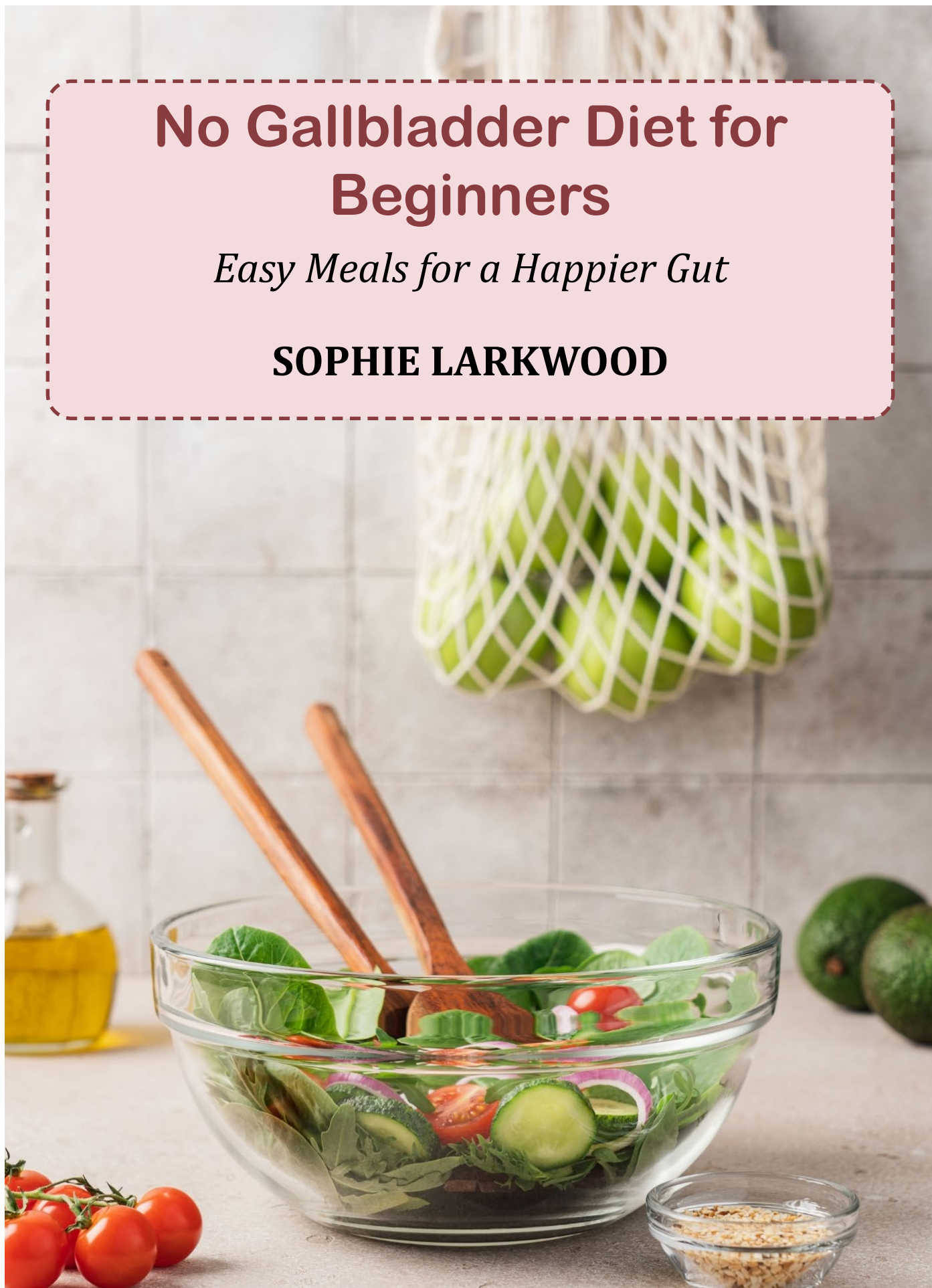


No Gallbladder Diet for Beginners

Easy Meals for a Happier Gut

SOPHIE LARKWOOD



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Quinoa Breakfast Bowl



Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Cooked quinoa: 1 cup / 150 g
- Unsweetened almond milk: ¼ cup / 60 ml
- Fresh blueberries: 0.165 lb / 75 g
- Chia seeds: 1 tsp / 15 g

Instructions:

1. Divide the cooked quinoa evenly between two bowls to form a hearty nourishing base.
2. Pour the unsweetened almond milk over the quinoa, allowing it to absorb and enrich the texture and flavor.
3. Top with fresh blueberries for a burst of natural sweetness and vibrant color.
4. Evenly scatter chia seeds across the surface for added crunch and a dose of omega-3 fatty acids.
5. Serve immediately as a light, energizing breakfast that supports digestion and delivers balanced nutrition.

Nutritional Value (Per Serving):

- Calories: 160 kcal
- Total fats: 3.5 g
- Saturated fat: 0.3 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 30 mg
- Cholesterol: 0 mg
- Total carbohydrate: 28 g
- Dietary fiber: 4 g
- Total sugars: 4 g
- Protein: 5 mg

Easy Egg White and Spinach Wrap



Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Egg whites: 4 large
- Fresh spinach: 0.11 lb / 50 g
- Whole grain tortilla: 1 large / 60 g
- Water or vegetable broth
- (to replace olive oil): 1 tsp / 15 ml

Instructions:

1. Add the vegetable broth or water to a nonstick skillet and warm over medium heat.
2. Stir in the fresh spinach and cook, stirring occasionally, until wilted—about 1 to 2 minutes. Remove from the skillet and set aside.
3. In the same pan, pour in the egg whites and cook over medium heat for 3 to 4 minutes, stirring gently, until fully set.
4. Place the cooked spinach and egg whites in the center of a whole grain tortilla.
5. Fold in the sides of the tortilla and roll it tightly to enclose the filling.
6. Slice the wrap in half and serve immediately while warm.

Nutritional Value (Per Serving):

- Calories: 140 kcal
- Total fats: 3 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 220 mg
- Cholesterol: 0 mg
- Total carbohydrate: 14 g
- Dietary fiber: 4 g
- Total sugars: 1 g
- Protein: 14 g

Mushroom and Herb Omelet



Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Egg whites: 4 large
- Mushrooms (sliced): 0.13 lb / 60 g
- Fresh parsley (chopped): 1 tsp / 5 g
- Cooking spray or water: a light coat or 1 tsp / 5 ml
- Black pepper: 1 pinch

Instructions:

1. Lightly coat a nonstick skillet with cooking spray or add 1 teaspoon of water; then heat over medium.
2. Add the sliced mushrooms and sauté for 2-3 minutes, until softened and lightly browned.
3. In a small bowl, whisk the egg whites with a pinch of black pepper.
4. Pour the egg whites over the mushrooms and cook for 2-3 minutes, or until the edges begin to set.
5. Sprinkle the chopped parsley over the surface, then carefully fold the omelet in half.
6. Continue cooking for 1-2 more minutes, until fully set. Transfer to a plate and serve immediately.

Nutritional Value (Per Serving):

- Calories: 80 kcal
- Total fats: 2 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 70 mg
- Cholesterol: 0 mg
- Total carbohydrate: 3 g
- Dietary fiber: 1 g
- Total sugars: 2 g
- Protein: 14 g

Broccoli and Cauliflower Scramble



Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Egg whites: 4 large
- Steamed broccoli (chopped): 0.13 lb / 60 g
- Steamed cauliflower (chopped): 0.13 lb / 60 g
- Garlic powder: ¼ tsp / 1 g
- Cooking spray: 1 light coat

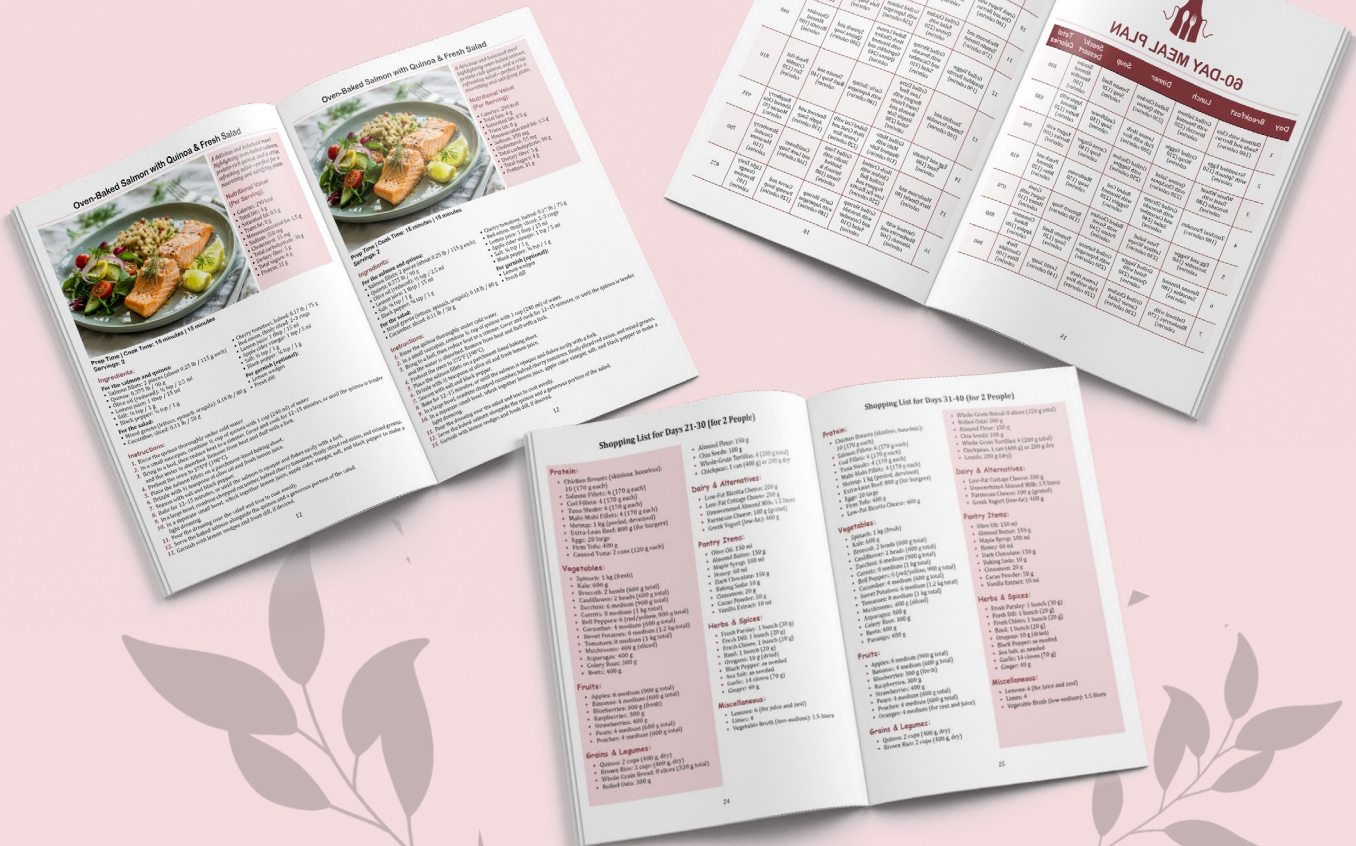
Instructions:

1. Lightly coat a skillet with cooking spray and place it over medium heat.
2. Add the steamed broccoli and cauliflower to the skillet, sautéing for 2-3 minutes while stirring occasionally to warm them through.
3. In a small bowl, whisk the egg whites with the garlic powder until well combined.
4. Pour the egg white mixture over the vegetables in the skillet.
5. Cook for 3-4 minutes, stirring gently, until the egg whites are fully scrambled and integrated with the vegetables.
6. Remove from heat and serve immediately for a warm, protein-rich meal.

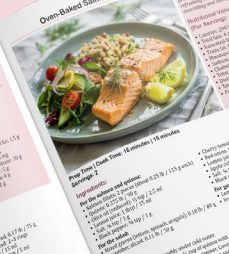
Nutritional Value (Per Serving):

- Calories: 70 kcal
- Total fats: 1 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0 g
- Sodium: 150 mg
- Cholesterol: 0 mg
- Total carbohydrate: 6 g
- Dietary fiber: 3 g
- Total sugars: 2 g
- Protein: 12 g

Before we dive into the details, take a peek at what this book has in store for you — right here.



Oven-Baked Salmon with Quinoa & Fresh Salad



Prep Time | Cook Time: 18 minutes | 18 minutes
Servings: 2

Ingredients:

- Salmon fillets: 2 (6 oz each)
- Quinoa: 1 cup (dry)
- Olive oil: 2 Tbsp
- Lemon juice: 2 Tbsp
- Garlic powder: 1 tsp
- Salt: ½ tsp
- Pepper: ¼ tsp
- Fresh spinach: 2 cups
- Cherry tomatoes: 1 cup
- Cucumber: 1 cup
- Avocado: 1 cup
- Feta cheese: ¼ cup
- Dressing: 2 Tbsp

Shopping List for Days 21-30 (for 2 People)

- Protein:**
 - Chicken Breast (skinless, boneless): 2.00 lb (907 g)
 - Salmon Fillets: 1.70 (6 oz)
 - Beef Ground: 1.00 (227 g)
 - Pork Tenderloin: 1.00 (227 g)
 - Turkey Breast: 1.00 (227 g)
 - Pork Chops: 1.00 (227 g)
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- Vegetables:**
 - Spinach: 1 bag (6 oz)
 - Kale: 1 bag (6 oz)
 - Broccoli: 2 heads (200 g each)
 - Cauliflower: 2 heads (200 g each)
 - Carrots: 1 bunch (1 kg)
 - Bell Peppers: 4 medium (200 g each)
 - Cucumbers: 4 medium (1.2 kg total)
 - Tomatoes: 4 medium (200 g each)
 - Avocado: 1 cup (200 g)
 - Cherry Tomatoes: 1 cup (200 g)
 - Feta Cheese: ¼ cup (60 g)
- Fruits:**
 - Apples: 6 medium (200 g each)
 - Bananas: 6 medium (200 g each)
 - Blueberries: 200 g (1 cup)
 - Raspberries: 200 g (1 cup)
 - Strawberries: 200 g (1 cup)
 - Kiwis: 6 medium (200 g each)
 - Pineapples: 1 medium (200 g)
 - Peaches: 6 medium (200 g each)
 - Prosciutto: 1 medium (200 g)
- Grains & Legumes:**
 - Quinoa: 2 cups (200 g, dry)
 - Brown Rice: 2 cups (200 g, dry)
 - White Rice: 2 cups (200 g, dry)
 - Rolled Oats: 200 g
- Herbs & Spices:**
 - Fresh Parsley: 1 bunch (200 g)
 - Fresh Cilantro: 1 bunch (200 g)
 - Fresh Dill: 1 bunch (200 g)
 - Fresh Basil: 1 bunch (200 g)
 - Fresh Mint: 1 bunch (200 g)
 - Fresh Lemon: 1 (200 g)
 - Fresh Lime: 1 (200 g)
 - Fresh Orange: 1 (200 g)
 - Fresh Grapefruit: 1 (200 g)
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 - Fresh Raspberry: 1 (200 g)
 - Fresh Blueberry: 1 (200 g)
 - Fresh Apple: 1 (200 g)
 - Fresh Banana: 1 (200 g)
 - Fresh Kiwi: 1 (200 g)
 - Fresh Peach: 1 (200 g)
 - Fresh Strawberry: 1 (200 g)
 - Fresh Raspberry: 1 (200 g)
 - Fresh Blueberry: 1 (200 g)
 - Fresh Apple: 1 (200 g)
 - Fresh Banana: 1 (200 g)
 - Fresh Kiwi: 1 (200 g)
 - Fresh Peach

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INTRODUCTION

Life After Gallbladder Removal – What’s Next?

Your gallbladder is gone—now what? You might be wondering whether you’ll ever enjoy your favorite meals again. The good news? Yes, you absolutely can. But there’s a transition period, and how you eat from now on will make all the difference in how you feel.

The gallbladder’s job was to store bile and release it at the right time—especially after eating fatty foods. Without it, your liver still produces bile, but it flows directly into your small intestine. This change can lead to symptoms like bloating, diarrhea, or nausea, especially after heavy or greasy meals.

But here’s the encouraging part: your body is remarkably adaptable. With the right diet and habits, you can reduce or even eliminate discomfort—and feel better than ever.

What to Expect as You Adjust

Everyone’s recovery looks different. Some people bounce back quickly, while others take weeks or even months to feel “normal” again. Here’s what many people experience:

- ✓ Fat Digestion May Be Tricky at First – Without your gallbladder, fatty and fried foods are harder to break down.
- ✓ Meal Size Matters – Smaller, more frequent meals are easier on your digestive system than large ones.
- ✓ Food Sensitivities May Emerge – Spicy dishes, caffeine, and dairy might cause discomfort at first.
- ✓ You’ll Gradually Adjust – Over time, most people find they can reintroduce a wider variety of foods—often with just a few smart tweaks.

Your New No-Gallbladder Diet: No Restriction

This isn’t about giving up delicious food—it’s about choosing ingredients that support your digestion and energy levels.

Recommended food group:

- Lean Proteins: Skinless poultry, fish, eggs, tofu, and legumes are generally well tolerated and provide essential amino acids.
- Complex Carbohydrates: Whole grains such as brown rice, quinoa, oats, and whole wheat products support stable energy levels and gut motility.
- Fiber-Rich Produce: Non-gassy fruits and vegetables (e.g., bananas, berries, carrots, spinach, zucchini) support digestive regularity.

- **Moderate Healthy Fats:** Limited amounts of fats from avocados, flaxseed, chia, or small quantities of cold-pressed oils can supply essential fatty acids without overwhelming the system.
- **Fermented Foods:** Probiotic-rich items such as yogurt, kefir, and sauerkraut may help maintain microbial balance in the gut.

Foods to reduce or avoid:

- **Fried and Fatty Foods:** These may be poorly tolerated due to limited bile emulsification capacity.
- **Highly Processed Foods:** Excessive sugar and refined carbohydrates can exacerbate bloating and energy fluctuations.
- **Spicy or Acidic Items:** Can irritate the digestive lining in sensitive individuals.
- **Caffeinated and Carbonated Beverages:** These are frequent triggers of post-surgical discomfort, particularly bloating and reflux.

How This Cookbook Can Help You

Whether you're newly post-op or just looking for easier ways to eat without a gallbladder, this cookbook is your guide to feeling great—without sacrificing flavor. Inside, you'll find:

- Simple, digestion-friendly recipes designed with your needs in mind.
- Balanced meal plans that make day-to-day eating easy and stress-free.
- Helpful tips and substitutions to adjust meals as your body adapts.

This journey isn't about restriction—it's about rediscovering the joy of food in a way that supports your body. With the right approach, every meal can become something you look forward to.

Let's begin! Your path to comfort, balance, and great-tasting meals starts right here.

BREAKFAST



Quinoa Breakfast Bowl



A colorful, nutrient-dense breakfast bowl combining the subtle nuttiness of quinoa, the natural sweetness of fresh blueberries, and the satisfying crunch of chia seeds—an ideal, balanced way to begin your day.

Nutritional Value (Per Serving):

- Calories: 160 kcal
- Total fats: 3.5 g
- Saturated fat: 0.3 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 30 mg
- Cholesterol: 0 mg
- Total carbohydrate: 28 g
- Dietary fiber: 4 g
- Total sugars: 4 g
- Protein: 5 g

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Cooked quinoa: 1 cup / 150 g
- Fresh blueberries: 0.165 lb / 75 g
- Unsweetened almond milk: ¼ cup / 60 ml
- Chia seeds: 1 tbsp / 15 g

Instructions:

1. Divide the cooked quinoa evenly between two bowls to form a hearty, nourishing base
2. Pour the unsweetened almond milk over the quinoa, allowing it to absorb and enrich the texture and flavor.
3. Top with fresh blueberries for a burst of natural sweetness and vibrant color.
4. Evenly scatter chia seeds across the surface for added crunch and a dose of omega-3 fatty acids.
5. Serve immediately as a light, energizing breakfast that supports digestion and delivers balanced nutrition.

Easy Egg White and Spinach Wrap



This light and simple wrap delivers a protein-rich meal with egg whites and fresh spinach, providing a satisfying option that's gentle on digestion and ideal for balanced eating.

Nutritional Value (Per Serving):

- Calories: 140 kcal
- Total fats: 3 g
- Saturated Fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 220 mg
- Cholesterol: 0 mg
- Total carbohydrate: 14 g
- Dietary fiber: 4 g
- Total sugars: 1 g
- Protein: 14 g

Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Egg whites: 4 large
- Fresh spinach: 0.11 lb/ 50 g
- Whole grain tortilla: 1 large / 60 g
- Water or vegetable broth (to replace olive oil): 1 tbsp / 15 ml

Instructions:

1. Add the vegetable broth or water to a nonstick skillet and warm over medium heat.
2. Stir in the fresh spinach and cook, stirring occasionally, until wilted—about 1 to 2 minutes. Remove from the skillet and set aside.
3. In the same pan, pour in the egg whites and cook over medium heat for 3 to 4 minutes, stirring gently, until fully set.
4. Place the cooked spinach and egg whites in the center of a whole grain tortilla.
5. Fold in the sides of the tortilla and roll it tightly to enclose the filling.
6. Slice the wrap in half and serve immediately while warm.

Mushroom and Herb Omelet



This clean and nutritious omelet pairs egg whites with sautéed mushrooms and fresh parsley, offering a light, savory breakfast that's both satisfying and easy to digest.

Nutritional Value (Per Serving):

- Calories: 80 kcal
- Total fats: 2 g
- Saturated Fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 70 mg
- Cholesterol: 0 mg
- Total carbohydrate: 3 g
- Dietary fiber: 1 g
- Total sugars: 2 g
- Protein: 14 g

Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Egg whites: 4 large
- Mushrooms (sliced): 0.13 lb / 60 g
- Fresh parsley (chopped): 1 tbsp / 5 g
- Cooking spray or water: a light coat or 1 tsp / 5 ml
- Black pepper: 1 pinch

Instructions:

1. Lightly coat a nonstick skillet with cooking spray or add 1 teaspoon of water, then heat over medium.
2. Add the sliced mushrooms and sauté for 2–3 minutes, until softened and lightly browned.
3. In a small bowl, whisk the egg whites with a pinch of black pepper.
4. Pour the egg whites over the mushrooms and cook for 2–3 minutes, or until the edges begin to set.
5. Sprinkle the chopped parsley over the surface, then carefully fold the omelet in half.
6. Continue cooking for 1–2 more minutes, until fully set. Transfer to a plate and serve immediately.

Broccoli and Cauliflower Scramble



This wholesome scramble features egg whites paired with steamed broccoli and cauliflower, making it an ideal choice for a nutrient-dense, filling breakfast that supports balanced digestion.

Nutritional Value (Per Serving):

- Calories: 70 kcal
- Total fats: 1 g
- Saturated Fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0 g
- Sodium: 150 mg
- Cholesterol: 0 mg
- Total carbohydrate: 6 g
- Dietary fiber: 3 g
- Total sugars: 2 g
- Protein: 12 g

Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Egg whites: 4 large
- Steamed broccoli (chopped): 0.13 lb / 60 g
- Steamed cauliflower (chopped): 0.13 lb / 60 g
- Garlic powder: ¼ tsp / 1 g
- Cooking spray: 1 light coat

Instructions:

1. Lightly coat a skillet with cooking spray and place it over medium heat.
2. Add the steamed broccoli and cauliflower to the skillet, sautéing for 2–3 minutes while stirring occasionally to warm them through.
3. In a small bowl, whisk the egg whites with the garlic powder until well combined.
4. Pour the egg white mixture over the vegetables in the skillet.
5. Cook for 3–4 minutes, stirring gently, until the egg whites are fully scrambled and integrated with the vegetables.
6. Remove from heat and serve immediately for a warm, protein-rich meal.

Veggie-Packed Tofu Scramble



This light tofu scramble with vegetables offers a wholesome, plant-based option that's free from added oil and easy on the digestive system—ideal for a balanced, nutrient-rich start to the day.

Nutritional Value (Per Serving):

- Calories: 120 kcal
- Total fats: 5 g
- Saturated Fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 180 mg
- Cholesterol: 0 mg
- Total carbohydrate: 10 g
- Dietary fiber: 3 g
- Total sugars: 4 g
- Protein: 12 g

Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Firm tofu (drained and crumbled): 0.5 lb / 240 g
- Bell peppers (diced): 0.17 lb / 75 g
- Zucchini (diced): 0.17 lb / 75 g
- Vegetable broth (low-fat, for cooking): 1–2 tbsp / 15–30 ml

Instructions:

1. Preheat a nonstick skillet over medium heat and add 1–2 tablespoons of vegetable broth in place of oil.
2. Add the chopped bell peppers and zucchini, sautéing for approximately 3 minutes, stirring occasionally until the vegetables are tender.
3. While the vegetables cook, crumble the tofu into small, even pieces.
4. Add the crumbled tofu to the skillet, mixing well to combine with the vegetables. Cook for an additional 3–4 minutes, allowing the tofu to heat through and absorb the surrounding flavors.
5. Serve immediately, seasoning lightly with salt and pepper if desired. For optimal digestion, avoid adding oils or heavy sauces.

Light Chia Seed Pudding with Berries



This mild chia seed pudding, topped with fresh berries, offers a nutrient-rich, easily digestible option—ideal as a light breakfast or wholesome snack

Nutritional Value (Per Serving):

- Calories: 130 kcal
- Total fats: 4.5 g
- Saturated Fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 0.5 g
- Sodium: 80 mg
- Cholesterol: 0 mg
- Total carbohydrate: 18 g
- Dietary fiber: 7 g
- Total sugars: 5 g
- Protein: 4 g

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Chia seeds: 3 tbsp / 45 g
- Maple syrup (optional, as a gentler sweetener): 1 tsp / 5 ml
- Unsweetened almond milk: 1 cup / 240 ml
- Fresh mixed berries: 0.1 lb / 45 g

Instructions:

1. In a medium bowl, combine the chia seeds with unsweetened almond milk, stirring thoroughly to ensure the seeds are evenly distributed.
2. For optional sweetness, add a small amount of maple syrup and mix gently to incorporate.
3. Cover the bowl and refrigerate for at least 4 hours or overnight, allowing the chia seeds to absorb the liquid and develop a pudding-like texture.
4. Before serving, top with fresh mixed berries and enjoy as a light, nutrient-dense snack or digestive-friendly dessert.

Cozy Pumpkin Spice Pudding



This warm and comforting pumpkin spice pudding blends the rich flavors of pumpkin, cinnamon, and nutmeg with a subtle touch of maple sweetness, offering a nourishing treat with seasonal depth.

Nutritional Value (Per Serving):

- Calories: 90 kcal
- Total fats: 3 g
- Saturated Fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 60 mg
- Cholesterol: 0 mg
- Total carbohydrate: 15 g
- Dietary fiber: 4 g
- Total sugars: 8 g
- Protein: 2 g

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Pumpkin puree (unsweetened): ½ cup / 120 g
- Unsweetened almond milk: ½ cup / 120 ml
- Ground nutmeg: ½ tsp / 1 g
- Maple syrup (optional): 1 tsp / 5 ml
- Ground cinnamon: ½ tsp / 2.5 g

Instructions:

1. In a small bowl, whisk together the unsweetened almond milk and pumpkin purée until smooth and fully combined.
2. Add the ground cinnamon and nutmeg, stirring thoroughly to ensure the spices are evenly distributed.
3. If desired, add the maple syrup for a touch of sweetness and mix well.
4. Refrigerate the mixture for at least 1 hour or overnight to allow the flavors to develop and the pudding to thicken.
5. Once chilled, serve with an optional sprinkle of cinnamon or nutmeg for added warmth and aroma.

Quick Apple Cinnamon Muffins



These simple apple cinnamon muffins, made with whole wheat flour and naturally sweetened with applesauce, offer a wholesome and convenient option for a quick breakfast or nutritious snack.

Nutritional Value (Per Serving):

- Calories: 160 kcal
- Total fats: 2 g
- Saturated Fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0 g
- Sodium: 90 mg
- Cholesterol: 0 mg
- Total carbohydrate: 34 g
- Dietary fiber: 5 g
- Total sugars: 16 g
- Protein: 4 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2 (makes about 6 smaller muffins)

Ingredients:

- Whole wheat flour: 1 cup / 125 g
- Unsweetened applesauce: ½ cup / 120 g
- Egg whites: 2 large
- Maple syrup: 2 tbsp / 30 ml
- Baking soda: ½ tsp / 2.5 g
- Ground cinnamon: 1 tsp / 5 g
- Diced apple: 0.17 lb / 75 g

Instructions:

1. Preheat the oven to 375°F (190°C) and lightly coat a muffin tray or line it with paper liners. The elevated temperature promotes quicker, even baking.
2. In a medium bowl, whisk together the whole wheat flour, baking soda, and ground cinnamon until well combined.
3. In a separate bowl, mix the unsweetened applesauce, egg whites, and maple syrup until smooth.
4. Add the wet mixture to the dry ingredients and stir until just combined. Do not overmix to maintain a light texture.
5. Gently fold in the diced apple pieces.
6. Divide the batter evenly among the muffin cups, filling each about ¾ full. To speed up baking time, consider using more cups for smaller muffins.
7. Bake for 12 to 15 minutes, or until a toothpick inserted into the center comes out clean.
8. Allow the muffins to cool for a few minutes before serving.

Egg and Tomato Toast



This light, digestion-friendly toast pairs protein-rich egg whites with tender, ripe tomatoes, offering a balanced and nourishing choice for breakfast or a simple, wholesome meal.

Nutritional Value (Per Serving):

- Calories: 180 kcal
- Total fats: 4 g
- Saturated Fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 200 mg
- Cholesterol: 0 mg
- Total carbohydrate: 26 g
- Dietary fiber: 6 g
- Total sugars: 4 g
- Protein: 14 g

Prep Time | Cook Time: 5 minutes | 10 minutes
Servings: 2

Ingredients:

- Whole grain bread: 2 slices / 60 g
- Egg whites: 4 large
- Fresh cucumber (diced or thinly sliced): 1 small (0.13 lb)
- Cherry tomatoes (halved): 6 small (0.13 lb / 60 g)
- Cooking spray: 1 light coat

Instructions:

1. Toast the whole grain bread slices in a skillet or toaster until golden and crisp.
2. Meanwhile, heat a nonstick skillet over medium heat and lightly coat with cooking spray.
3. Add the diced cucumber and sauté for 1–2 minutes to gently warm and enhance its mild flavor.
4. Pour in the egg whites and cook for 3–4 minutes, stirring occasionally, until fully set.
5. While the egg mixture cooks, slice the cherry tomatoes in half.
6. Once cooked, remove the egg and cucumber mixture from the skillet and set aside.
7. Top each toasted bread slice with the warm egg and cucumber, then add the halved cherry tomatoes.
8. Serve immediately for a light, balanced meal.

Sweet Potato and Chive Scramble



This light and nutrient-dense scramble features egg whites, grated sweet potato, and fresh chives, offering a balanced and satisfying breakfast that's both wholesome and easy to digest.

Nutritional Value (Per Serving):

- Calories: 110 kcal
- Total fats: 0 g
- Saturated Fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0 g
- Sodium: 100 mg
- Cholesterol: 0 mg
- Total carbohydrate: 15 g
- Dietary fiber: 3 g
- Total sugars: 5 g
- Protein: 12 g

Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Egg whites: 4 large
- Sweet potato (grated): 1 small (0.13 lb / 60 g)
- Fresh chives (chopped): 1 tbsp / 5 g
- Water or vegetable broth (instead of olive oil for cooking): 1 tsp / 5 ml
- Black pepper: 1 pinch

Instructions:

1. Heat a nonstick skillet over medium heat and add a small amount of water or vegetable broth in place of oil to prevent sticking.
2. Once heated, add the grated sweet potato and sauté for 2–3 minutes, stirring occasionally, until it begins to soften.
3. Pour in the egg whites and gently scramble them with the sweet potato. Continue cooking for another 2–3 minutes, or until the egg whites are fully set.
4. Stir in the freshly chopped chives and season lightly with black pepper.
5. Serve immediately for a warm, nourishing meal.

Apple and Pear Rice Porridge



This gentle and nourishing rice porridge, made with brown rice, fresh apples, and pears, offers a warm, digestion-friendly meal ideal for a calming start to the day or a light, balanced snack.

Nutritional Value (Per Serving):

- Calories: 170 kcal
- Total fats: 3 g
- Saturated Fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 50 mg
- Cholesterol: 0 mg
- Total carbohydrate: 34 g
- Dietary fiber: 5 g
- Total sugars: 13 g
- Protein: 4 g

Prep Time | Cook Time: 5 minutes | 10 minutes
Servings: 2

Ingredients:

- Cooked brown rice: ½ cup / 100 g
- Unsweetened almond milk: ½ cup / 120 ml
- Fresh apple (diced): 0.07 lb / 30 g
- Fresh pear (diced): 0.07 lb / 30 g
- Ground cinnamon: ¼ tsp / 1 g
- Vanilla extract (optional): ½ tsp / 2.5 ml

Instructions:

1. In a medium saucepan, combine the cooked brown rice and unsweetened almond milk. Cook over medium-high heat for 5–7 minutes, stirring occasionally, until the mixture is warm and develops a creamy consistency.
2. Stir in the ground cinnamon once the rice is fully heated.
3. Add the diced apple and pear, mixing them into the porridge. Continue cooking for an additional 2–3 minutes, allowing the fruit to soften slightly.
4. Remove from heat and, if desired, stir in a small amount of vanilla extract.
5. Divide into two bowls and serve immediately for a warm, digestion-friendly meal.

Oatmeal with Blueberries and Almonds



This mild, easy-to-digest oatmeal topped with blueberries and sliced almonds offers a soothing and nutrient-balanced breakfast ideal for supporting digestive comfort and sustained energy.

Nutritional Value (Per Serving):

- Calories: 160 kcal
- Total fats: 4 g
- Saturated Fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2 g
- Sodium: 15 mg
- Cholesterol: 0 mg
- Total carbohydrate: 28 g
- Dietary fiber: 4 g
- Total sugars: 9 g
- Protein: 4 g

Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Rolled oats: ½ cup / 50 g
- Water or unsweetened almond milk: 1 cup / 240 ml
- Fresh blueberries: 0.1 lb / 45 g
- Sliced almonds (optional): 1 tbsp / 15 g
- Maple syrup: 1 tsp / 5 ml

Instructions:

1. In a small saucepan, combine the rolled oats with water or unsweetened almond milk. Bring to a gentle simmer over medium-high heat, stirring occasionally.
2. Cook for about 5 minutes, or until the oats are tender and the mixture reaches your desired consistency.
3. Remove from heat and fold in the fresh blueberries.
4. Divide the oatmeal between two bowls. Top with sliced almonds if desired, and add a touch of maple syrup for optional sweetness.
5. Serve warm for a calming, digestion-friendly breakfast.

Cucumber Melon Smoothie



Cool and refreshing, this smoothie combines cucumber and melon for a hydrating, low-fat beverage that supports digestion and makes an ideal light snack or breakfast.

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Cucumber (peeled and diced): 1 cup / 240 ml
- ½ medium / 100 g
- Cantaloupe or honeydew melon (diced): 0.2 lb / 90 g
- Unsweetened coconut water:
- Mint leaves (optional): 2–3 leaves
- Ice cubes: ½ cup

Instructions:

1. Add the cucumber, melon, coconut water, and mint leaves (if using) to a blender.
2. Blend on high speed until smooth and well combined.
3. Pour into glasses and serve immediately for a refreshing, hydrating drink.

Nutritional Value (Per Serving):

- Calories: 80 kcal
- Total fats: 1 g
- Saturated Fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0.5 g
- Sodium: 40 mg
- Cholesterol: 0 mg
- Total carbohydrate: 20 g
- Dietary fiber: 3 g
- Total sugars: 15 g
- Protein: 2 g

Watermelon Mint Smoothie



This hydrating smoothie is ideal for warm days, combining refreshing watermelon and soothing mint to support digestion and provide a light, nutrient-rich boost.

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Watermelon (diced): 0.33 lb / 150 g
- Fresh mint leaves: 2–3 leaves
- Lime juice: 1 tsp / 5 ml
- Unsweetened coconut water: 1 cup / 240 ml
- Ice cubes: ½ cup

Instructions:

1. Combine the watermelon, mint leaves, coconut water, lime juice, and ice cubes in a blender.
2. Blend until smooth and well-chilled.
3. Pour into glasses and serve immediately for a cool, refreshing treat.

Nutritional Value (Per Serving):

- Calories: 70 kcal
- Total fats: 0 g
- Saturated Fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0 g
- Sodium: 30 mg
- Cholesterol: 0 mg
- Total carbohydrate: 18 g
- Dietary fiber: 1 g
- Total sugars: 14 g
- Protein: 1 g

Cantaloupe Pineapple Smoothie



A gentle, tropical smoothie that blends melons and pineapple into a refreshing, vitamin-rich beverage—ideal for a light, digestion-friendly boost any time of day.

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Cantaloupe (peeled and diced): 0.2 lb / 90 g
- Pineapple chunks (fresh or frozen): 0.17 lb / 75 g
- Ice cubes: ½ cup
- Unsweetened almond milk: 1 cup / 240 ml
- Lime juice (optional): 1 tsp / 5 ml

Instructions:

1. Combine cantaloupe, pineapple, almond milk, lime juice (if using), and ice cubes in a blender.
2. Blend until smooth and creamy.
3. Serve immediately for a hydrating, vitamin-rich, and digestion-friendly treat.

Nutritional Value (Per Serving):

- Calories: 95 kcal
- Total fats: 2 g
- Saturated Fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 0.5 g
- Sodium: 45 mg
- Cholesterol: 0 mg
- Total carbohydrate: 24 g
- Dietary fiber: 3 g
- Total sugars: 18 g
- Protein: 2 g

Cottage Cheese and Berry Layered Dessert



A gentle, protein-rich parfait featuring layers of smooth, low-fat cottage cheese, fresh berries, and a touch of honey—an ideal option for a light, nourishing breakfast that supports digestive comfort.

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Low-fat cottage cheese (or dairy-free alternative): 0.53 lb / 240 g
- Fresh strawberries, sliced: 0.15 lb / 70 g
- Fresh blueberries: 0.15 lb / 70 g
- Honey (optional, for sweetness): 1 tbsp / 15 ml
- Chia seeds (optional, for added fiber): 1 tbsp / 10 g

Instructions:

1. Spoon low-fat cottage cheese (or a dairy-free substitute) into the bottom of serving glasses as the first layer.
2. Add a generous layer of fresh strawberries and blueberries on top.
3. Lightly drizzle with honey, if desired, and sprinkle chia seeds for added texture and nutritional value.
4. Serve right away for a light, digestion-friendly breakfast.

Nutritional Value (Per Serving):

- Calories: 180 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 0 g
- Sodium: 300 mg
- Cholesterol: 15 mg
- Total carbohydrate: 20 g
- Dietary Fiber: 3 g
- Total Sugars: 14 g
- Protein: 14 g

Low-Fat Waffles with Gentle Fresh Fruit



These light, easily digestible waffles are topped with fresh, gut-friendly fruits that offer natural sweetness, making them an ideal choice for a gentle and balanced breakfast or snack.

Nutritional Value (Per Serving):

- Calories: 170 kcal
- Total fats: 4 g
- Saturated Fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2 g
- Sodium: 90 mg
- Cholesterol: 0 mg
- Total carbohydrate: 30 g
- Dietary fiber: 5 g
- Total sugars: 10 g
- Protein: 5 g

Prep Time | Cook Time: 5 minutes | 10 minutes
Servings: 2

Ingredients:

- Rolled oats (blended into oat flour): 1 cup / 85 g
- Baking powder: 1 tsp / 5 g
- Ground cinnamon: ¼ tsp / 1 g
- Unsweetened almond milk: ½ cup / 120 ml
- Flaxseed meal (as egg substitute): 1 tbsp / 7 g
- Vanilla extract: 1 tsp / 5 ml
- Water: 1 tbsp / 15 ml (to replace some oil)
- Fresh pear (sliced): ½ medium / 60 g
- Fresh blueberries: 0.08 lb / 35 g
- Fresh melon (cubed): 0.07 lb / 30 g

Instructions:

1. Preheat the waffle iron according to the manufacturer's instructions.
2. Using a blender or food processor, grind the rolled oats into a fine, flour-like texture.
3. In a large mixing bowl, combine the oat flour, ground cinnamon, and baking powder.
4. In a separate small bowl, mix 1 tablespoon of flaxseed meal with 3 tablespoons of water and let it sit for 2–3 minutes until it thickens into a gel-like consistency.
5. In another bowl, whisk together the almond milk, flaxseed mixture, vanilla extract, and 1 tablespoon of water.
6. Add the wet mixture to the dry ingredients and stir until fully combined. The batter will be thick.
7. Lightly grease the waffle iron with a small amount of oil or nonstick spray. Pour in the batter and cook for 3–5 minutes, or until the waffles are crisp and golden brown.
8. Serve warm, topped with fresh pear slices, blueberries, and melon for a light, naturally sweet, and digestion-friendly finish.

Strawberry Chia Waffles



These gentle, light waffles are prepared with easily digestible ingredients such as flaxseed and fresh strawberries, offering a wholesome and well-balanced option for a soothing breakfast or snack.

Nutritional Value (Per Serving):

- Calories: 180 kcal
- Total fats: 2 g
- Saturated Fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 90 mg
- Cholesterol: 0 mg
- Total carbohydrate: 31 g
- Dietary fiber: 6 g
- Total sugars: 6 g
- Protein: 6 g

Prep Time | Cook Time: 5 minutes | 10 minutes
Servings: 2

Ingredients:

- Whole wheat flour: 1 cup / 130 g
- Baking powder: 1 tsp / 5 g
- Chia seeds: 1 tbsp / 15 g
- Fresh strawberries, diced: 0.08 lb / 35 g
- Unsweetened almond milk: ½ cup / 120 ml
- Flaxseed meal (egg substitute): 1 tbsp / 7 g
- Vanilla extract: 1 tsp / 5 ml
- Water: 2 tbsp / 30 ml (to replace oil and reduce fat content)

Instructions:

1. Preheat the waffle iron according to the manufacturer's instructions.
2. In a blender or food processor, blend the whole wheat flour, baking powder, and chia seeds until evenly combined.
3. In a small bowl, stir 1 tablespoon of flaxseed meal with 3 tablespoons of water. Let it sit for 2–3 minutes until it forms a gel-like consistency.
4. In a separate bowl, whisk together the almond milk, flaxseed mixture, vanilla extract, and 2 tablespoons of water.
5. Add the wet ingredients to the dry mixture and stir until fully incorporated. The batter will be thick.
6. Lightly grease the waffle iron with nonstick spray or a small amount of oil, if desired. Pour the batter into the waffle iron and cook for 3–5 minutes, or until the waffles are golden and crisp.
7. Serve warm, topped with freshly diced strawberries for a naturally sweet, digestion-friendly finish.

Cottage Cheese and Mango Smoothie



A creamy, tropical smoothie blending cottage cheese, ripe mango, and a hint of lime—delivering a refreshing, protein-rich beverage that's both energizing and easy to digest.

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Low-fat cottage cheese: 0.53 lb / 240 g
- Mango, diced: 0.18 lb / 80 g
- Ice cubes: ½ cup
- Unsweetened almond milk: 1 cup / 240 ml
- Lime juice (optional): 1 tsp / 5 ml

Instructions:

1. Combine cottage cheese, mango, almond milk, lime juice (if using), and ice cubes in a blender. Blend until smooth and creamy.
2. Serve immediately for a refreshing and protein-rich start to your day.

Nutritional Value (Per Serving):

- Calories: 150 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 0 g
- Sodium: 250 mg
- Cholesterol: 10 mg
- Total carbohydrate: 20 g
- Dietary Fiber: 3 g
- Total Sugars: 15 g
- Protein: 14 g

Turkey Sausage and Spinach Scramble



This light, protein-rich scramble combines lean turkey sausage with fresh spinach, offering a satisfying and digestion-friendly meal suitable for breakfast or a balanced light lunch.

Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Lean turkey sausage (low-fat): 0.12 lb / 55 g
- Fresh spinach: 0.066 lb / 30 g
- Salt: pinch
- Egg whites (or egg substitute): 4
- Black pepper: pinch

Instructions:

1. Preheat a nonstick skillet over medium heat.
2. Add the lean turkey sausage and cook for 3–4 minutes, breaking it into small crumbles as it browns.
3. While the sausage cooks, whisk the egg whites in a bowl until fully blended.
4. Once the sausage is cooked through, add the spinach and sauté for 1–2 minutes until just wilted.
5. Pour the egg whites into the skillet with the sausage and spinach. Season with a pinch of black pepper and salt.
6. Gently stir and cook for 1–2 minutes, or until the egg whites are fully set to your preferred texture.
7. Remove from heat and serve immediately.

Nutritional Value (Per Serving):

- Calories: 160 kcal
- Total Fat: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 2 g
- Sodium: 350 mg
- Cholesterol: 0 mg
- Total carbohydrate: 3 g
- Dietary Fiber: 2 g
- Total Sugars: 1 g
- Protein: 28 g

LUNCH



Grilled Chicken with Zucchini Noodles



Tender grilled chicken served atop light, refreshing zucchini noodles, delicately flavored with garlic and a touch of lemon—offering a balanced, low-carb meal that's both satisfying and easy to digest.

Nutritional Value (Per Serving):

- Calories: 200 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 2 g
- Sodium: 70 mg
- Cholesterol: 60 mg
- Total carbohydrate: 9 g
- Dietary Fiber: 3 g
- Total Sugars: 5 g
- Protein: 38 g

Prep Time | Cook Time: 10 minutes | 20 minutes
Servings: 2

Ingredients:

- Chicken breast (skinless): 2 pieces (0.75 lb /170 g each)
- Zucchini (spiralized): 2 medium
- Olive oil: 1 tsp / 5 ml
- Garlic (minced): 2 cloves
- Lemon juice: 1 tbsp / 15 ml

Instructions:

1. Preheat a grill or grill pan over medium-high heat. Brush the chicken breasts with 1 teaspoon (5 ml) of olive oil and season with salt and pepper, if desired.
2. Grill the chicken for 6–8 minutes per side, or until fully cooked and the internal temperature reaches 165°F (74°C). Remove from the grill, cover loosely with foil, and let rest for 5 minutes.
3. While the chicken is cooking, heat the remaining 1 teaspoon (5 ml) of olive oil in a large skillet over medium heat. Add the minced garlic and sauté for 1 minute until fragrant.
4. Add the spiralized zucchini to the skillet and gently toss to coat in the garlic oil. Cook for 2–3 minutes, or until tender but still slightly crisp.
5. Drizzle the zucchini noodles with lemon juice and toss to combine. Remove from heat.
6. Divide the zucchini noodles between two plates and top each with a grilled chicken breast.
7. Serve warm for a flavorful, digestion-friendly low-carb meal.

Baked Salmon with Cauliflower Mash



A flavorful and nutritious dinner pairing tender baked salmon with creamy garlic cauliflower mash, finished with a touch of fresh dill for a light, satisfying, and digestion-friendly meal.

Nutritional Value (Per Serving):

- Calories: 220 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 2 g
- Sodium: 70 mg
- Cholesterol: 60 mg
- Total carbohydrate: 9 g
- Dietary Fiber: 4 g
- Total Sugars: 3 g
- Protein: 35 g

Prep Time | Cook Time: 10 minutes | 25 minutes
Servings: 2

Ingredients:

- Salmon fillet: 2 fillets (0.75 lb / 170 g each)
- Cauliflower (steamed and mashed): 0.66 lb / 300 g
- Olive oil: 1 tsp / 5 ml
- Garlic powder: ½ tsp / 2 g
- Dill: 1 tsp / 2 g
- Salt and pepper (to taste)

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the prepared baking sheet. Drizzle with olive oil and season lightly with salt and pepper. Bake for 18–20 minutes, or until the salmon flakes easily with a fork.
3. While the salmon is baking, prepare the cauliflower mash. In a medium saucepan, combine the steamed cauliflower with garlic powder and a pinch of salt and pepper. Mash with a fork or blend with an immersion blender until smooth. Adjust seasoning to taste.
4. Spoon the cauliflower mash evenly onto two serving plates.
5. Once the salmon is cooked, place one fillet atop each portion of mash.
6. Garnish with fresh dill and serve immediately for a balanced, nutrient-rich meal.

Beef and Broccoli Stew with Ginger Soy Sauce



A savory, slow-simmered stew featuring lean beef, crisp-tender broccoli, and a calming ginger-soy broth—crafted for balanced nutrition and easy digestion, making it an ideal comfort meal.

Nutritional Value (Per Serving):

- Calories: 230 kcal
- Total Fat: 3 g
- Saturated Fat: 1 g
- Monounsaturated Fat: 1.5 g
- Sodium: 620 mg
- Cholesterol: 50 mg
- Total carbohydrate: 10 g
- Dietary Fiber: 4 g
- Total Sugars: 3 g
- Protein: 30 g

Prep Time | Cook Time: 10 minutes | 25 minutes
Servings: 2

Ingredients:

- Lean beef strips: 0.5 lb / 240 g
- Broccoli florets: 0.66 lb / 300 g
- Soy sauce (low sodium): 2 tbsp / 30 ml
- Sesame oil: ¼ tsp / 1.25 ml
- Ginger (grated): 1 tsp / 5 g
- Water: 1 cup / 240 ml
- Optional garnish: Fresh parsley (chopped)

Instructions:

1. In a large pot, heat ¼ teaspoon of sesame oil over medium heat. Add the grated ginger and sauté for about 30 seconds, until fragrant.
2. Add the beef strips and sear for 3–4 minutes, stirring occasionally, until browned on all sides.
3. Pour in 1 cup of water and bring to a simmer. Reduce the heat and cook for 10–12 minutes, allowing the beef to tenderize and absorb the flavors.
4. While the beef simmers, steam the broccoli florets in a separate pot or steamer for 5–6 minutes, until tender but still bright green.
5. Once the beef is fully cooked, add the steamed broccoli to the pot. Stir in the soy sauce and simmer for an additional 2–3 minutes to blend the flavors.
6. Divide the stew between two bowls, garnish with fresh parsley if desired, and serve warm.

Turkey Meatballs with Zoodles



A wholesome, low-carb entrée featuring tender turkey meatballs paired with light zucchini noodles and a simple marinara sauce—offering a balanced, protein-rich meal that's both satisfying and easy on digestion.

Nutritional Value (Per Serving):

- Calories: 210 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 2 g
- Sodium: 550 mg
- Cholesterol: 90 mg
- Total carbohydrate: 8 g
- Dietary Fiber: 2 g
- Total Sugars: 4 g
- Protein: 30 g

Prep Time | Cook Time: 15 minutes | 20 minutes
Servings: 2

Ingredients:

- Ground turkey: 0.5 lb / 240 g
- Zucchini (spiralized): 2 medium (about 0.5 lb / 225 g)
- Olive oil: ½ tsp / 2.5 ml
- Marinara sauce (low sugar): ½ cup / 120 ml
- Parmesan cheese (grated): 2 tbsp / 15 g

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, season the ground turkey with salt, pepper, and any preferred herbs or spices. Shape the mixture into approximately 10–12 small meatballs.
3. Arrange the meatballs on the prepared baking sheet and bake for 15–18 minutes, or until fully cooked and golden brown.
4. While the meatballs are baking, heat olive oil in a large skillet over medium-high heat. Add the spiralized zucchini and sauté for 2–3 minutes, stirring occasionally, until just tender yet slightly firm. Remove from heat.
5. Warm the marinara sauce in a small saucepan over low heat.
6. To plate, divide the zucchini noodles evenly between two servings. Place the baked meatballs on top and spoon marinara sauce over each portion. Finish with a sprinkle of grated Parmesan cheese.
7. Serve immediately while warm.

Garlic Shrimp with Asparagus



A light and vibrant dish showcasing tender shrimp and crisp asparagus, delicately infused with garlic and fresh lemon zest—offering a refreshing, protein-rich meal that's both satisfying and easy to digest.

Nutritional Value (Per Serving):

- Calories: 180 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 3 g
- Sodium: 370 mg
- Cholesterol: 180 mg
- Total carbohydrate: 6 g
- Dietary Fiber: 3 g
- Total Sugars: 2 g
- Protein: 30 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Shrimp (peeled and deveined): 0.5 lb / 240 g
- Asparagus: 1 bunch / 200 g
- Olive oil: 1 tsp / 5 ml
- Garlic (minced): 2 cloves
- Lemon zest: 1 tsp / 2 g

Instructions:

1. Trim the tough ends off the asparagus and cut the stalks into 2-inch pieces.
2. In a large skillet, heat 1 teaspoon (5 ml) of olive oil over medium heat. Add the asparagus and cook for 3–4 minutes, stirring occasionally, until bright green and slightly tender. Remove from the skillet and set aside.
3. Add the remaining 1 teaspoon (5 ml) of olive oil to the skillet and reduce the heat to medium-low. Add the minced garlic and sauté for about 30 seconds, until fragrant.
4. Raise the heat to medium and add the shrimp. Cook for 2–3 minutes per side, or until they turn pink and opaque.
5. Return the cooked asparagus to the skillet and toss with the shrimp. Sprinkle with lemon zest and stir gently to combine.
6. Divide the mixture between two plates and serve immediately for a fresh, low-carb, and digestion-friendly meal.

Grilled Chicken Breast with Steamed Carrots



A light and well-balanced meal featuring tender grilled chicken breast served alongside gently steamed carrots—offering a simple, protein-rich option that's easy to digest and naturally flavorful.

Nutritional Value (Per Serving):

- Calories: 180 kcal
- Total Fat: 3 g
- Saturated Fat: 0.5 g
- Trans Fat: 0 g
- Monounsaturated Fat: 1.5 g
- Sodium: 160 mg
- Cholesterol: 65 mg
- Total carbohydrate: 12 g
- Dietary Fiber: 5 g
- Total Sugars: 5 g
- Protein: 30 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Chicken breast (skinless, boneless): 2 pieces (0.375 lb / 85 g each)
- Carrots (peeled and cut into sticks): 0.44 lb / 200 g
- Olive oil: ½ tsp / 2.5 ml
- Balsamic vinegar: 1 tbsp / 15 ml
- Thyme: 1 tsp / 2 g
- Salt and pepper: to taste

Instructions:

1. Preheat a grill or grill pan over medium-high heat. Brush the chicken breasts with ½ teaspoon of olive oil and season lightly with salt and pepper.
2. Grill the chicken for 6–8 minutes per side, or until the internal temperature reaches 165°F (74°C). Remove from the grill and allow to rest for 5 minutes to retain moisture.
3. While the chicken is cooking, steam the carrot sticks in a steamer basket over boiling water for 6–8 minutes, until tender yet slightly crisp.
4. Once steamed, toss the carrots with a splash of balsamic vinegar, a sprinkle of thyme, and a pinch of salt and pepper.
5. Arrange the steamed carrots on two serving plates and top each with a grilled chicken breast.
6. Serve warm for a light, protein-rich meal that's gentle on digestion.

Baked Cod with Spinach, Mushrooms, and Cheddar



A nourishing baked entrée featuring tender cod fillets layered with sautéed spinach, earthy mushrooms, and finished with a light, savory cheese topping.

Prep Time | Cook Time: 10 minutes | 25 minutes
Servings: 2

Ingredients:

- Cod fillets: 2 pieces (0.75 lb / 170 g each)
- Spinach (fresh): ¼ lb (60 g)
- Mushrooms (sliced): ½ lb (150 g)
- Olive oil (optional, for sautéing): 1 tsp / 5 ml
- Low-fat cheese (shredded): 2 tbsp / 30 g (e.g., low-fat mozzarella or another option)
- Garlic (minced): 2 cloves
- Fresh lemon juice (optional, for garnish): 1 tsp / 5 ml

Instructions:

1. Preheat the oven to 375°F (190°C) and lightly grease a baking dish with olive oil or nonstick spray.
2. In a skillet over medium heat, warm the olive oil and sauté the minced garlic for about 30 seconds, until aromatic.
3. Add the mushrooms and cook for 3–4 minutes until softened. Stir in the spinach and continue cooking for 1–2 minutes, until wilted. Remove from heat.
4. Arrange the cod fillets in the prepared baking dish. Season with salt and pepper if desired. Evenly spread the spinach and mushroom mixture over the fillets.
5. Top with a sprinkle of low-fat cheese.
6. Bake for 18–20 minutes, or until the fish flakes easily with a fork and the cheese is fully melted.
7. Optionally, finish with a drizzle of fresh lemon juice and serve immediately.

Nutritional Value (Per Serving):

- Calories: 230 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 2 g
- Sodium: 220 mg
- Cholesterol: 50 mg
- Total carbohydrate: 6 g
- Dietary Fiber: 3 g
- Total Sugars: 2 g
- Protein: 32 g

Chicken Fajita Bowl with Cauliflower Rice



A vibrant and flavorful fajita-style bowl combining seasoned chicken, sautéed bell peppers, and light cauliflower rice—delivering a balanced, low-carb meal with bold taste and wholesome ingredients.

Prep Time | Cook Time: 15 minutes | 20 minutes
Servings: 2

Ingredients:

- Chicken breast (sliced): 2 pieces / 0.75 lb (340 g-170 g each)
- Taco seasoning: 2 tsp / 5 g
- Bell peppers (mixed colors, sliced): 0.5 lb (225 g)
- Cauliflower rice: 0.75 lb (340 g)
- Olive oil: 1 tsp / 5 ml

Instructions:

1. In a large skillet, heat 1 teaspoon (5 ml) of olive oil over medium-high heat. Add the sliced chicken and season with 1 teaspoon (2.5 g) of taco seasoning. Cook for 6–8 minutes, stirring occasionally, until the chicken is cooked through and lightly browned. Transfer to a plate and set aside.
2. Using the same skillet, add the remaining 1 teaspoon (5 ml) of olive oil along with the sliced bell peppers. Sprinkle with the remaining taco seasoning and sauté for 4–5 minutes until the peppers are tender yet crisp. Remove from heat.
3. In a separate skillet, warm the cauliflower rice over medium heat for 2–3 minutes, stirring often, until heated through and slightly softened.
4. To assemble, divide the cauliflower rice between two bowls. Top each with the cooked chicken and sautéed bell peppers.
5. Serve immediately while warm.

Nutritional Value (Per Serving):

- Calories: 260 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 2 g
- Sodium: 280 mg
- Cholesterol: 75 mg
- Total carbohydrate: 12 g
- Dietary Fiber: 5 g
- Total Sugars: 6 g
- Protein: 38 g

Pork Chops with Green Beans, Almonds, and Apple Puree



A nourishing and well-balanced dish featuring juicy pork chops paired with crisp green beans, toasted almonds, and a hint of naturally sweet apple purée—offering a satisfying blend of flavors and textures.

Nutritional Value (Per Serving):

- Calories: 310 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 1 g
- Sodium: 290 mg
- Cholesterol: 60 mg
- Total carbohydrate: 37 g
- Dietary Fiber: 6 g
- Total Sugars: 5 g
- Protein: 32 g

Prep Time | Cook Time: 10 minutes | 25 minutes
Servings: 2

Ingredients:

- Pork chops: 2 pieces (0.75 lb / 170 g each)
- Green beans (trimmed): 2 cups / 300 g
- Almonds (sliced): 2 tbsp / 15 g
- Olive oil: 2 tsp / 10 ml
- Lemon juice: 1 tbsp / 15 ml
- Apple puree (unsweetened): ¼ cup / 60 g

Instructions:

1. Heat 1 teaspoon (5 ml) of olive oil in a skillet over medium-high heat.
2. Season the pork chops with salt and pepper if desired. Sear them in the skillet for 4–5 minutes per side, or until fully cooked and the internal temperature reaches 145°F (63°C). Remove the pork chops from the skillet, cover loosely with foil, and let them rest.
3. In the same skillet, add the remaining 1 teaspoon (5 ml) of olive oil. Add the green beans and sauté for 3–4 minutes until they are tender-crisp. Drizzle with lemon juice and toss to combine.
4. Meanwhile, toast the sliced almonds in a small dry skillet over medium heat for 1–2 minutes, stirring frequently, until lightly golden. Sprinkle over the green beans.
5. To plate, place one pork chop on each dish alongside the sautéed green beans. Add 2 tablespoons (30 g) of apple purée to each plate as a naturally sweet complement. Serve warm.

Tuna Steak with Cucumber Salad



A refreshing and light dish showcasing perfectly seared tuna steaks served alongside a crisp cucumber salad, finished with a drizzle of soy sauce and a sprinkle of sesame seeds for a balanced, umami-rich flavor.

Nutritional Value (Per Serving):

- Calories: 310 kcal
- Total fats: 4 g
- Saturated fat: 1 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 290 mg
- Cholesterol: 60 mg
- Total carbohydrate: 37 g
- Dietary fiber: 6 g
- Total sugars: 5 g
- Protein: 32 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Tuna steaks: 2 pieces (0.75 lb / 170 g each)
- Cucumber (sliced thinly): 1
- Olive oil: 2 tsp / 10 ml
- Soy sauce: 1 tsp / 5 ml
- Sesame seeds: 1 tsp / 2 g

Instructions:

1. In a skillet, heat 1 teaspoon (5 ml) of olive oil over medium-high heat. Lightly season the tuna steaks with salt and pepper, if desired.
2. Sear the tuna steaks for 2–3 minutes on each side, adjusting based on your preferred level of doneness (1–2 minutes per side for rare). Remove from the skillet and let rest for 2 minutes.
3. While the tuna rests, prepare the cucumber salad: In a bowl, toss the sliced cucumber with soy sauce and the remaining 1 teaspoon (5 ml) of olive oil until evenly coated.
4. Divide the cucumber salad between two plates and place one tuna steak on each serving.
5. Sprinkle sesame seeds over both the tuna and salad for added flavor and texture.
6. Serve immediately.

Turkey and Spinach Stuffed Peppers with Quinoa



A nourishing dish showcasing tender bell peppers filled with a savory blend of lean turkey, fresh spinach, quinoa, and melted mozzarella—offering a balanced, satisfying meal packed with protein and wholesome ingredients.

Nutritional Value (Per Serving):

- Calories: 310 kcal
- Total fats: 4 g
- Saturated fat: 1 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 290 mg
- Cholesterol: 60 mg
- Total carbohydrate: 37 g
- Dietary fiber: 6 g
- Total sugars: 5 g
- Protein: 32 g

Prep Time | Cook Time: 15 minutes | 25 minutes

Servings: 2

Ingredients:

- Bell peppers (halved and hollowed): 2
- Quinoa (cooked): ½ cup / 90 g
- Ground turkey: 0.5 lb / 240 g
- Olive oil: 1 tsp / 5 ml
- Spinach (chopped): 0.75 lb / 60 g
- Mozzarella cheese (shredded): 0.13 lb / 60 g

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a skillet over medium heat, warm the olive oil. Add the ground turkey and cook for 6–8 minutes, breaking it apart with a spatula, until fully browned and cooked through.
3. Add the sliced spinach to the skillet and cook for 1–2 minutes, until wilted. Remove from heat and stir in the cooked quinoa. Season with salt and pepper, if desired.
4. Arrange the halved bell peppers in the prepared baking dish. Fill each pepper with the turkey, spinach, and quinoa mixture, gently pressing to pack the filling.
5. Top each stuffed pepper with shredded mozzarella cheese, distributing it evenly.
6. Bake in the preheated oven for 20–25 minutes, or until the cheese is melted and bubbling and the peppers are tender.
7. Remove from the oven and let cool slightly before serving.

Grilled Mahi-Mahi with Steamed Kale



A light and nutritious dish highlighting perfectly grilled mahi-mahi served with tender steamed kale, delicately enhanced with garlic and a splash of fresh lemon for a clean, balanced flavor.

Nutritional Value (Per Serving):

- Calories: 310 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Monounsaturated Fat: 1 g
- Sodium: 290 mg
- Cholesterol: 60 mg
- Total carbohydrate: 37 g
- Dietary Fiber: 6 g
- Total Sugars: 5 g
- Protein: 32 g

Prep Time | Cook Time: 10 minutes | 20 minutes

Servings: 2

Ingredients:

- Mahi-mahi fillets: 2 pieces (0.75 lb / 170 g each)
- Kale (steamed): 0.13 lb / 60 g
- Olive oil: 2 tsp / 10 ml
- Garlic powder: ½ tsp / 2 g
- Lemon wedges: 2

Instructions:

1. Preheat a grill or grill pan to medium-high heat. Lightly brush the mahi-mahi fillets with 1 teaspoon (5 ml) of olive oil and season with garlic powder, salt, and pepper if desired.
2. Grill the fillets for 4–5 minutes per side, or until the fish is opaque and flakes easily with a fork. Remove from the grill and set aside.
3. While the fish is cooking, steam the kale in a steamer basket or microwave for 3–4 minutes, until tender.
4. Drizzle the steamed kale with the remaining 1 teaspoon (5 ml) of olive oil and season lightly with salt and pepper. Toss to coat evenly.
5. Divide the steamed kale between two plates and place one grilled mahi-mahi fillet on top of each serving.
6. Serve with lemon wedges on the side for optional squeezing just before eating.

Herbed Chicken with Garlic Cauliflower Rice and Cucumber Yogurt Sauce



A Mediterranean-inspired meal showcasing tender herbed chicken paired with aromatic garlic cauliflower rice and a cool, creamy cucumber yogurt sauce—offering a flavorful, low-carb option rich in protein and balanced with refreshing elements.

Nutritional Value (Per Serving):

- Calories: 280 kcal
- Total Fat: 3 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 1 g
- Sodium: 280 mg
- Cholesterol: 65 mg
- Total carbohydrate: 18 g
- Dietary Fiber: 5 g
- Total Sugars: 5 g
- Protein: 32 g

Prep Time | Cook Time: 15 minutes | 20 minutes
Servings: 2

Ingredients:

- Chicken breast: 2 small fillets (0.53 lb / 120 g each)
- Cauliflower rice: 0.66 lb (300 g)
- Garlic: 2 cloves, minced
- Water or low-sodium vegetable broth: 2 tablespoons (30 ml)
- Parsley: 1 teaspoon (2 g), chopped

For the Cucumber Yogurt Sauce:

- Unsweetened low-fat yogurt: ¼ cup (60 g)
- Cucumber: ¼ cup (40 g), finely grated and drained
- Lemon juice: 1 teaspoon (5 ml)
- Dill: ½ teaspoon (1 g), chopped

Instructions:

1. Lightly season the chicken fillets with salt, pepper, and a pinch of dried oregano or thyme.
2. Preheat a nonstick skillet over medium heat and add 1 tablespoon of water or broth.
3. Cook the chicken for 4–5 minutes on each side, until browned and fully cooked through.
4. Remove the chicken from the skillet and let it rest for 5 minutes.
5. In the same skillet, add minced garlic and sauté for about 30 seconds, until aromatic.
6. Stir in the cauliflower rice along with 1 tablespoon of water or broth.
7. Cook for 3–4 minutes, stirring occasionally, until the rice is warmed through and lightly golden.
8. Add chopped parsley and stir to combine.
9. In a small bowl, prepare the cucumber yogurt sauce by mixing together yogurt, grated cucumber, lemon juice, and dill until smooth.
10. Spoon the garlic cauliflower rice evenly onto two serving plates.
11. Top each plate with a chicken fillet.
12. Finish by adding a spoonful of cucumber yogurt sauce to each plate and serve immediately.

Herb-Crusted Chicken with Grilled Bell Peppers and Low-Fat Ricotta



A savory and well-balanced meal highlighting tender herb-seasoned chicken, char-grilled bell peppers, and a light sprinkle of mild, low-fat ricotta cheese for a creamy finishing touch.

Nutritional Value (Per Serving):

- Calories: 250 kcal
- Total Fats: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 1 g
- Sodium: 350 mg
- Cholesterol: 75 mg
- Total carbohydrate: 12 g
- Dietary Fiber: 4 g
- Total Sugars: 6 g
- Protein: 32 g

Prep Time | Cook Time: 15 minutes | 25 minutes
Servings: 2

Ingredients:

- Chicken breast (skinless, boneless): 2 pieces (0.5 lb / 226 g (113 g each))
- Bell peppers (sliced): 2 (any color)
- Almond flour: 2 tbsp (16 g)
- Parmesan cheese (grated): 1 tbsp (7.5 g)
- Low-fat ricotta cheese: 2 tbsp (30 g)
- Non-stick cooking spray

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a small bowl, combine shredded Parmesan cheese with almond flour. Press the mixture evenly onto the surface of the chicken breasts to form a light crust.
3. Lightly coat a nonstick skillet with cooking spray and heat over medium. Sear the chicken for 2–3 minutes per side until golden brown. Transfer the seared chicken to the prepared baking sheet and bake for 15–20 minutes, or until the internal temperature reaches 165°F (74°C).
4. While the chicken bakes, heat a grill pan or skillet over medium heat and coat with nonstick spray. Grill the bell pepper slices for 2–3 minutes per side, until tender and lightly charred.
5. Divide the grilled bell pepper slices between two plates and sprinkle with low-fat ricotta cheese.
6. Add one herb-crusted chicken breast to each plate alongside the peppers.
7. Serve warm for a flavorful, protein-rich meal.

Pan-Seared Scallops with Wilted Spinach



Delicate scallops served over tender wilted spinach, finished with a rich garlic-lemon butter sauce.

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Scallops: 0.5 lb / 240 g
- Spinach: 0.13 lb / 60 g
- Olive oil: 1 teaspoon (5 ml)
- Garlic powder: ½ teaspoon (2 g)
- Lemon wedges: 2

Instructions:

1. Pat the scallops dry using paper towels, then season lightly with salt and pepper, if desired.
2. Heat 1 teaspoon (5 ml) of olive oil in a skillet over medium-high heat. Arrange the scallops in a single layer, ensuring they are not overcrowded. Sear undisturbed for 2–3 minutes until a golden crust forms, then flip and cook for another 2 minutes on the other side. Transfer the scallops to a plate and set aside.
3. In the same skillet, add the minced garlic and sauté for about 30 seconds, just until fragrant. Add the spinach and gently toss to coat in the garlic-infused oil. Cook for 1–2 minutes, or until wilted. Drizzle with lemon juice and stir to combine.
4. Divide the spinach between two plates and arrange the seared scallops on top.
5. Serve with lemon wedges on the side for squeezing over the dish before eating.

Nutritional Value (Per Serving):

- Calories: 200 kcal
- Total Fats: 3 g
- Saturated Fat: 0.5 g
- Trans Fat: 0 g
- Monounsaturated Fat: 2 g
- Sodium: 300 mg
- Cholesterol: 40 mg
- Total carbohydrate: 8 g
- Dietary Fiber: 2 g
- Total Sugars: 2 g
- Protein: 35 g

Grilled Chicken Kabobs with Bell Pepper and Zucchini



A colorful, wholesome dish of marinated chicken and crisp vegetables, grilled to perfection on skewers.

Prep Time | Cook Time: 15 minutes | 15 minutes
Servings: 2

Ingredients:

- Chicken breast (cubed): 0.5 lb / 240 g
- Bell peppers (cubed): 1 cup / 150 g
- Zucchini (cubed): 1 cup / 150 g
- Olive oil: 2 tsp / 10 ml
- Paprika: ½ tsp / 2 g

Instructions:

1. In a mixing bowl, combine the olive oil and paprika. Add the cubed chicken and toss until evenly coated. Season with salt and pepper, if desired.
2. Thread the chicken, bell pepper, and zucchini onto skewers, alternating the ingredients until everything is used.
3. Preheat a grill or grill pan to medium-high heat. Lightly oil the grates to prevent sticking.
4. Place the skewers on the grill and cook for 10–12 minutes, turning occasionally, until the chicken is cooked through and the vegetables are tender. The internal temperature of the chicken should reach 165°F (74°C).
5. Remove the skewers from the grill and let them rest for 2 minutes.
6. Serve warm—either directly on the skewers or slide the pieces off for easier eating.

Nutritional Value (Per Serving):

- Calories: Approximately 150 kcal
- Total Fat: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Cholesterol: 60 mg
- Sodium: 630 mg
- Total carbohydrate: 3 g
- Dietary Fiber: 0 g
- Total Sugars: 1 g
- Protein: 24 g

Pan-Fried Tilapia with Roasted Cauliflower



A light and flavorful meal featuring crispy pan-seared tilapia served alongside tender roasted cauliflower, delicately seasoned with paprika and brightened with a touch of lemon zest.

Nutritional Value (Per Serving):

- Calories: 220 kcal
- Total fats: 3 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2 g
- Sodium: 150 mg
- Cholesterol: 60 mg
- Total carbohydrate: 15 g
- Dietary fiber: 5 g
- Total sugars: 5 g
- Protein: 30 g

Prep Time | Cook Time: 15 minutes | 25 minutes
Servings: 2

Ingredients:

- Tilapia fillets: 2 pieces (0.37 lb / 170 g each)
- Olive oil: 1 teaspoon (5 ml)
- Paprika: ½ teaspoon (2 g)
- Cauliflower florets: 0.66 lb (300 g)
- Lemon zest: 1 teaspoon (2 g)

Instructions:

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Prepare the cauliflower: In a bowl, toss the florets with 1 teaspoon (5 ml) of olive oil, paprika, and a pinch of salt. Spread them out evenly on the lined baking sheet.
3. Roast for 20–25 minutes, stirring halfway through, until the cauliflower is golden and tender.
4. Cook the tilapia: While the cauliflower roasts, heat the remaining 1 teaspoon (5 ml) of olive oil in a large nonstick skillet over medium heat. Lightly season the tilapia fillets with salt and pepper, if desired. Add the fillets to the skillet and cook for 3–4 minutes per side, until golden and easily flaked with a fork.
5. Add lemon zest to the roasted cauliflower once it's out of the oven.
6. Plate the dish: Divide the cauliflower between two plates and top each with a tilapia fillet.
7. Serve warm and enjoy.

Turkey Patties with Garlic Bok Choy



Moist turkey patties paired with delicate garlic-sautéed bok choy, finished with a touch of soy and sesame for a bold, low-carb flavor experience.

Nutritional Value (Per Serving):

- Calories: 180 kcal
- Total Fat: 2 g
- Saturated Fat: 0.5 g
- Trans Fat: 0 g
- Cholesterol: 65 mg
- Sodium: 600 mg
- Total carbohydrate: 4 g
- Dietary Fiber: 1 g
- Total Sugars: 2 g
- Protein: 35 g

Prep Time | Cook Time: 15 minutes | 20 minutes
Servings: 2

Ingredients:

- Extra-lean ground turkey: 0.5 lb / 240 g
- Bok choy (chopped): 0.33 lb / 150 g
- Low-sodium soy sauce: 2 tsp / 10 ml
- Ginger (grated): 1 tsp / 5 g
- Non-stick cooking spray

Instructions:

1. In a bowl, mix the ground turkey with half of the grated ginger and 1 teaspoon (5 ml) of soy sauce. Combine well, then shape the mixture into four small patties.
2. Heat a non-stick skillet over medium heat and lightly coat it with cooking spray. Add the patties and cook for 4–5 minutes per side, or until golden brown and cooked through (internal temperature should reach 165°F / 74°C). Transfer to a plate and set aside.
3. In the same skillet, add the remaining ginger and sauté for about 30 seconds until fragrant.
4. Add the chopped bok choy and stir-fry for 2–3 minutes, just until tender yet still crisp. Drizzle in the remaining 1 teaspoon (5 ml) of soy sauce and toss to coat evenly.
5. Divide the garlic bok choy between two serving plates and top with the turkey patties.
6. Serve hot and enjoy a light, flavorful meal.

Grilled Shrimp with Avocado and Cucumber Salad



A refreshing dish featuring grilled shrimp paired with creamy avocado and crunchy cucumber salad, lightly dressed with lime.

Nutritional Value (Per Serving):

- Calories: 310 kcal
- Total fats: 4 g
- Saturated fat: 1 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 290 mg
- Cholesterol: 60 mg
- Total carbohydrate: 37 g
- Dietary fiber: 6 g
- Total sugars: 5 g
- Protein: 32 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Shrimp (peeled and deveined): 0.5 lb /240 g
- Avocado (diced): 1 medium (approximately 150 g)
- Cucumber (sliced): 1 medium (approximately 200 g)
- Olive oil: 1 tsp (5 ml)
- Lime juice: 1 tbsp (15 ml)
- Salt and pepper to taste

Instructions:

- 1.** Toss the shrimp in a bowl with ½ teaspoon (2.5 ml) olive oil, salt, and pepper to coat evenly.
- 2.** Heat a grill or grill pan over medium-high heat until hot.
- 3.** Grill the shrimp for 2 to 3 minutes on each side, until they turn pink and opaque.
- 4.** Remove the shrimp from the grill and set aside.
- 5.** In a large bowl, combine the diced avocado and sliced cucumber.
- 6.** Drizzle with the remaining ½ teaspoon (2.5 ml) olive oil and fresh lime juice.
- 7.** Gently toss the salad until everything is well combined.
- 8.** Season with salt and pepper to your liking.
- 9.** Divide the avocado and cucumber mixture between two plates.
- 10.** Top each plate with half of the grilled shrimp.
- 11.** Serve immediately and enjoy.

Steamed Chicken Sausages with Lettuce and Herb Dressing



A light yet satisfying meal composed of steamed chicken sausages, crisp fresh lettuce, and a vibrant herb-infused dressing for a balanced, refreshing plate.

Nutritional Value (Per Serving):

- Calories: 220 kcal
- Total Fat: 4 g
- Saturated Fat: 1 g
- Monounsaturated Fat: 2 g
- Sodium: 380 mg
- Cholesterol: 60 mg
- Total carbohydrate: 4 g
- Dietary Fiber: 2 g
- Total Sugars: 2 g
- Protein: 26 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Skinless chicken sausages (low-fat): 2 pieces (0.5 lb / 225 g)
- Lettuce (romaine or butterhead): ½ head (about 60 g)
- Fresh parsley (chopped): 1 tbsp (5 g)
- Fresh mint (chopped): 1 tbsp (5 g)
- Olive oil (extra light): 1 tsp (5 ml)
- Lemon juice: 1 tbsp (15 ml)
- Salt: ¼ tsp (1 g)
- Black pepper: ¼ tsp (1 g)

Instructions:

1. Fill the bottom of a steamer pot with water and bring it to a gentle simmer over medium heat.
2. Place the chicken sausages in the steamer basket, making sure they don't touch the water. Cover and steam for 12–15 minutes, or until fully cooked and the internal temperature reaches 165°F (74°C).
3. While the sausages are steaming, tear the lettuce into bite-sized pieces and transfer to a large mixing bowl.
4. In a small bowl, whisk together the lemon juice, olive oil, chopped parsley, mint, salt, and pepper to create the herb dressing.
5. Once the sausages are fully cooked, remove them from the steamer and let them rest for 1 minute before slicing into rounds.
6. Gently toss the lettuce with the prepared herb dressing until evenly coated.
7. Divide the dressed lettuce between two serving plates.
8. Top each salad with the sliced sausages and serve immediately.

Herbed Turkey Salad with Arugula and Lemon Dressing



A light and invigorating salad combining tender turkey slices with crisp, peppery arugula, all tossed in a bright and zesty lemon dressing for a balanced, protein-rich meal.

Nutritional Value (Per Serving):

- Calories: 280 kcal
- Total Fat: 3 g
- Saturated Fat: 0.5 g
- Monounsaturated Fat: 1 g
- Sodium: 270 mg
- Cholesterol: 55 mg
- Total carbohydrate: 30 g
- Dietary Fiber: 5 g
- Total Sugars: 6 g
- Protein: 35 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Turkey breast (cooked and sliced): 1 piece (0.53 lb /240 g)
- Arugula: 0.13 lb (60 g)
- Nutritional yeast (for a cheesy flavor): 2 tablespoons (10 g)
- Lemon juice: 1 tablespoon (15 ml)
- Extra light olive oil: 1 teaspoon (5 ml)
- Honey: 1 teaspoon (5 ml)
- Dijon mustard: 1 teaspoon (5 g)

Instructions:

1. Heat a skillet over medium heat.
2. Lightly season the turkey breast with a pinch of salt and black pepper, if desired.
3. Cook the turkey for 6–7 minutes on each side, or until fully cooked with an internal temperature of 165°F (74°C).
4. Remove from the skillet and let rest for 5 minutes, then slice thinly.
5. In a small bowl, whisk together lemon juice, honey, Dijon mustard, and olive oil to make the dressing.
6. Place the arugula in a large bowl and toss gently with the prepared dressing until evenly coated.
7. Distribute the dressed arugula between two serving plates.
8. Top each plate with the sliced turkey and a sprinkle of nutritional yeast.
9. Serve immediately while fresh.

DINNER



Baked Lemon Herb Chicken with Steamed Vegetables and Quinoa



A light and flavorful chicken entrée paired with steamed vegetables and fluffy quinoa—offering a balanced, nutrient-rich meal that's both satisfying and easy to digest.

Nutritional Value (Per Serving):

- Calories: 240 kcal
- Total fats: 2.8 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 280 mg
- Cholesterol: 70 mg
- Total carbohydrate: 20 g
- Dietary fiber: 3 g
- Total sugars: 2 g
- Protein: 33 g

Prep Time | Cook Time: 10 minutes | 25 minutes

Servings: 2

Ingredients:

- Chicken breast: 2 pieces (about 0.25 lb / about 115 g each)
- Lemon juice: 2 tbsp / 30 ml
- Olive oil: ¼ tsp / 1.25 ml
- Garlic powder: ½ tsp / 2 g
- Dried thyme: ½ tsp / 1 g
- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g
- Mixed vegetables (e.g., broccoli, carrots, zucchini): 2 cups / 200 g
- Cooked quinoa: 1 cup / 150 g

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking dish with parchment paper.
2. In a small bowl, whisk together the lemon juice, olive oil, garlic powder, dried thyme, salt, and black pepper.
3. Place the chicken breasts in the prepared dish and brush them lightly with the lemon-herb mixture. Bake for 20–25 minutes, or until the chicken is fully cooked and reaches an internal temperature of 165°F (75°C).
4. While the chicken bakes, steam the mixed vegetables in a pot with 1 cup (240 ml) of water for 5–7 minutes, until tender yet still slightly crisp.
5. Reheat the cooked quinoa in a saucepan or microwave until warmed through.
6. Plate the baked lemon-herb chicken alongside the steamed vegetables and warm quinoa. Serve immediately.

Rice and Steamed Veggies with Grilled Turkey Breast



This wholesome, low-fat meal combines brown rice, steamed vegetables, and grilled turkey breast—offering a satisfying source of lean protein and balanced nutrition in a light, nutrient-rich dish.

Nutritional Value (Per Serving):

- Calories: 310 kcal
- Total fats: 4 g
- Saturated fat: 1 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 290 mg
- Cholesterol: 60 mg
- Total carbohydrate: 37 g
- Dietary fiber: 6 g
- Total sugars: 5 g
- Protein: 32 g

Prep Time | Cook Time: 10 minutes | 20 minutes

Servings: 2

Ingredients:

- Brown rice: 0.2 lb / 90 g
- Broccoli florets: 0.2 lb / 90 g
- Carrot, sliced: 1 medium / 60 g
- Ground turkey breast (lean): ½ lb / 225 g
- Black pepper: ¼ tsp / 1 g
- Lemon juice: 1 tsp / 5 ml (for flavor)
- Salt: ¼ tsp / 1 g
- Garnish: Chopped fresh parsley or a squeeze of lemon juice

Instructions:

1. Cook the brown rice according to package directions, typically about 20 minutes. For convenience, pre-cooked brown rice may be used.
2. While the rice is cooking, steam the broccoli florets and sliced carrots for 5–7 minutes, until tender yet slightly crisp.
3. Shape the ground turkey breast into patties or form into a flat steak. Grill over medium heat for 5–7 minutes per side, or until fully cooked and the internal temperature reaches 165°F (75°C). Lightly season with salt and black pepper.
4. Once all components are ready, arrange the brown rice and steamed vegetables on serving plates.
5. Slice the grilled turkey breast into strips or serve whole as patties, placing it over the rice and vegetables.
6. Add a light drizzle of lemon juice over the dish for a fresh, bright flavor.
7. Garnish with freshly chopped parsley and serve immediately.

Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad



A lean beef burger served with roasted sweet potato rounds and a fresh, crisp salad for a balanced, satisfying meal.

Nutritional Value (Per Serving):

- Calories: 230 kcal
- Total fats: 3 g
- Saturated fat: 1 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 290 mg
- Cholesterol: 60 mg
- Total carbohydrate: 39 g
- Dietary fiber: 6 g
- Total sugars: 5 g
- Protein: 28 g

Prep Time | Cook Time: 10 minutes | 20 minutes

Servings: 2

Ingredients:

- Extra-lean ground beef (90% lean or higher): ½ lb / 225 g
- Lettuce (for wraps, no buns): 8 large leaves
- Tomato, sliced: 4 slices
- Dijon mustard (optional, reduce to ¼ tsp / 1.25 g)
- Sweet potato, sliced into ¼-inch rounds: 1 medium / 200 g
- Non-stick cooking spray (for sweet potatoes)
- Paprika: ¼ tsp / 1 g
- Mixed greens: 2 cups / 100 g
- Lemon juice: 1 tsp / 5 ml
- Salt and pepper: to taste

Instructions:

1. Preheat a grill or stovetop grill pan to medium heat.
2. Lightly coat a nonstick skillet with cooking spray and cook the sweet potato rounds for 3–4 minutes per side until tender and golden. Set aside.
3. Form the extra-lean ground beef into two patties. Grill for 5–6 minutes per side, or until cooked through (internal temperature of 160°F / 71°C).
4. Toss mixed greens with lemon juice, salt, and pepper to prepare a simple side salad.
5. Assemble each burger using a large lettuce leaf as the base. Add a beef patty, tomato slices, and a small amount of Dijon mustard if desired. Top with another lettuce leaf.
6. Serve with the roasted sweet potato rounds and side salad for a light, balanced meal.

Quail in Ginger-Carrot Broth with No-Gallbladder-Friendly Toast



A comforting, broth-based dish made with tender quail, fresh ginger, and sweet carrots—served with toast for a gentle, well-balanced meal that's light on digestion and rich in flavor.

Nutritional Value (Per Serving):

- Calories: 240 kcal
- Total fats: 3 g
- Saturated fat: 0.8 g
- Sodium: 320 mg
- Carbohydrates: 22 g
- Dietary fiber: 5 g
- Total sugars: 4 g
- Protein: 35 g

Prep Time | Cook Time: 10 minutes | 30 minutes

Servings: 2

Ingredients:

- Quail: 2 whole (1.1 lb / 500 g)
- Fresh ginger (grated): 1 tsp / 5 g
- Carrots (sliced): 1 medium / 100 g
- Low-sodium vegetable broth (fat-free): 2 cups / 480 ml
- Salt: ¼ tsp / 1.25 g
- Black pepper: ¼ tsp / 1.25 g
- Fresh parsley (chopped, for garnish): 1 tbsp / 5 g
- No-gallbladder-friendly bread (low-fat, whole-grain, or sourdough): 2 slices / 80 g

Instructions:

1. Slice the carrot into thin rounds or small pieces to ensure even cooking.
2. In a large saucepan, combine the grated ginger, sliced carrots, and vegetable broth. Bring to a boil, then reduce the heat and simmer for 5 minutes.
3. Add the quail to the pot, making sure they are fully submerged in the broth. Simmer gently for 20 minutes, or until the quail is tender and thoroughly cooked.
4. Season the broth with salt and black pepper to taste.
5. While the quail cooks, lightly toast slices of no-gallbladder-friendly bread in a toaster or under the broiler until golden.
6. Once the quail is done, remove it from the pot and serve alongside the ginger-infused broth and cooked carrots. Garnish with fresh parsley and serve with the toast on the side.

Turkey and Veggie Wraps with Cucumber and Tomato Salad



A lighter take on a flavorful wrap and crisp salad, thoughtfully crafted for a no-gallbladder diet with minimal fat—ideal for easy digestion and balanced nutrition.

Nutritional Value (Per Serving):

- Calories: 250 kcal
- Total fats: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2 g
- Sodium: 450 mg
- Cholesterol: 40 mg
- Total carbohydrate: 22 g
- Dietary fiber: 5 g
- Total sugars: 5 g
- Protein: 28 g

Prep Time | Cook Time: 10 minutes | 5 minutes
Servings: 2

Ingredients:

- Turkey breast slices, lean: ¼ lb / 115 g
- Whole wheat wraps: 2 small
- Lettuce: 4 leaves
- Cucumber, sliced: 1 medium / 150 g
- Tomato, sliced: 4 slices
- Mustard (optional): 1 tsp / 5 g
- Cucumber, sliced: ½ medium / 50 g
- Red onion, thinly sliced: ¼ small / 25 g
- Fresh parsley, chopped: 1 tbsp / 3 g
- Lemon juice: 1 tbsp / 15 ml
- Olive oil (reduced): ½ tsp / 2.5 ml
- Salt: ¼ tsp / 1 g

Instructions:

1. Lay the whole wheat wraps flat on a clean surface.
2. Evenly distribute the turkey breast slices across each wrap.
3. Add layers of lettuce, cucumber slices, and tomato slices.
4. For extra flavor, spread a light layer of mustard over the fillings (optional).
5. Roll the wraps tightly, folding in the sides as you go, then slice each wrap in half.
6. In a bowl, combine the sliced cucumber, tomato, and thinly sliced red onion.
7. Drizzle with lemon juice and ½ teaspoon of olive oil, then lightly season with salt.
8. Gently toss the salad to combine, and garnish with fresh parsley.
9. Serve the turkey and vegetable wraps alongside the refreshing cucumber-tomato salad.

Grilled Rabbit Skewers with Cucumber-Yogurt Dip and Artichokes



A light and refreshing dish featuring tender grilled rabbit, paired with a cooling cucumber-yogurt dip and savory sautéed artichokes for a balanced, Mediterranean-inspired meal.

Nutritional Value (Per Serving):

- Calories: 155 kcal
- Total fats: 3 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 320 mg
- Cholesterol: 65 mg
- Total carbohydrate: 6 g
- Dietary fiber: 3 g
- Total sugars: 3 g
- Protein: 28 g

Prep Time | Cook Time: 15 minutes | 20 minutes
Servings: 2

Ingredients:

For the skewers:

- Rabbit loin, cubed: ½ lb / 225 g
- Olive oil: ½ tsp / 1.5 ml
- Lemon juice: 1 tbsp / 15 ml
- Paprika: ¼ tsp / 1 g
- Dried oregano: ¼ tsp / 1 g
- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g
- Wooden skewers: 4

For the artichokes:

- Artichoke hearts (canned or frozen, drained): ½ lb / 150 g
- Olive oil: ½ tsp / 1.5 ml

- Garlic, minced: 1 clove
- Lemon zest: ½ tsp / 2 g
- Fresh parsley, chopped: 1 tbsp / 3 g

For garnish:

- Mint leaves: 4–5 leaves
- Lemon wedges: 2 wedges
- Parsley sprigs: 2 sprigs

For the dip:

- Fat-free yogurt: ½ cup / 120 g
- Cucumber, grated: 2 tbsp / 30 g
- Fresh mint, chopped: 2 g

Instructions:

1. In a bowl, whisk together olive oil, lemon juice, paprika, oregano, salt, and pepper. Add the rabbit cubes, toss to coat, and marinate for 10 minutes.
2. In a skillet over medium heat, heat olive oil and sauté minced garlic for 1 minute. Add artichoke hearts and cook for 5–6 minutes until golden and tender. Finish with lemon zest and chopped parsley. Set aside.
3. Thread the marinated rabbit onto wooden skewers. Grill over medium heat for 4–5 minutes per side, until fully cooked and lightly charred.
4. In a small bowl, combine fat-free yogurt with grated cucumber and chopped mint, mixing until smooth.
5. Serve the grilled rabbit skewers with the sautéed artichokes and a side of cucumber-yogurt dip. Garnish with fresh mint, parsley, and lemon wedges for a bright, fresh finish.

Easy Rabbit in Tomato Basil Sauce with Rice Garnish



A straightforward, beginner-friendly rabbit dish gently simmered in a fresh tomato sauce, paired with a light rice garnish for a balanced and satisfying meal.

Nutritional Value (Per Serving):

- Calories: 290 kcal
- Total fats: 2.5 g
- Saturated fat: 0.5 g
- Sodium: 230 mg
- Protein: 30 g
- Carbohydrates: 34 g
- Dietary fiber: 2 g
- Glycemic Index: Low

Prep Time | Cook Time: 10 minutes | 30 minutes
Servings: 2

Ingredients:

For the rabbit in tomato basil sauce:

- Rabbit, cut into pieces: ½ lb / 250 g
- Fresh tomatoes, chopped: 2 medium
- Low-sodium vegetable broth (or water): ¼ cup / 50 ml
- Garlic, minced: 1 clove
- Fresh basil, chopped: 2 g
- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g

- Cooking spray (or a small amount of vegetable broth): a light spray

For the rice:

- White or brown rice: ½ cup / 100 g (uncooked)
- Water: 1 cup / 240 ml
- Salt: a pinch (optional)

Instructions:

1. Rinse the rice under cold water to remove excess starch.
2. In a small saucepan, bring 1 cup of water to a boil. Add the rice and a pinch of salt, if desired.
3. Reduce the heat to low, cover, and simmer for about 15 minutes (or 30 minutes for brown rice), until the rice is tender and the water is fully absorbed. Fluff with a fork when done.
4. While the rice is cooking, heat a pan over medium heat and lightly coat it with cooking spray or a small amount of vegetable broth.
5. Add the rabbit pieces and cook for 5–6 minutes, turning to brown them evenly on all sides.
6. Stir in the minced garlic, chopped tomatoes, fresh basil, salt, and pepper.
7. Cook for an additional 1–2 minutes to combine the flavors.
8. Pour in vegetable broth or water to form the sauce.
9. Cover the pan and simmer on low heat for 20 minutes, until the rabbit is tender and fully cooked.
10. To serve, place the cooked rice on a plate and spoon the rabbit and tomato-basil sauce over the top. Garnish with extra fresh basil, if desired.

Baked Veal with Steamed Acorn Squash and Vegetables



A wholesome, nourishing meal featuring tender baked lean veal, naturally sweet acorn squash, and steamed vegetables—low in fat and thoughtfully crafted for easy digestion and balanced nutrition.

Nutritional Value (Per Serving):

- Calories: 260 kcal
- Total Fat: 3.5 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Cholesterol: 70 mg
- Sodium: 90 mg
- Total Carbohydrate: 38 g
- Dietary Fiber: 8 g
- Total Sugars: 9 g
- Protein: 30 g

Prep Time | Cook Time: 15 minutes | 40 minutes
Servings: 2

Ingredients:

- Veal cutlets (lean, trimmed of visible fat): 2 pieces (0.44 lb / 200 g)
- Acorn squash (halved and deseeded): 1 small (0.66 lb / 300 g)
- Ground cinnamon: 1 tsp (2 g)
- Fresh thyme: 1 tsp (1 g)
- Olive oil (optional, use sparingly): ½ tsp (2.5 ml)
- Salt: pinch
- Black pepper: pinch
- Carrot (peeled and cut into sticks): 1 medium (0.22 lb / 100 g)
- Zucchini (sliced): 1 medium (0.33 lb / 150 g)
- Red bell pepper (cut into strips): 1 small (0.22 lb / 100 g)
- Garlic (minced): 1 clove

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Carefully cut the acorn squash in half and remove the seeds.
3. Place the squash halves cut side up on a parchment-lined baking sheet.
4. Season with salt, black pepper, cinnamon, and fresh thyme. If desired, lightly brush with olive oil.
5. Place the veal cutlets on the same baking sheet.
6. Season the veal with salt, black pepper, and thyme, and sprinkle with lemon zest for added flavor without added fat.
7. Transfer the baking sheet to the oven and bake for 35–40 minutes.
8. Midway through baking, check the veal. If it reaches an internal temperature of 160°F (71°C), remove it from the oven, cover, and let rest while the squash finishes roasting.
9. While the veal and squash are in the oven, prepare a steamer basket over a pot of boiling water.
10. Add sliced carrots, zucchini, red bell pepper, and garlic to the basket.
11. Cover and steam for 5–7 minutes, or until the vegetables are tender but still vibrant. Lightly season with salt and pepper after steaming.
12. Serve the baked veal with the roasted acorn squash and steamed vegetables for a balanced, low-fat meal.

Quail with Steamed Zucchini and Rice



A light yet satisfying dish combining tender, skinless quail with steamed zucchini and easy-to-digest white rice—low in fat and thoughtfully prepared to support gentle digestion.

Nutritional Value (Per Serving):

- Calories: 230 kcal
- Total Fat: 3.5 g
- Saturated Fat: 0.8 g
- Trans Fat: 0 g
- Cholesterol: 70 mg
- Sodium: 90 mg
- Total carbohydrate: 26 g
- Dietary Fiber: 2 g
- Total Sugars: 2 g
- Protein: 26 g

Prep Time | Cook Time: 10 minutes | 25 minutes
Servings: 2

Ingredients:

- Quail (skinless, trimmed of fat): 2 small (0.44 lb / 200 g)
- Zucchini (sliced into rounds or half-moons): 0.33 lb (150 g)
- Cooked white rice: ½ cup (85 g)
- Fresh parsley (chopped): 1 tbsp (5 g)
- Lemon zest (optional): ½ tsp
- Salt: pinch
- Black pepper: pinch

Instructions:

1. Cook the white rice according to package directions, using steaming or boiling methods without adding any fats.
2. Steam the zucchini for 4–5 minutes until tender yet slightly firm. Season lightly with salt and black pepper.
3. Pat the quail dry and lightly season with salt and black pepper.
4. Preheat a nonstick skillet over medium heat.
5. Place the quail in the skillet and cook for 4–5 minutes on each side, or until the internal temperature reaches 165°F (74°C).
6. Remove from heat, cover, and let rest for 5 minutes to preserve moisture.
7. Serve the quail alongside the steamed zucchini and white rice.
8. Garnish with a splash of lemon juice and fresh parsley for added flavor without extra fat.

Veal with Baked Sweet Vegetables and Parsnips



This satisfying and well-balanced dish pairs tender, lean veal loin with the natural sweetness of roasted root vegetables and parsnips—offering a bold yet gentle flavor profile that supports easy digestion.

Nutritional Value (Per Serving):

- Calories: 250 kcal
- Total Fat: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 2 g
- Sodium: 90 mg
- Cholesterol: 70 mg
- Total carbohydrate: 30 g
- Dietary Fiber: 6 g
- Total Sugars: 9 g
- Protein: 30 g

Prep Time | Cook Time: 10 minutes | 30 minutes
Servings: 2

Ingredients:

- Lean veal loin (skinless): 2 pieces (0.44 lb / 200 g)
- Sweet potato (peeled and cubed): 1 medium (0.33 lb / 150 g)
- Parsnips (peeled and sliced): 1 medium (0.22 lb / 100 g)
- Fresh thyme: 1 tsp / 1 g
- Salt: pinch
- Black pepper: pinch

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Season the veal loin with salt, black pepper, and fresh thyme.
3. Place the veal on a baking sheet lined with parchment paper.
4. In a bowl, toss the cubed sweet potato and sliced parsnips with a pinch of salt and pepper, then arrange them around the veal on the baking sheet.
5. Bake for 25–30 minutes, or until the veal reaches your preferred doneness and the vegetables are tender.
6. Remove from the oven and allow the veal to rest for a few minutes before slicing.
7. Serve the sliced veal alongside the roasted sweet potatoes and parsnips for a balanced, digestion-friendly meal.

Lamb with Cabbage and Apple Slaw



This light and refreshing dish pairs lean lamb with a crisp cabbage and sweet apple slaw, offering a tangy, flavorful contrast that's both satisfying and easy on the digestive system.

Nutritional Value (Per Serving):

- Calories: 200 kcal
- Total Fat: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 2 g
- Sodium: 150 mg
- Cholesterol: 50 mg
- Total carbohydrate: 12 g
- Dietary Fiber: 3 g
- Total Sugars: 8 g
- Protein: 18 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Lean lamb (sliced): ½ lb / 55 g
- Fresh cabbage (shredded): 0.22 lb / 100 g
- Fresh apple (julienned): 1 small / 100 g
- Fresh lemon juice: 1 tbsp / 15 ml
- Salt: pinch
- Black pepper: pinch

Instructions:

1. Heat a nonstick skillet over medium heat and cook the sliced lamb for 3–4 minutes, until lightly browned and fully cooked.
2. In a large bowl, combine the julienned apple and shredded cabbage.
3. Drizzle with fresh lemon juice and toss well to evenly coat.
4. Season the slaw with a pinch of salt and black pepper to taste.
5. Plate the lamb alongside the cabbage-apple slaw and garnish with fresh herbs if desired.

Grilled Tuna Steaks with Sautéed Spinach & Toasts



A light and balanced meal featuring grilled tuna steaks, garlicky sautéed spinach, and crisp toasted bread for a satisfying yet gentle option.

Nutritional Value (Per Serving):

- Calories: 180 kcal
- Total fats: 2.5 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 300 mg
- Cholesterol: 50 mg
- Total carbohydrate: 22 g
- Dietary fiber: 4 g
- Total sugars: 2 g
- Protein: 35 g

Prep Time | Cook Time: 10 minutes | 10 minutes
Servings: 2

Ingredients:

- Tuna steaks: 2 pieces (about 0.25 lb / 115 g each)
- Olive oil: ¼ tsp / 1.25 ml
- Lemon juice: 1 tbsp / 15 ml
- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g
- Spinach, fresh: 2 cups / 60 g
- Garlic, minced: 1 clove
- Whole wheat or gluten-free bread (suitable for no gallbladder diet): 2 slices
- Garnish (optional): Fresh parsley or lemon wedges

Instructions:

1. Preheat a grill or grill pan over medium-high heat.
2. Lightly brush the tuna steaks with olive oil (about 1/4 tsp) and season with salt and black pepper.
3. Grill the tuna for 2–3 minutes per side for medium-rare, or longer if desired. Remove from the grill and drizzle with lemon juice.
4. While the tuna rests, heat a non-stick skillet over medium heat. Add the chopped garlic and sauté for 30 seconds until fragrant.
5. Add the spinach and cook for 1–2 minutes until just wilted. Season with salt and pepper to taste.
6. Toast the bread slices until golden and crisp, using a toaster or grill pan.
7. Serve the grilled tuna alongside the sautéed spinach and toasted bread. Garnish with lemon wedges or fresh parsley, if desired.

Skinless Turkey Breast with Steamed Carrots and Yogurt Herb Sauce



A flavorful yet light dish showcasing tender, skinless turkey breast, paired with steamed carrots and a creamy yogurt-herb sauce—carefully crafted to be low in fat and easy on the digestive system.

Nutritional Value (Per Serving):

- Calories: 230 kcal
- Total Fat: 3 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Cholesterol: 60 mg
- Sodium: 350 mg
- Total Carbohydrate: 18 g
- Dietary Fiber: 5 g
- Total Sugars: 6 g
- Protein: 30 g

Prep Time | Cook Time: 10 minutes | 20 minutes
Servings: 2

Ingredients:

- Turkey breast (skinless, trimmed of visible fat): 2 pieces (0.44 lb / 200 g)
- Carrots (peeled and sliced): 0.33 lb (150 g)
- Fresh thyme: 1 tsp (1 g)
- Lemon juice: 1 tbsp (15 ml)
- Salt: pinch
- Black pepper: pinch

Yogurt Herb Sauce:

- Plain, non-fat Greek yogurt: ½ cup (120 g)
- Lemon juice: 1 tbsp (15 ml)
- Garlic (minced): 1 clove
- Fresh parsley (chopped): 1 tbsp (5 g)
- Dried oregano: 1 tsp (1 g)
- Salt: pinch
- Black pepper: pinch

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Season both sides of the turkey breast with salt and black pepper for enhanced flavor.
3. Heat a non-stick skillet over medium heat.
4. Sear the turkey breast for 5–6 minutes per side, or until the internal temperature reaches 165°F (74°C).
5. Remove the turkey from the skillet and let it rest for 5 minutes before slicing.
6. While the turkey is cooking, bring a steamer pot to a gentle simmer.
7. Add the carrot slices and steam for 6–8 minutes, until tender yet vibrant and slightly crisp.
8. After steaming, season the carrots with a splash of lemon juice, a pinch of salt, and black pepper.
9. In a small bowl, mix together plain Greek yogurt, lemon juice, minced garlic, chopped parsley, oregano, and a pinch of salt and pepper.
10. Stir until smooth. If the sauce is too thick, add a small amount of water to reach the desired consistency.
11. Serve the sliced turkey breast with the steamed carrots.
12. Spoon the yogurt-herb sauce over the top just before serving.

Beef and Sweet Potato Stew with Fresh Salad



This hearty and comforting stew features tender lean beef simmered with the natural sweetness of roasted sweet potatoes, served alongside a crisp, refreshing salad for a well-balanced and satisfying meal.

Nutritional Value (Per Serving):

- Calories: 280 kcal
- Total Fat: 4 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 1 g
- Sodium: 270 mg
- Cholesterol: 60 mg
- Total Carbohydrate: 34 g
- Dietary Fiber: 7 g
- Total Sugars: 8 g
- Protein: 25 g

Prep Time | Cook Time: 10 minutes | 30 minutes
Servings: 2

Ingredients:

For the stew:

- Lean beef stew meat (trimmed of fat): ¼ lb / 110 g
- Sweet potatoes (peeled and cubed):
1 medium (0.44 lb / 200 g)
- Fresh rosemary: 1 tsp / 1 g
- Salt: pinch
- Black pepper: pinch

For the salad:

- Mixed greens (e.g., spinach, arugula, or lettuce):
0.13 lb / 60 g
- Cherry tomatoes (halved): 0.17 lb / 75 g
- Cucumber (sliced): 0.11 lb / 50 g
- Fresh lemon juice: 1 tbsp / 15 ml
- Olive oil: ½ tsp / 2.5 ml (optional)
- Salt: pinch
- Black pepper: pinch

Instructions:

1. In a medium pot, place the beef stew meat and add enough water to fully cover it. Bring to a boil, then reduce heat and simmer for 15 minutes to begin tenderizing the meat.
2. Add the diced sweet potatoes to the pot and continue simmering for 15–20 minutes, or until the potatoes are fork-tender.
3. Season the stew with fresh rosemary, salt, and black pepper. Stir gently and let simmer for a few additional minutes to blend the flavors.
4. While the stew finishes cooking, prepare the salad by combining mixed greens, halved cherry tomatoes, and cucumber slices in a large bowl.
5. Drizzle with lemon juice and, if desired, a small amount of olive oil. Season lightly with salt and black pepper, and toss gently to coat.
6. Serve the warm beef and sweet potato stew alongside the fresh salad for a balanced, nourishing meal.

Oven-Baked Salmon with Quinoa & Fresh Salad



A delicious and balanced meal highlighting oven-baked salmon, protein-rich quinoa, and a crisp, refreshing salad—perfect for a nourishing and satisfying plate.

Nutritional Value (Per Serving):

- Calories: 290 kcal
- Total fats: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 350 mg
- Cholesterol: 55 mg
- Total carbohydrate: 30 g
- Dietary fiber: 5 g
- Total sugars: 4 g
- Protein: 31 g

Prep Time | Cook Time: 15 minutes | 15 minutes
Servings: 2

Ingredients:

For the salmon and quinoa:

- Salmon fillets: 2 pieces (about 0.25 lb / 115 g each)
- Quinoa: 0.375 lb / 90 g
- Olive oil (reduced): ½ tsp / 2.5 ml
- Lemon juice: 1 tbsp / 15 ml
- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g

For the salad:

- Mixed greens (lettuce, spinach, arugula): 0.18 lb / 80 g
- Cucumber, sliced: 0.11 lb / 50 g

- Cherry tomatoes, halved: 0.17 lb / 75 g
- Red onion, thinly sliced: 2–3 rings
- Lemon juice: 1 tbsp / 15 ml
- Apple cider vinegar: 1 tsp / 5 ml
- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g

For garnish (optional):

- Lemon wedges
- Fresh dill

Instructions:

1. Rinse the quinoa thoroughly under cold water.
2. In a small saucepan, combine ½ cup of quinoa with 1 cup (240 ml) of water.
3. Bring to a boil, then reduce heat to a simmer. Cover and cook for 12–15 minutes, or until the quinoa is tender and the water is absorbed. Remove from heat and fluff with a fork.
4. Preheat the oven to 375°F (190°C).
5. Place the salmon fillets on a parchment-lined baking sheet.
6. Drizzle with ½ teaspoon of olive oil and fresh lemon juice.
7. Season with salt and black pepper.
8. Bake for 12–15 minutes, or until the salmon is opaque and flakes easily with a fork.
9. In a large bowl, combine chopped cucumber, halved cherry tomatoes, thinly sliced red onion, and mixed greens.
10. In a separate small bowl, whisk together lemon juice, apple cider vinegar, salt, and black pepper to make a light dressing.
11. Pour the dressing over the salad and toss to coat evenly.
12. Serve the baked salmon alongside the quinoa and a generous portion of the salad.
13. Garnish with lemon wedges and fresh dill, if desired.

Baked Cod with Herb Crust and Lemon Rice



A light, low-fat meal featuring tender baked cod fillet paired with zesty lemon-infused rice—perfect for a fresh, balanced, and easy-to-digest dish.

Nutritional Value (Per Serving):

- Calories: 220 kcal
- Total fats: 3.5 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 320 mg
- Cholesterol: 50 mg
- Total carbohydrate: 30 g
- Dietary fiber: 3 g
- Total sugars: 2 g
- Protein: 30 g

Prep Time | Cook Time: 15 minutes | 30 minutes
Servings: 2

Ingredients:

- Cod fillets: 2 pieces (about 0.25 lb / 115 g each)
- Olive oil (for greasing): ½ tsp / 2.5 ml
- Lemon juice: 1 tbsp / 15 ml
- Dried basil: ½ tsp / 1 g
- Dried oregano: ½ tsp / 1 g
- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g
- Brown rice: ½ cup / 90 g
- Water: 1 cup / 240 ml
- Lemon juice: 1 tbsp / 15 ml
- Salt: ¼ tsp / 1 g
- Fresh parsley (optional): 1 tbsp / 3 g
- Fresh parsley

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Pat the cod fillets dry with a paper towel.
3. Place the fillets on a parchment-lined baking sheet.
4. Lightly mist or brush the fillets with olive oil.
5. Drizzle with fresh lemon juice, then season with dried basil, dried oregano, salt, and black pepper.
6. Bake for 12–15 minutes, or until the fish flakes easily with a fork.
7. Meanwhile, bring water to a boil in a small saucepan.
8. Add brown rice and a pinch of salt. Reduce heat, cover, and simmer for about 15 minutes, or until the rice is tender and fully cooked.
9. Stir in lemon juice for a bright, zesty flavor.
10. Add fresh parsley to the rice if desired.
11. Serve the baked cod fillets alongside the lemon rice.
12. Garnish the cod with additional fresh parsley, if preferred.

Shrimp and Low-Fat Cheese with Steamed Vegetables



This light and satisfying dish features tender shrimp, low-fat cheese, and vibrant steamed vegetables—offering a gentle, low-fat meal that supports easy digestion while delivering balanced flavor and nutrition.

Nutritional Value (Per Serving):

- Calories: 170 kcal
- Total Fat: 3 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Monounsaturated Fat: 1 g
- Sodium: 350 mg
- Cholesterol: 50 mg
- Total Carbohydrate: 10 g
- Dietary Fiber: 3 g
- Total Sugars: 3 g
- Protein: 21 g

Prep Time | Cook Time: 5 minutes | 12 minutes
Servings: 2

Ingredients:

- Shrimp (peeled and deveined): ¼ lb / 115 g
- Low-fat cheese (such as low-fat cottage cheese or low-fat ricotta): 0.06 lb (30 g)
- Bell pepper, sliced: ½ medium / 50 g
- Carrot, sliced: 1 small / 50 g
- Soy sauce (low-sodium): 1 tbsp / 15 ml
- Olive oil spray: 1–2 sprays
- Garlic, minced: 1 clove
- Garnish: Sesame seeds (optional)
- Side Salad: Mixed greens with lemon juice as a dressing.

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Arrange the shrimp on a baking sheet and season lightly with a pinch of salt. Bake for 5–7 minutes, or until the shrimp turn pink and are fully cooked.
3. While the shrimp is baking, bring a pot of water to a boil. Place the sliced carrots and bell peppers in a steamer basket and steam for 4–5 minutes, until tender yet still crisp.
4. In a small bowl, mix the low-fat cottage cheese or ricotta. Season lightly with salt and pepper, if desired.
5. Once the shrimp and vegetables are done, transfer them to a mixing bowl. Drizzle with low-sodium soy sauce and toss gently. Add the cheese mixture and stir carefully to combine.
6. Divide the shrimp and vegetable mixture between two plates. Garnish with sesame seeds (optional) and serve with a side of mixed greens dressed with fresh lemon juice.

Fish Tacos with Avocado Salsa and Yogurt Lime Drizzle



A light and flavorful taco dish, complemented by a refreshing yogurt-lime drizzle—perfect for a balanced, zesty, and digestion-friendly meal.

Nutritional Value (Per Serving):

- Calories: 230 kcal
- Total fats: 4 g
- Saturated fat: 0.7 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 250 mg
- Cholesterol: 35 mg
- Total carbohydrate: 20 g
- Dietary fiber: 4 g
- Total sugars: 3 g
- Protein: 22 g

Prep Time | Cook Time: 10 minutes | 10 minutes
Servings: 2

Ingredients:

For the fish tacos:

- White fish fillets (e.g., tilapia): 2 pieces (about 0.22 lb / 100 g each)
- Whole wheat tortillas: 2 small
- Avocado, diced: ¼ small (0.07 lb / 30 g)
- Tomato, diced: ½ medium (0.13 lb / 60 g)
- Lime juice: 1 tbsp / 15 ml
- Cabbage, shredded: 0.07 lb / 30 g
- Plain non-fat yogurt: 2 tbsp / 30 g
- Olive oil: ½ tsp / 2.5 ml

- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g
- Garlic powder: ¼ tsp / 1 g

For garnish (optional):

- Fresh cilantro

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Rub the fish fillets with olive oil, salt, black pepper, and garlic powder. Bake for 8–10 minutes, or until the fish flakes easily with a fork.
3. While the fish is baking, prepare the yogurt-lime drizzle by combining yogurt with half the lime juice in a small bowl. Set aside.
4. Warm the tortillas in a dry skillet over medium-high heat for about 1 minute per side.
5. To assemble the tacos, layer shredded cabbage, diced tomato, and sliced avocado onto each tortilla. Top with the baked fish.
6. Spoon the yogurt-lime sauce over each taco and garnish with fresh cilantro, if desired. Serve immediately.

Tilapia with Roasted Carrot and Zucchini Salad



A light and nutritious dish featuring seared tilapia paired with a simple roasted vegetable salad—offering a well-balanced, wholesome meal full of flavor and easy on digestion.

Nutritional Value (Per Serving):

- Calories: 185 kcal
- Total fats: 3 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 320 mg
- Cholesterol: 45 mg
- Total carbohydrate: 7 g
- Dietary fiber: 3 g
- Total sugars: 3 g
- Protein: 27 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

For the tilapia:

- Tilapia fillets: 2 pieces (about 0.25 lb / 115 g each)
- Olive oil: ½ tsp / 2.5 ml
- Lemon juice: 1 tbsp / 15 ml
- Garlic powder: ½ tsp / 2 g
- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g

- Olive oil: 1 tsp / 5 ml
- Lemon juice: 1 tbsp / 15 ml
- Fresh parsley, chopped: 2 tbsp / 6 g
- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g

For the roasted carrot and zucchini salad:

- Carrot, peeled and sliced into thin rounds:
1 medium (0.13 lb / 60 g)
- Zucchini, sliced: 1/2 medium (0.13 lb / 60 g)

Instructions:

1. Preheat a nonstick skillet over medium heat.
2. Rub the tilapia fillets with olive oil, garlic powder, salt, and black pepper.
3. Sear the tilapia in the skillet for 3–4 minutes per side, or until golden and the fish flakes easily with a fork.
4. While the fish is cooking, preheat the oven to 400°F (200°C). Arrange the zucchini and carrot slices on a parchment-lined baking sheet, season with salt and pepper, and drizzle lightly with olive oil.
5. Roast the vegetables for 10–12 minutes, or until tender and slightly caramelized.
6. Toss the roasted vegetables with fresh parsley and a splash of lemon juice.
7. Serve the seared tilapia fillets with the warm roasted vegetable salad on the side.

Fish and Zucchini Bake with Steamed Kale & Fresh Salad



A wholesome and balanced plate featuring tender white fish fillets, oven-roasted zucchini, gently steamed kale, and a crisp, refreshing side salad—light on fat and full of nourishing flavor.

Nutritional Value (Per Serving):

- Calories: 210 kcal
- Total Fat: 3 g
- Saturated Fat: 0.5 g
- Trans Fat: 0 g
- Monounsaturated Fat: 1.5 g
- Sodium: 350 mg
- Cholesterol: 40 mg
- Total Carbohydrate: 15 g
- Dietary Fiber: 5 g
- Total Sugars: 7 g
- Protein: 30 g

Prep Time | Cook Time: 10 minutes | 25 minutes
Servings: 2

Ingredients:

- White fish fillets (e.g., cod or haddock): 2 pieces (about 0.25 lb / 115 g each)
- Zucchini, sliced into rounds or half-moons: 0.44 lb / 200 g
- Olive oil (optional, use sparingly): ¼ tsp / 1.25 ml
- Garlic powder: ½ tsp / 2 g
- Salt: ¼ tsp / 1 g
- Black pepper: ¼ tsp / 1 g
- Steamed kale: 2 cups / 60 g
- Mixed greens (e.g., spinach, arugula, or romaine): 2 cups / 60 g
- Cucumber, sliced: ½ medium / 50 g
- Cherry tomatoes, halved: ½ cup / 75 g
- Lemon juice: 1 tbsp / 15 ml
- Olive oil (optional, for salad): ¼ tsp / 1.25 ml
- Salt: a pinch
- Black pepper: a pinch

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Roast the zucchini: spread the zucchini slices on a baking sheet. Optionally drizzle with ¼ tsp olive oil and sprinkle with salt, black pepper, and garlic powder. Bake for 15–20 minutes, flipping halfway, until golden and tender.
3. Cook the fish: while the zucchini bakes, season the fish fillets with salt and black pepper. In a non-stick skillet over medium heat (use no oil or a light mist of cooking spray), cook the fillets for 3–4 minutes per side until flaky and cooked through.
4. Steam the kale: place the kale in a steamer basket and steam for 3–4 minutes until tender.
5. Make the salad: in a bowl, toss together mixed greens, cucumber, and cherry tomatoes. Dress with 1 tbsp lemon juice and, if preferred, ¼ tsp olive oil. Season lightly with salt and pepper.
6. Assemble the plate: serve the roasted zucchini, fish fillets, steamed kale, and fresh salad together. Enjoy warm.

SNACKS



Light and Crispy Baked Bell Pepper Strips



A guilt-free, low-fat snack baked to golden, crispy perfection for a healthier bite.

Prep Time: 10 minutes | **Cook Time:** 15 minutes
Servings: 2

Ingredients:

- Bell peppers (any color): 2 medium / 200 g
- Olive oil (reduced): ½ tsp / 2.5 ml
- Paprika: ½ tsp / 1 g
- Salt: ¼ tsp / 1 g

Instructions:

1. Preheat the oven to 425°F (220°C).
2. Wash the bell peppers, remove seeds and membranes, and slice into thin strips.
3. In a bowl, toss the pepper strips with ½ tsp olive oil until lightly coated.
4. Sprinkle with paprika and salt, then toss again for even seasoning.
5. Spread the peppers in a single layer on a parchment-lined baking sheet.
6. Bake for 12–15 minutes, flipping halfway, until edges are crisp and slightly caramelized.
7. Let cool for a few minutes before serving.

Nutritional Value (Per Serving):

- Calories: 45 kcal
- Total Fats: 2.5 g
- Saturated Fat: 0.4 g
- Trans Fat: 0 g
- Monounsaturated Fat: 1.5 g
- Sodium: 220 mg
- Cholesterol: 0 mg
- Total carbohydrate: 9 g
- Dietary Fiber: 3 g
- Total Sugars: 5 g
- Protein: 1 g

Light Quinoa, Avocado, and Parsley Bowl



A nourishing and refreshing bowl featuring fluffy quinoa, creamy avocado, and fresh parsley—a light, wholesome meal packed with flavor and goodness.

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Cooked quinoa: ½ cup / 100 g
- Avocado, diced: ¼ medium / 40 g
- Fresh parsley, chopped: 1 tbsp / 3 g
- Plain low-fat yogurt: 1 tbsp / 15 g (optional, for creaminess)
- Lemon juice: 1 tbsp / 15 ml

Instructions:

1. Cook the quinoa if not already prepared, following the package directions. Allow it to cool to room temperature, or use pre-cooked leftovers.
2. Brighten with lemon juice by drizzling it over the cooled quinoa.
3. Add diced avocado for a rich, creamy texture.
4. Sprinkle with chopped parsley to add a fresh, herbal flavor.
5. Optional: for extra creaminess, stir in 1 tablespoon of plain low-fat yogurt.
6. Gently combine all ingredients and serve immediately.

Nutritional Value (Per Serving):

- Calories: 170 kcal
- Total fats: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2.5 g
- Sodium: 10 mg
- Cholesterol: 0 mg
- Total carbohydrate: 27 g
- Dietary fiber: 6 g
- Total sugars: 3 g
- Protein: 5 g
- Glycemic Index (GI): 53

Steamed Broccoli with Garlic and Lemon



A quick and tasty steamed broccoli side, infused with garlic and brightened with fresh lemon juice.

Prep Time | Cook Time: 5 minutes | 10 minutes
Servings: 2

Ingredients:

- Broccoli florets: ½ lb / 200 g
- Lemon zest: 1 tsp / 2 g
- Garlic, minced: 1 clove
- Olive oil: ½ tsp / 2.5 ml

Instructions:

1. Rinse the broccoli and cut into bite-sized florets if needed.
2. Steam the broccoli in a steamer basket over boiling water for 5–7 minutes, until tender yet vibrant green.
3. Meanwhile, warm ½ teaspoon of olive oil in a small pan over low heat. Add minced garlic and sauté for 1–2 minutes until aromatic but not browned.
4. Transfer the steamed broccoli to a serving plate and drizzle with the garlic-infused oil.
5. Top with a sprinkle of fresh lemon zest for a zesty finish.
6. Toss lightly to coat and serve warm.

Nutritional Value (Per Serving):

- Calories: 50 kcal
- Total fats: 2 g
- Saturated fat: 0.2 g
- Trans fat: 0 g
- Monounsaturated fat: 1.4 g
- Sodium: 10 mg
- Cholesterol: 0 mg
- Total carbohydrate: 9 g
- Dietary fiber: 3.5 g
- Total sugars: 2 g
- Protein: 3 g

Baked Apple Slices with Cinnamon



A fast and soothing snack featuring tender apple slices, warm cinnamon, and a touch of honey—perfect for a light, naturally sweet treat.

Prep Time | Cook Time: 5 minutes | 10 minutes
Servings: 2

Ingredients:

- Apples: 2 medium / 300 g
- Cinnamon: 1 tsp / 2 g
- Honey (optional): 1 tsp / 5 g

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Wash, peel, and core the apples, then slice them into thin wedges.
3. Arrange the slices on a parchment-lined baking sheet. Sprinkle evenly with cinnamon and, if desired, drizzle with a bit of honey.
4. Bake for 8–10 minutes, or until the apples are tender and lightly caramelized.
5. Allow to cool slightly before serving.

Nutritional Value (Per Serving):

- Calories: 80 kcal
- Total fats: 0.5 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0 g
- Sodium: 1 mg
- Cholesterol: 0 mg
- Total carbohydrate: 22 g
- Dietary fiber: 4 g
- Total sugars: 17 g
- Protein: 0.5 g

Quick Crispy Zucchini Chips



Quick and crispy zucchini chips make a fast, flavorful snack, perfectly seasoned and delightfully crunchy.

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Zucchini: 2 medium (0.66 lb / 300 g)
- Olive oil: 1 tsp / 5 ml
- Garlic powder: ½ tsp / 2 g
- Salt: ¼ tsp / 1 g

Instructions:

1. Preheat the oven to 450°F (220°C).
2. Slice the zucchini into thin rounds, about ⅛ inch thick.
3. In a bowl, toss the zucchini slices with olive oil, garlic powder, and a pinch of salt until evenly coated.
4. Arrange the slices in a single layer on a baking sheet lined with parchment paper.
5. Bake for 12–15 minutes, or until the chips are golden and crispy.
6. Let cool slightly before serving.

Nutritional Value (Per Serving):

- Calories: 60 kcal
- Total fats: 3 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2.5 g
- Sodium: 220 mg
- Cholesterol: 0 mg
- Total carbohydrate: 9 g
- Dietary fiber: 2 g
- Total sugars: 4 g
- Protein: 2 g

Simple Mozzarella Skewers



A fresh and wholesome snack made with juicy tomatoes, fragrant basil, and reduced-fat mozzarella—a light, healthy choice full of flavor.

Prep Time | Cook Time: 10 minutes | 0 minutes
Servings: 2

Ingredients:

- Cherry tomatoes: 10 small / 150 g
- Fresh basil leaves: 10 leaves
- Sea salt: ¼ tsp / 1 g
- Fresh mozzarella (low-fat, part-skim): 1/32 lb / 30 g
- Balsamic vinegar (reduced-sugar): 1 tbsp / 15 ml

Instructions:

1. Rinse the basil leaves and cherry tomatoes, then gently pat them dry. Cut the reduced-fat mozzarella into bite-sized pieces.
2. Thread one cherry tomato, one basil leaf, and a piece of mozzarella onto each toothpick or small skewer.
3. Arrange the prepared skewers neatly on a serving plate.
4. Lightly sprinkle with sea salt and drizzle with a touch of balsamic vinegar.
5. Serve right away or refrigerate briefly for a cool, refreshing snack.

Nutritional Value (Per Serving):

- Calories: 90 kcal
- Total fats: 3 g
- Saturated fat: 1.5 g
- Trans fat: 0 g
- Monounsaturated fat: 0.5 g
- Sodium: 150 mg
- Cholesterol: 5 mg
- Total carbohydrate: 5 g
- Dietary fiber: 1 g
- Total sugars: 3 g
- Protein: 6 g

Tuna and Spinach Tortilla Rolls



A wholesome, easy-to-make wrap featuring lean tuna, fresh spinach, and a light, flavorful spread—perfect for a quick and healthy snack.

Nutritional Value (Per Serving):

- Calories: 200 kcal
- Total fats: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2 g
- Sodium: 250 mg
- Cholesterol: 20 mg
- Total carbohydrate: 18 g
- Dietary fiber: 3 g
- Total sugars: 2 g
- Protein: 18 g

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Canned tuna in water, drained: ½ can / 85 g
- Whole wheat tortillas: 2 small
- Fresh spinach leaves: 0.066 lb / 30 g
- Lemon juice: 1 tsp / 5 ml
- Fresh parsley, chopped: 1 tbsp / 3 g

Instructions:

1. Drain the canned tuna and mix it with fresh lemon juice.
2. Lay the tortillas flat and spoon the tuna mixture into the center of each.
3. Top with fresh spinach leaves and chopped parsley.
4. Roll the tortillas tightly into wraps, tucking in the edges as you go.
5. Slice in half and serve immediately.

Shrimp and Cucumber Roll-Ups



A crisp and low-fat roll-up filled with succulent shrimp and fresh cucumber, finished with a light lemon dressing for a clean and refreshing snack.

Nutritional Value (Per Serving):

- Calories: 130 kcal
- Total fats: 3 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 230 mg
- Cholesterol: 150 mg
- Total carbohydrate: 6 g
- Dietary fiber: 3 g
- Total sugars: 3 g
- Protein: 16 g

Prep Time | Cook Time: 10 minutes | 0 minutes
Servings: 2

Ingredients:

- Cooked shrimp, peeled and deveined: 6 medium (0.2 lb / 90 g)
- Sea salt: ¼ tsp / 1 g
- Cucumber, thinly sliced: 1 medium / 100 g
- Fresh lemon juice: 1 tsp / 5 ml
- Fresh mint leaves: 1 tbsp / 3 g

Instructions:

1. Slice the cucumber into thin ribbons or rounds using a knife or vegetable peeler.
2. Lay out the shrimp and cucumber on a flat surface.
3. Sprinkle with sea salt and drizzle with fresh lemon juice.
4. Wrap the cucumber slices around the shrimp to create small roll-ups.
5. Garnish with fresh mint leaves and serve immediately.

Mango Coconut Parfait



A refreshing tropical parfait with light coconut yogurt and juicy mango—a low-fat, feel-good snack.

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Dairy-free coconut yogurt (low-fat, unsweetened): 1 cup / 240 g
- Unsweetened shredded coconut: ½ tbsp / 2.5 g
- Fresh mango, diced: ½ medium / 80 g
- Ground flaxseeds: ½ tsp / 1.5 g

Instructions:

1. Add a layer of coconut yogurt to the bottom of two serving glasses.
2. Top with diced mango and a sprinkle of shredded coconut.
3. Repeat the layers, finishing with a dusting of flaxseeds on top.
4. Enjoy immediately or chill for a cool, refreshing snack.

Nutritional Value (Per Serving):

- Calories: 150 kcal
- Total fats: 4 g
- Saturated fat: 2 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 35 mg
- Cholesterol: 0 mg
- Total carbohydrate: 24 g
- Dietary fiber: 5 g
- Total sugars: 15 g
- Protein: 4 g

Berry Chia Yogurt Parfait



A cool and nourishing parfait featuring dairy-free yogurt, berries bursting with antioxidants, and gut-friendly chia seeds.

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Dairy-free yogurt (coconut or almond-based, unsweetened): 1 cup / 240 g
- Fresh mixed berries (strawberries, blueberries, raspberries): 0.17 lb / 75 g
- Chia seeds: 1 tbsp / 10 g
- Honey (optional): 1 tsp / 5 g

Instructions:

1. Spoon half of the dairy-free yogurt into two glasses.
2. Layer with fresh berries and a sprinkle of chia seeds.
3. Repeat with the remaining yogurt, berries, and chia.
4. Drizzle with honey, if desired, and serve immediately.

Nutritional Value (Per Serving):

- Calories: 150 kcal
- Total fats: 4 g
- Saturated fat: 1 g
- Trans fat: 0 g
- Monounsaturated fat: 2 g
- Sodium: 45 mg
- Cholesterol: 0 mg
- Total carbohydrate: 19 g
- Dietary fiber: 5 g
- Total sugars: 10 g
- Protein: 4 g

SOUPS



Carrot Ginger Soup



A soothing, light soup that combines the natural sweetness of carrots with a hint of ginger, designed to be easy on digestion and low in fat.

Nutritional Value (Per Serving):

- Calories: 90 kcal
- Total fats: 2 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 480 mg
- Cholesterol: 0 mg
- Total carbohydrate: 20 g
- Dietary fiber: 6 g
- Total sugars: 9 g
- Protein: 3 g

Prep Time | Cook Time: 10 minutes | 20 minutes
Servings: 2

Ingredients:

- Carrots: 3 medium / 300 g
- Fresh ginger (grated): 1 tsp / 5 g
- Vegetable broth (low sodium, fat-free): 2 cups / 480 ml
- Olive oil: ½ tsp / 2.5 ml
- Salt: ¼ tsp / 1.25 g
- Fresh parsley (chopped, for garnish): 1 tbsp / 5 g
- Whole-grain bread (optional, for serving): 2 slices / 80 g

Instructions:

1. Peel and dice the carrots into small, uniform pieces to ensure even cooking.
2. In a large pot over medium heat, warm ½ tsp of olive oil. Add the grated ginger and sauté for about 1 minute, stirring gently until fragrant.
3. Add the chopped carrots and cook for 3–4 minutes, stirring occasionally.
4. Pour in the fat-free, low-sodium vegetable broth. Bring to a gentle boil, then reduce the heat to medium-low and simmer for 15 minutes, or until the carrots are soft.
5. Use an immersion blender to puree the soup until smooth, or transfer it in batches to a blender.
6. Taste and adjust seasoning with a pinch of salt, if needed.
7. Toast whole-grain bread slices if desired.
8. Serve the hot soup garnished with fresh parsley, accompanied by toasted whole-grain bread on the side (optional).

Zucchini Basil Soup



A delicate, low-fat soup made with tender zucchini and fragrant fresh basil, offering a clean, vibrant flavor. Paired with toasted whole-grain bread, this meal is both light and satisfying—perfect for gentle digestion and everyday nourishment.

Nutritional Value (Per Serving):

- Calories: 130 kcal
- Total fats: 2 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 480 mg
- Cholesterol: 0 mg
- Total carbohydrate: 26 g
- Dietary fiber: 6 g
- Total sugars: 6 g
- Protein: 4 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Zucchini: 2 medium / 300 g
- Fresh basil leaves: ¼ cup / 10 g
- Vegetable broth (low sodium, fat-free): 2 cups / 480 ml
- Olive oil: ½ tsp / 2.5 ml
- Salt: ¼ tsp / 1.25 g
- Whole-grain bread: 2 slices / 80 g

Instructions:

1. Cut the zucchini into small, even pieces for quicker cooking.
2. Heat ½ teaspoon of olive oil in a large pot over medium heat. Add the zucchini and sauté for 3–4 minutes, until slightly softened.
3. Pour in the vegetable broth and bring to a gentle boil.
4. Lower the heat and simmer for 10–12 minutes, or until the zucchini is fully tender.
5. Add the fresh basil leaves, then blend the soup until smooth using an immersion blender or in batches with a regular blender.
6. Taste and adjust with a pinch of salt, if needed.
7. Lightly toast slices of whole-grain bread.
8. Serve the warm zucchini basil soup with the toasted bread on the side.

Cauliflower and Leek Soup



A smooth and soothing soup made with tender cauliflower and mild leeks, offering a gentle flavor and easy digestion—perfect for beginners or anyone seeking a light, comforting meal.

Nutritional Value (Per Serving):

- Calories: 160 kcal
- Total fats: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2 g
- Sodium: 350 mg
- Cholesterol: 0 mg
- Total carbohydrate: 28 g
- Dietary fiber: 5 g
- Total sugars: 4 g
- Protein: 4 g

Prep Time | Cook Time: 10 minutes | 20 minutes
Servings: 2

Ingredients:

- Cauliflower florets: 0.44 lb / 200 g
- Leek (white part, sliced): 0.11 lb / 50 g
- Unsweetened almond milk: 1 cup / 240 ml
- Vegetable broth (low sodium, fat-free): 1 cup / 240 ml
- Olive oil: ½ tsp / 2.5 ml
- Whole-grain bread (soft, low-fiber, suitable for a no-gallbladder diet): 2 slices / 80 g

Instructions:

1. Chop the cauliflower into small florets and slice the white part of the leek into thin rings.
2. Heat ½ teaspoon olive oil in a large pot over medium heat. Add the leeks and sauté for 2–3 minutes until softened.
3. Add the cauliflower to the pot, stir, and cook for another 3–4 minutes.
4. Pour in the vegetable broth and unsweetened almond milk. Bring to a gentle boil, then reduce the heat and simmer for 15–20 minutes, or until the cauliflower is tender.
5. Blend the soup using an immersion blender until smooth. If using a standard blender, carefully blend in batches.
6. Season with a pinch of salt to taste.
7. While the soup simmers, toast the bread slices until golden and crisp.
8. Serve the soup hot with toasted bread on the side for dipping.

Spinach and Quinoa Soup



A gentle, nourishing soup made with tender spinach and protein-rich quinoa, paired with soft low-fat bread for a light, easily digestible meal.

Nutritional Value (Per Serving):

- Calories: 200 kcal
- Total Fat: 2 g
- Saturated Fat: 0.3 g
- Trans Fat: 0 g
- Sodium: 300 mg
- Cholesterol: 0 mg
- Total carbohydrate: 32 g
- Dietary Fiber: 3 g
- Total Sugars: 2 g
- Protein: 8 g

Prep Time | Cook Time: 10 minutes | 20 minutes
Servings: 2

Ingredients:

- Spinach (chopped): 0.22 lb / 100 g
- Quinoa (rinsed): ¼ cup / 50 g
- Vegetable broth (low sodium, fat-free): 2 cups / 480 ml
- Garlic (minced): 1 clove
- Soft whole-grain bread (low-fiber, no seeds, suitable for a no-gallbladder diet): 2 slices / 80 g

Instructions:

1. Rinse the quinoa thoroughly and set aside. Finely chop the spinach and mince the garlic.
2. In a large pot, combine the vegetable broth and quinoa. Bring to a boil, then reduce the heat and simmer for 15–20 minutes, or until the quinoa is tender.
3. Add the garlic and spinach to the pot. Simmer for an additional 2–3 minutes, until the spinach is wilted.
4. Taste the soup and season with a pinch of salt if needed.
5. While the soup finishes cooking, gently warm the whole-grain bread until soft.
6. Ladle the soup into bowls and serve with the warm bread on the side.

A Heartwarming Tomato & Quinoa Soup with Toasted Bread



A light, refreshing soup that blends the natural sweetness of tomatoes with the satisfying texture of quinoa, served alongside soft, easy-to-digest bread for a wholesome and healthy meal.

Nutritional Value (Per Serving):

- Calories: 180 kcal
- Total fats: 3.5 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 300 mg
- Cholesterol: 0 mg
- Total carbohydrate: 30 g
- Dietary fiber: 6 g
- Total sugars: 7 g
- Protein: 7 g

Prep Time | Cook Time: 10 minutes | 20 minutes

Servings: 2

Ingredients:

- Fresh tomatoes: 3 medium (300 g, diced)
- Cooked quinoa: ½ cup / 100 g
- Vegetable broth (low sodium): 2 cups / 480 ml
- Olive oil: ½ tsp / 2.5 ml
- Fresh basil: 1 tbsp / 5 g (chopped)
- Whole-grain bread (soft, low-fiber, suitable for a no-gallbladder diet): 2 slices / 80 g

Instructions:

1. Dice the tomatoes and finely chop the fresh basil.
2. In a large saucepan, warm ½ teaspoon of olive oil over medium heat. Add the tomatoes and cook for about 5 minutes, stirring occasionally, until they soften and release their juices.
3. Pour in the vegetable broth and stir in the cooked quinoa. Bring the mixture to a gentle boil.
4. Once boiling, reduce the heat and let the soup simmer for 10–15 minutes to allow the flavors to meld.
5. Stir in the chopped basil and simmer for another 2 minutes.
6. Taste and adjust the seasoning with a pinch of salt if needed.
7. While the soup simmers, lightly toast slices of soft whole-grain bread (choose a low-fiber variety appropriate for a no-gallbladder diet).
8. Serve the warm soup with the toasted bread on the side.

Carrot and Parsnip Soup



A gentle, nourishing soup made with sweet carrots and earthy parsnips, served alongside soft, low-fat bread—perfect for a light, easy-to-digest meal.

Nutritional Value (Per Serving):

- Calories: 120 kcal
- Total Fat: 2 g
- Saturated Fat: 0.2 g
- Trans Fat: 0 g
- Sodium: 220 mg
- Cholesterol: 0 mg
- Total carbohydrate: 22 g
- Dietary Fiber: 4 g
- Total Sugars: 5 g
- Protein: 4 g

Prep Time | Cook Time: 10 minutes | 15 minutes

Servings: 2

Ingredients:

- Carrot (chopped): 1 medium / 75 g
- Parsnip (chopped): 1 cup / 150 g
- Unsweetened oat milk: 1 cup / 240 ml
- Garlic (minced): 1 clove
- Vegetable broth (low sodium, fat-free): 1 cup / 240 ml
- Whole-grain bread (soft, low-fiber, suitable for a no-gallbladder diet): 2 slices / 80 g

Instructions:

1. Thinly slice the parsnip and carrot, and mince the garlic.
2. In a medium pot, warm a splash of vegetable broth over low heat. Add the garlic and sauté for 1–2 minutes until fragrant.
3. Stir in the carrots and parsnips; cook for another 2 minutes.
4. Pour in the remaining broth and unsweetened oat milk. Stir to combine and bring to a gentle boil.
5. Reduce heat and simmer for 10–12 minutes, until the vegetables are tender.
6. Blend until smooth using an immersion or regular blender.
7. Season with salt to taste, if desired.
8. Meanwhile, lightly toast the soft, whole-grain bread.
9. Serve the warm soup with the toasted bread on the side.

Beetroot and Apple Soup



A naturally sweet, nutrient-rich soup blending apple and beetroot, crafted with reduced fat and served alongside soft, digestion-friendly bread.

Nutritional Value (Per Serving):

- Calories: 130 kcal
- Total fats: 3 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 250 mg
- Cholesterol: 0 mg
- Total carbohydrate: 30 g
- Dietary fiber: 6 g
- Total sugars: 13 g
- Protein: 3 g

Prep Time | Cook Time: 10 minutes | 20 minutes

Servings: 2

Ingredients:

- Beetroot: 1 medium (200 g, peeled and diced)
- Apple (Granny Smith): 1 medium (150 g, peeled and chopped)
- Vegetable broth (low sodium): 2 cups / 480 ml
- Fresh parsley: 1 tbsp / 5 g (chopped, for garnish)
- Olive oil: ½ tsp / 2.5 ml
- Soft, low-fiber whole-grain bread (suitable for a no-gallbladder diet): 2 slices / 80 g

Instructions:

1. Peel and dice the beetroot. Peel and chop the apple into small, even pieces.
2. In a medium pot, warm ½ teaspoon of olive oil over medium heat. Add the beetroot and apple, and sauté gently for about 5 minutes, stirring occasionally.
3. Pour in the vegetable broth and stir to combine. Bring the mixture to a gentle boil.
4. Once boiling, reduce the heat and let it simmer for around 15 minutes, or until both the beetroot and apple are tender.
5. Use an immersion blender or a standard blender to puree the soup until smooth and creamy.
6. Taste and adjust with a small pinch of salt if desired.
7. While the soup simmers, lightly toast slices of soft, low-fiber whole-grain bread, making sure they remain easy to digest.
8. Ladle the soup into bowls, garnish with chopped fresh parsley, and serve with the warm bread on the side.

Mushroom and Celery Root Soup



A warming, savory soup that combines earthy mushrooms with the subtle, nutty notes of celery root for a gentle, satisfying meal.

Nutritional Value (Per Serving):

- Calories: 140 kcal
- Total fats: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 320 mg
- Cholesterol: 0 mg
- Total carbohydrate: 22 g
- Dietary fiber: 6 g
- Total sugars: 6 g
- Protein: 4 g

Prep Time | Cook Time: 10 minutes | 20 minutes

Servings: 2

Ingredients:

- Mushrooms (sliced): 0.44 lb / 200 g
- Celery root (peeled and cubed): 0.44 lb / 200 g
- Fresh parsley: 1 tbsp / 5 g (chopped, for garnish)
- Vegetable broth (low sodium): 2 cups / 480 ml
- Olive oil: ½ tsp / 2.5 ml
- Soft, low-fiber whole-grain bread (suitable for a no-gallbladder diet): 2 slices / 80 g

Instructions:

1. Peel and cube the celery root. Slice the mushrooms and chop the parsley for garnish.
2. In a medium pot, heat ½ tsp olive oil over medium heat. Add the mushrooms and celery root, and sauté for 5 minutes, stirring occasionally.
3. Pour in the vegetable broth and bring to a boil.
4. Reduce the heat and simmer for 15 minutes, or until the celery root is tender.
5. Blend the soup using an immersion blender or regular blender until smooth and creamy.
6. Taste and adjust with salt if needed.
7. Lightly toast soft, low-fiber whole-grain bread slices.
8. Ladle the soup into bowls, garnish with fresh parsley, and serve with the toasted bread.

Pumpkin Soup



A soothing pumpkin soup infused with ginger and cinnamon, offering gentle warmth and natural sweetness. Paired with soft, low-fat bread, it's a light and comforting choice perfect for easy digestion.

Nutritional Value (Per Serving):

- Calories: 160 kcal
- Total fats: 3 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 400 mg
- Cholesterol: 0 mg
- Total carbohydrate: 30 g
- Dietary fiber: 6 g
- Total sugars: 7 g
- Protein: 4 g

Prep Time | Cook Time: 10 minutes | 15 minutes

Servings: 2

Ingredients:

- Pumpkin puree: 1 cup / 240 g
- Onion (chopped): ½ medium / 75 g
- Garlic (minced): 1 clove / 3 g
- Vegetable broth (low sodium): 1.5 cups / 360 ml
- Ground ginger: ½ tsp / 0.5 g
- Ground cinnamon: ½ tsp / 1 g
- Olive oil: ½ tsp / 2.5 ml
- Salt: to taste
- Pepper: to taste
- Soft, low-fiber whole-grain bread (suitable for a no-gallbladder diet): 2 slices / 80 g

Instructions:

1. Finely chop the onion and mince the garlic; set aside.
2. In a medium pot, warm ½ teaspoon of olive oil over medium heat. Add the onion and garlic, and sauté for about 3 minutes until the onion becomes soft and fragrant.
3. Stir in the pumpkin purée, ground ginger, and cinnamon, mixing until well combined.
4. Pour in the vegetable broth and stir gently. Bring the soup to a gentle simmer. Simmer for 10 minutes, stirring occasionally. Season with salt and pepper to taste.
5. Blend the soup using an immersion blender until smooth, or transfer carefully to a blender in batches for a creamier texture.
6. While the soup simmers, lightly toast soft, low-fiber whole-grain bread until just golden.
7. Ladle the soup into bowls and serve with the warm toasted bread on the side.

Sweet Potato and Carrot Soup with Toasted Bread



A warm, satisfying soup blending the natural sweetness of carrots and sweet potatoes with a hint of savory depth—now made with reduced fat and served with soft, whole-grain bread for a wholesome finish.

Nutritional Value (Per Serving):

- Calories: 160 kcal
- Total fats: 2.5 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 300 mg
- Cholesterol: 0 mg
- Total carbohydrate: 33 g
- Dietary fiber: 7 g
- Total sugars: 8 g
- Protein: 3 g

Prep Time | Cook Time: 10 minutes | 20 minutes

Servings: 2

Ingredients:

- Sweet potato (peeled and diced): 1 medium / 200 g
- Carrots (peeled and diced): 2 medium / 150 g
- Vegetable broth (low sodium): 2 cups / 480 ml
- Olive oil: ½ tsp / 2.5 ml
- Salt: to taste
- Pepper: to taste
- Soft, low-fiber whole-grain bread (suitable for a no-gallbladder diet): 2 slices / 80 g

Instructions:

1. Peel and chop the carrots and sweet potato into small pieces.
2. In a medium pot, heat ½ tsp of olive oil over medium heat. Add the vegetables and sauté for about 5 minutes until slightly softened.
3. Pour in the vegetable broth and stir to combine. Bring to a gentle simmer.
4. Simmer for 15–20 minutes, or until the carrots and sweet potato are tender.
5. Season with salt and pepper to taste.
6. Blend the soup until smooth using an immersion blender or transfer it carefully to a standard blender in batches.
7. While the soup cooks, lightly toast slices of soft, low-fiber whole-grain bread.
8. Ladle the soup into bowls and serve with the toasted bread on the side.

DESSERTS



Light Zesty Orange Brownies



These aromatic brownies feature a bright hint of fresh orange zest and are made with almond flour for a lighter, wholesome twist on a classic dessert.

Nutritional Value (Per Serving):

- Calories: 105 kcal
- Total fat: 2.5 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 5 mg
- Cholesterol: 0 mg
- Total carbohydrate: 18 g
- Dietary fiber: 4 g
- Total sugars: 5 g
- Protein: 4 g

Prep Time | Cook Time: 10 minutes | 20 minutes
Servings: 2

Ingredients:

- Orange zest: 1 tbsp / 5 g
- Almond flour: $\frac{1}{4}$ cup / 24 g
- Unsweetened cocoa powder: 2 tbsp / 12 g
- Maple syrup: 1 tbsp / 15 ml
- Baking powder: $\frac{1}{2}$ tsp / 2 g
- Unsweetened almond milk: 2 tbsp / 30 ml
- Applesauce (unsweetened): 2 tbsp / 30 g

Instructions:

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, whisk together the almond flour, cocoa powder, and baking powder.
3. Add the maple syrup, almond milk, applesauce, and orange zest. Stir until smooth and well combined.
4. Pour the batter into a lined or lightly greased baking dish, spreading it evenly.
5. Bake for 20 minutes, or until a toothpick inserted in the center comes out clean.
6. Let cool for 10 minutes before slicing into squares and serving.

Hazelnut Vanilla Biscotti



A delicate and airy biscotti infused with the warm aroma of vanilla and the subtle crunch of hazelnuts—crafted with reduced fat for a lighter, easier-to-digest treat. Perfect for pairing with tea or coffee without weighing you down.

Nutritional Value (Per Serving):

- Calories: 90 kcal
- Total fat: 3 g
- Saturated fat: 0.3 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 5 mg
- Cholesterol: 0 mg
- Total carbohydrate: 17 g
- Dietary fiber: 4 g
- Total sugars: 6 g
- Protein: 3 g

Prep Time | Cook Time: 15 minutes | 30 minutes
Servings: 2

Ingredients:

- Almond flour: $\frac{3}{4}$ cup / 72 g
- Ground hazelnuts: 2 tbsp / 12 g
- Unsweetened applesauce: 3 tbsp / 45 g
- Maple syrup: 1 tbsp / 15 ml
- Vanilla extract: 1 tsp / 5 ml
- Baking powder: 1 tsp / 4 g
- Unsweetened almond milk: 3 tbsp / 45 ml

Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the almond flour, ground hazelnuts, and baking powder. Stir until well blended.
3. Add the unsweetened applesauce, maple syrup, vanilla extract, and unsweetened almond milk. Mix until a soft dough forms.
4. Shape the dough into a log approximately 8 inches long and 1 inch wide. Place it on the prepared baking sheet.
5. Bake for 25 minutes, or until the log is firm and lightly golden. Remove from the oven and let cool for 10 minutes.
6. Slice the log into $\frac{1}{2}$ -inch thick pieces, then arrange the slices cut-side down on the baking sheet.
7. Return to the oven and bake for an additional 5–10 minutes, or until the biscotti are crisp and golden.
8. Allow to cool completely before serving or storing.

Warm Baked Banana with Toasted Walnuts



A warm and naturally sweet baked banana dessert, finished with a gentle crunch—light, soothing, and easy on digestion for a simple, wholesome treat.

Nutritional Value (Per Serving):

- Calories: 95 kcal
- Total fat: 2 g
- Saturated fat: 0.2 g
- Trans fat: 0 g
- Monounsaturated fat: 0.5 g
- Sodium: 1 mg
- Cholesterol: 0 mg
- Total carbohydrate: 21 g
- Dietary fiber: 2.5 g
- Total sugars: 12 g
- Protein: 1 g

Prep Time | Cook Time: 5 minutes | 15 minutes
Servings: 2

Ingredients:

- Banana: 1 large
- Chopped walnuts: 2 tsp / 10 g
- Honey: ½ tsp / 2.5 ml
- Ground cinnamon: ¼ tsp / 0.5 g (optional)

Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Peel the banana and slice it lengthwise. Place the halves in an oven-safe dish.
3. Optionally, sprinkle with cinnamon and a light drizzle of honey.
4. Bake for 12–15 minutes, until soft and lightly caramelized.
5. In the last 5 minutes, add chopped walnuts on top to toast gently.
6. Remove from the oven and let cool slightly before serving.

Light & Creamy Pumpkin Chia Pudding



A silky, naturally sweet pumpkin pudding gently spiced for warmth, light in fat and easy on digestion.

Nutritional Value (Per Serving):

- Calories: 70 kcal
- Total fat: 2.5 g
- Saturated fat: 0.2 g
- Trans fat: 0 g
- Monounsaturated fat: 0.5 g
- Sodium: 25 mg
- Cholesterol: 0 mg
- Total carbohydrate: 10 g
- Dietary fiber: 3 g
- Total sugars: 3 g
- Protein: 2 g

Prep Time | Cook Time: 5 minutes | 0 minutes (plus chilling time)
Servings: 2

Ingredients:

- Pumpkin puree: ½ cup / 120 g
- Chia seeds: 2 tsp / 10 g
- Unsweetened almond milk: ½ cup / 120 ml
- Nutmeg: ¼ tsp / 1 g
- Vanilla extract: ½ tsp / 2.5 ml (optional)
- Honey or maple syrup: 1 tsp / 5 ml (optional, for extra sweetness)

Instructions:

1. In a bowl, mix together the pumpkin purée, chia seeds, almond milk, nutmeg, vanilla extract, and optional sweetener. Stir until well combined.
2. Cover and refrigerate for at least 2 hours or overnight, stirring once after 30 minutes to prevent clumps.
3. Before serving, stir again for a smooth texture. Add a splash of almond milk if it's too thick.
4. Divide into two portions and enjoy.

Light & Refreshing Tropical Mango Rice



A naturally sweet, fiber-rich mango rice with a touch of coconut—light, tropical, and refreshing

Prep Time | Cook Time: 5 minutes | 5 minutes
Servings: 2

Ingredients:

- Cooked brown rice: ½ cup / 90 g
- Unsweetened coconut water: 2 tbsp / 30 ml (for moisture and subtle sweetness)
- Ripe mango (diced): ½ cup (0.165 lb / 75 g)
- Unsweetened shredded coconut: ½ tbsp / 5 g

Instructions:

1. In a small saucepan over low heat, gently warm the cooked brown rice with the coconut water for 2–3 minutes, stirring occasionally.
2. Remove from heat and stir in the diced mango.
3. Top with shredded coconut for a light, crunchy finish.
4. Serve warm or chilled, depending on your preference.

Nutritional Value (Per Serving):

- Calories: 130 kcal
- Total fat: 1.8 g
- Saturated fat: 1 g
- Trans fat: 0 g
- Monounsaturated fat: 0.3 g
- Sodium: 5 mg
- Cholesterol: 0 mg
- Total carbohydrate: 28 g
- Dietary fiber: 2.5 g
- Total sugars: 8 g
- Protein: 2.5 g

Refreshing Pineapple Basil Lime Sorbet



A naturally sweet and tangy sorbet infused with a hint of fresh basil—perfect for a light, refreshing treat.

Prep Time | Cook Time: 5 minutes | 0 minutes
Servings: 2

Ingredients:

- Pineapple (frozen chunks): ½ cup (0.165 lb / 75 g)
- Cold water: 2 tbsp / 30 ml (for smooth blending)
- Fresh basil leaves: 4
- Lime juice: 1 tsp / 5 ml

Instructions:

1. Add frozen pineapple chunks, fresh basil, lime juice, and cold water to a blender or food processor.
2. Blend until smooth, scraping down the sides as needed. If too thick, add water one teaspoon at a time.
3. Enjoy immediately for a soft sorbet or freeze for 15–20 minutes for a firmer texture.

Nutritional Value (Per Serving):

- Calories: 35 kcal
- Total fat: 0.1 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0 g
- Sodium: 1 mg
- Cholesterol: 0 mg
- Total carbohydrate: 9 g
- Dietary fiber: 1 g
- Total sugars: 7 g
- Protein: 0.4 g

Strawberry Coconut Macarons



A light, gut-friendly macaron filled with fresh strawberries for a naturally sweet treat.

Prep Time | Cook Time: 15 minutes | 20 minutes
Servings: 2

Ingredients:

Macaron Shells:

- Oat flour: ½ cup / 48 g
- Unsweetened shredded coconut: 1 tbsp / 5 g
- Maple syrup: 1 tbsp / 15 ml
- Unsweetened almond milk: 2 tbsp / 30 ml

- Baking powder: ½ tsp / 2 g

Filling:

- Mashed strawberries: ¼ cup / 40 g
- Unsweetened coconut yogurt: 2 tbsp / 30 g

Instructions:

1. Preheat the oven to 300°F (150°C) and line a baking sheet with parchment paper.
2. In a bowl, combine oat flour, shredded coconut, and baking powder.
3. Add maple syrup and almond milk, stirring until a soft dough forms.
4. Form small balls, flatten slightly, and place on the prepared sheet.
5. Bake for 18–20 minutes, or until lightly golden. Let cool completely.
6. For the filling, blend mashed strawberries with coconut yogurt until smooth.
7. Spread a small amount of filling on one cookie and top with another to form a sandwich.
8. Chill in the fridge for 10 minutes before serving for best texture.

Nutritional Value (Per Serving):

- Calories: 110 kcal
- Total fat: 3.5 g
- Saturated fat: 1 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 15 mg
- Cholesterol: 0 mg
- Total carbohydrate: 16 g
- Dietary fiber: 3 g
- Total sugars: 6 g
- Protein: 3 g

Mango Coconut Probiotic Macarons



Delicate tropical macarons with a creamy mango filling—light, easy to digest, and supportive of gut health.

Prep Time | Cook Time: 15 minutes | 20 minutes
Servings: 2

Ingredients:

Macaron Shells:

- Oat flour: ½ cup / 48 g
- Unsweetened shredded coconut: 1 tbsp / 5 g
- Maple syrup: 1 tbsp / 15 ml
- Baking powder: ½ tsp / 2 g

- Unsweetened almond milk: 2 tbsp / 30 ml

Filling:

- Mashed mango: ¼ cup / 40 g
- Unsweetened coconut yogurt: 2 tbsp / 30 g

Instructions:

1. Preheat the oven to 300°F (150°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine oat flour, shredded coconut, and baking powder.
3. Add maple syrup and almond milk, stirring until a soft dough forms.
4. Shape small portions of dough into balls, gently flattening them onto the prepared baking sheet.
5. Bake for 18–20 minutes, or until lightly golden. Allow to cool completely.
6. For the filling, blend mashed mango with coconut yogurt until smooth and creamy.
7. Spread a small amount of the mango mixture onto one cookie and top with another to form a sandwich.
8. Chill in the refrigerator for 10 minutes before serving for optimal texture.

Nutritional Value (Per Serving):

- Calories: 115 kcal
- Total fat: 3.5 g
- Saturated fat: 1 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 15 mg
- Cholesterol: 0 mg
- Total carbohydrate: 18 g
- Dietary fiber: 3 g
- Total sugars: 7 g
- Protein: 3 g

Raspberry Almond Chia Mousse



A smooth and fruity mousse made with fresh raspberries and chia seeds—rich in fiber and naturally sweet, perfect for a light and nourishing treat.

Nutritional Value (Per Serving):

- Calories: 95 kcal
- Total fat: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2 g
- Sodium: 40 mg
- Cholesterol: 0 mg
- Total carbohydrate: 13 g
- Dietary fiber: 5 g
- Total sugars: 7 g
- Protein: 3 g

Prep Time | Cook Time: 10 minutes | 0 minutes
Servings: 2

Ingredients:

- Fresh raspberries (mashed): ½ cup / 75 g
- Unsweetened almond yogurt: ½ cup / 120 g
- Chia seeds: 1 tbsp / 15 g
- Honey (optional): 1 tsp / 5 ml

Instructions:

1. Gently mash the raspberries in a small bowl, keeping some chunks for texture if desired.
2. In another bowl, mix the mashed raspberries with almond yogurt, chia seeds, and honey (optional).
3. Stir well until fully combined.
4. Refrigerate for at least 2 hours, or overnight, to let the chia seeds thicken the mixture into a mousse.
5. Before serving, stir once more and top with extra raspberries or a sprinkle of almonds, if liked.

Rich Chocolate Avocado Mousse



A light and creamy chocolate mousse made with avocado, delivering rich flavor and a healthier, lower-fat twist on a classic dessert.

Nutritional Value (Per Serving):

- Calories: 115 kcal
- Total fat: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2.5 g
- Sodium: 30 mg
- Cholesterol: 0 mg
- Total carbohydrate: 16 g
- Dietary fiber: 7 g
- Total sugars: 6 g
- Protein: 3 g

Prep Time | Cook Time: 10 minutes | 0 minutes
Servings: 2

Ingredients:

- Ripe avocado: ½ (about ½ cup / 75 g)
- Unsweetened cocoa powder: 2 tbsp / 12 g
- Maple syrup: 1 tbsp / 15 ml
- Unsweetened almond milk: ¼ cup / 60 ml

Instructions:

1. Scoop half of a ripe avocado into a blender or food processor to keep the fat content low.
2. Add unsweetened cocoa powder, maple syrup, and almond milk.
3. Blend until smooth and creamy. Adjust consistency by adding almond milk a teaspoon at a time if needed.
4. Taste and add a touch more maple syrup if a sweeter mousse is preferred.
5. Spoon into two small bowls and chill in the refrigerator for at least 30 minutes.
6. Optional: Top with cocoa powder, fresh berries, or sliced almonds before serving.

Oatmeal Date Energy Cookies



Naturally sweet, soft cookies made with dates and maple syrup—a fat-free, energizing treat.

Nutritional Value (Per Serving):

- Calories: 110 kcal
- Total fat: 3 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 10 mg
- Cholesterol: 0 mg
- Total carbohydrate: 23 g
- Dietary fiber: 3 g
- Total sugars: 10 g
- Protein: 3 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Rolled oats: 1 cup / 90 g
- Dates (pitted and chopped): ¼ cup / 40 g
- Almond flour: 2 tbsp / 30 g
- Maple syrup: 1 tbsp / 15 ml
- Ground cinnamon: ½ tsp / 1 g
- Baking powder: ½ tsp / 2 g

Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, mix rolled oats, almond flour, cinnamon, and baking powder.
3. Stir in chopped dates and maple syrup until well combined.
4. If needed, add 1 tbsp water to help the dough come together.
5. Scoop tablespoon-sized portions, roll into balls, place on the sheet, and flatten gently.
6. Bake for 12–15 minutes until lightly golden around the edges.
7. Let cool for 5 minutes on the tray, then transfer to a wire rack to finish cooling.

Cherry Almond Oat Cookies



Soft, chewy oat cookies with dried cherries—a naturally sweet, lower-fat treat for guilt-free snacking.

Nutritional Value (Per Serving):

- Calories: 95 kcal
- Total fat: 3 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1.5 g
- Sodium: 10 mg
- Cholesterol: 0 mg
- Total carbohydrate: 19 g
- Dietary fiber: 3 g
- Total sugars: 9 g
- Protein: 2 g

Prep Time | Cook Time: 10 minutes | 12–15 minutes
Servings: 2

Ingredients:

- Dried cherries (unsweetened): 1 tsp): 5 g
- Almond flour: 1 tbsp / 15 g
- Rolled oats: ½ cup / 45 g
- Almond butter (reduced to ¼ cup / 40 g
- Maple syrup: 1 tbsp / 15 ml
- Ground cinnamon: ½ tsp / 1 g
- Baking powder: ½ tsp / 2 g

Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a medium bowl, combine the rolled oats, almond flour, cinnamon, and baking powder.
3. Chop the dried cherries into small pieces and stir them into the dry mixture.
4. In a separate bowl, whisk together the almond butter and maple syrup until smooth.
5. Add the wet mixture to the dry ingredients and stir until fully combined. If the dough is too dry, add a teaspoon of water.
6. Scoop out tablespoon-sized portions, roll into balls, and flatten slightly on the baking sheet.
7. Bake for 12–15 minutes, or until lightly golden at the edges.
8. Let the cookies cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely.

Peach Oat Crumble Tart



A light and fruity dessert with tender peaches and a crisp oat topping—a satisfying, lower-fat treat.

Prep Time | Cook Time: 15 minutes | 30 minutes
Servings: 2

Ingredients:

- Fresh peaches (peeled and sliced): 2 medium (0.5 lb / 225 g)
- Rolled oats: $\frac{1}{4}$ cup / 22.5 g
- Almond flour: 2 tbsp / 24 g
- Maple syrup: 1 tbsp / 15 ml
- Ground cinnamon: $\frac{1}{2}$ tsp / 1 g
- Baking powder: $\frac{1}{4}$ tsp / 1 g

Instructions:

1. Preheat the oven to 350°F (175°C) and lightly grease or line a tart pan with parchment paper.
2. Slice the peaches and set them aside.
3. In a bowl, mix the rolled oats, almond flour, cinnamon, and baking powder.
4. Add maple syrup and stir until the mixture forms a crumbly texture.
5. Layer the sliced peaches evenly over the base of the tart pan.
6. Sprinkle the oat crumble evenly on top of the peaches.
7. Bake for 25–30 minutes, or until the topping is golden and the peaches are soft.
8. Let cool slightly before serving. Garnish with a pinch of cinnamon or fresh mint, if desired.

Nutritional Value (Per Serving):

- Calories: 120 kcal
- Total fat: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2.5 g
- Sodium: 20 mg
- Cholesterol: 0 mg
- Total carbohydrate: 20 g
- Dietary fiber: 4 g
- Total sugars: 10 g
- Protein: 3 g

Cinnamon Baked Pineapple Rings



Naturally sweet and tangy baked pineapple rings with a hint of cinnamon and lime—a refreshing, guilt-free treat.

Prep Time | Cook Time: 5 minutes | 15 minutes
Servings: 2

Ingredients:

- Fresh pineapple (cut into rings): 2 rings
- Lime juice: 1 tbsp / 15 ml
- Maple syrup: 1 tbsp / 15 ml
- Ground cinnamon: $\frac{1}{4}$ tsp / 1 g

Instructions:

1. Preheat the oven to 350°F (175°C).
2. Line a baking sheet with parchment paper and place the pineapple rings in a single layer.
3. In a small bowl, mix the lime juice and maple syrup until combined.
4. Brush the mixture onto both sides of the pineapple rings.
5. Sprinkle a light dusting of cinnamon over the top.
6. Bake for 12–15 minutes, or until the pineapple is tender and slightly caramelized.
7. Serve warm for a naturally sweet and zesty dessert.

Nutritional Value (Per Serving):

- Calories: 80 kcal
- Total fat: 0 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0 g
- Sodium: 5 mg
- Cholesterol: 0 mg
- Total carbohydrate: 21 g
- Dietary fiber: 2 g
- Total sugars: 18 g
- Protein: 1 g

Tahini Roasted Plums



Tender roasted plums infused with tahini and cinnamon for a light, flavorful dessert.

Nutritional Value (Per Serving):

- Calories: 75 kcal
- Total Fat: 3.5 g
- Saturated Fat: 0.4 g
- Trans Fat: 0 g
- Monounsaturated Fat: 1.2 g
- Sodium: 2 mg
- Cholesterol: 0 mg
- Total carbohydrate: 17 g
- Dietary Fiber: 3 g
- Total Sugars: 14 g
- Protein: 2 g

Prep Time | Cook Time: 5 minutes | 20 minutes
Servings: 2

Ingredients:

- Plums (halved and pitted): 4
- Tahini (unsweetened): ½ tbsp / 7.5 g
- Ground cinnamon: ¼ tsp / 1 g

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Arrange the plum halves, cut side up, on a parchment-lined baking sheet.
3. In a small bowl, stir together the tahini and ground cinnamon until well combined.
4. Spoon a small amount of the tahini mixture into the center of each plum half.
5. Roast for 15–20 minutes, or until the plums are soft and just beginning to caramelize.
6. Serve warm for a gently sweet, low-fat treat.

Matcha Tiramisu Delight



A cool and creamy matcha dessert blending the earthiness of green tea with light, lactose-free yogurt—refined and refreshing.

Nutritional Value (Per Serving):

- Calories: 150 kcal
- Total fats: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 1 g
- Sodium: 50 mg
- Cholesterol: 0 mg
- Total carbohydrate: 27 g
- Dietary fiber: 1 g
- Total sugars: 13 g
- Protein: 4 g

Prep Time | Cook Time: 15 minutes | 0 minutes
Servings: 2

Ingredients:

- Lactose-free low-fat yogurt: ½ cup / 120 g
- Oat milk: ¼ cup / 60 ml
- Gluten-free ladyfingers: 6
- Maple syrup: 1 tbsp / 15 ml
- Matcha powder: 1 tsp / 2 g
- Brewed decaf green tea: ¼ cup / 60 ml
- Unsweetened cocoa powder: ½ tsp / 1 g

Instructions:

1. Brew the decaf green tea and set it aside to cool.
2. In a bowl, whisk together the lactose-free low-fat yogurt, oat milk, and maple syrup until smooth and well blended.
3. Sift in the matcha powder and whisk vigorously until fully dissolved and evenly incorporated.
4. Lightly dip the gluten-free ladyfingers into the cooled tea—just enough to moisten without soaking—then arrange a layer at the bottom of two small serving glasses.
5. Spoon half of the matcha-yogurt mixture over the ladyfingers in each glass.
6. Add another layer of tea-dipped ladyfingers, followed by the remaining matcha mixture.
7. Dust the tops with unsweetened cocoa powder for a rich finish.
8. Chill in the refrigerator for at least 30 minutes before serving to let the flavors develop.

Lemon Soufflé



Treat yourself to a light and airy citrus soufflé—bright with lemon, naturally sweetened, and surprisingly simple to make.

Nutritional Value (Per Serving):

- Calories: 95 kcal
- Protein: 3 g
- Total fats: 1 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0 g
- Sodium: 25 mg
- Cholesterol: 55 mg
- Total carbohydrate: 21 g
- Dietary fiber: 0 g
- Total sugars: 19 g
- Protein: 3 g

Prep Time | Cook Time: 10 minutes | 15 minutes
Servings: 2

Ingredients:

- Fresh lemon juice: 1 tbsp / 15 ml
- Egg whites: 2
- Honey: 1 tbsp / 15 ml
- Lemon zest: ½ tsp / 1 g

Instructions:

1. Preheat the oven to 375°F (190°C) and lightly grease two ramekins with butter or non-stick spray.
2. In a clean mixing bowl, whisk the egg whites until they hold stiff peaks.
3. Carefully fold in the honey, lemon juice, and lemon zest, keeping the mixture as airy as possible.
4. Spoon the mixture evenly into the prepared ramekins and smooth the tops.
5. Bake for 12–15 minutes, or until the soufflés are risen and lightly golden.
6. Serve immediately while still warm and fluffy.

Peach Yogurt Cheesecake



Enjoy a light and creamy dessert that blends ripe peaches with tangy yogurt for a refreshing fruit-infused treat.

Nutritional Value (Per Serving):

- Calories: 150 kcal
- Protein: 6 g
- Total fats: 2 g
- Saturated fat: 0 g
- Trans fat: 0 g
- Monounsaturated fat: 0 g
- Sodium: 40 mg
- Cholesterol: 30 mg
- Total carbohydrate: 25 g
- Dietary fiber: 2 g
- Total sugars: 20 g
- Protein: 6 g

Prep Time | Cook Time: 10 minutes | 25 minutes
Servings: 2

Ingredients:

- Plain kefir: ½ cup / 120 g
- Unsweetened soy milk: ¼ cup / 60 ml
- Mashed peach: ½ cup / 75 g
- Maple syrup: 1 tbsp / 15 ml
- Cornstarch: 1 tbsp / 10 g
- Egg whites: 2

Instructions:

1. Preheat the oven to 350°F (175°C) and lightly grease two small ramekins.
2. In a mixing bowl, stir together the kefir, unsweetened soy milk, mashed peach, and maple syrup until well combined and smooth.
3. In a separate bowl, whisk the egg whites until they form stiff peaks.
4. Fold the cornstarch into the peach mixture, then gently incorporate the whipped egg whites to maintain a light texture.
5. Divide the mixture between the prepared ramekins, smoothing the tops.
6. Bake for 20–25 minutes, or until set and lightly golden on top.
7. Let cool slightly before serving for a soft, spoonable texture.

Berry Almond Tart with Cinnamon



A light and refreshing fruit tart with a crunchy almond crust, perfect as a lower-fat dessert option.

Nutritional Value (Per Serving):

- Calories: 110 kcal
- Total fat: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2.5 g
- Sodium: 20 mg
- Cholesterol: 0 mg
- Total carbohydrate: 17 g
- Dietary fiber: 5 g
- Total sugars: 8 g
- Protein: 3 g

Prep Time | Cook Time: 15 minutes | 30 minutes
Servings: 2

Ingredients:

- Mixed berries (fresh or frozen): 1 cup / 150 g
- Almond flour: 2 tbsp / 24 g
- Maple syrup: 1 tbsp / 15 ml
- Ground cinnamon: ½ tsp / 1 g
- Egg substitute (flax egg or chia egg): 1
- Vanilla extract: 1 tsp / 5 ml

Instructions:

1. Preheat the oven to 350°F (175°C) and lightly grease or line a tart pan with parchment paper.
2. Make a flax egg by mixing 1 tablespoon of ground flaxseed with 3 tablespoons of water. Let it sit for 5 minutes to thicken.
3. In a mixing bowl, combine almond flour, cinnamon, and maple syrup.
4. Stir in the vanilla extract and flax egg until a dough forms. If needed, add water one teaspoon at a time until the dough holds together.
5. Press the dough evenly into the bottom and sides of the tart pan to form the crust.
6. Bake the crust for 10–12 minutes, or until lightly golden.
7. Meanwhile, gently toss the mixed berries with 1 teaspoon of maple syrup, if desired.
8. Once the crust has cooled slightly, spoon the berries over the top and spread evenly.
9. Return the tart to the oven and bake for another 15 minutes, allowing the berries to soften and release their juices.
10. Let the tart cool completely before serving. Garnish with a sprinkle of cinnamon or fresh mint, if you like.

Chocolate Almond Biscotti



A crunchy chocolate-almond biscotti made lighter with reduced fat and simple, wholesome ingredients.

Nutritional Value (Per Serving):

- Calories: 100 kcal
- Total fat: 4 g
- Saturated fat: 0.5 g
- Trans fat: 0 g
- Monounsaturated fat: 2 g
- Sodium: 5 mg
- Cholesterol: 0 mg
- Total carbohydrate: 17 g
- Dietary fiber: 5 g
- Total sugars: 5 g
- Protein: 4 g

Prep Time | Cook Time: 15 minutes | 30 minutes
Servings: 2

Ingredients:

- Almond flour: 1 cup (0.21 lb / 96 g)
- Unsweetened cocoa powder: 2 tbsp / 12 g
- Almonds (chopped): 1 tbsp / 12 g
- Maple syrup: 1 tbsp / 15 ml
- Baking powder: 1 tsp / 4 g
- Unsweetened almond milk: 2 tbsp / 30 ml
- Applesauce (unsweetened): 2 tbsp / 30 g

Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, whisk together the almond flour, cocoa powder, and baking powder until well combined.
3. Add the chopped almonds, maple syrup, almond milk, and applesauce. Stir until a soft dough forms.
4. Transfer the dough to the prepared baking sheet and shape it into a log about 8 inches long and 1 inch wide.
5. Bake for 25 minutes, or until the log is firm and lightly golden.
6. Remove from the oven and let it cool for 10 minutes.
7. Slice the cooled log into ½-inch-thick pieces and arrange them cut side up on the baking sheet.
8. Return to the oven and bake for another 5–10 minutes, until crisp and lightly browned.
9. Cool completely before serving or storing.

CONCLUSION: EMBRACE THE HEALTHIER, HAPPIER YOU

Thank you for being part of this journey toward thriving without a gallbladder. I'm truly grateful you've taken the time to learn how to care for your body—supporting your digestion, boosting your energy, and helping you feel your best each day.

Together, we've explored how your body adjusts after surgery and uncovered simple, nourishing recipes crafted with your unique needs in mind. Now, it's time to bring these meals to life in your own kitchen!

Take It One Step at a Time

Making lasting changes to how you eat can feel like a big task—but you don't have to do it all at once. Progress comes from small, steady steps. Focus on what makes you feel good and let that guide your choices.

Here are some simple ways to stay on track:

- Start with What You Love – Choose a few recipes that excite you and make them part of your weekly rhythm.
- Listen to Your Body – Notice how different meals make you feel and make changes that support your energy and comfort.
- Give Yourself Grace – This process takes time. Be kind to yourself as you figure out what works best for your body.
- Come Back to This Guide – Whenever you need a boost of inspiration, flip through the recipes and tips again.

You Are Not Alone on This Path

If questions come up or you're unsure about certain foods, reach out to a trusted healthcare provider or nutritionist. They can offer guidance tailored specifically to your needs and help you stay on track nutritionally and emotionally.

Here's to a Nourishing, Joyful Future!

Food should be a source of pleasure—not stress. With the right knowledge and tools, you can enjoy flavorful, satisfying meals that support your well-being. Eating well after gallbladder surgery isn't about restriction—it's about creating a new balance that helps you feel your best.

So go ahead—gather your ingredients, try new recipes, and enjoy every step of this nourishing journey. You've already come so far, and the best is yet to come.

You've got this.



60-DAY MEAL PLAN

Day	Breakfast	Lunch	Dinner	Soup	Snack/ Dessert	Total Calories
1	Oatmeal with Chia Seeds and Berries (160 calories)	Grilled Salmon with Steamed Broccoli (220 calories)	Baked Chicken with Quinoa (230 calories)	Tomato Basil Soup (120 calories)	Banana Almond Smoothie (100 calories)	830
2	Scrambled Eggs with Spinach (150 calories)	Grilled Veggie Wrap (210 calories)	Lemon Herb Fish with Rice (200 calories)	Cauliflower Soup (150 calories)	Apple with Almond Butter (120 calories)	830
3	Whole Wheat Toast with Avocado (180 calories)	Quinoa Salad with Chickpeas (220 calories)	Grilled Chicken with Veggies (250 calories)	Carrot Ginger Soup (140 calories)	Yogurt with Berries (100 calories)	890
4	Zucchini Pancakes (180 calories)	Grilled Shrimp with Avocado and Cucumber Salad (240 calories)	Baked Cod with Steamed Veggies (220 calories)	Mushroom Soup (150 calories)	Peach and Almond Bites (120 calories)	910
5	Egg and Veggie Scramble (160 calories)	Tuna Salad Lettuce Wraps (230 calories)	Baked Chicken with Sweet Potato (240 calories)	Spinach Soup (130 calories)	Greek Yogurt with Honey (110 calories)	870
6	Banana Almond Smoothie (180 calories)	Grilled Veggie Salad with Quinoa (230 calories)	Grilled Salmon with Asparagus (250 calories)	Tomato Basil Soup (120 calories)	Cinnamon Baked Apples (100 calories)	880
7	Oatmeal with Blueberries (170 calories)	Grilled Chicken Caesar Salad (230 calories)	Lemon Herb Fish with Rice (220 calories)	Lentil Soup (140 calories)	Dark Chocolate Bites (100 calories)	860

Day	Breakfast	Lunch	Dinner	Soup	Snack/ Dessert	Total Calories
8	Spinach and Mushroom Scramble (160 calories)	Grilled Shrimp with Avocado and Cucumber Salad (240 calories)	Baked Salmon with Steamed Vegetables (230 calories)	Broccoli Soup (120 calories)	Almond Energy Balls (110 calories)	860
9	Egg and Avocado Toast (180 calories)	Grilled Veggie Wrap (220 calories)	Grilled Tuna Steaks with Rice (250 calories)	Cauliflower Soup (140 calories)	Yogurt with Berries (90 calories)	880
10	Greek Yogurt with Chia and Berries (160 calories)	Grilled Shrimp Salad (240 calories)	Baked Lemon Chicken with Steamed Vegetables (230 calories)	Mushroom Soup (150 calories)	Chocolate Almond Biscotti (100 calories)	880
11	Mushroom and Tomato Omelet (170 calories)	Grilled Chicken Salad with Quinoa (220 calories)	Grilled Salmon with Asparagus (250 calories)	Spinach and Kale Soup (140 calories)	Cinnamon Baked Pears (110 calories)	890
12	Grilled Veggie Breakfast Burrito (190 calories)	Grilled Shrimp with Avocado and Cucumber Salad (310 calories)	Baked Lemon Herb Chicken with Steamed Vegetables and Quinoa (240 calories)	Spinach and Quinoa Soup (200 calories)	Chocolate Almond Biscotti (100 calories)	840
13	Zucchini and Tomato Scramble (160 calories)	Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad (230 calories)	Garlic Shrimp with Asparagus (180 calories)	Tomato and Basil Soup (140 calories)	Peach Oat Crumble Tart (120 calories)	810
14	Egg and Tomato Toast (180 calories)	Grilled Mahi-Mahi with Steamed Kale (310 calories)	Baked Cod with Herb Crust and Lemon Rice (220 calories)	Beetroot and Apple Soup (130 calories)	Raspberry Almond Chia Mousse (95 calories)	935
15	Mushroom and Herb Omelet (80 calories)	Herb-Crusted Chicken with Grilled Bell Peppers and Low-Fat Ricotta (250 calories)	Grilled Tuna Steaks with Sautéed Spinach & Toasts (180 calories)	Cauliflower and Leek Soup (160 calories)	Strawberry Coconut Macarons (110 calories)	780
16	Oatmeal with Blueberries and Almonds (160 calories)	Grilled Shrimp with Avocado and Cucumber Salad (310 calories)	Garlic Shrimp with Asparagus (180 calories)	Carrot and Parsnip Soup (120 calories)	Light Zesty Orange Brownies (105 calories)	875

Day	Breakfast	Lunch	Dinner	Soup	Snack/ Dessert	Total Calories
17	Quick Apple Cinnamon Muffins (160 calories)	Baked Lemon Herb Chicken with Steamed Vegetables and Quinoa (240 calories)	Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad (230 calories)	A Heartwarming Tomato & Quinoa Soup with Toasted Bread (180 calories)	Chocolate Almond Biscotti (100 calories)	910
18	Veggie-Packed Tofu Scramble (120 calories)	Baked Salmon with Cauliflower Mash (220 calories)	Grilled Mahi-Mahi with Steamed Kale (310 calories)	Spinach and Quinoa Soup (200 calories)	Raspberry Almond Chia Mousse (95 calories)	945
19	Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad (230 calories)	Grilled Tuna Steaks with Sautéed Spinach & Toasts (180 calories)	Baked Cod with Herb Crust and Lemon Rice (220 calories)	Mushroom and Celery Root Soup (140 calories)	Peach Oat Crumble Tart (120 calories)	890
20	Strawberry Chia Waffles (180 calories)	Herb-Crusted Chicken with Grilled Bell Peppers and Low-Fat Ricotta (250 calories)	Garlic Shrimp with Asparagus (180 calories)	Cauliflower and Leek Soup (160 calories)	Chocolate Almond Biscotti (100 calories)	870
21	Grilled Veggie Breakfast Burrito (190 calories)	Grilled Shrimp with Avocado and Cucumber Salad (310 calories)	Grilled Chicken with Zucchini Noodles (200 calories)	Carrot Ginger Soup (90 calories)	Cinnamon Baked Pears (110 calories)	910
22	Egg and Tomato Toast (180 calories)	Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad (230 calories)	Grilled Mahi-Mahi with Steamed Kale (310 calories)	Beetroot and Apple Soup (130 calories)	Raspberry Almond Chia Mousse (95 calories)	945
23	Mushroom and Herb Omelet (80 calories)	Baked Salmon with Quinoa & Fresh Salad (290 calories)	Garlic Shrimp with Asparagus (180 calories)	Spinach and Quinoa Soup (200 calories)	Chocolate Almond Biscotti (100 calories)	850
24	Zucchini and Tomato Scramble (160 calories)	Grilled Shrimp with Avocado and Cucumber Salad (310 calories)	Grilled Tuna Steaks with Sautéed Spinach & Toasts (180 calories)	Tomato and Basil Soup (140 calories)	Peach Oat Crumble Tart (120 calories)	910

Day	Breakfast	Lunch	Dinner	Soup	Snack/ Dessert	Total Calories
25	Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad (230 calories)	Grilled Mahi-Mahi with Steamed Kale (310 calories)	Baked Lemon Herb Chicken with Steamed Vegetables and Quinoa (240 calories)	Spinach and Quinoa Soup (200 calories)	Strawberry Coconut Macarons (110 calories)	880
26	Scrambled Eggs with Spinach (150 calories)	Grilled Veggie Wrap (210 calories)	Lemon Herb Fish with Rice (200 calories)	Cauliflower Soup (150 calories)	Apple with Almond Butter (120 calories)	830
27	Whole Wheat Toast with Avocado (180 calories)	Quinoa Salad with Chickpeas (220 calories)	Grilled Chicken with Veggies (250 calories)	Carrot Ginger Soup (140 calories)	Yogurt with Berries (100 calories)	890
28	Zucchini Pancakes (180 calories)	Grilled Shrimp with Avocado and Cucumber Salad (240 calories)	Baked Cod with Steamed Veggies (220 calories)	Mushroom Soup (150 calories)	Peach and Almond Bites (120 calories)	910
29	Egg and Veggie Scramble (160 calories)	Tuna Salad Lettuce Wraps (230 calories)	Baked Chicken with Sweet Potato (240 calories)	Spinach Soup (130 calories)	Greek Yogurt with Honey (110 calories)	870
30	Banana Almond Smoothie (180 calories)	Grilled Veggie Salad with Quinoa (230 calories)	Grilled Salmon with Asparagus (250 calories)	Tomato Basil Soup (120 calories)	Cinnamon Baked Apples (100 calories)	880
31	Oatmeal with Blueberries (170 calories)	Grilled Chicken Caesar Salad (230 calories)	Lemon Herb Fish with Rice (220 calories)	Lentil Soup (140 calories)	Dark Chocolate Bites (100 calories)	860
32	Spinach and Mushroom Scramble (160 calories)	Grilled Shrimp with Avocado and Cucumber Salad (240 calories)	Baked Salmon with Steamed Vegetables (230 calories)	Broccoli Soup (120 calories)	Almond Energy Balls (110 calories)	860
33	Egg and Avocado Toast (180 calories)	Grilled Veggie Wrap (220 calories)	Grilled Tuna Steaks with Rice (250 calories)	Cauliflower Soup (140 calories)	Yogurt with Berries (90 calories)	880
34	Greek Yogurt with Chia and Berries (160 calories)	Grilled Shrimp Salad (240 calories)	Baked Lemon Chicken with Steamed Vegetables (230 calories)	Mushroom Soup (150 calories)	Chocolate Almond Biscotti (100 calories)	880

Day	Breakfast	Lunch	Dinner	Soup	Snack/ Dessert	Total Calories
35	Mushroom and Tomato Omelet (170 calories)	Grilled Chicken Salad with Quinoa (220 calories)	Grilled Salmon with Asparagus (250 calories)	Spinach and Kale Soup (140 calories)	Cinnamon Baked Pears (110 calories)	890
36	Grilled Veggie Breakfast Burrito (190 calories)	Grilled Shrimp with Avocado and Cucumber Salad (310 calories)	Baked Lemon Herb Chicken with Steamed Vegetables and Quinoa (240 calories)	Spinach and Quinoa Soup (200 calories)	Chocolate Almond Biscotti (100 calories)	840
37	Zucchini and Tomato Scramble (160 calories)	Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad (230 calories)	Garlic Shrimp with Asparagus (180 calories)	Tomato and Basil Soup (140 calories)	Peach Oat Crumble Tart (120 calories)	810
38	Egg and Tomato Toast (180 calories)	Grilled Mahi-Mahi with Steamed Kale (310 calories)	Baked Cod with Herb Crust and Lemon Rice (220 calories)	Beetroot and Apple Soup (130 calories)	Raspberry Almond Chia Mousse (95 calories)	935
39	Mushroom and Herb Omelet (80 calories)	Herb-Crusted Chicken with Grilled Bell Peppers and Low-Fat Ricotta (250 calories)	Grilled Tuna Steaks with Sautéed Spinach & Toasts (180 calories)	Cauliflower and Leek Soup (160 calories)	Strawberry Coconut Macarons (110 calories)	780
40	Oatmeal with Blueberries and Almonds (160 calories)	Grilled Shrimp with Avocado and Cucumber Salad (310 calories)	Garlic Shrimp with Asparagus (180 calories)	Carrot and Parsnip Soup (120 calories)	Light Zesty Orange Brownies (105 calories)	875
41	Quick Apple Cinnamon Muffins (160 calories)	Baked Lemon Herb Chicken with Steamed Vegetables and Quinoa (240 calories)	Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad (230 calories)	A Heartwarming Tomato & Quinoa Soup with Toasted Bread (180 calories)	Chocolate Almond Biscotti (100 calories)	910
42	Veggie-Packed Tofu Scramble (120 calories)	Baked Salmon with Cauliflower Mash (220 calories)	Grilled Mahi-Mahi with Steamed Kale (310 calories)	Spinach and Quinoa Soup (200 calories)	Raspberry Almond Chia Mousse (95 calories)	945

Day	Breakfast	Lunch	Dinner	Soup	Snack/ Dessert	Total Calories
43	Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad (230 calories)	Grilled Tuna Steaks with Sautéed Spinach & Toasts (180 calories)	Baked Cod with Herb Crust and Lemon Rice (220 calories)	Mushroom and Celery Root Soup (140 calories)	Peach Oat Crumble Tart (120 calories)	890
44	Strawberry Chia Waffles (180 calories)	Herb-Crusted Chicken with Grilled Bell Peppers and Low-Fat Ricotta (250 calories)	Garlic Shrimp with Asparagus (180 calories)	Cauliflower and Leek Soup (160 calories)	Chocolate Almond Biscotti (100 calories)	870
45	Grilled Veggie Breakfast Burrito (190 calories)	Grilled Shrimp with Avocado and Cucumber Salad (310 calories)	Grilled Chicken with Zucchini Noodles (200 calories)	Carrot Ginger Soup (90 calories)	Cinnamon Baked Pears (110 calories)	910
46	Egg and Tomato Toast (180 calories)	Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad (230 calories)	Grilled Mahi-Mahi with Steamed Kale (310 calories)	Beetroot and Apple Soup (130 calories)	Raspberry Almond Chia Mousse (95 calories)	945
47	Mushroom and Herb Omelet (80 calories)	Baked Salmon with Quinoa & Fresh Salad (290 calories)	Garlic Shrimp with Asparagus (180 calories)	Spinach and Quinoa Soup (200 calories)	Chocolate Almond Biscotti (100 calories)	850
48	Zucchini and Tomato Scramble (160 calories)	Grilled Shrimp with Avocado and Cucumber Salad (310 calories)	Grilled Tuna Steaks with Sautéed Spinach & Toasts (180 calories)	Tomato and Basil Soup (140 calories)	Peach Oat Crumble Tart (120 calories)	910
49	Grilled Extra-Lean Beef Burgers with Sweet Potato Rounds and Simple Side Salad (230 calories)	Grilled Mahi-Mahi with Steamed Kale (310 calories)	Baked Lemon Herb Chicken with Steamed Vegetables and Quinoa (240 calories)	Spinach and Quinoa Soup (200 calories)	Strawberry Coconut Macarons (110 calories)	880
50	Scrambled Eggs with Spinach (150 calories)	Grilled Veggie Wrap (210 calories)	Lemon Herb Fish with Rice (200 calories)	Cauliflower Soup (150 calories)	Apple with Almond Butter (120 calories)	830

Day	Breakfast	Lunch	Dinner	Soup	Snack/ Dessert	Total Calories
51	Whole Wheat Toast with Avocado (180 calories)	Quinoa Salad with Chickpeas (220 calories)	Grilled Chicken with Veggies (250 calories)	Carrot Ginger Soup (140 calories)	Yogurt with Berries (100 calories)	890
52	Zucchini Pancakes (180 calories)	Grilled Shrimp with Avocado and Cucumber Salad (240 calories)	Baked Cod with Steamed Veggies (220 calories)	Mushroom Soup (150 calories)	Peach and Almond Bites (120 calories)	910
53	Egg and Veggie Scramble (160 calories)	Tuna Salad Lettuce Wraps (230 calories)	Baked Chicken with Sweet Potato (240 calories)	Spinach Soup (130 calories)	Greek Yogurt with Honey (110 calories)	870
54	Banana Almond Smoothie (180 calories)	Grilled Veggie Salad with Quinoa (230 calories)	Grilled Salmon with Asparagus (250 calories)	Tomato Basil Soup (120 calories)	Cinnamon Baked Apples (100 calories)	880
55	Oatmeal with Blueberries (170 calories)	Grilled Chicken Caesar Salad (230 calories)	Lemon Herb Fish with Rice (220 calories)	Lentil Soup (140 calories)	Dark Chocolate Bites (100 calories)	860
56	Spinach and Mushroom Scramble (160 calories)	Grilled Shrimp with Avocado and Cucumber Salad (240 calories)	Baked Salmon with Steamed Vegetables (230 calories)	Broccoli Soup (120 calories)	Almond Energy Balls (110 calories)	860
57	Egg and Avocado Toast (180 calories)	Grilled Veggie Wrap (220 calories)	Grilled Tuna Steaks with Rice (250 calories)	Cauliflower Soup (140 calories)	Yogurt with Berries (90 calories)	880
58	Greek Yogurt with Chia and Berries (160 calories)	Grilled Shrimp Salad (240 calories)	Baked Lemon Chicken with Steamed Vegetables (230 calories)	Mushroom Soup (150 calories)	Chocolate Almond Biscotti (100 calories)	880
59	Mushroom and Tomato Omele (170 calories)	Grilled Chicken Salad with Quinoa (220 calories)	Grilled Salmon with Asparagus (250 calories)	Spinach and Kale Soup (140 calories)	Cinnamon Baked Pears (110 calories)	890
60	Grilled Veggie Breakfast Burrito (190 calories)	Grilled Shrimp with Avocado and Cucumber Salad (310 calories)	Baked Lemon Herb Chicken with Steamed Vegetables and Quinoa (240 calories)	Spinach and Quinoa Soup (200 calories)	Chocolate Almond Biscotti (100 calories)	840

SHOPPING LIST

Shopping List for Days 1-10 (for 2 People)

Protein:

- Chicken Breasts (skinless, boneless): 8 (170 g each)
- Salmon Fillets: 6 (170 g each)
- Cod Fillets: 4 (170 g each)
- Tuna Steaks: 4 (170 g each)
- Shrimp: 800 g (peeled, deveined)
- Eggs: 20 large (for scrambled, boiled, and baking needs)
- Greek Yogurt (low-fat): 600 g
- Firm Tofu: 400 g
- Canned Tuna: 2 cans (120 g each)

Vegetables:

- Spinach: 800 g (fresh)
- Broccoli: 4 heads (600 g each)
- Cauliflower: 3 heads (900 g total)
- Zucchini: 6 medium (900 g total)
- Carrots: 8 medium (1 kg total)
- Bell Peppers: 6 (red/yellow, 900 g total)
- Cucumber: 4 medium (600 g total)
- Sweet Potatoes: 4 medium (800 g total)
- Tomatoes: 6 medium (750 g total)
- Mushrooms: 300 g (sliced)
- Asparagus: 300 g
- Avocados: 4 medium (800 g total)

Fruits:

- Bananas: 6 medium (900 g total)
- Apples: 6 medium (900 g total)
- Blueberries: 300 g (fresh)
- Mixed Berries: 400 g (strawberries, raspberries, blackberries)
- Peaches: 4 medium (600 g total)
- Mango: 1 medium (300 g diced)

Grains & Legumes:

- Quinoa: 1.5 cups (300 g, dry)
- Brown Rice: 2 cups (400 g, dry)
- Whole-Grain Bread: 6 slices (240 g total)

- Whole-Grain Tortillas: 6 (300 g total)
- Rolled Oats: 300 g
- Lentils: 200 g (dry)
- Chickpeas: 1 can (400 g) or 200 g dry

Dairy & Alternatives:

- Low-Fat Ricotta Cheese: 200 g
- Low-Fat Cottage Cheese: 200 g
- Unsweetened Almond Milk: 1.5 liters
- Parmesan Cheese: 100 g (grated)

Pantry Items:

- Olive Oil: 120 ml
- Almond Butter: 150 g
- Chia Seeds: 90 g
- Almond Flour: 60 g
- Maple Syrup: 80 ml
- Honey: 60 ml
- Dark Chocolate: 100 g (for snacks)
- Baking Soda: 10 g
- Cinnamon: 20 g

Herbs & Spices:

- Fresh Parsley: 1 bunch (30 g)
- Fresh Dill: 1 bunch (20 g)
- Fresh Chives: 1 bunch (20 g)
- Basil: 1 bunch (20 g)
- Black Pepper: as needed
- Sea Salt: as needed
- Garlic: 12 cloves (60 g)
- Ginger: 40 g

Miscellaneous:

- Lemon: 6 (for juice and zest)
- Lime: 4
- Vegetable Broth (low-sodium): 1 liter

Shopping List for Days 11-20 (for 2 people)

Protein:

- Chicken Breasts (skinless, boneless): 10 (170 g each)
- Salmon Fillets: 6 (170 g each)
- Cod Fillets: 4 (170 g each)
- Tuna Steaks: 4 (170 g each)
- Mahi-Mahi Fillets: 4 (170 g each)
- Shrimp: 1 kg (peeled, deveined)
- Extra-Lean Beef: 800 g (for burgers)
- Eggs: 24 large
- Firm Tofu: 400 g
- Low-Fat Ricotta Cheese: 400 g

Vegetables:

- Spinach: 1 kg (fresh)
- Kale: 600 g
- Broccoli: 2 heads (600 g total)
- Cauliflower: 2 heads (600 g total)
- Zucchini: 6 medium (900 g total)
- Carrots: 8 medium (1 kg total)
- Bell Peppers: 6 (red/yellow, 900 g total)
- Cucumber: 4 medium (600 g total)
- Sweet Potatoes: 6 medium (1.2 kg total)
- Tomatoes: 8 medium (1 kg total)
- Mushrooms: 400 g (sliced)
- Asparagus: 400 g
- Celery Root: 300 g
- Parsnips: 400 g
- Beets: 400 g

Fruits:

- Apples: 6 medium (900 g total)
- Blueberries: 300 g (fresh)
- Raspberries: 300 g
- Strawberries: 400 g
- Pears: 4 medium (600 g total)
- Peaches: 4 medium (600 g total)
- Oranges: 4 medium (for zest and juice)

Grains & Legumes:

- Quinoa: 2 cups (400 g, dry)
- Brown Rice: 2 cups (400 g, dry)
- Whole-Grain Bread: 8 slices (320 g total)

- Rolled Oats: 300 g
- Almond Flour: 150 g
- Chia Seeds: 100 g
- Whole-Grain Tortillas: 4 (200 g total)

Dairy & Alternatives:

- Low-Fat Cottage Cheese: 200 g
- Unsweetened Almond Milk: 1.5 liters
- Parmesan Cheese: 100 g (grated)
- Greek Yogurt (low-fat): 400 g

Pantry Items:

- Olive Oil: 150 ml
- Almond Butter: 150 g
- Maple Syrup: 100 ml
- Honey: 60 ml
- Dark Chocolate: 150 g
- Baking Soda: 10 g
- Cinnamon: 20 g
- Cacao Powder: 50 g
- Vanilla Extract: 10 ml

Herbs & Spices:

- Fresh Parsley: 1 bunch (30 g)
- Fresh Dill: 1 bunch (20 g)
- Fresh Chives: 1 bunch (20 g)
- Basil: 1 bunch (20 g)
- Oregano: 10 g (dried)
- Black Pepper: as needed
- Sea Salt: as needed
- Garlic: 14 cloves (70 g)
- Ginger: 40 g

Miscellaneous:

- Lemons: 6 (for juice and zest)
- Limes: 4
- Vegetable Broth (low-sodium): 1.5 liters

Shopping List for Days 21-30 (for 2 People)

Protein:

- Chicken Breasts (skinless, boneless): 10 (170 g each)
- Salmon Fillets: 6 (170 g each)
- Cod Fillets: 4 (170 g each)
- Tuna Steaks: 4 (170 g each)
- Mahi-Mahi Fillets: 4 (170 g each)
- Shrimp: 1 kg (peeled, deveined)
- Extra-Lean Beef: 800 g (for burgers)
- Eggs: 20 large
- Firm Tofu: 400 g
- Canned Tuna: 2 cans (120 g each)

Vegetables:

- Spinach: 1 kg (fresh)
- Kale: 600 g
- Broccoli: 2 heads (600 g total)
- Cauliflower: 2 heads (600 g total)
- Zucchini: 6 medium (900 g total)
- Carrots: 8 medium (1 kg total)
- Bell Peppers: 6 (red/yellow, 900 g total)
- Cucumber: 4 medium (600 g total)
- Sweet Potatoes: 6 medium (1.2 kg total)
- Tomatoes: 8 medium (1 kg total)
- Mushrooms: 400 g (sliced)
- Asparagus: 400 g
- Celery Root: 300 g
- Beets: 400 g

Fruits:

- Apples: 6 medium (900 g total)
- Bananas: 4 medium (600 g total)
- Blueberries: 300 g (fresh)
- Raspberries: 300 g
- Strawberries: 400 g
- Pears: 4 medium (600 g total)
- Peaches: 4 medium (600 g total)

Grains & Legumes:

- Quinoa: 2 cups (400 g, dry)
- Brown Rice: 2 cups (400 g, dry)
- Whole-Grain Bread: 8 slices (320 g total)
- Rolled Oats: 300 g

- Almond Flour: 150 g
- Chia Seeds: 100 g
- Whole-Grain Tortillas: 4 (200 g total)
- Chickpeas: 1 can (400 g) or 200 g dry

Dairy & Alternatives:

- Low-Fat Ricotta Cheese: 200 g
- Low-Fat Cottage Cheese: 200 g
- Unsweetened Almond Milk: 1.5 liters
- Parmesan Cheese: 100 g (grated)
- Greek Yogurt (low-fat): 400 g

Pantry Items:

- Olive Oil: 150 ml
- Almond Butter: 150 g
- Maple Syrup: 100 ml
- Honey: 60 ml
- Dark Chocolate: 150 g
- Baking Soda: 10 g
- Cinnamon: 20 g
- Cacao Powder: 50 g
- Vanilla Extract: 10 ml

Herbs & Spices:

- Fresh Parsley: 1 bunch (30 g)
- Fresh Dill: 1 bunch (20 g)
- Fresh Chives: 1 bunch (20 g)
- Basil: 1 bunch (20 g)
- Oregano: 10 g (dried)
- Black Pepper: as needed
- Sea Salt: as needed
- Garlic: 14 cloves (70 g)
- Ginger: 40 g

Miscellaneous:

- Lemons: 6 (for juice and zest)
- Limes: 4
- Vegetable Broth (low-sodium): 1.5 liters

Shopping List for Days 31-40 (for 2 People)

Protein:

- Chicken Breasts (skinless, boneless): 10 (170 g each)
- Salmon Fillets: 6 (170 g each)
- Cod Fillets: 4 (170 g each)
- Tuna Steaks: 4 (170 g each)
- Mahi-Mahi Fillets: 4 (170 g each)
- Shrimp: 1 kg (peeled, deveined)
- Extra-Lean Beef: 800 g (for burgers)
- Eggs: 20 large
- Firm Tofu: 400 g
- Low-Fat Ricotta Cheese: 400 g

Vegetables:

- Spinach: 1 kg (fresh)
- Kale: 600 g
- Broccoli: 2 heads (600 g total)
- Cauliflower: 2 heads (600 g total)
- Zucchini: 6 medium (900 g total)
- Carrots: 8 medium (1 kg total)
- Bell Peppers: 6 (red/yellow, 900 g total)
- Cucumber: 4 medium (600 g total)
- Sweet Potatoes: 6 medium (1.2 kg total)
- Tomatoes: 8 medium (1 kg total)
- Mushrooms: 400 g (sliced)
- Asparagus: 400 g
- Celery Root: 300 g
- Beets: 400 g
- Parsnips: 400 g

Fruits:

- Apples: 6 medium (900 g total)
- Bananas: 4 medium (600 g total)
- Blueberries: 300 g (fresh)
- Raspberries: 300 g
- Strawberries: 400 g
- Pears: 4 medium (600 g total)
- Peaches: 4 medium (600 g total)
- Oranges: 4 medium (for zest and juice)

Grains & Legumes:

- Quinoa: 2 cups (400 g, dry)
- Brown Rice: 2 cups (400 g, dry)

- Whole-Grain Bread: 8 slices (320 g total)
- Rolled Oats: 300 g
- Almond Flour: 150 g
- Chia Seeds: 100 g
- Whole-Grain Tortillas: 4 (200 g total)
- Chickpeas: 1 can (400 g) or 200 g dry
- Lentils: 200 g (dry)

Dairy & Alternatives:

- Low-Fat Cottage Cheese: 200 g
- Unsweetened Almond Milk: 1.5 liters
- Parmesan Cheese: 100 g (grated)
- Greek Yogurt (low-fat): 400 g

Pantry Items:

- Olive Oil: 150 ml
- Almond Butter: 150 g
- Maple Syrup: 100 ml
- Honey: 60 ml
- Dark Chocolate: 150 g
- Baking Soda: 10 g
- Cinnamon: 20 g
- Cacao Powder: 50 g
- Vanilla Extract: 10 ml

Herbs & Spices:

- Fresh Parsley: 1 bunch (30 g)
- Fresh Dill: 1 bunch (20 g)
- Fresh Chives: 1 bunch (20 g)
- Basil: 1 bunch (20 g)
- Oregano: 10 g (dried)
- Black Pepper: as needed
- Sea Salt: as needed
- Garlic: 14 cloves (70 g)
- Ginger: 40 g

Miscellaneous:

- Lemons: 6 (for juice and zest)
- Limes: 4
- Vegetable Broth (low-sodium): 1.5 liters

Shopping List for Days 41-50 (for 2 people)

Protein:

- 8 Chicken Breasts (skinless, boneless, 170 g each)
- 6 Salmon Fillets (170 g each)
- 4 Tuna Steaks (170 g each)
- 4 Cod Fillets (170 g each)
- 6 Extra-Lean Beef Patties (170 g each)
- 6 Shrimp Servings (240 g each)
- 20 Egg Whites (from approximately 20 large eggs)
- 1 Block Firm Tofu (200 g)

Vegetables:

- 6 Medium Zucchini (900 g total)
- 6 Bell Peppers (Red or Yellow, 900 g total)
- 6 Medium Carrots (900 g total)
- 5 Medium Sweet Potatoes (1000 g total)
- 3 Medium Cucumbers (450 g total)
- 2 Small Heads Cauliflower (600 g total)
- 2 Small Heads Broccoli (600 g total)
- 6 Cups Fresh Spinach (360 g total)
- 6 Medium Tomatoes (750 g total)
- 2 Cups Mushrooms, Sliced (300 g total)
- 1 Small Celery Root (300 g total)
- 1 Medium Leek (150 g total)
- 2 Medium Beets (300 g total)

Fruits:

- 3 Medium Apples (450 g total)
- 2 Medium Pears (300 g total)
- 2 Cups Blueberries (300 g total)
- 2 Cups Mixed Berries (300 g total)
- 2 Cups Strawberries (300 g total)
- 1 Small Cantaloupe (350 g total)
- 2 Cups Raspberries (300 g total)
- 2 Medium Peaches (300 g total)
- 2 Medium Bananas (300 g total)

Grains & Legumes:

- 6 Cups Cooked Quinoa (900 g total)
- 5 Slices Whole-Grain Bread (200 g total)
- 4 Whole-Grain Muffins (200 g total)
- 2 Cups Rolled Oats (200 g total)

- 1 Cup Brown Rice (180 g total)
- 5 Whole-Grain Tortillas (250 g total)
- 1 Cup Cooked Lentils (180 g total)

Dairy & Alternatives:

- 2 Cups Low-Fat Ricotta Cheese (240 g total)
- 2 Cups Low-Fat Cottage Cheese (240 g total)
- 3 Cups Unsweetened Almond Milk (720 ml total)
- 1 Cup Greek Yogurt (240 g total)

Pantry Items:

- 8 tsp Olive Oil (40 ml total)
- 12 Garlic Cloves (60 g total)
- 4 tbsp Chia Seeds (60 g total)
- ½ Cup Almond Flour (60 g total)
- ½ Cup Parmesan Cheese (60 g total)
- ½ Cup Maple Syrup (120 ml total)
- 2 tbsp Almond Butter (30 g total)
- 2 tbsp Honey (30 ml total)
- 4 tbsp Dark Chocolate Chips (40 g total)

Herbs & Spices:

- Fresh Parsley (1 bunch, 30 g total)
- Fresh Chives (1 bunch, 20 g total)
- Fresh Dill (1 bunch, 20 g total)
- Ground Cinnamon (20 g total)
- Ground Black Pepper (as needed)
- Sea Salt (as needed)

Shopping List for Days 51-60 (for 2 people)

Protein:

- 8 Chicken Breasts (skinless, boneless, 170 g each)
- 6 Salmon Fillets (170 g each)
- 4 Tuna Steaks (170 g each)
- 4 Cod Fillets (170 g each)
- 6 Extra-Lean Beef Patties (170 g each)
- 6 Shrimp Servings (240 g each)
- 20 Egg Whites (from approximately 20 large eggs)
- 1 Block Firm Tofu (200 g)

Vegetables:

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- 6 Medium Carrots (900 g total)
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- 6 Medium Tomatoes (750 g total)
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- 1 Small Celery Root (300 g total)
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