



★ ★ ★
Easy



10 min



12 min

INGREDIENTS:

- 800 g or 1.75 pounds of beef steaks
- 30 ml or 2 tablespoons olive oil
- 2 garlic cloves, minced (6 g or 0.2 ounces)
- 5 g or 1 teaspoon fresh rosemary, chopped
- 2.5 g or 1 teaspoon coarse salt
- 10 g or 2 teaspoons fresh thyme, minced
- 2.5 g or 1 teaspoon ground black pepper
- 2.5 g or 1/2 teaspoon paprika
- 30 g or 2 tablespoons butter
- Fresh rosemary sprigs for garnish

INSTRUCTIONS:

1. Pat the beef steaks dry using paper towels. In a small bowl, combine olive oil, minced garlic, rosemary, thyme, black pepper, salt, and paprika. Rub this mixture evenly over both sides of the steaks. Preheat a skillet over medium-high heat. Add 1 tablespoon of butter and let it melt.
2. Place the steaks in the skillet and sear for 4–5 minutes per side for medium-rare, or adjust cooking time based on your desired doneness. While cooking, spoon melted butter over the steaks to enhance flavor.
3. Once cooked, transfer the steaks to a plate and let them rest for 5 minutes to retain their juices.
4. Melt the remaining tablespoon of butter in the skillet. If desired, sauté additional garlic, rosemary, and thyme for 1–2 minutes to create an aromatic butter sauce.
5. Serve the steaks hot, drizzled with the butter sauce, and garnish with fresh rosemary sprigs.

PER SERVING:

Calories: 550; Fats: 38g; Protein: 44g; Carbs: 1g; Sugar: 0g; Fiber: 0g

ROASTED LAMB CHOPS

INGREDIENTS:

- 680 g or 1.5 pounds of lamb chops
- 5 g or 1 teaspoon dried thyme
- 30 ml or 2 tablespoons olive oil
- Salt and pepper to taste
- 5 g or 1 teaspoon dried rosemary
- 15 g or 1 tablespoon butter
- 2 garlic cloves, minced

INSTRUCTIONS:

1. Mix olive oil, minced garlic, rosemary, thyme, salt, and pepper in a small bowl to create a marinade. Rub this mixture evenly over all sides of the lamb chops. Cover and let them marinate for at least 20 minutes.
2. Preheat the oven to 200°C (400°F). Heat an oven-safe frying pan over medium heat. Brown the chops on both sides for 3 to 4 minutes. Transfer the pan to the oven and bake for 10 to 12 minutes. Remove the chops from the oven and stir in 1 tablespoon of the butter to melt and coat the meat.
3. Let the chops rest for 5 minutes to allow the juices to redistribute.

PER SERVING:

Calories: 430; Fats: 33g; Protein: 28g; Carbs: 1g; Sugar: 0g; Fiber: 0g



2 Portion



2 Portion

Easy



Easy

30 min



10 min

16 min



15 min

STEAK WITH PEPPER SAUCE

INGREDIENTS:

- 680 g or 24 ounces of steaks (ribeye, sirloin, or filet mignon)
- 7 g or 1/2 tablespoon black peppercorns, crushed
- 15 ml or 1 tablespoon olive oil
- 120 ml or 1/2 cup heavy cream
- Salt and pepper to taste
- 60 ml or 1/4 cup beef broth
- 15 g or 1 tablespoon unsalted butter
- 15 ml or 1 tablespoon brandy or cognac (optional)
- 40 g or 1/2 small onion
- Fresh parsley, chopped (for garnish)
- 1 garlic clove, minced

INSTRUCTIONS:

1. Season steaks with salt and pepper. Heat olive oil, sear steaks for 3–5 minutes per side. Remove and rest.
2. Melt butter, cook onion for 3 minutes. Add garlic and peppercorns, and stir. Pour beef broth, brandy (optional), and reduce. Add cream, simmer until thickened.
3. Return steaks, spoon sauce over, and cook 2–3 minutes. Garnish with parsley, and serve.

PER SERVING:

Calories: 520; Fats: 38g; Protein: 40g; Carbs: 4g; Sugar: 1g; Fiber: 0g





PORK ROLL BAKED WITH PLUMS

INGREDIENTS:

- 900 g or 2 pounds pork loin, butterflied
- 150 g or 1 cup dried plums (prunes), chopped
- 60 g or 1/2 cup walnuts, chopped
- 30 ml or 2 tablespoons olive oil
- 15 g or 1/4 cup fresh parsley, chopped
- 5 g or 1 teaspoon garlic powder
- 5 g or 1 teaspoon dried thyme
- Salt and pepper to taste
- Cooking twine

INSTRUCTIONS:

1. Preheat the oven to 190°C (375°F) and lightly grease a baking dish.
2. Season the pork with garlic powder, thyme, salt, and pepper.
3. Mix prunes, walnuts, and parsley, then spread evenly over the pork.
4. Roll the pork tightly, secure with twine, and sear in oil until golden.
5. Bake for 45 minutes covered with foil, then for 15 minutes uncovered.
6. Let the pork rest for 10 minutes, slice, and serve.

PER SERVING:

Calories: 280; Fats: 15g; Protein: 27g; Carbs: 8g; Sugar: 5g; Fiber: 2g

4 Portion

Easy

20 min

1 hour



2 Portion

Easy

15 min

20 min



STUFFED BELL PEPPERS WITH PORK

INGREDIENTS:

- 2 large bell peppers, halved
- 280 g or 10-ounce pork loin or ground pork, chopped
- 1 small onion, finely diced (70 g or 2.5 ounces)
- 1 garlic clove, minced
- Salt and pepper to taste
- 30 g or 1/4 cup grated low-fat cheese
- 5 ml or 1 teaspoon olive oil
- 8 g or 1 tablespoon oat flour (optional, for binding)

INSTRUCTIONS:

1. Preheat the oven to 190°C (375°F) and line a baking tray with parchment paper. Sauté onion and garlic in olive oil over medium heat until softened.
2. Add chopped pork to the skillet and cook until thoroughly done. Season with salt and pepper. If desired, mix in oat flour for better consistency. Stuff each bell pepper with half of the pork mixture. Top with grated low-fat cheese.
3. Place the stuffed peppers on the prepared tray and bake for 15–20 minutes, or until the cheese melts and browns slightly. Serve hot, garnished with fresh herbs if desired.

PER SERVING:

Calories: 310; Fats: 12g; Protein: 35g; Carbs: 8g; Sugar: 4g; Fiber: 2g

CHAPTER 7

FISH & SEAFOOD





JUICY GRILLED SALMON STEAK



2 Portion



Easy



15 min



10 min

INGREDIENTS:

- 225 g or 8 ounces of salmon fillets
- 3 cherry tomatoes, sliced
- Cucumber slices for garnish
- 1/2 avocado, sliced
- 15 ml or 1 tablespoon olive oil
- 5 ml or 1 teaspoon lemon juice
- Salt and pepper to taste
- 1 g or 1/2 teaspoon garlic powder
- 10 hazelnuts

INSTRUCTIONS:

1. Mix olive oil, lemon juice, garlic powder, salt, and pepper in a small bowl. Coat the salmon fillets in the marinade and let them sit for 10 minutes, allowing the flavors to soak in.
2. Preheat the grill or a grill pan to medium-high heat. Lightly grease the surface with olive oil to prevent sticking.
3. Place the marinated salmon fillets on the grill and cook on one side for 4–5 minutes. Avoid moving the fillets too much to maintain a perfect sear.
4. Carefully flip the salmon and grill for another 4–5 minutes, or until it flakes easily with a fork.
5. Allow the cooked salmon to rest for a minute before serving to keep it juicy.
6. Arrange the cherry tomatoes, cucumber slices, avocado, and hazelnuts on a plate.
7. Place the grilled salmon fillets on top.

PER SERVING:

Calories: 400 Fats: 25g Protein: 35g Carbs: 10g Sugar: 3g Fiber: 4g

COD WITH SPINACH AND CAPERS

INGREDIENTS:

- 500 g or 18 ounces of cod fillets
- 120 ml / 1/2 cup vegetable broth
- 100 g/2 cups fresh spinach leaves
- 1 g or 1/2 teaspoon garlic powder
- 15 g or 1 tablespoon capers
- 0.5 g or 1/4 teaspoon paprika
- 0.5 g or 1/4 teaspoon saffron threads
- Salt and black pepper to taste

INSTRUCTIONS:

1. Season the cod with garlic powder, paprika, salt, and pepper. Give the fish some time to absorb the spices.
2. Preheat a non-stick frying pan and add a splash of oil. Fry the fish on each side for 3-4 minutes until golden brown. Remove from the pan and set aside. In the same pan, fry the spinach for 2-3 minutes. Add the capers and heat for a minute. Pour in the vegetable broth, add the saffron, and cook for 2 minutes.
3. Pour the saffron sauce over the fish and spinach and serve.

PER SERVING:

Calories: 310 Fats: 12g Protein: 42g Carbs: 8g Sugar: 2g Fiber: 3g



2 Portion



2 Portion

Easy



Easy

10 min



10 min

10 min



18 min

SEA BASS FILLET WITH THYME

INGREDIENTS:

- 200 g or 4 sea bass fillets
- 2 cloves garlic, minced
- 30 g or 2 tablespoons melted butter
- 3 g or 1 teaspoon dried thyme
- 1 lemon, sliced
- Salt to taste
- Black pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Mix melted butter, minced garlic, and dried thyme in a small bowl. If desired, add lemon juice for extra freshness.
3. Brush the sea bass fillets with the butter mixture, ensuring an even coating. Season with salt and black pepper.
4. Place the fillets in a baking dish and arrange lemon slices around them for flavor infusion. Bake for 15-18 minutes until the fish is tender and flakes easily with a fork.
5. Serve hot, garnished with extra lemon slices if desired.

PER SERVING:

Calories: 320 Fats: 18g Protein: 38g Carbs: 5g Sugar: 2g Fiber: 1g





BAKED SALMON WITH VEGETABLES

INGREDIENTS:

- 170 g or 6 ounces Atlantic salmon fillets
- 30 ml or 2 tablespoons olive oil
- 15 ml or 1 tbspoon lemon juice
- Salt and pepper to taste
- 2 g or 1 teaspoon garlic powder
- 2 g or 1 teaspoon paprika

INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C).
2. Line a baking sheet with parchment paper and place the salmon fillets on it.
3. Drizzle the fillets with olive oil and lemon juice.
4. Season with garlic powder, paprika, salt, and pepper, ensuring even coverage. Bake for 12-15 minutes until the salmon is tender and flakes easily with a fork.
5. Serve coarsely chopped baked salmon with avocado and tomato salsa.

PER SERVING:

Calories: 350 Fats: 22g Protein: 38g Carbs: 5g Sugar: 2g Fiber: 1g

2 Portion Easy 10 min 14 min
   
2 Portion Easy 10 min 7 min



MUSSELS WITH LEMON AND HERBS

INGREDIENTS:

- 900 g or 2 lbs mussels, cleaned and debearded
- 30 ml or 2 tablespoons olive oil
- 2 cloves garlic, minced
- 240 ml or 1 cup white wine
- 1 lemon, zested and juiced
- 15 g or 1/4 cup fresh parsley, chopped
- 15 g or 1/4 cup fresh cilantro, chopped
- Salt and pepper to taste
- Lemon wedges for serving

INSTRUCTIONS:

1. Heat olive oil in a large pot over medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
2. Pour in white wine and bring to a boil. Lower the heat and let it simmer for 2 minutes to enhance the flavor.
3. Add the cleaned mussels to the pot, cover, and steam for 5-7 minutes until they fully open, stirring occasionally.
4. Mix in lemon zest, lemon juice, parsley, cilantro, salt, and pepper. Stir well to coat the mussels evenly.
5. Serve hot with lemon wedges on the side for extra freshness.

PER SERVING:

Calories: 290 Fats: 12g Protein: 40g Carbs: 6g Sugar: 1g Fiber: 2g

SHRIMP WITH GARLIC AND DILL



2 Portion



Easy



5 min



6 min

INGREDIENTS:

- 900 g or 2 lb shrimp, peeled and deveined
- 30 g or 2 tablespoons butter
- 8 g or 1 tablespoon fresh parsley, chopped
- 2 cloves garlic, minced
- 15 ml or 1 tablespoon lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish (optional)
- Soy sauce for serving (optional)

INSTRUCTIONS:

1. Melt butter in a large skillet over medium heat.
2. Add minced garlic and sauté for about 30 seconds, stirring frequently, until fragrant. Be careful not to burn the garlic, as it will turn bitter.
3. Add shrimp to the skillet, spreading them out in an even layer to ensure even cooking.
4. Let them sear for 2–3 minutes, then flip and cook for another 2–3 minutes, until they turn pink and opaque. Avoid overcooking to keep them juicy.
5. Stir in lemon juice, fresh parsley, salt, and pepper, mixing well to coat the shrimp with the flavors. Cook for another minute, allowing the ingredients to blend.
6. Add a pinch of chili flakes if you prefer a hint of heat.
7. Remove from heat and transfer the shrimp to a serving plate.
8. Garnish with fresh parsley for a burst of freshness and aroma.
9. Serve immediately, with soy sauce on the side if desired. Soy sauce adds an extra depth of flavor, beautifully complementing the garlic and parsley.

PER SERVING:

Calories: 250 Fats: 14g Protein: 30g Carbs: 3g Sugar: 1g Fiber: 0g





GRILLED TUNA STEAK

INGREDIENTS:

- 225 g or 2 tuna steaks
- 30 ml or 2 tablespoons olive oil
- 2 g or 1 teaspoon garlic powder
- 2 g or 1 teaspoon paprika
- Salt and pepper to taste
- 30 g or 1/4 cup sliced green onions
- Lemon slices for serving

INSTRUCTIONS:

1. Check the tuna steaks for bones and remove them if necessary. Season the tuna generously with garlic powder, paprika, salt, and pepper.
2. Pour olive oil over the steaks and leave them to marinate for 15 minutes to enhance the flavor. Preheat your grill or grill pan. Lightly grease the surface with oil. Sear the tuna for 4-5 minutes on each side for medium-rare. Adjust the time to taste as needed.
3. Transfer the cooked tuna to a plate and sprinkle with chopped green onions. Add lemon slices for freshness and serve hot immediately.

PER SERVING:

Calories: 320 Fats: 20g Protein: 36g Carbs: 4g Sugar: 1g Fiber: 1g

2 Portion

Easy

15 min

8 min



2 Portion

Easy

10 min

8 min

SEA BASS FILLET WITH TARTARE

INGREDIENTS:

- 225 g or 2 sea bass fillets
- 1 cucumber, diced
- 1 tomato, diced
- 45 ml or 3 tablespoons olive oil
- 30 ml /2 tablespoons lemon juice
- 1/2 onion, finely chopped
- 15 g or 1 tablespoon capers, chopped
- Salt and pepper to taste
- Fresh parsley for garnish

INSTRUCTIONS:

1. Season the sea bass fillets with salt and pepper. Drizzle with olive oil and lemon juice, ensuring an even coating.
2. Preheat a grill or grill pan over medium-high heat. Cook the fillets for 4–5 minutes per side until they are tender and have a slight golden crust. Combine diced cucumber, tomato, onion, and capers in a mixing bowl for the vegetable tartare. Add olive oil, lemon juice, salt, and pepper, then mix thoroughly.
3. Place the grilled sea bass fillets on a plate and generously top with the vegetable tartare. Garnish with fresh parsley and serve immediately for a refreshing and balanced meal.

PER SERVING:

Calories: 290 Fats: 16g Protein: 34g Carbs: 6g Sugar: 2g Fiber: 2g



CHAPTER 8

POULTRY





STUFFED CHICKEN BREAST



2 Portion Medium 10 min 35 min

INGREDIENTS:

- 2 boneless, skinless chicken breasts
- 30 g or 1/2 cup fresh spinach leaves, chopped
- 60 g or 1/2 cup mozzarella cheese, finely shredded
- 1/2 clove garlic, minced
- Salt and pepper to taste
- 4.5 g or 1/2 tablespoon extra virgin olive oil
- 15 g or 2 tablespoons grated Parmesan cheese
- Toothpicks or kitchen twine
- Fresh herbs for garnish (optional)

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C). Grease a baking dish with olive oil.
2. Prepare chicken breasts by cutting a pocket into each.
3. Slice horizontally from the thickest side, taking care not to cut through completely.
4. Mix spinach, mozzarella, Parmesan cheese, and garlic in a bowl.
5. Stuff the mixture into each chicken breast pocket. Secure the openings with toothpicks.
6. Season chicken breasts with salt and pepper. Drizzle with olive oil for added moisture.
7. Sprinkle a pinch of paprika or Italian herbs on top for extra flavor.
8. Place the stuffed chicken breasts in the greased dish.
9. Bake for 30–35 minutes until fully cooked, with cheese melted and bubbly.
10. Rest the chicken for a few minutes after baking. Garnish with fresh herbs if desired before serving.

PER SERVING:

Calories: 310 Fats: 16g Protein: 37g Carbs: 5g Sugar: 1g Fiber: 0g

TURKEY FILLET WITH ZUCCHINI

INGREDIENTS:

- 420 g or 15 ounces small turkey breast fillet
- 450 g or 3¾ cups zucchini, sliced into thin rounds
- Fresh basil leaves for garnish
- 15 ml or 3 teaspoons lemon juice
- 4.5 g or 1½ teaspoons olive oil (for grilling)
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat the grill pan to medium-high. Lightly brush the turkey fillets and zucchini bowls with olive oil. Season both sides of the turkey fillet with a dash of zucchini and black pepper.
2. Place turkey fillets on hot grill and cook 6 to 7 minutes per side, ensuring an internal temperature of 165°F (74°C) for easy grilling. Transfer to a plate and cover with foil to retain heat. Grease zucchini rolls 2-3 times from the skin side to the flesh.
3. Serve the turkey fillet with the zucchini scrapers on the grill. Sprinkle with lemon juice and garnish with fresh basil leaves.

PER SERVING:

Calories: 300 Fats: 7g Protein: 35g Carbs: 5g Sugar: 2g Fiber: 2g



2 Portion

Easy

10 min

15 min



2 Portion

Easy

15 min

25 min

TURKEY MEATBALLS

INGREDIENTS:

- 500 g / 1.1 pounds ground turkey
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 1 large egg
- 30 g or 1/4 cup breadcrumbs
- 6 g or 2 tablespoons fresh parsley, chopped
- 30 ml or 2 tablespoons milk
- 3 g or 1 teaspoon dried oregano
- 30 ml or 2 tablespoons olive oil
- 400 g or 1 can diced tomatoes (in juice)
- Salt and pepper to taste
- Fresh basil leaves for garnish

INSTRUCTIONS:

1. Mix ground turkey, onion, garlic, egg, breadcrumbs, milk, parsley, oregano, salt, and pepper. Form 1-inch meatballs.
2. Heat olive oil in a skillet; cook meatballs for 5–7 minutes until browned. Remove meatballs; sauté onion and garlic for 2–3 minutes. Add diced tomatoes, season, and simmer 5 minutes. Return meatballs, spoon sauce over, and simmer covered for 10 minutes.
3. Garnish with basil. Serve hot.

PER SERVING:

Calories: 320 Fats: 15g Protein: 30g Carbs: 15g Sugar: 4g Fiber: 3g





CHICKEN BREAST WITH AVOCADO

INGREDIENTS:

- 600 g or 1.3 lb chicken breast (skinless)
- 30 ml or 2 tablespoons olive oil
- 3 g or 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 ripe avocado, sliced
- 1 cucumber, sliced
- 70 ml or 1/4 cup store-bought mayonnaise
- 30 g or 2 tablespoons fresh herbs chopped
- Fresh herbs for garnish

INSTRUCTIONS:

1. Preheat grill to medium-high heat.
2. To coat evenly, brush chicken breasts with olive oil, garlic powder, salt, and pepper. Grill the breasts for 10 to 12 minutes per side until cooked through. Ensure the internal temperature reaches 165°F (74°C). Let chicken breasts rest for a while. Cut into serving pieces. Mix mayonnaise with chopped herbs until smooth.
3. Serve chicken breasts with avocado and cucumber slices on a plate. Add some herb mayo on the side. Garnish with fresh herbs.

PER SERVING:

Calories: 325 Fats: 18g Protein: 35g Carbs: 5g Sugar: 1g Fiber: 2g

2 Portion Easy 10 min 20 min

2 Portion Easy 10 min 8 min



CHICKEN WITH TOMATO SAUCE

INGREDIENTS:

- 2 chicken breasts, cut into large pieces
- 1 medium onion, cut into half rings
- 2 garlic cloves, minced
- Salt and pepper to taste
- 400 g or 14 ounces fresh tomatoes, chopped
- 30 ml or 2 tablespoons extra virgin olive oil
- 3 g or 1 teaspoon dried oregano

INSTRUCTIONS:

1. Heat 15 mL olive oil in a frying pan over low heat. Add the chicken pieces and fry on each side for 6-7 minutes until cooked. Remove the chicken and set it aside.
2. Add remaining oil to the pan and fry onion and garlic for 2-3 minutes. Add the chopped tomatoes and dried oregano. Season with salt and pepper and cook for 10-15 minutes until the sauce thickens, stirring occasionally.
3. Return chicken, mix with the sauce, and heat for 2-3 minutes. Serve warm, garnished with herbs.

PER SERVING:

Calories: 400 Fats: 18g Protein: 35g Carbs: 15g Sugar: 10g Fiber: 4g

CHICKEN ROLL WITH APRICOT



4 Portion Medium 15 min 25 min

INGREDIENTS:

- 1 kg or 2.2 lbs chicken fillet
- 200 g or 7 ounces dried apricots (pre-soaked)
- 30 ml or 2 tablespoons olive oil
- Salt and pepper to taste
- 6 g or 2 teaspoons ground paprika
- 3 g or 1 teaspoon dried garlic
- 3 g or 1 teaspoon dried thyme
- Fresh herbs for garnish

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Soak the apricots in warm water for 10 minutes, then drain and set aside.
3. Pound the chicken fillets to an even thickness and season them with salt, pepper, ground paprika, and dried garlic.
4. Place a few soaked apricots in the center of each fillet, roll them up tightly, and secure with toothpicks. Heat 1 tablespoon of olive oil in a frying pan on medium heat and fry the rolls until golden brown on all sides.
5. Transfer the rolls to a baking dish, drizzle with the remaining olive oil, and sprinkle with dried thyme.
6. Add a white wine or chicken broth splash to the baking dish for extra moisture and flavor.
7. Cover loosely with foil during the first 10 minutes of baking to keep the chicken tender.
8. Bake in the oven for 15–20 minutes until the chicken is fully cooked and the juices are clear.
9. Remove the toothpicks, garnish with fresh herbs, and serve warm with your choice of side or salad.
10. This dish pairs wonderfully with couscous, mashed potatoes, or a crisp green salad.

PER SERVING:

Calories: 320 Fats: 12g Protein: 30g Carbs: 20g Sugar: 10g Fiber: 5g





MEATBALLS IN ALMOND SAUCE

INGREDIENTS:

- 700 g or 1.5 lbs ground chicken
- 2 large eggs
- 100 g or 1 large onion, finely chopped
- 10 g or 3 garlic cloves, minced
- Salt and pepper to taste
- 20 g or 3 tablespoons almond flour
- 45 ml or 3 tablespoons olive oil
- 600 ml or 2½ cups almond milk
- 200 ml or ¾ cup chicken broth

INSTRUCTIONS:

1. Mix ground chicken, eggs, onion, garlic, salt, and pepper. Form into meatballs.
2. Heat 2 tbsp olive oil in a skillet over medium heat. Brown meatballs on all sides, then remove.
3. In the same skillet, cook almond flour for 1–2 minutes. Gradually whisk in almond milk and chicken broth until smooth.
4. Simmer sauce until thickened, season, return meatballs, coat, and heat through. Serve warm.

PER SERVING:

Calories: 450 Fats: 29g Protein: 38g Carbs: 9g Sugar: 3g Fiber: 2g

4 Portion

Easy

15 min

30 min



4 Portion

Easy

15 min

30 min



CHICKEN MEATLOAF WITH CARROTS

INGREDIENTS:

- 500 g or 1.1 lbs ground chicken
- 100 g or 1 large carrot, grated
- 60 g or 1 small onion, chopped
- 6 g or 2 garlic cloves, minced
- 1 large egg (50 g)
- 5 g or 1 teaspoon dried thyme
- 30 ml or 2 tablespoons almond milk
- Salt and pepper to taste
- 5 g or 1 teaspoon dried oregano
- 15 ml or 1 tablespoon oil for greasing

INSTRUCTIONS:

1. Preheat oven to 374°F (190°C).
2. Combine ground chicken, grated carrots, finely chopped onion, minced garlic, egg, almond milk, salt, pepper, dried thyme, and dried oregano. Mix until well combined.
3. Grease a loaf pan with olive oil or line it with parchment paper. Pour the chicken mixture into the pan and press it evenly to form a loaf. Bake for 30 minutes until the meatloaf is cooked through and golden brown on top.
4. Let the meatloaf rest for 2–3 minutes before slicing and serving.

PER SERVING:

Calories: 350 Fats: 20g Protein: 28g Carbs: 15g Sugar: 2g Fiber: 1g

CHAPTER 9

VEGGIES





BAKED CAULIFLOWER WITH CREAM AND PARMESAN



4 Portion



Easy



10 min



27 min

INGREDIENTS:

- 1 kg or 2 small heads of cauliflower, cut into florets
- 8 large eggs
- 120 g or 1/2 cup grated Parmesan cheese
- 240 ml or 1 cup heavy cream
- 5 g or 1 teaspoon garlic powder
- Salt and pepper to taste
- Fresh parsley, chopped (optional, for garnish)
- 60 ml/ 4 tablespoons olive oil

INSTRUCTIONS:

1. Preheat the oven to 200°C (400°F).
2. Toss cauliflower florets with olive oil, garlic powder, salt, and pepper, then arrange them on a baking tray.
3. Bake for 20 minutes, turning halfway through to ensure even roasting.
4. In a bowl, whisk together eggs and heavy cream until smooth. Season with salt and pepper.
5. Remove the tray from the oven and pour the egg and cream mixture evenly over the cauliflower. Sprinkle with grated Parmesan cheese.
6. Add a few chili flakes if you like a bit of heat.
7. Return to the oven and bake for 5–7 minutes, or until the eggs are set and the top is golden.
8. Garnish with chopped parsley, if desired, and serve hot.

PER SERVING:

Calories: 320; Fats: 25g; Protein: 15g; Carbs: 6g; Sugar: 3g; Fiber: 2g

DELICIOUS BAKED SWEET POTATOES

INGREDIENTS:

- 2 large sweet potatoes, cut into wedges
- 30 ml or 2 tablespoons olive oil
- 2.5 g or 1/2 teaspoon paprika
- 2.5 g or 1/2 teaspoon garlic
- Salt and pepper to taste
- Fresh parsley, chopped (optional, for garnish)

INSTRUCTIONS:

1. Preheat the oven to 200°C (400°F).
2. Wash and dry the sweet potatoes thoroughly. Cut them into wedges.
3. Toss the sweet potato wedges in a large bowl with olive oil, garlic powder, paprika, salt, and pepper until evenly coated.
4. Arrange the sweet potato wedges in a single layer on a baking sheet for even cooking. Roast in the oven for 35–45 minutes, flipping halfway through. The sweet potatoes should be tender inside and golden brown on the outside.
5. Remove from the oven and let cool slightly. Garnish with fresh parsley and serve hot as a side dish or healthy snack if desired.

PER SERVING:

Calories: 200; Fats: 7g; Protein: 2g; Carbs: 34g; Sugar: 7g; Fiber: 5g



2 Portion

Easy

10 min

45 min



2 Portion

Easy

10 min

5 min

EASY ZUCCHINI NOODLES

INGREDIENTS:

- 400 g or 2–3 zucchinis, cut into thin, long strips
- 35 g or 1/4 cup peanuts
- 30 ml or 2 tablespoons extra virgin olive oil
- 6 g or 2 cloves garlic, minced
- Salt and pepper to taste
- Basil leaves (optional, for garnish)
- 15 g or 1/4 cup Parmesan slices (optional, for garnish)

INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat. Add minced garlic and cook for 1 minute, until fragrant.
2. Add zucchini strips to the skillet. Cook for 3–4 minutes, tossing occasionally, until tender but still slightly crunchy. Season with salt and pepper to taste.
3. Remove from heat and sprinkle peanuts over the noodles.
4. Garnish with basil leaves and Parmesan slices, if desired. Serve immediately.

PER SERVING:

Calories: 260; Fats: 20g; Protein: 8g; Carbs: 12g; Sugar: 4g; Fiber: 3g





HUMMUS WITH VEGETABLE STICKS

INGREDIENTS:

- 30 ml / 2 tblsp extra virgin olive oil
- 700 ml or 3 cups water
- 200 g or 1 cup uncooked chickpeas
- 60 g/1/4 cup tahini (sesame paste)
- 3 g or 1 garlic clove, minced
- 60 ml or 1/4 cup lemon juice
- 2 g or 1/2 teaspoon cumin
- Salt to taste
- Vegetables, cut into strips

INSTRUCTIONS:

1. Rinse the chickpeas and soak in water overnight. Drain, rinse and cook in fresh water for 1.5-2 hours, skimming off any foam. Add salt 10-15 minutes before the end.
2. Combine the cooked chickpeas with the lemon juice, tahini, garlic, olive oil, cumin and salt in a blender or food processor. If too thick, add water 1 tablespoon at a time until desired consistency is reached. Adjust consistency with water if necessary. Transfer to a bowl, drizzle with olive oil and sprinkle with paprika if desired.
3. Serve with vegetable sticks.

PER SERVING:

Calories: 250; Fats: 12g; Protein: 8g; Carbs: 28g; Sugar: 1g; Fiber: 5g

4 Portion Easy 15 min 2 hours
   
 4 Portion Easy 10 min 60 min

LOADED BAKED POTATOES

INGREDIENTS:

- 4 large potatoes
- 200 g or 1 cup shredded cheese (cheddar)
- 4 strips of bacon, cooked and crumbled
- 200 g or 1 cup sour cream
- 200 g or 1 cup cooked chicken, diced
- 200 g or 1 cup green peas, cooked
- 30 ml or 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh chives or parsley (for garnish)

INSTRUCTIONS:

1. Preheat the oven to 200°C (400°F). Wash and dry the potatoes, then pat them dry. Pierce each potato several times with a fork. Rub them with olive oil and season with salt and pepper. Bake the potatoes directly on the oven rack or baking sheet for 60 minutes.
2. Allow the potatoes to cool slightly, then cut them lengthwise. Fluff the insides with a fork. Top each potato with grated cheese, crumbled bacon, diced chicken, green peas, and a spoonful of sour cream. Season with salt and pepper to taste.
3. Garnish with fresh chives or parsley, if desired. Serve immediately.

PER SERVING:

Calories: 400; Fats: 18g; Protein: 22g; Carbs: 45g; Sugar: 5g; Fiber: 6g



GIGANTES PLAKI



4 Portion



Easy



10 min



1.5
hours

INGREDIENTS:

- 200 g or 1 cup dried giant beans, soaked overnight
- 30 g or 2 tablespoons olive oil
- 150 g or 1 large onion, finely chopped
- 6 g or 2 garlic cloves, minced
- 400 g or 1 can diced tomatoes
- 30 g or 2 tablespoons tomato paste
- 120 ml or 1/2 cup vegetable broth
- 4 g or 1 teaspoon dried oregano
- Salt and pepper to taste
- 50 g or 1/2 cup feta cheese, crumbled (optional for garnish)
- 30 g or 1/4 cup black olives, sliced (optional for garnish)
- Fresh parsley, chopped (optional for garnish)

INSTRUCTIONS:

1. Soak beans overnight, drain, rinse, and boil in fresh water for 1–1.5 hours until tender. Add salt in the final 10–15 minutes of cooking.
2. Sauté onion and garlic in olive oil over medium heat for 3–5 minutes until soft and fragrant.
3. Add diced tomatoes, tomato paste, vegetable broth, oregano, salt, and pepper. Simmer for 10–15 minutes until the sauce thickens slightly. Add a pinch of chili flakes for a subtle heat, if desired.
4. For extra flavor, stir in a handful of chopped fresh herbs such as dill or basil.
5. Combine cooked beans with the tomato sauce in an ovenproof dish and mix well.
6. Cover and bake at 180°C (350°F) for 40–50 minutes, stirring occasionally for even cooking.
7. Garnish with crumbled feta, olives, and chopped parsley if desired.
8. Serve warm, with crusty bread or as a hearty side dish.

PER SERVING:

Calories: 320; Fats: 14g; Protein: 12g; Carbs: 36g; Sugar: 9g; Fiber: 10g





CHICKPEA CURRY

INGREDIENTS:

- 200 g or 1 cup dried chickpeas
- 400 ml or 1 can coconut milk
- 70 g or 1 onion, diced
- 6 g or 2 garlic cloves, minced
- 50 g or 1 carrot, sliced
- 70 g or 1 bell pepper, diced
- 14 g or 2 tablespoons curry
- 6 g or 1 tablespoon grated ginger
- 15 g or 1 tablespoon tomato paste
- 15 ml or 1 tablespoon olive oil
- 1.2 g or 1/2 teaspoon cumin
- Salt and pepper to taste
- Fresh cilantro, chopped (optional, for garnish)

INSTRUCTIONS:

1. Rinse chickpeas, soak for 6–8 hours or overnight. Drain, rinse, and boil in fresh water for 30–40 minutes until tender.
2. Heat olive oil in a skillet over medium heat. Add onion and cook for 3–4 minutes until softened. Stir in garlic, ginger, curry powder, cumin, and tomato paste. Cook for 1 minute, stirring constantly. Add carrot and bell pepper, cook for 5–7 minutes until tender.
3. Combine chickpeas and coconut milk, and simmer for 10–15 minutes. Adjust seasoning, garnish with cilantro, and serve hot.

PER SERVING:

Calories: 310; Fats: 18g; Protein: 10g; Carbs: 35g; Sugar: 8g; Fiber: 7g

2 Portion Easy 15 min 45 min

 2 Portion Easy 0 min 0 min

RED RICE WITH VEGETABLES

INGREDIENTS:

- 200 g or 1 cup red rice
- 500 ml or 2 cups water
- 150 g or 1 cup frozen corn
- 150 g or 1 cup frozen green peas
- 1 red bell pepper, diced
- 150 g/ 1 medium onion, chopped
- 2 garlic cloves, minced
- 45 ml or 3 tablespoons extra virgin olive oil
- Salt and pepper to taste
- Fresh parsley or cilantro for garnish

INSTRUCTIONS:

1. Cook red rice in water or vegetable broth until tender, following package instructions (usually 25 minutes). Drain if needed.
2. Heat olive oil in a skillet over medium heat. Sauté onion and garlic for 3–4 minutes until translucent.
3. Add diced bell pepper, frozen peas, and corn to the skillet. Cook for 5–7 minutes, stirring occasionally, until vegetables are tender.
4. In the skillet, combine the cooked rice with the sautéed vegetables. Season with salt and pepper to taste and mix well. Garnish with fresh parsley or cilantro. Serve immediately as a main or side dish.

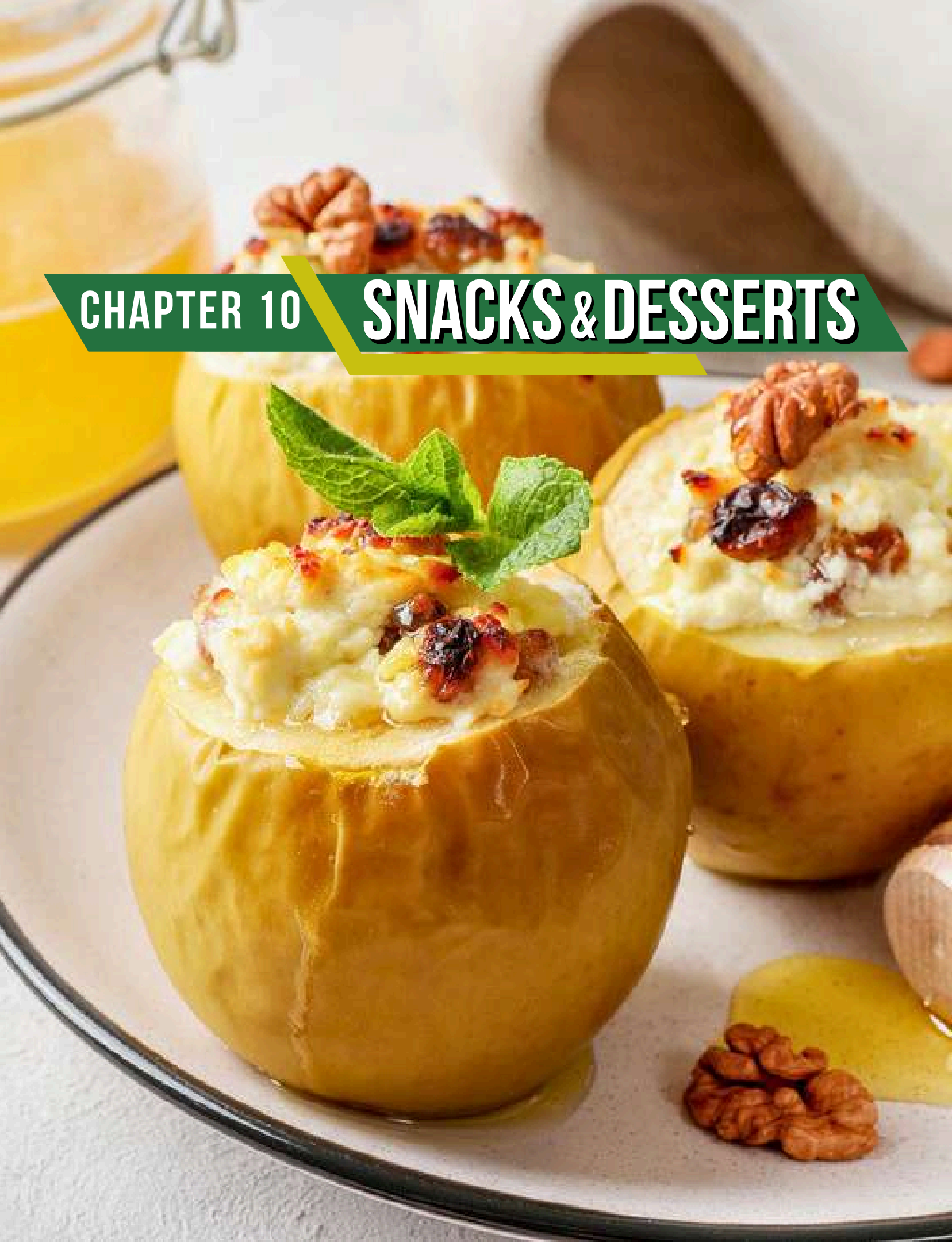
PER SERVING:

Calories: 320; Fats: 10g; Protein: 7g; Carbs: 53g; Sugar: 5g; Fiber: 6g



CHAPTER 10

SNACKS & DESSERTS





BAKED PEAR WITH CHEESE AND NUTS



4 Portion



Easy



10 min



25 min

INGREDIENTS:

- 4 ripe pears, halved and cored
- 120 g or 1/2 cup gorgonzola cheese, crumbled
- 30 g or 2 tablespoons blue cheese, crumbled
- 60 ml or 1/4 cup honey
- 30 g or 1/4 cup walnuts, chopped
- 15 ml or 1 tablespoon butter, melted
- Fresh thyme leaves (optional, for garnish)

INSTRUCTIONS:

1. Preheat the oven to 175°C (350°F). Line a baking dish with parchment paper.
2. Cut the pears in half and remove the cores.
3. Arrange the pear halves and cut them side up in the dish. Brush each half with melted butter for a golden brown crust. Drizzle with honey.
4. Combine the gorgonzola and blue cheese in a bowl. Spread the mixture evenly, filling the hollows of the pears.
5. Sprinkle each pear with chopped nuts and drizzle with honey for a subtle sweetness.
6. Bake in the oven for 20 minutes, until the pears are soft and the cheese is melted and lightly browned.
7. Remove from the oven and allow to cool slightly. Garnish with fresh thyme leaves for added flavour. Serve hot.

PER SERVING:

Calories: 235; Fats: 13g; Protein: 6g; Carbs: 28g; Sugar: 20g; Fiber: 3g

COTTAGE CHEESE CASSEROLE

INGREDIENTS:

- 450 g/2 cups cottage cheese
- 75 g/2 cup raisins
- 10 g/1/4 cup fresh mint, finely chopped
- 30 mL/ tablespoons honey
- 2 large eggs
- 50 g/2 cup almond flour
- 1 teaspoon vanilla extract
- 1 teaspoon lime zest
- Lime wedges for garnish
- 1 tablespoon (15 mL) coconut or avocado oil (for greasing the baking dish)

INSTRUCTIONS:

1. Preheat oven to 180°C (350°F). Grease a baking dish. Blend cottage cheese until smooth. Mix it with mint, honey, and raisins. Beat eggs and combine with almond flour, vanilla, and lime zest.
2. Stir into the cottage cheese mixture. Pour into the dish and spread evenly. Bake for 40 minutes until golden.
3. Cool slightly, slice, garnish with lime wedges, and serve warm or at room temperature.

PER SERVING:

Calories: 240; Fats: 11g; Protein: 12g; Carbs: 23g; Sugar: 15g; Fiber: 2g



2 Portion



2 Portion

Easy



☆☆☆
Easy

0 min



10 min

0 min



5 min

MINI EGG AND BACON BURGERS

INGREDIENTS:

- 240 g or 4 eggs, peeled
- 50 g or 2 slices of bacon
- 80 g or 4 avocado slices
- 80 g or 4 slices of cheese
- 20 g or 4 small lettuce leaves
- Salt and pepper to taste

INSTRUCTIONS:

1. Place the raw eggs in a saucepan and cover with cold water. Bring to a boil over medium-high heat, then reduce the heat and simmer for 10 minutes. Remove the eggs and place them in a bowl of ice water to cool. Once cooled, peel the eggs carefully.
2. Peel the boiled eggs and slice them lengthwise to create "buns." Cook the bacon in a skillet until crispy, then cut each slice in half.
3. Place a lettuce leaf on the flat side of the bottom half of each egg. Add a slice of bacon, followed by a slice of cheese and an avocado slice. Season with salt and pepper as desired. Cover with the top half of the egg to assemble the burger.
4. Secure each burger with a toothpick. Repeat the process with the remaining ingredients. Serve immediately.

PER SERVING:

Calories: 250; Fats: 19g; Protein: 16g; Carbs: 3g; Sugar: 1g; Fiber: 2g





EGG MUFFINS WITH BACON

INGREDIENTS:

- 15 g or 1 tablespoon butter
- 4 large eggs
- 60 ml or 1/4 cup whole milk
- 30 g or 1/4 cup shredded cheddar cheese
- 2 slices of bacon
- 6 g or 2 tablespoons green onions, chopped
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 190°C (375°F). Grease muffin tins to prevent sticking. Fry the bacon until crisp, then crumble it into small pieces.
2. In a mixing bowl, whisk together eggs, milk, salt, and pepper until smooth. Add crumbled bacon, grated cheddar cheese, and chopped green onions to the egg mixture. Mix thoroughly to combine. Pour the mixture into greased muffin tins, filling each about 3/4 full. Bake for 18–20 minutes, until the egg muffins are set.
3. Allow muffins to cool slightly before removing from pan. Serve warm.

PER SERVING:

Calories: 190; Fats: 15g; Protein: 12g; Carbs: 2g; Sugar: 1g; Fiber: 0g

4 Portion Easy 10 min 20 min

 6 Portion Easy 10 min 20 min

MINI CREAM CHEESE BALLS

INGREDIENTS:

- 250 g or 9 oz cream cheese
- 50 ml or 1/4 cup heavy cream
- 15 g or 3 tablespoons fresh mint leaves, finely chopped
- 150 g or 1 cup chopped mixed nuts
- 1.5 g or 1/2 teaspoon paprika
- 1.5 g or 1/2 teaspoon ground black pepper
- 0.5 g or 1/4 teaspoon dried garlic powder

INSTRUCTIONS:

1. Mix cream cheese and heavy cream in a bowl until smooth and creamy. Add finely chopped mint, paprika, black pepper, and garlic powder. Stir until all ingredients are evenly combined.
2. Using a spoon or your hands, scoop portions of the mixture (about 1 tablespoon each) and roll into balls. Repeat until all the mixture is used. Roll each ball in the chopped nuts, gently pressing the nuts to coat evenly.
3. Place the balls on a tray or plate, cover, and refrigerate for at least 20 minutes until firm.
4. Serve chilled, garnished with mint leaves for added freshness.

PER SERVING:

Calories: 230; Fats: 18g; Protein: 5g; Carbs: 7g; Sugar: 0g; Fiber: 1g



PUMPKIN SPICE CHIA PUDDING

INGREDIENTS:

- 40 g or 1/4 cup chia seeds
- 5 ml or 1 teaspoon vanilla extract
- 120 g or 1/2 cup pumpkin puree
- 1.5 g/ 1/2 tsp ground cinnamon
- 30 ml or 2 tablespoons honey (or sweetener)
- 0.6 g or 1/4 teaspoon ground nutmeg
- 240 ml or 1 cup almond milk
- 30 g or 1/4 cup chopped walnuts
- Pinch of salt

INSTRUCTIONS:

1. Combine chia seeds and almond milk in a bowl. Mix thoroughly to remove lumps.
2. Add honey, vanilla extract, cinnamon, nutmeg, and a pinch of salt. Mix until smooth. Cover the bowl and refrigerate for at least 4 hours, preferably overnight, so that the chia seeds absorb the liquid and thicken to a pudding consistency. When serving, add chopped walnuts. Divide the pudding evenly between two bowls.
3. Top with pumpkin puree and garnish with half a walnut.

PER SERVING:

Calories: 230; Fats: 13g; Protein: 5g; Carbs: 25g; Sugar: 12g; Fiber: 6g



2 Portion	Easy	10 min	4 hours
			
4 Portion	Easy	15 min	15 min

ZUCCHINI PANCAKES WITH HERBS

INGREDIENTS:

- 300 g or 1 1/2 medium zucchini
- 2 large eggs
- 32 g or 4 tablespoons of oat flour
- 20 g or 4 tablespoons grated Parmesan cheese
- 2 cloves garlic, minced
- 15 g or 4 tablespoons fresh herbs
- 1 g or 1/4 teaspoon black pepper
- 2.5 g or 1/2 teaspoon salt
- 15 ml or 1 tablespoon olive oil

INSTRUCTIONS:

1. Grate the zucchini and place in a colander. Sprinkle with salt and leave for 10 minutes to remove moisture. Squeeze out excess liquid.
2. Whisk together the eggs, oatmeal, Parmesan, garlic, fresh herbs, and black pepper in a bowl. Add the grated zucchini and stir until smooth. Heat the olive oil in a frying pan. Scoop the batter and drop it into the pan, forming small pancakes. Cook each pancake for 3-4 minutes on each side until golden brown. Remove and repeat with the remaining batter.
3. Serve hot with your favourite dipping sauce or yogurt.

PER SERVING:

Calories: 250; Fats: 9g; Protein: 13g; Carbs: 25g; Sugar: 3g; Fiber: 3g





BAKED MUSHROOMS STUFFED

INGREDIENTS:

- 8 large mushrooms
- 120 g or 1/2 cup ground chicken
- 30 g or 1/4 cup shredded mozzarella cheese
- 20 g or 1/4 cup Parmesan cheese
- 15 g or 1/4 cup fresh parsley, chopped
- 1 clove garlic, minced
- 15 ml or 1 tablespoon olive oil
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat the oven to 190°C (375°F). Line a baking sheet with parchment paper and grease with olive oil.
2. Remove the mushroom stems, chop them finely, and set the caps aside. Mix ground chicken, chopped mushroom stems, mozzarella, garlic, parsley, salt, and pepper. Stuff each mushroom cap with the filling and place it on the baking sheet. Drizzle with olive oil.
3. Bake for 15–20 minutes until the mushrooms are tender and the filling is cooked. Sprinkle Parmesan on top, bake for 5 minutes, and let the cheese melt into a golden crust. Serve hot, garnished with parsley if desired.

8 Portion Easy 20 min 25 min
2 Portion Easy 0 min 0 min

PER SERVING:

Calories: 180; Fats: 10g; Protein: 15g; Carbs: 6g; Sugar: 5g; Fiber: 1g

COTTAGE CHEESE WITH CREAM

INGREDIENTS:

- 300 g or 1 1/2 cups cottage cheese
- 120 ml or 1/2 cup heavy cream
- 75 g or 1/3 cup fresh raspberries
- 75 g or 1/3 cup fresh blueberries
- A few sprigs of fresh mint, for garnish

INSTRUCTIONS:

1. Combine the cottage cheese and heavy cream in a bowl. Stir until the mixture is smooth and creamy.
2. Divide the creamy cottage cheese mixture evenly between two serving bowls or plates.
3. Top each portion with fresh raspberries and blueberries evenly over the cottage cheese.
4. Garnish each bowl with a sprig of fresh mint to add a touch of elegance and aroma.
5. Serve immediately.

PER SERVING:

Calories: 250; Fats: 15g; Protein: 16g; Carbs: 10g; Sugar: 7g; Fiber: 2g



STUFFED BAKED APPLES

INGREDIENTS:

- 4 large apples
- 320 g or 1 1/3 cups cottage cheese
- 45 ml or 3 tablespoons honey
- 5 g or 1 teaspoon cinnamon
- 90 g or 1/3 cup raisins
- 40 g or 1/3 cup chopped walnuts
- 15 ml /1 tablespoon lemon juice
- 15 ml or 1 tablespoon coconut oil (for greasing)

INSTRUCTIONS:

1. Preheat the oven to 180°C (350°F). Grease a baking dish with coconut oil.
2. Carefully core the apples, leaving the bottom intact to create a cavity. Sprinkle the insides with lemon juice to prevent browning.
3. Mix cottage cheese, raisins, honey, cinnamon, and chopped walnuts in a bowl. Fill each apple cavity with the mixture and arrange it in the prepared baking dish. Bake for 30 minutes, or until the apples are tender.
4. Serve warm, optionally drizzling with extra honey.

PER SERVING:

Calories: 250; Fats: 7g; Protein: 9g; Carbs: 42g; Sugar: 32g; Fiber: 4g



4 Portion	Easy	15 min	30 min
			
2 Portion	Easy	5 min	0 min

YOGURT SMOOTHIE WITH BLUEBERRIES

INGREDIENTS:

- 240 g or 1 cup Greek yogurt
- 240 ml or 1 cup almond milk
- 75 g or 1/2 cup frozen berries (e.g., blueberries)
- 5 ml or 1 teaspoon honey or stevia (optional)
- Pinch of vanilla (optional)

INSTRUCTIONS:

1. Place the frozen berries in a blender and blend until smooth to form a puree. Ensure no lumps remain for a velvety texture.
2. Add Greek yogurt and almond milk to the blender, then blend thoroughly to combine the liquid ingredients with the berries.
3. If the smoothie seems too thick, add a little water or more almond milk, blending gently until you reach your desired consistency.
4. If preferred, sweeten with honey or stevia, and add a pinch of vanilla to enhance the flavor and aroma.
5. Serve the smoothie immediately in a glass, and garnish with fresh berries for a colorful finish.

PER SERVING:

Calories: 120; Fats: 2g; Protein: 12 g; Carbs: 15g; Sugar: 5g; Fiber: 1g



CONCLUSION

TRANSFORM YOUR BODY AND HEALTH

Thank you for choosing this guide and taking the first step toward a more substantial, leaner, and healthier you. The High-Protein, Low-Carb Diet is more than just a way of eating—it's a lifestyle that fuels your body, supports fat loss, preserves muscle, and helps you feel your best every day.

Every smart choice you make brings visible results and long-term change. Your decision to start today is already a win.

THE POWER OF THE 28-DAY MEAL PLAN

This book's structured 28-day meal plan is your shortcut to success. It eliminates guesswork, provides balanced high-protein, low-carb meals, and helps you stay consistent without feeling overwhelmed. Combined with the weekly shopping lists, it ensures you're always prepared with the right foods.

This saves time, reduces stress, and helps you build lasting habits. When you plan, healthy eating becomes easy—and results become inevitable.

TOOLS THAT SUPPORT YOUR JOURNEY

You'll also find helpful tips, food swaps, and simple recipes throughout the book to keep things flexible and enjoyable. Whether a quick high-protein snack or a satisfying low-carb dinner, you'll always have options that align with your goals.

These tools support you when life gets busy or motivation dips—so you can keep going without falling off track.

MAKE IT A LIFESTYLE, NOT A DIET

The key to long-term success is sustainability. Focus on progress, not perfection. Adjust your meals as your needs change, listen to your body, and find the version of this lifestyle that works for you.

Learning to eat intuitively—prioritizing protein, watching your carbs, and staying consistent—will help you maintain results while feeling in control. This isn't about restriction. It's about nourishment, strength, and freedom.

STAY CONSISTENT — YOU'VE GOT THIS

Your journey doesn't end here—it's just beginning.

The habits you build now will serve you for life. Set small goals, stay active, and most importantly—believe in yourself. Progress happens when you stay consistent, even on tough days.

YOU HAVE THE PLAN. YOU HAVE THE TOOLS. YOU HAVE THE POWER. KEEP GOING!

*To your health and happiness,
Oscar Norris!*

