

Culinary Guide

HIGH PROTEIN LOW-CARB

*Delicious Recipes for Family
Nutrition, Weight Management,
Muscle Strength, and Energy Boost*

**Super Quick and EASY
Recipes**

Julia Shenes 

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INTRODUCTORY PART

Preface by the author

Greetings, dear readers!

My name is Julia,

I am 48 years old and I am

the mother of four
wonderful daughters.

My path to a healthy
lifestyle began during my third
pregnancy, when doctors
diagnosed me with gestational diabetes.

It became a signal for me to
change my life. I decided not just
to get cured, but to create a solid
foundation for the health of my entire family.

From that moment, I began to study a healthy lifestyle more deeply,
acquiring one education after another and practicing each theory on
myself. It was a difficult path, but it led me to the result - I managed
to change my life! Today I have the honor to share my knowledge
and experience: I am a family healthy eating coach, I cook and teach
others to cook healthy dishes: meat, fish, side dishes, salads, desserts
and cakes without sugar and flour. Callanetics and breathing
exercises instructor at the sports club, which help to reveal the
possibilities of the body and strengthen health. A specialist in
natural facial rejuvenation with the help of massage and point
stimulation.

And most importantly, I am a happy woman and mother! My passion
for a healthy life spilled over not only into work, but also into the
creation of an online studio SHS, where I share my knowledge, and in
writing books that inspire and support people on their path to harmony
and health. I am convinced: being a healthy person is happiness, and
this happiness is available to each of us. My wish is that my books will
become your guide to this happiness, help you find inspiration,
motivation and necessary knowledge.

With love and care, Julia Shenes



"Compass" of the book, or: what I want to tell you.

- Introductory part
- Preface by the author
- The author's story about the importance of a healthy diet.
- Principles of healthy eating from the personal experience of Julia Shenes.
- A brief overview of the basics of healthy eating, including the importance of proteins, fats, carbohydrates, vitamins, and minerals to the body.
- Useful tips for choosing ingredients
- Tips for choosing healthy foods: how to choose organic foods, seasonal vegetables and fruits, whole grains, healthy fats and lean proteins.
- Tips for organizing the cooking process.
- Lifehacks for effective food preparation and food storage to reduce time spent in the kitchen and make cooking as quick, simple and convenient as possible.

- Main dishes to be used as desired
- Salads for health as light meals
- Healthy first courses and the importance of broths: description and recipes
- Side dishes for any taste
- Fish dishes
- Meat dishes
- Pasta and Pizza for healthy eating
- Baking and desserts without sugar
- Useful sauces and dressings
- Energy drinks and smoothies
- Healthy food for children
- Dishes for vegetarians
- Finished DESIGNER food: (10 days of low-carb menu + 10 days of high-carb menu)
- BREATHING PRACTICES (various techniques)
- BONUSSES— these are my gifts to you, dear readers!

CYCLIC CONSUMPTION OF CARBOHYDRATES-is an innovative, practical and sustainable approach to nutrition that can help you get back in shape, improve your appearance and overall well-being. Imagine that WITH ME and my book, you will achieve better health, increased energy and the body of your dreams. No hunger pangs, complicated and unstable diets. In the book you will find a simple, practical and effective meal plan that will help you achieve your goals while enjoying delicious meals that can be prepared in 30 minutes. Your path to a better lifestyle, better body, and increased self-confidence is just a few steps away!

14 Take control of your health and body today.

With you, Julia Shenes



Questions that arise when starting cyclic nutrition:

- WHAT IS CARB CYCLING?:
- Understanding carb cycling
- Principles and benefits of cyclic carbohydrate use
- Learn the basics of this method and how to incorporate it into your daily life for long-term success.
- How to start cyclical use of carbohydrates without breakdowns and stress. ABOUT HUNGER CONTROL:
- Strategies to effectively manage hunger, especially in the evening, to avoid making mistakes in food choices.

HOW TO MAKE A FOOD PLAN YOURSELF:

- Information that will be necessary to create your own meal plans, based on the calculation of needs and adaptation of the diet to your specific goals. **QUICK AND EASY RECIPES:**

- Simple and quick recipes that do not require significant culinary skills and time. Prepare nutritious and delicious meals without spending hours in the kitchen.

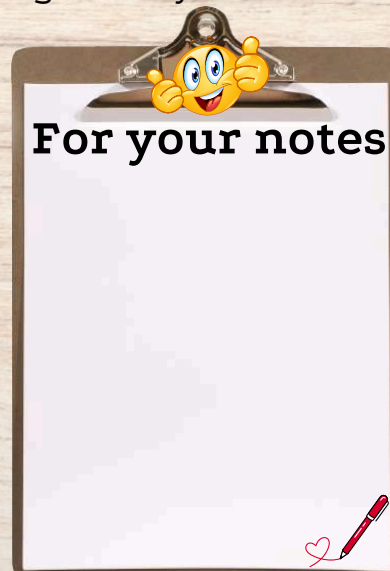
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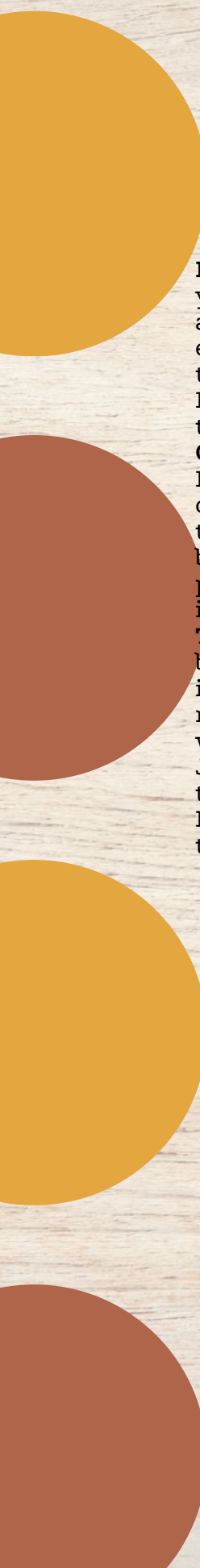
- Take a practical and sustainable approach to CYCLING carbohydrates with my simple recommendations that are easily integrated into your daily life. I did it - and you can do it!

HOW BREATHING PRACTICES AFFECT OUR HEALTH:

***All dishes have general indicators of KBZHV, so it is very convenient to choose a menu according to your taste and wishes.**

- Chapter description: Why breakfast is important to start the day, how it supports energy, metabolism and mood.
- Breakfasts "Start the day with energy"
- Chapter Description: The Importance of Snacking to Maintain Stable Energy Levels. Tips for preparing healthy snacks to take with you.
- Tasty and quick snacks





Healthy foodis more than just choosing healthy products. It's a way to love yourself, support your body and spirit, and most importantly, enjoy life. My path to a healthy lifestyle was not easy. It was a journey with many challenges, experiments and discoveries. And I'm here to share my experience and knowledge to make your journey easier and more enjoyable.

My name is Julia Shenés, and I am starting to create books as practical guides for those who want to eat tasty, healthy and balanced.

Cyclic nutrition- this is not a diet, this is harmony between the body and life. And I'm sure: if I succeeded, then everyone can do it! As a certified nutritionist, owner of a culinary studio and instructor of breathing practices, I am deeply convinced that taking care of health starts with our plate. All the recipes presented in this book have been carefully developed and tested by me personally. Not only do they provide a balance of essential nutrients, they also have proven results to help improve well-being, energy levels, and overall health.

This book— your guide to the world of healthy food. It is created with love, because I understand how important it is that each dish is not only useful, but also inspiring. As a mother of four, I know how time-consuming it can be to prepare meals, so every recipe in this book aims to reduce your time spent in the kitchen without compromising your health. You have the power to change your life - and I, Julia Shenés, will be happy to be a part of this journey, helping to make your meals tasty, fast and healthy from personal experience!

Healthy eating has become the basis of my daily life. Here are the main principles that I tested on myself:

Balance is the basis of everything.

No extremes, just a harmonious combination of proteins, fats and carbohydrates.

Seasonality. Vegetables and fruits are most useful when they are grown naturally.

Simplicity. Meals should be easy to prepare and fit your lifestyle.

The value of each ingredient. Food should work for you—support energy, immunity, and health.

Basics of healthy eating: a brief overview In order for the body to work as a well-tuned mechanism, it needs all the main nutrients:

Squirrels: necessary for cell growth, tissue repair and muscle mass maintenance.

Fats: healthy fats (omega-3, omega-6) provide energy, support the brain and hormonal balance.

Carbohydrates: the main source of energy. They should be consumed correctly: choosing slow carbohydrates (whole grains, vegetables).

Vitamins and minerals: provide immunity, bone health and general well-being.

Water: supports every process in the body, including digestion, detoxification and thermoregulation.

Useful tips for choosing ingredients:

Choose organic produce to minimize exposure to pesticides and chemicals.

Pay attention to seasonal vegetables and fruits - they are healthier, tastier and more economical. Include whole grains rich in fiber and trace elements in your diet.

Don't be afraid of fats, but choose healthy sources: avocados, nuts, seeds, olive oil.

Choose lean proteins: fish, chicken, eggs, legumes.

Recommendations for choosing useful products: Read labels: Minimize products with long ingredients and artificial additives.

Shop local markets: support local producers and get fresh produce.

16 Look for substitutes for harmful products: replace white flour with whole grain, refined sugar with honey or agave syrup.

Tips for organizing the cooking process:

Make a menu per week and prepare a shopping list in advance.

Cook according to the principle "one basic ingredient - several dishes" (for example, boiled cereals for a side dish, soup or salad).

Use portion storage containers: This will make it easier to control portion sizes.

Give preference to dishes that are easy to heat up or eat cold.

Life hacks to save time in the kitchen:

Buy frozen vegetables and fruits: they retain all the useful substances and are quickly prepared.

Or store pre-chopped vegetables in airtight bags or containers in the freezer for quick use in meals. Prepare preparations for convenience, involve the family in the process: it saves time and makes cooking enjoyable.

Use your favorite devices that automate the cooking process.

This book is your personal guide to healthy eating. It is created with love to make your journey to harmony easy, delicious and inspiring.

You have the power to change your life — and I'm excited to be a part of that journey!

Answers to questions:

- **What is carb cycling?**

Carb cycling (carb cycling) is a strategic approach to nutrition that involves alternating periods of high and low carbohydrate intake. This method is aimed at achieving an optimal balance between the energy needs of the body, maintaining muscle mass, reducing the level of fat deposits and improving metabolism.

Understanding carb cycling TsVV works according to the principle of distributing carbohydrates in the diet depending on activity, physical activity and goals.

High carb days provide energy for training, maintain hormonal balance and saturate muscles with glycogen.

Low carb days stimulate the burning of fat reserves and improve insulin sensitivity.

- **Principles and benefits of cyclic carbohydrate use:**

Principles of the Center for Economic and Social Affairs:

Alternating high and low carb days depending on activity.

Focus on quality sources of carbohydrates such as whole grains, vegetables, legumes and fruits. Maintaining a stable level of proteins and healthy fats in the diet.

Advantages of the Center for Economic Development:

Effective fat burning.

On days with a low carbohydrate content, the body uses fat reserves more actively.

Support of muscle mass. High-carbohydrate days provide muscles with energy and promote their recovery.

Appetite and sugar control. Insulin sensitivity improves, blood glucose spikes decrease.

Flexibility. CVV can be adapted to any lifestyle and fitness goals.

How to implement TsVV in your life: the basics of the method.

Assess your needs.

Determine how much energy you need for your daily activities and workouts.

Divide the days:

High-carb days: include more cereals, vegetables, legumes, and fruits in your diet.

Low-carb days: focus on protein, fat and non-starchy vegetables.

Count calories and macronutrients. The ratio of proteins, fats and carbohydrates varies depending on the type of day.

Plan ahead. Prepare a menu for the week, considering your schedule of physical activity and rest.

How to start cyclical use of carbohydrates without interruptions and stress

Start gradually. It is not necessary to change the diet abruptly. Start by introducing one low-carb day per week.

Focus on the quality of the food.

Use only natural products, avoid processed carbohydrates and trans fats.

Listen to your body. If you feel tired or low on energy, adjust your carb days by adding more calories.

Keep hydrated.

Drink plenty of water, especially on low-carb days.

Stock up on patience.

Results come gradually. Sticking to a plan and paying attention to your own well-being is the key to success.

Carb cycling is not just an approach to nutrition, but a lifestyle that helps you find a balance between health, energy and pleasure.

- **Hunger Control: Appetite Management Strategies**

Feeling hungry, especially in the evening, often becomes an obstacle on the way to a balanced diet. Late snacking, emotional eating, or poor food choices can undo all your efforts. Here are effective strategies to help control your appetite and avoid mistakes.

Understanding hunger

Physiological hunger:

this is the body's signal about the need to replenish energy. It is easily recognized by an empty feeling in the stomach and a decrease in energy.

Emotional hunger: occurs due to stress, boredom or habit. It often leads to overeating of harmful foods.

Pseudo-hunger: can be caused by dehydration, fatigue or insufficient satiety of previous meals.

- **Famine control strategies**

1. Start with a proper breakfast

A complete breakfast of proteins, healthy fats and carbohydrates helps maintain stable blood sugar levels, which reduces evening hunger pangs.

2. Eat regularly Divide meals into 3-4 main meals and 1-2 snacks.

Skipping meals leads to a sharp feeling of hunger in the evening, which makes it difficult to control.

3. Choose foods that provide satiety

Proteins: eggs, fish, chicken, legumes.

Cellulose: vegetables, whole grains, chia seeds.

Useful fats: nuts, avocado, olive oil.

4. Drink enough water

Dehydration is often disguised as hunger. Keep a water bottle nearby and drink throughout the day.

5. Use "portion control". Portion your food in advance to avoid overeating, especially in the evening.

6. Plan snacks. If you are usually hungry, prepare light options in advance, examples on the menu.

7. Get distracted. Do an activity that helps relieve stress or boredom: reading, walking, breathing practices, or meditation.

- **Tips for avoiding mistakes in food choices**

Do not keep harmful products at home. Replace sweets and chips with fruits, nuts, and dark chocolate.

Make a meal plan. Decide in advance what you will eat in the evening to avoid spontaneous decisions.

Eat slowly. Enjoy the food so that the body has time to signal satiety.

Avoid eating while watching TV or working.

This contributes to the uncontrolled consumption of calories.

The importance of a mental approach. Controlling hunger is not only about physiology, but also about psychology. Give yourself time, be patient with yourself and remember that changes in habits happen gradually. You are able to achieve harmony with food and enjoy a healthy lifestyle without stress or disruption.

- **How to make a meal plan yourself: instructions for cyclic nutrition**

Cycle nutrition is not only a way of maintaining health, but also a flexible tool that can be adapted to your lifestyle and goals. Here's a step-by-step approach to creating a personalized meal plan.

1. Define your goals Before making a plan, understand what you want to achieve:

Emaciation: calorie deficit (you consume less than you expend).

Gaining muscle mass: excess calories (you consume more than you spend). 10

Weight maintenance: calorie balance

2. Calculate the daily caloric intake

Use the Mifflin–St Jeor formula to calculate your Basal Metabolic Rate (BMR):

- For women:

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

- For men:

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

Multiply the obtained result by the activity coefficient:

Sedentary lifestyle: × 1.2

Moderate activity: × 1.55

High activity: × 1.75

The resulting value is your weight maintenance level.

3. Distribute macronutrients

Proteins: 1.6–2.2 g per kg of body weight.

Fats: 20–30% of the total caloric content.

Carbohydrates: the remaining calories after proteins and fats.

For example: For a diet of 2000 kcal:

Proteins: 2 g × 60 kg = 120 g (480 kcal)

Fats: 25% × 2000 = 500 kcal (≈56 g)

Carbohydrates: 2000 - (480 + 500) = 1020 kcal (≈255 g)

4. Plan high and low carb cycles

High carb days 50-60% of calories from carbohydrates.

Ideal for days of intense training. Include complex carbohydrates: cereals, potatoes, vegetables, fruits.

Low carb days 10-20% of calories from carbohydrates.

Suitable for days of rest or light training. The basis of the diet consists of proteins, vegetables and healthy fats.

Proportions for cycles: 3/4 high-carb days / 2-3 low-carb days.

5. Select the products

Proteins: chicken, turkey, eggs, fish, tofu, legumes.

Fats: avocado, nuts, seeds, olive oil.

Carbohydrates: cereals (rice, quinoa, buckwheat), vegetables (broccoli, carrots, spinach), fruits (berries, apples).

Cellulose: greens, non-starchy vegetables.

6. Make a meal plan

Divide daily caloric intake into 3-4 meals depending on your preferences.

There are examples in the constructor:

7. Analyze and adjust

Keep track of your health, energy, and progress.

If something doesn't work, change the proportions, products or distribution of days.

Write in your observation journal.

Creating your own meal plan is an art that allows you to better understand your body and customize a regimen that works for you.

- **Quick and easy recipes: when it's tasty and simple**

Sometimes it seems that it takes a lot of time and effort to prepare healthy food.

But this is far from the case! In this book you will find recipes that will allow you to create nutritious, tasty and balanced meals without spending extra hours in the kitchen.

- **What makes these recipes unique?**

Speed: most dishes are ready in 15-30 minutes.

Simplicity: the ingredients are available and the cooking process is easy even for beginners.

Health: meals are packed with protein, healthy fats, fiber and vitamins.

Flexibility: suitable for various eating styles, including low-carb and vegetarian.

- Advantages of simple recipes

Saving time: In the modern rhythm of life, it is important to be able to quickly prepare food while preserving its usefulness.

Minimum effort: Dishes do not require complex techniques or special equipment.

Taste and quality: Each recipe is balanced so that you get the maximum benefit and enjoyment from the food.

- **What will you find in this book?**

Breakfast dishes: energy bowls, smoothies, omelets and pancakes.

Lunches and dinners: simple recipes with chicken, fish, vegetables and cereals.

Pastas and pizzas: from whole grains and useful substances.

Snacks: homemade energy bars, healthy salads, snacks.

Desserts: quick recipes with a minimum of sugar and a maximum of taste.

Drinks and smoothies: useful and energetic

- **Basic life hacks for quick cooking**

Preliminary preparation: Cut vegetables in advance, soak cereals or package ingredients in portions.

Use multitasking products: for example, chicken that can be baked and added to a salad, soup or bowl.

Kitchen assistants: use a blender, slow cooker or steamer to reduce time.

Minimum ingredients: the simplicity of the taste is achieved thanks to the right combination of spices and quality products.

My recipes will help you stay on the wave of healthy eating, even when time is short.

You will be surprised how easily you can create culinary masterpieces with minimal effort!

- **A practical approach to the cyclical use of carbohydrates**

Carb cycling is not just a diet, but an effective nutrition system that will help you maintain energy, control weight, and achieve your goals in harmony with your own body. My approach is based on simplicity, stability and real results, proven by my personal experience.

- **Simplicity in action**

I have created recommendations that are easily integrated into your daily life. You don't have to sacrifice comfort or spend hours on complicated plans. Step by step, you will be able to adjust your diet so that it becomes an integral part of your lifestyle.

- **Why does it work?**

Adaptability: The method is suitable for people with different schedules, preferences and activity levels.

Balance: You alternate days with different carbohydrate content, keeping your metabolism in good shape.

Real results: The system promotes weight loss, preservation of muscle mass and improvement of general well-being.

- **My experience is your success**

I know how hard it is to find a system that works for you. But I went through this path and I am sure: if I succeeded, you will succeed too! I am a certified nutritionist, a breathing practice instructor and the founder of my own cooking studio. Each recipe, each tip is the result of my many years of work, study and testing.

- **My practical approach includes:**

A clear explanation of how the carb cycling system works. Meal planning tips that take into account your goals and lifestyle. Recipes that will help you enjoy food while maintaining balance and benefit.

I am sure that with my recommendations you will be able to achieve the desired results without stress and complications. It's more than a nutrition system—it's a step toward a better you. Together we can achieve success. I believe in you! With love, Julia Shenes

- **How do breathing practices affect our health?**

Breathing exercises are one of the most powerful tools for improving physical and psychological well-being. As an instructor with more than 10 years of experience, I can confidently say that proper breathing can dramatically change your life.

Breathing is not only an automatic process that provides us with oxygen. It has a huge impact on all aspects of our health: from physiology to emotional state. Here are some key points of how breathing practices help our bodies:

- 1. Improving the level of oxygen in the body**

Proper breathing helps to provide the body with a sufficient amount of oxygen, which is the basis for the normal functioning of all systems. This allows you to improve energy exchange, increase performance and even improve concentration and mental activity.

- 2. Reducing the level of stress and anxiety**

Breathing techniques help activate the parasympathetic nervous system, which is responsible for relaxation and recovery. This reduces the level of stress hormones such as cortisol and promotes rapid recovery after stressful moments. With the help of deep and conscious breathing, you can reduce anxiety, calm the nervous system and improve your emotional state.

- 3. Improving the quality of sleep**

Breathing exercises promote relaxation and reduce tension, which has a direct impact on the quality of sleep. Regular practice helps reduce stress and anxiety levels, which are often the cause of insomnia, allowing for deeper and more restorative sleep.

- 4. Increasing physical endurance**

Breathing practices help improve blood circulation and oxygen delivery to muscles, which is especially important during physical exertion. With the help of special techniques, you can train the lungs, increasing their efficiency and contributing to better recovery after training.

5. Alleviation of symptoms of chronic diseases

Breathing practices can be beneficial for people with chronic conditions such as asthma, hypertension or bronchitis. They help to improve respiratory function, lower blood pressure and maintain the general tone of the body. Some breathing techniques can even reduce inflammation and relieve pain symptoms.

6. Balanced emotional and mental health

Breathing is the connection between body and mind. Each inhale and exhale has its own emotional component. The practice of conscious breathing allows you to restore emotional balance, relieve tension and achieve inner harmony. This is important for fighting depression, panic attacks and other psychological difficulties.

7. Increasing concentration and clarity of thinking

Breathing helps to focus on the moment, which helps to improve concentration. This is especially important in stressful situations when you need to make a quick decision. Thanks to breathing techniques, you can improve clarity of thought, reduce mental overload and increase overall productivity.

8. Detoxification of the body

During breathing practices, oxygen circulation increases, and toxins are removed from the body. This not only improves well-being, but also contributes to the natural cleansing of the body, helping to maintain health at the cellular level.

My experience and the importance of regularity

With 10 years of experience as an instructor, I know how important it is to approach breathing practices with regularity and awareness. That is why it is important to start with simple techniques and gradually increase the complexity of the practices. Just a few minutes a day can make a noticeable difference in improving your health.

As a gift for you, there are BONUSES - breathing techniques!

Get started today:

Start with a few minutes of deep breathing every day.

Practice breathing techniques in stressful situations to quickly calm down.

Regularly incorporate breathing practices into your daily routine to maintain emotional balance and physical energy.

Breathing practices are not only methods of recovery, but also a powerful tool for improving the quality of life. They allow us not only to restore our physical form, but also to strengthen our emotional and psychological health.

"CONSTRUCTOR" OF NUTRITION for the cyclic food system (CFS) is a plan that allows you to adapt the diet depending on the phases of the cyclic diet.

In cyclical nutrition, there are changes in the diet between periods of low-carb and high-carb days, which optimizes metabolism and helps achieve physical goals, such as weight loss or maintaining muscle mass.

Food designer helps organize the diet in such a way that each day corresponds to its phase of cyclic nutrition, taking into account individual goals, physical activity and the needs of the body.

Food designer for the cyclical nutrition system (CSS) it provides for the calculation of the nutritional value of calories, proteins, fats, carbohydrates and EVERY DAY has detailed calculations that help to conveniently choose products and dishes depending on the phase of the diet (low-carbohydrate or high-carbohydrate). This allows you to maintain a nutritional balance and achieve the desired results in losing weight or gaining muscle mass.

Basic principles:

- **Low carb days:** Most of the calories come from proteins and fats, the consumption of carbohydrates is reduced, which helps lower insulin levels and stimulates fat burning.
- **!Usually** the carbohydrate content is limited to 50-100 g per day (depending on individual needs).
- **Products:** Meat, fish, eggs, low-carb vegetables, oils and fats.

High carb days: Carbohydrates become the main source of energy, which restores the level of glycogen in the muscles and supports high physical activity.

!These days, carbs make up 50-60% calories from the total daily consumption, which may be close 250-400g of carbohydrates per day.

Products: Potatoes, rice, vegetables with a high content of carbohydrates, fruits, cereals.

Cycles: The principle of cyclicity allows you to change carbohydrate and protein days depending on needs (for example, after 3-4 days of low-carbohydrate diet, 1 day with a high carbohydrate content is made).

Varying carbohydrate levels between days helps optimize energy balance, helping to reduce fat mass on low-carb days and restore muscle energy stores on high-carb days.

GIFTS are my thanks 🎁 for you, dear readers!

I am very grateful for all your wishes, because they help me become better and inspire new ideas. I will gladly respond to all your suggestions and promise to create many more different books that will be useful for you. This is my gratitude for your support and I am always happy to be a part of your journey to health and harmony.

CHAPTER DESCRIPTION: Low-carbohydrate and high-carbohydrate cyclic nutrition.

- **Why breakfast** is important to start the day, how it supports energy, metabolism and mood

Cycling, which alternates periods of low-carb and high-carb diets, has become a popular method for optimizing metabolism, controlling weight, and increasing energy levels. This approach allows the body to efficiently use both fats and carbohydrates, maintaining a balance and providing stable energy levels throughout the day.

- **Low-carb** diet usually uses during certain periods of the week when the body works in a state of ketosis, using fats as the main source of energy. It helps to burn fat quickly and lowers the level of insulin in the blood, which also has a positive effect on metabolism.
- **High-carbohydrate diet alternates** with low-carb periods and usually includes days when carbohydrates are allowed in larger quantities. This gives the body the opportunity to replenish glycogen reserves in the muscles, which increases the energy level for training or intense physical activity.
- **The importance of breakfast to start the day**

Whether you follow a low-carb or high-carb cycle, breakfast plays an important role in your overall well-being. A proper breakfast provides the body with the necessary nutrients to stimulate metabolism and restore energy after a night's rest.

- **Breakfast supports energy:** A balanced breakfast that includes protein, healthy fats, and carbohydrates helps maintain stable blood sugar levels, which is key for energy throughout the day. Choosing foods that match your cyclical diet helps provide the body with the necessary energy resources without sharp fluctuations in glucose levels.

Breakfast stimulates metabolism: Nutrients that come with the morning meal help to activate the metabolism after the night. For a low-carb dieter, breakfast can include protein and fat to help maintain ketosis, while for a high-carb cycle, it can be a higher-carb meal to replenish energy stores.

Breakfast improves mood: Foods rich in vitamins, minerals and amino acids contribute to the production of serotonin, which has a positive effect on the emotional state. Eating a balanced diet at the start of the day helps reduce stress levels and maintain a good mood, which is important for productivity and overall well-being.



In general, breakfast is not just the first meal of the day, but an important part of your nutritional strategy, providing the body with everything it needs to maintain energy, health and a stable mood.

BREAKFAST

"Start the day with energy"!



“Pumpkin” Apple Bites (dumplings)

Cooking time:  
15 minutes.

Ingredients:

- pumpkin (or carrot) 100 g / 3.53 oz
- 1 egg (small)
- chopped rolled oats 1 tbsp. l.
- apple 50 g / 1.76 oz
- cinnamon and vanilla to taste +
- 1 tsp. l. honey

For the sauce:

- 1 Art. l. sour cream
orange peel + lemon peel.



Method of preparation:

Grate pumpkin and apple, squeeze out extra juice.

Add an egg, oats, and your favorite spices — mix well.

Heat a pan with a little olive oil.

Spoon the mixture onto the pan, cook until golden on both sides.


Serve warm, maybe with a spoon of yogurt or your favorite sauce.

General indicators:

180 Kcal Proteins: 6 g Fats: 7 g

Carbohydrates: 23 g.

Scrambled eggs with mushroom salad (150 g)

Cooking time:  
10 minutes

(30 minutes for marinating).

Ingredients:

- 2 chicken eggs
- spinach 50 g / 1.76 oz
- raw mushrooms 50 g / 1.76 oz
- zucchini 50 g / 1.76 oz
- ½ tsp. l. vinegar + lemon juice +
- 1 tsp. l. olive oil.



Method of preparation:



Cut mushrooms and zucchini into thin slices, add vinegar, olive oil and lemon juice. Leave to marinate for 30 minutes. Add spinach and mix.

General indicators:

90 Kcal Proteins: 4 g Fats: 6 g

Carbohydrates: 7 g.

Cannelloni with tuna(250 g)

Cooking time:  
15 minutes.

Ingredients:

- tuna in juice 100 g / 3.53 oz
- 1 boiled egg
- green onions to taste
- yogurt 50 ml / 1.76 oz
- 2 pita squares of 20 g each.





Method of preparation:

Mash the tuna, grate the egg on a fine grater, add green onions or garlic, yogurt. Wrap the lavash in a tube, moisten the edges with water. Bake in the oven at 180 degrees for 7 minutes. Fill the cannelloni with the filling and serve with a salad.

General indicators:

320 Kcal Proteins: 25 g Fats: 15 g Carbohydrates: 25 g.

Bulgur pancake with cheese and boiled beets

Cooking time:  
10 minutes
(30 minutes for marinating).

Ingredients:

- 1 egg
- Kefir 3 tbsp. l.
- Bulgur ground into crumbs 30 g / 1 oz
- Cheese 40 g / 1.4 oz

*Alternative(if not cooking): 50 g of porridge, 1 egg, 40 g of cheese, 100 g of vegetables, 50 g of kefir.



Method of preparation:



Mix egg, kefir and bulgur, beat thoroughly with a whisk. Grate the cheese and set aside. Heat a small frying pan with olive oil and pour in the batter. Fry over low heat until golden brown on one side, then turn over. Put the cheese on one half of the pancake, fold it in half and bring it to readiness under the lid. Serve with grated beets (100 g / 3.5 oz), dressed with 1 tsp. l. olive oil.

General indicators:

290 kcal Proteins: 15 g Fats: 16 g

Carbohydrates: 21 g

Protein omelette "Pulyar" or ordinary omelette

Cooking time:  
10 minutes.



Ingredients:

- Eggs - 2 (separate the whites from the yolks) + a pinch of salt
- Milk - 1 tbsp. l
- Lettuce leaves - 30 g / 1 oz
- Bell pepper - 30 g / 1 oz
- Cucumber - 30 g / 1 oz
- Carrots - 30 g / 1 oz
- Olive oil - 1 tsp. L + A drop of apple cider vinegar

Method of preparation:

Beat the egg whites with a pinch of salt until stiff peaks form. Mix the yolks with milk.

Pour the yolk mixture onto a heated pan and spread it evenly, and place the egg whites on top.



Fry on low heat without a lid until the whites become dense.

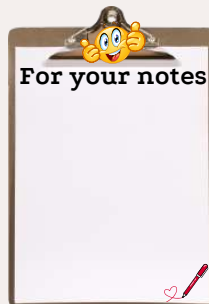
Cut all the vegetables for the salad, season with olive oil and apple cider vinegar.

General indicators:

210 kcal Proteins: 13 g Fats: 14 g
Carbohydrates: 7 g

Buckwheat pancakes with avocado and bacon

Cooking time:  
15 minutes



Ingredients:

- Eggs - 2 pcs. 100 g / 3.53 oz
- Bacon - 50 g / 1.76 oz
- Avocado - 1/2 75 g / 2.65 oz
- Coconut flour - 10 g / 0.35 oz
- Olive oil - 5 g / 0.18 oz

Method of preparation:



Fry the bacon in a pan until crispy. Make the pancakes by mixing eggs and coconut flour to form a dough. Fry in oil until golden.

Serve pancakes with bacon and sliced avocado.

General indicators:

350 kcal Proteins: 20 g Fats: 28 g
Carbohydrates: 6 g

Pancakes with cream cheese and berries

Cooking time:  
15 minutes.



Ingredients:

- Eggs - 2 pcs. 100 g / 3.53 oz
- Coconut flour - 15 g / 0.53 oz
- Cream cheese - 30 g / 1.06 oz
- Berries - 50 g / 1.76 oz

Method of preparation:


Mix the eggs with the coconut flour to a smooth dough.

Fry pancakes in oil until golden brown. Serve pancakes with cream cheese and berries.

General indicators:

350 kcal Proteins: 18 g Fats: 25 g
Carbohydrates: 7 g

Porridge made of cheese and Greek yogurt

Cooking time:  
5 minutes



Ingredients:

- Cottage cheese - 150 g / 5.29 oz
- Greek yogurt - 50 g / 1.76 oz
- Almonds - 10 g / 0.35 oz
- Honey - 1 tsp. 5 g / 0.18 oz



Method of preparation:

Mix cottage cheese with yogurt until smooth.
Add honey and sprinkle with chopped almonds.

General indicators:

330 kcal Proteins:28 g Fats:20 g
Carbohydrates:8 g

Pancakes with banana and honey

Cooking time:  
15 minutes.



Ingredients:

- Eggs - 2 pcs. 100 g / 3.53 oz
- Flour - 50 g 1.76 oz
- Banana - 1 pc. 100 g / 3.53 oz
- Honey - 1 tsp. 5 g / 0.18 oz

Method of preparation:

Prepare pancakes from flour and eggs.
Serve with sliced banana and honey.

General indicators:3

50 kcal Proteins: 12 g Fats: 8 g
Carbohydrates: 60 g



Energy bowls - a quick portion of health and energy!

Energy bowls are a balanced meal that combines healthy carbohydrates, proteins and fats, providing the body with energy for the whole day.



They can be easily adapted to your taste using readily available ingredients.

Below are some ideas for creating such bowls:

These bowls are not only healthy, but also quick to prepare, so you will always have a tasty and balanced meal without wasting much time!

Energy bowls are not only beautiful and tasty, but also convenient. Cook with love and add your favorite ingredients.

Oatmeal bowl with banana and nuts (300 g)

Cooking time:  
10 minutes.

Ingredients:

- Oatmeal (ready-made) - 100 g / 3.5 oz
- (40 g dry cereal / 1.4 oz)
- Hot milk - 50 ml / 1.7 oz
- Honey - 1 tsp. 1
- Kiwi (sliced) - 100 g / 3.5 oz
- Banana (sliced) - 50 g / 1.75 oz
- Nuts (chopped) - 10 g / 0.35 oz
- Coconut flakes - 10 g / 0.35 oz



Method of preparation:

Boil oatmeal, then pour hot milk and add honey. Stir.



Put oatmeal in a plate, and around it - kiwi, banana, nuts and coconut shavings.

General indicators:

370 kcal Proteins: 8 g Fats: 10 g
Carbohydrates: 62 g

Alternative (if not cooking):100 g of ready-made porridge, 50 g of kefir, 1 tsp. 1 of honey, 150 g of fruit (except banana and persimmon), 20 g of nuts.

Bowl with salmon and avocado

Cooking time:  
25 minutes



Ingredients:

- Boiled brown rice - 100 g / 3.5 oz
- Salmon (baked or raw, as for sushi) - 80 g / 2.8 oz
- Avocado - ½ fruit
- Grated carrots - 50 g / 1.7 oz
- Lettuce leaves - 30 g / 1 oz
- Soy sauce (low salt content) – 1 tsp.

Method of preparation:



Boil the brown rice (20-25 minutes). Bake or grill salmon until done (10 minutes) or use raw for sushi. Cut the avocado, grate the carrot. Put rice on a plate, add pieces of salmon, avocado and carrots on top. Drizzle with soy sauce and garnish with lettuce leaves.

General indicators:

400 kcal Proteins: 20 g Fats: 15 g
Carbohydrates: 35 g

Advice: Salmon can be replaced with other fish or shrimp.

Bowl with quinoa and vegetables

Cooking time:  
20 minutes.



Ingredients:

- Cooked quinoa – 100 g / 3.5 oz
- Fried chickpeas - 50 g / 1.7 oz
- Cucumber, cut into cubes - 50 g / 1.7 oz
- Cherry tomatoes - 50 g / 1.7 oz
- Avocado - ½ fruit
- Olive oil, lemon juice - 1 tsp.

Method of preparation:

Boil the quinoa according to the instructions on the package (10-15 minutes).

While the quinoa is cooking, fry the chickpeas in a dry pan until golden brown (5 minutes). Cut the cucumber and cherry tomatoes, prepare the avocado (peel and cut into slices). Put a layer of quinoa on a plate, add vegetables and chickpeas.



Drizzle with olive oil and lemon juice, mix, or serve in layers.

Advice: Add your favorite spices for a brighter taste.

General indicators:

350 kcal Proteins: 10 g Fats: 15 g
Carbohydrates: 40 g

Salad with salmon and shrimp

Cooking time:  
25 minutes.



Ingredients:

- Lightly salted salmon - 80 g / 2.8 oz
- Boiled shrimp 50 g / 1.5 oz
- Sesame seeds black or white - 10 g optional
- Assorted lettuce leaves - 100g / 3 oz
- Cherry Tomato 50 g / 1.5 oz
- Walnut 10g / 0.3 oz
- Spices as desired



Method of preparation:

Lightly salted salmon, cut at random. Place the lettuce leaf on a plate, place the pieces of salmon, shrimp, cherry on top and sprinkle with sesame seeds. Season with spices if desired, sprinkle with any nuts.

General indicators: 400 kcal Protein: 20 g
Fat: 15 g Carbohydrates: 35 g

Tip: Salmon can be replaced with other fish or seafood.

Sweet energy bowl

Cooking time:  
10 minutes.



Ingredients:

- Oatmeal (boiled in water or milk) — 100 g / 3.5 oz
- Banana - ½ fruit
- Berries (raspberries, blueberries, strawberries) — 50 g / 1.7 oz
- Nut paste (almond or peanut) — 1 tsp.
- Chia or flax seeds - 1 tsp.

Method of preparation:



Boil oatmeal in water or milk (5–7 minutes). Cut the banana into circles, prepare the berries. Put the oatmeal in a bowl, add the banana, berries and a teaspoon of nut paste. Sprinkle with chia or flax seeds.

General indicators:

320 kcal Proteins: 8 g Fats: 10 g
Carbohydrates: 50 g

Advice:*Perfect as a breakfast or post-workout snack.

Bowl with tofu and vegetables

Cooking time:  
20 minutes.



Ingredients:

- Tofu (baked) — 100 g / 3.5 oz
- Boiled buckwheat - 80 g / 2.8 oz
- Steamed broccoli - 50 g / 1.7 oz
- Sweet pepper, cut into strips - 50 g / 1.7 oz
- Tahini sauce - 1 tsp.

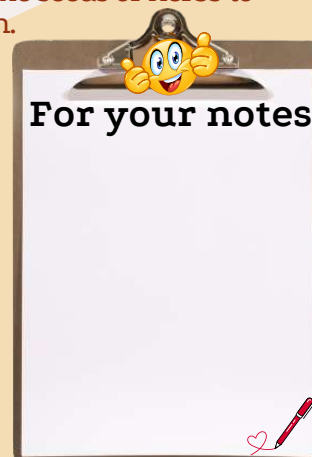
Method of preparation:

Cut tofu into cubes, bake in the oven (200°C, 15 minutes) or fry in a dry pan (10 minutes). Boil buckwheat (10-15 minutes). Steam or boil broccoli in salted water (5 minutes). Cut the pepper into strips. Put buckwheat, broccoli, tofu and pepper in a bowl. Drizzle over the tahini before serving.

General indicators:

330 kcal Proteins: 20 g Fats: 12 g
Carbohydrates: 30 g

Advice:Add sesame seeds or herbs to complete the dish.



CHAPTER DESCRIPTION:



The importance of snacking to maintain steady energy levels. Snacks are not just a way to quickly satisfy hunger, but the key to maintaining energy, concentration and a good mood throughout the day. Whether it's during a busy morning or to avoid fatigue in the afternoon, the right snack helps stabilize blood sugar, improve mental clarity and prevent overeating at main meals.

Pre-planned snacks provide the body with necessary nutrients, charging both body and mind. Tips for preparing healthy snacks to take with you
Choose a protein: Opt for high-protein snacks that keep you feeling full longer. For example, boiled eggs, Greek yogurt or homemade protein bars.

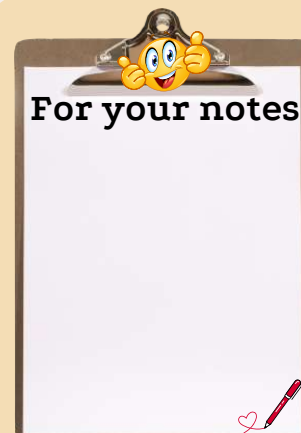
Add healthy fats and fiber: Combine nuts, seeds or avocado slices with fresh vegetables or whole grain crackers for a nutritious snack.

Convenience in transportation: Use small containers or reusable bags to store snacks that are easy to take with you, such as nuts, dried fruit, or vegetable sticks with hummus.

Prepare in advance: Save time by preparing snacks at the beginning of the week. Portion mixed nuts, cheese cubes, or sliced fruit for quick on-the-go.

Stick to low carb and sugar: Choose from options like celery with almond butter, turkey wraps, or cheese to keep snacks healthy and on track with your healthy eating goals.

A little planning - and snacks will turn from ordinary snacking into useful and rich breaks. This is your secret to maintaining energy, satiety, and healthy eating even on your busiest days!



SNACKS tasty and healthy

Candies with orange and nuts (70 g)

Cooking time:  
10 minutes.



Ingredients:

- nuts 20 g / 0.7 oz
- dried apricots 30 g / 1.06 oz
- peel of half an orange
- orange juice 1 tbsp. l.
- cocoa 1 tsp. l.



Method of preparation:

Grind nuts and dried apricots in a blender. Mix with cocoa, juice and zest. Form into balls and cool in the refrigerator for 20-30 minutes.

General indicators:

220 Kcal Proteins: 5 g Fats: 14 g
Carbohydrates: 20 g

Tangerine marmalade (150 g)

Cooking time:  
10 minutes.

Ingredients:

- Tangerine juice - 150 g / 5.3 oz
- Honey - 1 tsp. l
- Gelatin - 15 g / 0.5 oz



Method of preparation:



Squeeze the tangerine juice, add honey and mix. Add gelatin, stirring over low heat until completely dissolved (do not boil). Pour into molds and leave in the refrigerator for 3 hours or overnight.

General indicators:

General indicators: 70 kcal Proteins: 1 g
Fats: 0.5 g Carbohydrates: 17 g

Alternative: 150 g of fruit (except banana or persimmon).

Baked apple with honey and nuts (170 g)

Cooking time:  
10 minutes.



Ingredients:

- Apple - 150 g / 5.3 oz (in ready form)
- Nuts - 20 g / 0.7 oz
- Honey - 1 tsp. l
- Cinnamon and lemon juice to taste



Method of preparation:

Bake an apple and cut it into large cubes. Add nuts, honey, sprinkle with cinnamon and, if desired, sprinkle with lemon juice.

General indicators: 180 kcal Proteins: 2 g
Fats: 9 g Carbohydrates: 24 g

Alternative: 150 g of fruit (except banana and persimmon), 1 tsp. l of honey, 20 g of nuts.

Yogurt with granola and berries

Cooking time:  
5 minutes.



Ingredients:

- Greek yogurt - 150 g / 5.29 oz
- Granola - 30 g / 1.06 oz
- Berries (blueberries) - 50 g / 1.76 oz

Method of preparation:


Mix yogurt with granola and berries.

General indicators: 250 kcal Proteins: 9 g
Fats: 10 g Carbohydrates: 40 g

MAIN DISHES for optional use

***can be used for lunch and dinner**

Liver fritters with brown rice (250 g)

Cooking time:  
25 minutes.

Ingredients:

- chicken liver 120 g / 4.2 oz,
- soaked in warm water
- onion 50 g / 1.76 oz
- boiled brown rice 50 g / 1.76 oz
- 50 ml of water / 1.76 oz
- 1 Art. l. sour cream or 50 ml
- of natural yogurt + garlic + spices.





Method of preparation:

Cut the liver, add onions and spices. Fry the fritters in olive oil for 1 minute on each side. Put in a form, alternating with brown rice. Pour a mixture of water, sour cream, garlic and spices. Simmer for 15 minutes.

General indicators:

290 Kcal Proteins: 25 g Fats: 10 g Carbohydrates: 25 g.

Light Chicken Filet Bowl with Pumpkin (250 g)

Cooking time:  
30 minutes.

Ingredients:

- Chicken thighs 200 g / 7.05 oz
- Pumpkin 150 g / 5.29 oz
- Lettuce 100 g / 3.53 oz
- 1 tbsp. olive oil 15 g / 0.53 oz
- Spices: salt, pepper, rosemary





Method of preparation:

Season chicken thighs, fry in a pan or bake in the oven until done. Cut, bake or boil the pumpkin. Mix salad leaves with olive oil and seasonings. Serve the chicken with the pumpkin and salad.

General indicators:

270 Kcal Proteins: 50 g Fats: 60 g
Carbohydrates: 18 g

Chicken fillet baked with vegetables in papillotka (250 g)

Cooking time:  
25 minutes.

Ingredients:

- chicken fillet 120 g / 4.2 oz
- broccoli 150 g / 5.29 oz
- natural yogurt or kefir 50 ml / 1.76 oz
- greens, garlic to taste.





Method of preparation:

Make a "boat" from parchment. Put vegetables on the bottom, sprinkle with herbs, add garlic. Coat the chicken fillet with yogurt with mustard and spices. Wrap in foil and bake at 180 degrees for 20 minutes.

General indicators: 280 kcal Proteins: 28 g
Fats: 12 g Carbohydrates: 15 g.

Chicken breasts with grilled vegetables

Cooking time:  
20 minutes.

Ingredients:

- Chicken breasts 200 g / 7.05 oz
- Cauliflower 150 g / 5.29 oz
- Broccoli 100 g / 3.53 oz
- 1 tbsp. olive oil 15 g / 0.53 oz
- 1 tsp garlic powder
- Spices: salt, pepper, paprika





Method of preparation:

Season chicken breasts and fry or grill. Vegetables (cauliflower and broccoli) are steamed or baked with oil and spices. Serve the chicken with the vegetables.

General indicators: 250 kcal : Proteins: 55 g
Fats: 45 g Carbohydrates: 12 g

Pork cutlets with steamed vegetables

Cooking time: 25 minutes.  



Ingredients:

- Pork 200 g / 7.05 oz
- Asparagus 100 g / 3.53 oz
- Broccoli 100 g / 3.53 oz
- 1 tbsp. olive oil 15 g / 0.53 oz
- 1 tsp curry powder
- Spices: salt, pepper, paprika





Method of preparation:

Cut the pork, season with spices and fry in a pan. Vegetables (asparagus and broccoli) should be steamed or fried in oil.

General indicators: 240 kcal Proteins: 50 g
Fats: 55 g Carbohydrates: 15 g

Chicken fillet with broccoli and celery

Cooking time: 25 minutes.  



Ingredients:



- Chicken fillet 200 g / 7.05 oz
- Broccoli 150 g / 5.29 oz
- Celery 100 g / 3.53 oz
- 1 tbsp. olive oil 15 g / 0.53 oz
- Spices: salt, pepper, paprika

Method of preparation:

Season the chicken fillet with spices and fry in a pan. Boil or fry broccoli in a pan together with chopped celery. Serve chicken with vegetables.

General indicators: 250 kcal
Carbohydrates: 12 g Proteins: 50 g Fats: 35 g

Turkey with vegetables and Greek yogurt

Cooking time: 25 minutes.  



Ingredients:

- Turkey fillet 200 g / 7.05 oz
- Tomatoes 100 g / 3.53 oz
- Spinach 150 g / 5.29 oz
- 2 tbsp. Greek yogurt 30 g / 1.06 oz
- 1 tbsp. olive oil 15 g / 0.53 oz
- Spices: salt, pepper, oregano



Method of preparation:

Fry the turkey on both sides until cooked, season with spices. Vegetables (tomatoes and spinach) can be fried or steamed. Serve turkey with vegetables and Greek yogurt.

General indicators: 260 kcal
Carbohydrates: 10 g Proteins: 55 g
Fats: 30 g

These dishes keep the carbohydrate content low

Chicken stomachs with cabbage and carrot salad with olive dressing

Cooking time:  
15 minutes.



Ingredients:



- Chicken stomachs 150 g / 5.29 oz
- Cabbage and carrots 50 g / 1.76 oz
- Cucumber 50 g / 1.76 oz
- Lettuce leaf 1 tbsp.
- olive oil 15 g / 0.53 oz
- 1 tsp sunflower seeds 5 g / 0.18 oz

Method of preparation:

Fry the chicken breasts in a pan until cooked, seasoning them with salt and pepper.
Cut the cabbage and cucumbers, a leaf of lettuce. mix in a large bowl.
Pour oil over the salad, mix.
Serve with chicken.

General indicators: 395 kcal Proteins: 45 g
Fats: 21 g Carbohydrates: 6 g

Chicken fillet with tomato sauce and gree salad

Cooking time:  
20 minutes.



Ingredients:



- Chicken fillet 150 g / 5.29 oz
- Tomato sauce without sugar 50 g / 1.76 oz
- Lettuce 100 g / 3.53 oz
- Olive oil 10 g / 0.35 oz
- Garlic - 1 clove

Method of preparation:

Fry the chicken fillet in a pan with oil until ready. Add garlic and tomato sauce to the chicken, stew for another 5 minutes. At the same time, prepare a salad of lettuce leaves and olive oil.
Serve the chicken with tomato sauce and salad.

General indicators: 420 kcal Proteins: 43 g
Fats: 26 g Carbohydrates: 7 g

White fish shawarma with pita bread and vegetables

Cooking time:  
30 minutes.



Ingredients:

- Cod fillet (or zander) 120 g / 4.2 oz
- Lavash (thin) 40 g / 1.4 oz
- Lettuce leaf 50 g / 1.75 oz
- Olive oil 5 g / 0.17 oz

Method of preparation:



Steam or bake the fish with salt and spices.
Place pieces of fish and salad leaves sprinkled with olive oil on the pita bread.
Form into a roll or serve open.

General indicators: 280 kcal proteins: 29 g
fats: 8 g carbohydrates: 21 g

SALADS for health as light meals

Warm salad with chicken and asparagus beans (250 g)



Cooking time:  
40 minutes.

Ingredients:

- Chicken breast - 120 g / 4.2 oz (raw)
- Asparagus beans (boiled) – 70 g / 2.5 oz
- Lettuce or cabbage - 50 g / 1.75 oz
- Kefir - 50 ml / 1.7 oz
- Garlic, greens, spices for dressing

General indicators: 270 kcal Proteins: 30 g Fats: 10 g
Carbohydrates: 10 g



Method of preparation:

For chicken, choose one of two cooking methods:

Chicken pastroma: Cover the chicken with brine (1 cup of water, 1 teaspoon of salt, paprika, pepper, garlic), leave for 3 hours or overnight.
Bake in the oven at 220°C for 15-20 minutes, then leave in the oven for 2 hours.

Boiled breast with citrus fruits: Put the breast in boiling water with spices (curry or paprika), half a lemon and ¼ orange, remove from heat, cover and leave for 40 minutes.
Cut the chicken, add asparagus beans, lettuce leaves. Season with kefir with chopped garlic and greens.

Salad with shrimp in a "shell" with avocado

Cooking time:  
15 minutes.



Ingredients:

- Shrimp 150 g / 5.29 oz
- 1/2 avocado 75 g / 2.65 oz
- Lettuce and favorite vegetables to taste 100 g / 3.53 oz
- 1 tbsp. olive oil 15 g / 0.53 oz
- 1 tbsp. lemon juice 10 g / 0.35 oz
- Spices: salt, pepper

Method of preparation:



Fry the shrimp in a pan with oil and season with spices. Avocado - neatly cut from the skin, prepared a "plate" from them and laid out all the ingredients in layers, seasoned with spices to taste.

General indicators:
366 kcal Proteins: 26.8 g Fats: 25.1 g
Carbohydrates: 12 g

*this salad can be used as a full dinner



Salad -Mimosa

Cooking time:  
15 minutes.



Ingredients for the sauce:

- Natural yogurt - 150 ml (or 75 g, if the yogurt is thick)
- Mustard - ½ tsp. l
- Soy sauce - a few drops
- Lemon juice - to taste

Salad ingredients:

- Tuna in its own juice - 100 g / 3.5 oz
- Boiled unpolished rice or bulgur-50 g/1.75 oz
- Carrots (cooked or raw) - 30 g / 1 oz
- Egg (boiled) - 1 pc
- Hard cheese - 20 g / 0.7 oz

Method of preparation:

Layer the salad:
1 layer: tuna with onions (optional).
2 layer: rice or bulgur.
3 layer: grated carrot.
4 layer: grated egg.
5 layer: grated cheese.
Spread each layer with sauce, add greens to taste.

General indicators:

230 kcal Proteins: 22 g Fats: 10 g
Carbohydrates: 11 g

Salad with tomato and cottage cheese (190 g)

Cooking time:  
15 minutes.



Ingredients:

- Cottage cheese (or regular) - 50 g / 1.75 oz
- Lettuce leaves - 30 g / 1 oz (recommended with arugula)
- Tomato - 50 g / 1.75 oz
- Olives - 5 pcs (or avocado - 40 g / 1.4 oz)
- Olive oil - 1 tsp. l
- Bread - 10 g / 0.35 oz



Method of preparation:

Mix cheese with chopped tomato, greens and olives.
Add olive oil, garlic if desired.

General indicators:

170 kcal Proteins: 7 g Fats: 11 g
Carbohydrates: 7 g

Vegetable sauté with squid (250 g)

Cooking time:  
20 minutes.



Ingredients:

- Squid - 140 g / 4.9 oz
- Frozen vegetables (of your choice) - 150 g / 5.3 oz
- Soy sauce - 1 tsp. l
- Tomato paste - 1 tbsp. l
- Water - 100 ml
- Spices and herbs - to taste

Method of preparation:

Defrost squid and vegetables. Cut the squid into rings. Put the squid rings in a pan with water, bring to a boil under the lid. Add vegetables, soy sauce, tomato paste, spices and stew under the lid for 10 minutes. Before serving, add greens.

General indicators:

160 kcal Proteins: 20 g Fats: 1.5 g
Carbohydrates: 17 g

HEALTHY FIRST COURSES and the importance of broths



First dishes, in particular soups and broths, are an important component of a balanced diet, because they not only give a feeling of satiety, but also have numerous beneficial properties for the body.

Broths, in turn, are the basis for many first courses and play an important role in maintaining general health. Healthy first courses are, above all, dishes rich in vitamins, minerals, fiber and other nutrients that contribute to the proper functioning of the body. These can be vegetable soups, cream soups, pureed soups, which help saturate the body with useful substances without overloading it with extra calories. For example:

Vegetable soups from various seasonal vegetables not only saturate the body with vitamins, but also provide it with fiber, which improves digestion.

Mashed soups based on broccoli, cauliflower or pumpkin is an excellent source of antioxidants and can strengthen the immune system.

Bean soups (based on lentils, peas or beans) are high in protein and fiber, making them useful for maintaining normal blood sugar and stable energy levels.

The importance of broths

Broths are not only tasty, but also extremely useful liquid dishes that provide the body with many important substances:

Improving digestion: Broths based on meat, fish or vegetables contain gel compounds (collagen) that promote gastrointestinal health, improve digestion and reduce inflammation.

Strengthening the immune system: Broths, especially meat or bone broths, contain amino acids that help strengthen the immune system and maintain joint health. Chicken or beef bone broth is an excellent source of collagen, which is good for skin and connective tissue.

Providing the body with the necessary minerals: Broths are an excellent source of minerals such as calcium, magnesium, potassium and phosphorus, which are important for bone, heart and nervous system health.

Hydration: Broths help maintain fluid balance in the body, which is especially important during illness or active physical exertion.

Stimulation of metabolism: Drinking warm broth at the beginning of the day helps to speed up the metabolism, which helps to start the day with energy.

Detoxification: Broths, especially based on vegetables and spices, can have a mild detox effect, cleansing the body of toxins and impurities.

How to make a healthy broth

In order for the broth to be as useful as possible, it is important to prepare it correctly.



Use fresh ingredients: Vegetables, herbs, spices and natural meat without adding artificial additives will bring more benefits.

Do not add too much salt: Instead, use natural seasonings such as bay leaf, thyme, rosemary or ginger.

Cook on low heat: This will allow you to extract all the useful substances from the ingredients and preserve their maximum benefit. In general, healthy first courses and broths are of great importance in maintaining the normal functioning of the body. They are not only pleasantly filling, but also play an important role in strengthening health, supporting the immune system and improving digestion.

Vegetable cream soup

This vegetable soup is the perfect option for a healthy lunch or dinner because it is low in calories but high in fiber and vitamins.

Cooking time:  
35-40 minutes.



Ingredients:

(The recipe is designed for 4 servings)

- Carrots 150 g / 5.3 oz
- Onion 100 g / 3.5 oz
- Potatoes 200 g / 7 oz
- Broccoli (fresh) 200 g / 7 oz
- Tomato 150 g / 5.3 oz
- Olive oil 1 tbsp. spoon 15 g / 0.5 oz
- Garlic 2 cloves
- Salt, pepper to taste
- Bay leaf 1 pc.
- Water 1.5 l / 50.7 oz

General indicators:(for 1 portion375 grams /13.2 oz)

Calories: 150 kcal Proteins: 4 g Fats: 7 g

Carbohydrates: 20 g

Method of preparation:

Peel and cut the vegetables: carrots - in circles, onions - in small pieces, potatoes - in cubes, tomatoes - in small pieces, broccoli - in florets.

In a large saucepan, heat the oil over medium heat. Add onion and garlic, fry until transparent (3-4 minutes).

Add carrots and potatoes, fry for another 5 minutes, stirring constantly.



Add water, tomatoes, bay leaf, salt and pepper. Cook the soup over medium heat for 15-20 minutes until the vegetables are soft.

5 minutes before readiness, add broccoli and cook until soft.

Check the soup for taste and add more spices if necessary.



Pumpkin vegetable cream soup

Cooking time:  
30 minutes*.



Ingredients:

(The recipe is designed for 4 servings)

- Pumpkin (peeled) 300 g / 10.6 oz
- Carrot 100 g / 3.5 oz
- Onion 100 g / 3.5 oz
- Garlic 2 cloves
- Olive oil 1 tbsp. spoon 15 g / 0.5 oz
- Vegetable broth 500 ml / 17 oz
- Salt, pepper to taste
- Paprika - 1 tsp. spoon

Method of preparation:

Peel and cut the pumpkin, carrot and onion. Chop the garlic.

Fry onion and garlic in oil in a pan until transparent.

Add carrots and pumpkin, fry for 5 minutes.

Pour broth, add spices and cook for 15 minutes until the vegetables are soft.

Using a blender, puree the soup until smooth.



Bon appetit!

General indicators: (for 1 portion375 g)

kcal Proteins: 3 g Fats: 7 g Carbohydrates:

16 g

Broccoli and cauliflower puree soup

Cooking time:  
35 minutes.

Ingredients:

The recipe is designed for 4 servings

- Broccoli - 200 g / 7 oz
- Cauliflower 200 g / 7 oz
- Onion 100 g / 3.5 oz
- Garlic 2 cloves
- Olive oil 1 tbsp. spoon 15 g / 0.5 oz
- Vegetable broth 500 ml / 17 oz
- Salt, pepper to taste



Method of preparation:

Divide the broccoli and cauliflower into florets, finely chop the onion, chop the garlic. Fry the onion and garlic in oil in a pan until transparent.



Add cabbage and broccoli, pour broth and cook for 20 minutes until the vegetables are soft.

Puree the soup until smooth. Season with salt and pepper to taste.

General indicators: (for 1 portion375 g) 120 kcal

Proteins: 5 g Fats: 6 g Carbohydrates: 14 g

Bean and tomato soup

Cooking time:  
40 minutes.



Ingredients:

(The recipe is designed for 4 servings)

- Canned red beans 200 g / 7 oz
- Tomatoes 200 g / 7 oz
- Carrot 100 g / 3.5 oz
- Onion 100 g / 3.5 oz
- Olive oil 1 tbsp. spoon 15 g / 0.5 oz
- Vegetable broth 600 ml / 20.3 oz
- Salt, pepper, oregano to taste

Method of preparation:



Finely chop the carrot and onion. Chop the tomatoes. Fry the onion and carrots in oil in a pan until soft (5-7 minutes). Add the tomatoes, beans, pour the broth and cook for 20 minutes. Add the spices and mix. You can puree the soup for a smoother texture.

General indicators:

(for 1 portion 375) 150 kcal Proteins: 8 g
Fats: 6 g Carbohydrates: 18 g

These soups are great for a healthy diet, contain a large amount of vitamins and minerals, and are also low-calorie and filling.

Tomato soup with basil

Cooking time:  
30 minutes.



Ingredients:

(The recipe is designed for 4 servings)

- Tomatoes (fresh) 400 g / 14 oz
- Onion 100 g / 3.5 oz
- Garlic 2 cloves
- Olive oil 1 tbsp. spoon 15 g / 0.5 oz
- Vegetable Broth 500 ml / 17 oz
- Basil leaves 10 g / 0.35 oz
- Salt, pepper to taste



Method of preparation:

Finely chop the tomatoes, chop the onion and garlic. Fry the onion and garlic in oil in a pan until transparent (3-4 minutes). Add tomatoes, salt and pepper, simmer for 5 minutes. Pour in broth and cook for another 15 minutes. Purée the soup with a blender until smooth. Add the basil and stir.

General indicators:

(for 1 portion 375 g) 120 kcal Proteins: 3 g
Fats: 6 g Carbohydrates: 14 g

Chicken and vegetable soup

Cooking time:  
40 minutes.

Ingredients:

(The recipe is designed for 4 servings)

- Chicken fillet 200 g / 7 oz
- Carrot 100 g / 3.5 oz
- Onion 100 g / 3.5 oz
- Potatoes 150 g / 5.3 oz
- Celery 50 g / 1.8 oz
- Vegetable broth 1 L / 33.8 oz
- Salt, pepper to taste
- Bay leaf - 1 pc.





Method of preparation:

Cut the chicken into cubes, finely chop the vegetables. Bring the broth to a boil in a saucepan and add the chicken. Cook for 10 minutes. Add vegetables, salt, pepper and bay leaf. Cook for another 15 minutes until the vegetables are soft. Check for taste, add spices if necessary.

General indicators (for 1 portion 375 g): 180 kcal Proteins: 20 g Fats: 4 g Carbohydrates: 18 g

Kharcho with beef

Food is a national Georgian dish that combines the rich taste and aroma of spices, enriched with nuts, vinegar and tomatoes. This is a delicious, hearty soup that will be a great option for lunch or dinner!

Cooking time:  
90 minutes.

Ingredients:

(The recipe is designed for 4 servings)

- Beef (meat on the bone, such as breast or neck) 400 g / 14 oz
- Rice 100 g / 3.5 oz
- Onion 100 g / 3.5 oz
- Carrot 100 g / 3.5 oz
- Tomatoes 200 g / 7 oz
- Garlic - 4 cloves
- Nuts (chopped) 50 g / 1.8 oz
- Tomato paste 2 tbsp. spoons 30 g / 1 oz
- Bay leaf 2 pcs.
- Salt, pepper to taste
- Red pepper (ground) - to taste
- Oil – 1 tbsp. spoon 15 g / 0.5 oz
- Greens (dill, parsley) 10 g / 0.35 oz

General indicators:

(for 1 portion) 375 g 300 kcal Proteins: 20 g
Fats: 12 g Carbohydrates: 30 g



Method of preparation:

Preparation of broth: Boil the meat in 2 liters of water until ready, about 40-50 minutes. Periodically remove the foam.

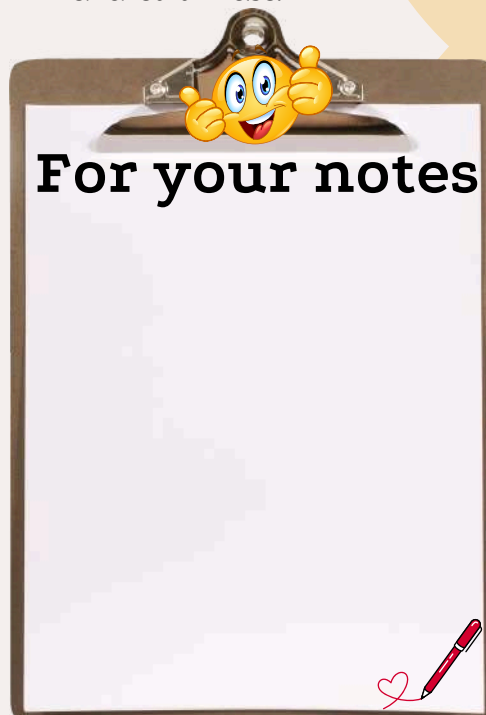
Cooking vegetables: Finely chop the onion, grate the carrots on a coarse grater, scald the tomatoes with boiling water and cut them into cubes.

Fry vegetables: Fry the onion in oil until transparent, add grated carrots, garlic and tomatoes. Simmer for 10 minutes. Then add the tomato paste, mix and simmer for another 5 minutes.

Add to the broth: Add rice, bay leaves, fried vegetables, vinegar, salt and pepper to the broth. Cook on medium heat for 10-15 minutes.



Nuts and garlic: Chop the garlic and add it to the soup together with the nuts. If you want, you can use a blender to grind the nuts to a paste-like consistency.

Completion: Cook for another 10-15 minutes. At the end, add red pepper to taste, mix and let it infuse.



Solyanka tsarska

Solyanka tsarskai is a hearty, aromatic soup made from several types of meat, which goes well with the acidity of lemon and the saltiness of olives. This dish will be a great option for a festive table or for a hearty lunch!

Cooking time:  
90 minutes.

Ingredients:

(The recipe is designed for 4 servings)

- Beef (meat on the bone) 300 g / 10.6 oz
- Smoked sausage 100 g / 3.5 oz
- Cervelat or other sausage 100 g / 3.5 oz
- Ham 100 g / 3.5 oz
- Pickles 150 g / 5.3 oz
- Oil - 1 tbsp. spoon 15 g / 0.5 oz
- Onion 100 g / 3.5 oz
- Carrot 100 g / 3.5 oz
- Tomato paste 2 tbsp. spoons 30 g / 1 oz
- Vegetable or meat broth 1.5 l / 50.7 oz
- Bay leaf 2 pcs.
- Garlic 3 cloves
- Salt, pepper to taste
- Fresh herbs (parsley, dill) 10 g / 0.35 oz
- Lemon 1 pc.
- Olives 50 g / 1.8 oz
- Sour cream and red caviar: optional

Method of preparation:

Preparation of broth: Boil the beef in 2 liters of water for about 40-50 minutes until ready, removing the foam.

Cooking vegetables: Finely chop the onion, grate the carrot on a coarse grater.

Fry vegetables: Fry the onion in oil until transparent, add carrots and stew for another 5-7 minutes. Then add tomato paste and simmer for another 5 minutes.

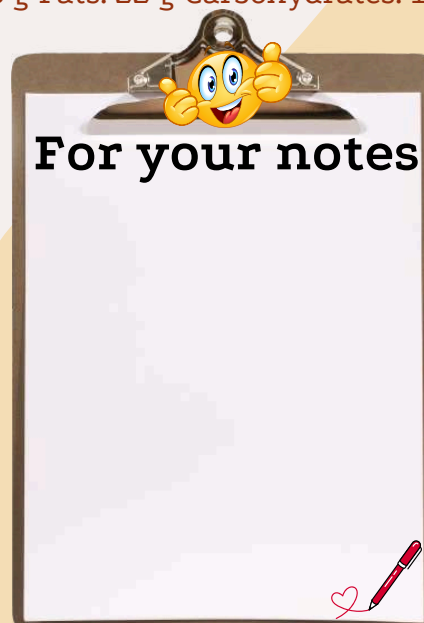
Adding meat and sausages: Add the cubed smoked sausage, cervelat, ham, and pickles to the broth. Cook for 10-15 minutes.

Garlic and spices: Chop the garlic and add to the soup along with the bay leaf, vinegar, salt and pepper.

Final stage: Cook for another 10-15 minutes. At the end, add olives or olives, sliced lemon and greens.



Serve with crayons and sour cream, top with 1 tsp. red color

General indicators: (for 1 portion 375 g)
320 kcal Proteins: 18 g Fats: 22 g Carbohydrates: 14 g



Green borscht with beef and chicken

Green borscht with meat is a tasty and nutritious Ukrainian dish with sour sorrel and a rich broth. An ideal option for a light lunch or dinner!

Cooking time:  
60 minutes.



Ingredients:

(The recipe is designed for 4 servings)

- Beef, chicken thighs (meat on the bone) 300 g / 10.6 oz
- Potatoes 200 g / 7 oz
- Carrot 100 g / 3.5 oz
- Onion 100 g / 3.5 oz
- Fresh sorrel or spinach 200 g / 7 oz
- Vegetable broth 1.5 l / 50.7 oz
- Garlic, salt, pepper - to taste
- Bay leaf 1 pc.
- Vinegar 1 tbsp. spoon 15 g / 0.5 oz (to taste)
- Greens (dill, parsley) 10 g / 0.35 oz



Method of preparation:

Boil beef in 2 liters of water, add bay leaf, salt and pepper. Cook on medium heat for 40 minutes. Cut the potatoes into cubes, grate the carrots on a coarse grater, finely chop the onions. Fry the onions in oil until transparent, add the carrots, fry for another 5 minutes, then add the tomato paste and simmer for another 2-3 minutes. Add potatoes, fried vegetables to the broth and cook for 15 minutes until the potatoes are ready. Add fresh sorrel and spinach to the soup, cook for another 5 minutes. Boil for another 3-5 minutes.



Hard-boil the eggs, cut them and add them to the borscht before serving.

Add chopped greens (parsley, dill) and let it infuse for a few minutes before serving.

General indicators:

(for 1 portion 375 g) 200 kcal Proteins: 18 g
Fats: 9 g Carbohydrates: 15 g

Red borscht with beef

Cooking time:  
60 minutes.



Ingredients:

(The recipe is designed for 4 servings)

- Beef (meat on the bone) 300 g / 10.6 oz
- Beetroot 200 g / 7 oz
- Potatoes 200 g / 7 oz
- Carrot 100 g / 3.5 oz
- Onion 100 g / 3.5 oz
- Tomato paste 2 tbsp. spoons 30 g / 1 oz
- Cabbage 200 g / 7 oz
- Vegetable or meat broth 1.5 l / 50.7 oz
- Salt, pepper - to taste
- Greens (parsley, dill) 10 g / 0.35 oz
- Vegetable oil 2 tbsp. spoons 30 g / 1 oz
- Sour cream, onion and lard for serving (optional)

Method of preparation:

Boil the beef in 2 liters of water until ready, skimming off the foam. Cook on medium heat for 40-50 minutes. When the meat is ready, take it out of the broth and cut it into pieces.

Grate the beets on a large grater, carrots on a small grater, cut the potatoes into cubes, finely chop the onion, and shred the cabbage. Fry the onion in oil in a pan until transparent, add carrots and beets. Stew the vegetables for 5-7 minutes, then add the tomato paste (or tomatoes) and stew for another 5 minutes. Add chopped potatoes to the finished broth and cook for 10 minutes. Then add the fried vegetables and cabbage. Cook for another 15 minutes until the cabbage is ready. Add bay leaf, salt, pepper. Cook for another 5-10 minutes.

Innings: If desired, serve borscht with a spoonful of sour cream and fresh herbs, lard and onions with dark bread.



General indicators: (for 1 portion 375 g)
250 kcal Proteins: 20 g Fats: 12 g
Carbohydrates: 25 g

SIDE dishes for any taste

These side dishes are delicious, easy to prepare and perfect for a healthy meal. They are rich in vitamins, minerals, fiber and contain healthy fats, which makes them an excellent addition to any meal.



Beans with vegetables

Cooking time:  
30 minutes.



Ingredients:

- Beans (red or white) - 200 g / 7 oz
- Carrot - 1 pc.
- Onion - 1 pc.
- Bulgarian pepper - 1 pc.
- Olive oil - 1 tbsp. spoon
- Garlic - 2 cloves
- Salt, pepper - to taste



Fresh greens (parsley or dill) – optional

Method of preparation:

Soak the beans overnight and then boil them until tender (or use canned). Cut the vegetables: carrots into rings, onions and peppers - finely. Heat olive oil in a pan, fry the onion until golden, add carrots and pepper, fry for 5-7 minutes. Add boiled beans, garlic, salt and pepper. Cook for another 5 minutes. Sprinkle with fresh herbs and serve.

General indicators: (for 1 portion 375 g)
250 kcal Proteins: 20 g Fats: 12 g
Carbohydrates: 25 g

Baked kohlrabi with garlic and spices

Cooking time:  
30 minutes.



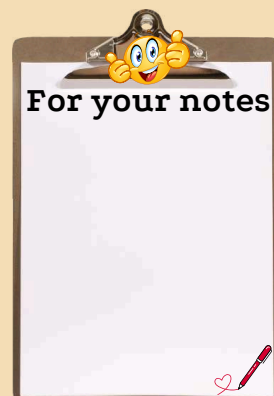
Ingredients:

- Kohlrabi - 2 pcs.
- Olive oil - 1 tbsp. spoon
- Garlic - 2 cloves
- Salt, pepper - to taste
- Dry herbs (oregano, basil) - to taste



Method of preparation:

Peel the kohlrabi and cut it into circles or bars. Mix olive oil with minced garlic, salt, pepper and herbs. Place the kohlrabi on an oiled baking sheet and pour over the prepared mixture. Bake in an oven heated to 180°C for 20-25 minutes, until the vegetables become soft and slightly golden. Serve hot.

General indicators:
(per 1 serving): 130-150 kcal Proteins: 3 g Fats:
8 g Carbohydrates: 15 g



Cauliflower baked with parmesan

Cooking time:  
40 minutes.



Ingredients:

- Cauliflower — 500 g / 17.6 oz
- Olive oil - 1 tbsp. spoon
- Garlic - 2 cloves
- Parmesan (grated) — 30 g / 1 oz
- Salt, pepper - to taste
- Lemon juice - 1 tsp. spoon



Method of preparation:

Separate the cauliflower into florets. Heat the oil in a pan, fry the garlic until golden. Put the cabbage on a baking sheet, pour garlic oil, salt and pepper. Bake in an oven heated to 180°C for 20 minutes. Sprinkle with grated Parmesan cheese and bake for another 5 minutes until the cheese melts. Serve with a squeeze of lemon juice.

General indicators:

(per 1 serving): 180-200 kcal Proteins: 6 g
Fats: 12 g Carbohydrates: 12 g

Rice with vegetables and soy sauce

Cooking time:  
30 minutes.



Ingredients:



- Rice (brown or brown) - 200 g / 7 oz
- Carrot - 1 pc.
- Bulgarian pepper - 1 pc.
- Onion - 1 pc.
- Soy sauce - 2 tbsp. spoons
- Oil (olive or sesame) - 1 tbsp. spoon
- Salt, pepper - to taste

Method of preparation:

Boil the rice until ready. Cut the vegetables into cubes: carrots, peppers and onions. Heat the oil in a pan, fry the onion until soft, then add the carrots and pepper. Fry for another 5-7 minutes. Add ready rice, soy sauce, salt and pepper, mix. Cook for another 2-3 minutes to allow the flavors to blend. Serve hot.

General indicators: (per 1 serving): 250-270 kcal Proteins: 6 g Fats: 8 g
Carbohydrates: 40 g

Salad with quinoa and vegetables (can be used as a side dish)

Cooking time:  
25 minutes.



Ingredients:

- Boiled quinoa - 100 g / 3.5 oz
- Cucumber - 1 pc.
- Tomato - 1 pc.
- Bulgarian pepper - 1 pc.
- Lemon juice - 1 tbsp. spoon
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste
- Fresh herbs (parsley or mint) - optional

Method of preparation:

Boil quinoa (40 g) in salted water according to the instructions (about 15-20 minutes). Cut vegetables into cubes: cucumber, tomato, pepper.

Mix ready quinoa with vegetables, pour olive oil and lemon juice.



Salt, pepper to taste and sprinkle with fresh herbs.

Serve chilled or at room temperature.

General indicators:

(per 1 serving): 230-250 kcal Proteins: 8 g Fats: 10 g
Carbohydrates: 30 g

Baked beets with olive oil and balsamic vinegar

Cooking time:  
40 minutes.

Ingredients:

- Beet - 2 pcs.
- Olive oil - 1 tbsp. spoon
- Balsamic vinegar - 1 tbsp. spoon
- Salt, pepper - to taste
- Fresh greens (parsley or arugula) - optional



Method of preparation:

Peel the beets and cut them into small pieces or slices.



Mix beets with olive oil, balsamic vinegar, salt and pepper.

Put the beets on a baking sheet and bake in an oven heated to 180°C for 30-35 minutes, until they become soft and golden.

Serve with sprinkled fresh herbs.

General indicators: (per 1 serving): 160-180 kcal Proteins: 4 g Fats: 8 g Carbohydrates: 22 g

Buckwheat with vegetables and soy sauce

Cooking time:  
25 minutes.

Ingredients:

- Buckwheat - 200 g / 7 oz
- Carrot - 1 pc.
- Onion - 1 pc.
- Bulgarian pepper - 1 pc.
- Soy sauce - 2 tbsp. spoons
- Oil (olive or sesame) - 1 tbsp. spoon
- Salt, pepper - to taste



Method of preparation:

Boil buckwheat until ready (15 minutes).

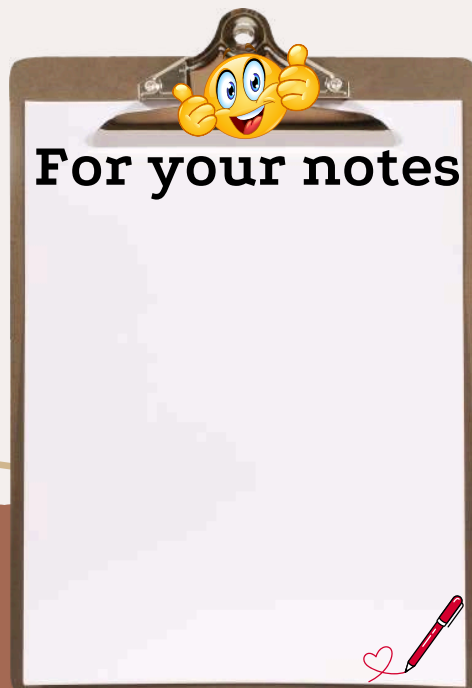
Cut the vegetables into cubes: carrots, onions and peppers.

Heat the oil in a pan, fry the onion until soft, then add the carrots and pepper.

Cook vegetables for 5-7 minutes, then add boiled buckwheat and soy sauce.

Stir, salt, pepper and cook for another 2-3 minutes.

General indicators:
(for 1 portion of 350g): 230-250 kcal
Proteins: 7 g Fats: 6 g Carbohydrates: 40 g





EGGPLANT DISHES



These eggplant dishes are tasty, light and healthy. They are low in calories and can be a great addition to anything. These delicious meals add vitamins, antioxidants and healthy fats to your diet. They are ideal for a healthy diet and will be a great addition to main dishes.

Baked eggplants with garlic and olive oil

Cooking time: 30 minutes.  

Ingredients:

- Eggplant - 2 pcs.
- Olive oil - 2 tbsp. spoons
- Garlic - 2 cloves
- Salt, pepper - to taste
- Fresh herbs (parsley or basil) - optional.





Method of preparation:

Cut the eggplants into rings or bars. Salt the eggplants and leave for 10 minutes to release the bitterness. Then rinse them under cold water and dry them with a paper towel. Place the eggplants on a baking sheet, drizzle with olive oil, sprinkle with chopped garlic, salt and pepper. Bake in an oven heated to 180°C for 20-25 minutes, until the eggplants become soft and slightly golden. Serve sprinkled with fresh herbs

General indicators:

(per 1 serving):120-140 kcal Proteins: 2 g
Fats: 10 g Carbohydrates: 12 g

Sauteed eggplant and vegetables

Cooking time: 30 minutes.  

Ingredients:

- Eggplant - 2 pcs.
- Onion - 1 pcs.
- Bulgarian pepper - 1 pc.
- Tomatoes - 2 pcs.
- Olive oil - 2 tbsp. spoons
- Salt, pepper - to taste
- Garlic - 2 cloves



Method of preparation:



Cut the eggplants into cubes, add salt and leave for 10 minutes to remove the bitterness. Dice the onion and bell pepper, and cut the tomatoes into small pieces. Heat the oil in a pan, fry the onion until golden. Add the eggplants and fry for 5-7 minutes. Then add the bell pepper, tomatoes and chopped garlic. Cook for another 5-7 minutes, until the vegetables are soft. Serve hot.

General indicators:

(per 1 serving):160-180 kcal Proteins: 3 g Fats:
12 g Carbohydrates: 20 g

Grilled eggplant with tahini sauce



Cooking time:  
20 minutes.



Ingredients:

- Eggplant - 2 pcs.
- Olive oil - 1 tbsp. spoon
- Tahini sauce - 2 tbsp. spoons
- Lemon juice - 1 tbsp. spoon
- Garlic - 1 clove
- Salt, pepper - to taste
- Fresh greens (cilantro or parsley) - for serving



Method of preparation:

Cut the eggplants into round slices or longitudinal parts. Drizzle the eggplants with olive oil, salt and pepper. Fry them on the grill or grill pan until golden on both sides (5-7 minutes). For the sauce, mix tahini with lemon juice, chopped garlic, salt and pepper. Serve the eggplants drizzled with tahini sauce and sprinkled with fresh herbs.

General indicators:

(per 1 serving): 200-220 kcal Proteins: 6 g
Fats: 18 g Carbohydrates: 12 g

Eggplants with feta and tomatoes

Cooking time:  
30 minutes.



Ingredients:

- Eggplant - 2 pcs.
- Feta cheese - 80 g / 2.8 oz
- Tomatoes - 2 pcs.
- Olive oil - 1 tbsp. spoon
- Garlic - 1 clove
- Salt, pepper - to taste
- Fresh greens (parsley or basil) - for serving

Method of preparation:

Cut the eggplants into slices and salt, leave for 10 minutes. Wash and dry the eggplants. Fry the eggplants in a pan with olive oil until golden brown. Cut the tomatoes into cubes, and crumble the feta into small pieces. Put the eggplants on a plate, spread the tomatoes and feta cheese on top. Salt, pepper, add chopped garlic. Serve with sprinkled fresh herbs



General indicators:

(per 1 serving): 180-200 kcal Proteins: 7 g
Fats: 14 g Carbohydrates: 12 g

Eggplants with ricotta and spinach

Cooking time:  
30 minutes.



Ingredients:

- Eggplant - 2 pcs.
- Ricotta cheese - 100 g / 3.5 oz
- Spinach - 50 g / 1.8 oz
- Olive oil - 1 tbsp. spoon
- Garlic - 1 clove
- Salt, pepper - to taste
- Lemon juice - 1 tbsp. spoon

Method of preparation:

Cut the eggplants into slices and salt, leave for 10 minutes. Wash and dry the eggplants. Fry the eggplants in a pan with olive oil until golden brown. Chop the spinach and fry it in a separate pan with garlic. Mix spinach with ricotta, salt, pepper and lemon juice. Put the eggplants on a baking sheet, fill them with the cheese mixture and bake in the oven at a temperature of 180°C for 10 minutes. Serve hot, garnished with fresh herbs.



General indicators:

(per 1 serving): 220-240 kcal Proteins: 12 g
Fats: 16 g Carbohydrates: 14 g



FISH DISHES



These fish dishes are not only tasty, but also good for your health, as they contain a lot of proteins, healthy fats and vitamins. They are ideal for healthy eating and can be light dinners or lunches.

Here are some interesting and original recipes for fish dishes that are suitable for healthy eating and will add novelty to your diet.

Fish baked in cheese soufflé (250 g)

Cooking time: 20 minutes.  

Ingredients:

- lean fish 120 g / 4.2 oz
- 1 egg
- cheese 20 g / 0.7 oz
- yogurt 50 ml / 1.76 oz
- spices for fish.

Salad:

- cabbage 50 g / 1.76 oz
- cucumber 50 g / 1.76 oz
- 1 tbsp olive oil.





Method of preparation:

Cut the fish, mix the yolk with yogurt, spices, and grated cheese. Beat the egg white with lemon juice until foamy, carefully mix with the yolk. Put the fish in a form, pour the egg mixture. Bake at 200 degrees for 15 minutes.

General indicators:

250 Kcal Proteins: 28 g Fats: 11 g
Carbohydrates: 6 g.

Grilled fish with salad and olives

Cooking time: 20 minutes.  

Ingredients:

- 200 g of fish (salmon, cod, tuna) / 7.05 oz
- 100 g of green salad / 3.53 oz
- 50 g olives / 1.76 oz
- 1 tbsp. olive oil 15 g / 0.53 oz
- Spices: salt, pepper, lemon juice

Method of preparation:



Season the fish and bake it on the grill or in the oven. Mix the salad with olives, pour oil and lemon juice.

General indicators:

310 kcal Proteins: 50 g Fats: 55 g
Carbohydrates: 10 g



Baked cod with cheese and broccoli

Cooking time: 30 minutes.  

Ingredients:

- Cod (or any white fish) – 200 g /7.05 oz
- Broccoli - 100 g /3.53 oz
- Hard cheese (mozzarella or cheddar) - 30 g / 1.06 oz
- Olive oil - 10 g 0.35 oz
- Lemon - 1/2 pc.





Method of preparation:

Bake the fish in the oven at 180°C until done. Cook the broccoli in a steamer or in a pan. Serve the broccoli rabe with a sprinkle of cheese and a drizzle of lemon juice.

General indicators:

450 kcal Proteins: 45 g Fats: 28 g
Carbohydrates: 5 g

Baked fish with vegetables

Cooking time: 30 minutes.  



Ingredients:

- Fish fillet (salmon, cod or other) - 400 g / 14 oz
- Onion - 1 pc.
- Tomatoes - 2 pcs.
- Zucchini - 1 pc.
- Bulgarian pepper - 1 pc.
- Olive oil - 2 tbsp. spoons
- Salt, pepper, lemon - to taste
- Fresh greens for decoration



Method of preparation:

Wash and dry the fish. Salt, pepper and sprinkle with lemon juice. Cut vegetables into cubes or slices. Heat the oil in a heat-resistant dish or on a baking sheet, lay out the vegetables and fish. Bake in a preheated oven at a temperature of 180°C for 20–25 minutes, until the fish becomes soft and easily separates into fibers. Serve hot, sprinkled with fresh herbs.

General indicators: (for 1 portion of 350g)

220-250 kcal Proteins: 25 g Fats: 15 g
Carbohydrates: 10 g

Mashed fish soup

Cooking time: 35 minutes.  

Ingredients:

- Fish fillet (cod, zander, salmon) – 300 g /10.5 oz
- Potatoes - 2 pcs.
- Carrot - 1 pc.
- Onion - 1 pc.
- Olive oil - 1 tbsp. spoon
- Salt, pepper, bay leaf - to taste
- Water or broth - 1 liter





Method of preparation:

Cut the vegetables into cubes. Heat the oil in a pan and fry the onion until transparent. Add carrots and potatoes, pour water or broth and bring to a boil. Cook vegetables until soft (10–15 minutes). Add fish, salt, pepper and bay leaf, cook for another 10 minutes. Use a blender to puree the soup. Serve with a pinch of black pepper and greens.

General indicators: (per 1 serving):

180-200 kcal Proteins: 20 g Fats: 5 g
Carbohydrates: 18 g

Grilled fish with lemon and garlic

Cooking time:  
20 minutes.



Ingredients:



- Fish fillet (salmon, trout or other) - 400 g / 14 oz
- Lemon - 1 pc.
- Garlic - 3 cloves
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste

Method of preparation:

Wash and dry the fish, add salt and pepper. Chop the garlic and cut the lemon into thin slices. Pour over the fish with olive oil and sprinkle with garlic. Place the lemon slices on the fish. Cook on the grill or in a grill pan for 5-7 minutes on each side, until the fish turns golden. Serve hot, garnished with lemon.

General indicators: (per 1 serving)
250-270 kcal Proteins: 30 g Fats: 15 g
Carbohydrates: 5 g

Steamed fish cutlets

Cooking time:  
25 minutes.



Ingredients:



- Fish fillet (zander, cod) — 400 g / 14 oz
- Egg - 1 pc.
- Oatmeal (oat flakes) - 2 tbsp. spoons
- Garlic - 1 clove
- Salt, pepper - to taste
- Fresh greens (dill, parsley) - optional
- Water or broth - 1 liter

Method of preparation:

Grind the fish fillet in a blender or meat grinder. Add the egg, oatmeal, chopped garlic, salt and pepper. Knead the minced meat and form patties. Steam the patties for 15-20 minutes. Serve with vegetables or side dish of your choice.

General indicators: per (1 serving):
200 -220 kcal Proteins: 25 g Fats: 10 g
Carbohydrates: 8 g

Fish fillet with vegetable side dish

Cooking time:  
25 minutes.



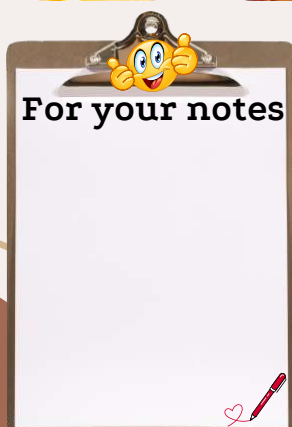
Ingredients:

- Fish fillet (salmon or cod) - 400 g / 14 oz
- Broccoli - 200 g / 7 oz
- Carrot - 1 pc.
- Onion - 1 pc.
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste

Method of preparation:

Salt, pepper the fish and bake in the oven at 180°C for 15-20 minutes until ready. Cut the broccoli and carrots, chop the onion. Lightly fry the vegetables in a pan with olive oil until soft. Serve the fish with a vegetable side dish.

General indicators (per 1 serving):250-270 kcal Proteins: 30 g Fats: 15 g
Carbohydrates: 12 g





FUSION —it is a cooking style that combines elements of different national cuisines, creating unique and original dishes.



These fusion recipes with fish allow you to experiment with different culinary traditions, combining ingredients from different cuisines of the world to create original and delicious dishes. They help preserve the beneficial properties of fish, while adding exotic notes to your diet!

Salmon with pumpkin and orange sauce

Cooking time:  
35 minutes.

Ingredients:

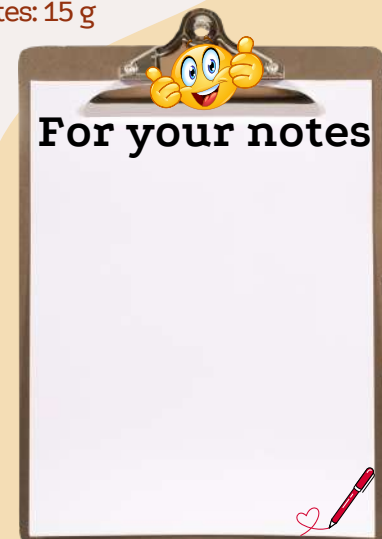
- Salmon fillet - 300 g / 10.5 oz
- Pumpkin - 200 g / 7 oz
- Orange juice - 100 ml / 3.4 oz
- Honey - 1 tbsp. spoon
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste
- Thyme or rosemary for flavor

Method of preparation:



Cut the pumpkin into cubes, pour olive oil and bake in the oven at 180°C for 20 minutes. Salt and pepper the salmon and fry in a pan for 4-5 minutes on each side. In a separate saucepan, mix orange juice, honey and thyme, bring to a boil and cook for 5-7 minutes until the sauce reduces in volume.

Serve salmon with baked pumpkin, drizzled with orange sauce.

General indicators: per (1 serving): 280-300 kcal Proteins: 30 g Fats: 18 g Carbohydrates: 15 g



Salmon tartare with avocado and soy sauce

Cooking time:  
15 minutes.

Ingredients:

- Salmon fillet - 200 g / 7 oz
- Avocado - 1 pc.
- Red onion - 1 tbsp. spoon
- Soy sauce - 2 tbsp. spoons
- Lemon juice - 1 tsp. spoon
- Sesame (dill) - for sprinkling
- Garlic - 1 clove
- Sesame oil - 1 tsp. spoon
- Salt, pepper - to taste





Method of preparation:

Cut the salmon fillet into small cubes. Peel the avocado and cut it into cubes. Chop the garlic, cut the red onion into thin slices. Mix salmon, avocado, onion, garlic, soy sauce and lemon juice. Add sesame oil, mix. Serve the tartar on a plate, sprinkled with sesame or dill.

General indicators: per (1 serving) 250-270 kcal Proteins: 22 g Fats: 18 g Carbohydrates: 10 g

Fish tacos with mango and avocado

Cooking time:  
25 minutes.

Ingredients:

- White fish fillet (cod, haddock) — 300 g / 10.5 oz
- Lavash or corn tortillas — 4 pcs.
- Avocado - 1 pc.
- Mango - 1 pc.
- Red cabbage - 50 g / 1.8 oz
- Lime - 1 pc.
- Chili — 1 pc.
- Sour cream or Greek yogurt - 2 tbsp. spoons
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste





Method of preparation:

Fry the fish in a pan with oil until ready, salt and pepper. Peel the mango and avocado and cut them into cubes. Cut the cabbage into thin strips, cut the chili into rings. Toast pita bread or tortillas in a dry pan or in the oven. Place fish, mango, avocado and cabbage on each tortilla. Serve with yogurt or sour cream, drizzled with lime juice.

General indicators: per (1 serving) 350-380 kcal Proteins: 30 g Fats: 20 g Carbohydrates: 25 g

Sushi roll with salmon and avocado with mango sauce

Cooking time:  
30 minutes.

Ingredients:

- Salmon fillet - 150 g / 5.3 oz
- Sushi rice — 100 g / 3.5 oz
- Nori sheets - 2 pcs.
- Avocado - 1 pc.
- Mango - 1 pc.
- Soy sauce - 2 tbsp. spoons
- Wine vinegar - 1 tbsp. spoon
- Salt, sugar - to taste





Method of preparation:

Prepare sushi rice, mix it with wine vinegar, salt and sugar. Cut the salmon into thin strips. Peel the mango and cut it into small pieces. Spread the nori sheets on a bamboo mat, place the rice on them, leaving 2 cm on one side. Add salmon, avocado and mango. Twist the roll into a roll and cut into portions. For the sauce: mix mango and soy sauce, mix until smooth. Serve the roll with mango sauce.

General indicators: 300-350 kcal Proteins: 18 g Fats: 12 g Carbohydrates: 35 g

Fish in coconut curry with basmati rice

Cooking time:  
30 minutes.



Ingredients:

- Fish fillet (cod or haddock) - 300 g / 10.5 oz
- Coconut milk - 200 ml / 7 oz
- Curry - 1 tsp. spoon
- Garlic - 2 cloves
- Lemon juice - 1 tbsp. spoon
- Sesame oil - 1 tbsp. spoon
- Basmati rice - 100 g / 3.5 oz
- Salt, pepper - to taste



Method of preparation:

Prepare the basmati rice according to the instructions on the package. Cut the fish fillet into portions. Heat sesame oil in a pan, add chopped garlic and fry until fragrant. Add coconut milk, curry, lemon juice, salt and pepper. Put the fish in the sauce and cook over low heat for 10-12 minutes.

Serve with ready rice.

General indicators: (per 1 serving) 320-350 kcal Proteins: 25 g Fats: 18 g Carbohydrates: 30 g

Fish burger with mango sauce and crispy salad

Cooking time:  
30 minutes.

Ingredients:

- Fish fillet (salmon or haddock) - 300 g / 10.5 oz
- Burger buns - 2 pcs.
- Mango - 1 pc.
- Natural yogurt - 2 tbsp. spoons
- Lettuce leaves - 4-5 leaves
- Red onion - 1 pc.
- Lemon - 1 pc.
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste



Method of preparation:

Cut the fish fillet and form patties from it. Fry in a pan with oil for 4-5 minutes on each side. Peel the mango and cut it into small pieces.

Mix yogurt with mango for the sauce, add lemon juice, salt and pepper.



Cut the onion into thin rings. Assemble the burger: put lettuce leaves, fish cutlet, onion rings on a bun and pour mango sauce over it.

Serve with vegetables or potatoes.

General indicators: (per 1 serving) 350-370 kcal Proteins: 30 g Fats: 20 g Carbohydrates: 25 g

Here are some more interesting fusion recipes with fish that combine traditional ingredients from different cuisines to create new and delicious dishes:

Salmon with Asian marinade and ginger-garlic sauce

Cooking time:  
20 minutes.

Ingredients:

- Salmon fillet - 300 g / 10.5 oz
- Soy sauce - 3 tbsp. spoons
- Honey - 1 tbsp. spoon
- Ginger (grated) - 1 tsp. spoon
- Garlic (chopped) - 1 clove
- Lemon juice - 1 tbsp. spoon
- Olive oil - 1 tbsp. spoon
- Sesame (for sprinkling) - to taste



sauce



Method of preparation:

Mix soy sauce, honey, grated ginger, garlic and lemon juice.

Marinate the salmon for 10-15 minutes in this marinade. Fry the salmon in a heated pan with oil for 4-5 minutes on each side. Serve sprinkled with sesame seeds.

General indicators: (per 1 serving) 280-300 kcal Proteins: 25 g Fats: 18 g Carbohydrates: 12 g

Fish steak with coconut-lime sauce and cucumber and mango salad

Cooking time:  
30 minutes.

Ingredients:

- Fish fillet (cod or salmon) – 300 g / 10.5 oz
- Coconut milk – 100 ml / 3.4 oz
- Lime - 1 pc.
- Mango - 1 pc.
- Cucumber - 1 pc.
- Olive oil - 1 tbsp. spoon
- Garlic - 1 clove
- Salt, pepper - to taste





Method of preparation:

Prepare the fish steak: salt and pepper, fry in a pan with oil for 4-5 minutes on each side. For the sauce, mix the coconut milk, lime juice, minced garlic and a pinch of salt. For the salad, cut mango and cucumber into cubes, mix. Serve the steak with coconut-lime sauce and a fresh salad.

General indicators: (per 1 serving) 350-370 kcal Proteins: 28 g Fats: 22 g Carbohydrates: 18 g

Breaded fish with chia and black sesame

Cooking time:  
20 minutes.

Ingredients:

- Fish fillet (haddock or cod) – 300 g / 10.5 oz
- Egg - 1 pc.
- Chia seeds - 2 tbsp. spoon
- Black sesame - 1 tbsp. spoon
- Flour (oat or corn) - 3 tbsp. spoons
- Olive oil - 1 tbsp. spoon
- Lemon juice - 1 tbsp. spoon
- Salt, pepper - to taste





Method of preparation:

Roll the fish in flour, then in egg and chia seeds with black sesame. Fry the fish in a pan with olive oil until golden brown, 4-5 minutes on each side. Serve with lemon juice and fresh vegetables or rice.

General indicators: (per 1 serving) 300-320 kcal Proteins: 28 g Fats: 18 g Carbohydrates: 14 g

Fish fillet in honey sauce with mango and curry

Cooking time:  
25 minutes.

Ingredients:

- Fish fillet (salmon or cod) – 300 g / 10.5 oz
- Honey - 1 tbsp. spoon
- Mango - 1 pc.
- Curry - 1 tsp. spoon
- Lemon - 1 pc.
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste





Method of preparation:

Salt and pepper the fish fillet, fry in a pan with olive oil until golden brown. Peel the mango and cut it into cubes, add honey and curry, mix. Serve fish with mango sauce, drizzled with lemon juice.

General indicators: (per 1 serving) 290-310 kcal Proteins: 26 g Fats: 18 g Carbohydrates: 15 g

MEAT DISHES

Meatballs with bulgur in tomato sauce (300 g)

Cooking time:  
30 minutes.



Ingredients:



- Minced beef or chicken - 100 g / 3.5 oz
- Onion - 30 g / 1 oz
- Carrots (grated) - 30 g / 1 oz
- Boiled bulgur (until semi-ready) - 50 g / 1.75 oz
- Tomato paste - 1 tbsp. l
- Natural yogurt - 50 ml / 1.7 oz
- Garlic, greens, spices to taste

Method of preparation:

Mix the minced meat with onions, carrots, bulgur, greens and spices. Form meatballs and place them on a baking sheet or in foil. Mix tomato paste, yogurt and seasonings, pour the sauce over the meatballs. Add a little water if necessary. Bake for 20 minutes in the oven at 180°C.

General indicators: (per 1 serving) 350-370 kcal Proteins: 30 g Fats: 20 g Carbohydrates: 25 g

Chicken muffins with mushrooms (250 g)

Cooking time:  
20 minutes.



Ingredients:



- Minced chicken - 100 g / 3.5 oz
- Mushrooms (grated) - 100 g / 3.5 oz
- Egg - 1 pc
- Spices, greens to taste
- Lettuce - 20 g / 0.7 oz

Method of preparation:

Mix minced meat with grated mushrooms, egg, herbs and spices. Pour into muffin tins or a small baking dish. Bake for 15 minutes in the oven at a temperature of 180°C.

General indicators: (per 1 serving) 180 kcal Proteins: 20 g Fats: 7 g Carbohydrates: 5 g

Minestrone with meatballs (300 g)

Cooking time:  
30 minutes.



Ingredients:

- Rabbit or chicken meatballs - 100 g / 3.5 oz
- Bell pepper - 50 g / 1.75 oz
- Cauliflower, broccoli or green beans - 100 g / 3.5 oz
- Onion, red pepper, herbs to taste
- Water - 150 ml / 5 oz



Method of preparation:

Add meatballs to boiling water and cook for 5 minutes. Add all the chopped vegetables (or frozen vegetable mixture) and cook on low heat until tender.

General indicators: (per 1 serving) 220 kcal Proteins: 20 g Fats: 8 g Carbohydrates: 15 g

Alternative: 100 g of ready-made fillet, 150 g of vegetables, 1 tsp. l of olive oil.

Chicken fillet with tomato sauce and green salad

Cooking time:  
20 minutes.



Ingredients:



- Chicken fillet - 150 g / 5.29 oz
- Tomato sauce without sugar - 50 g / 1.76 oz
- Lettuce leaves - 100 g / 3.53 oz
- Olive oil - 10 g / 0.35 oz
- Garlic - 1 clove

Method of preparation:

Fry the chicken fillet in a pan with oil until ready. Add garlic and tomato sauce to the chicken, simmer for another 5 minutes. At the same time, prepare a salad of lettuce leaves and olive oil. Serve the chicken with tomato sauce and salad.

General indicators: (per 1 serving) 530 kcal Proteins: 48 g Fats: 34 g Carbohydrates: 15 g

Grilled turkey with zucchini and tomatoes

Cooking time:  
20 minutes.



Ingredients:



- Turkey fillet - 200 g / 7.05 oz
- Zucchini - 100 g / 3.53 oz
- Tomatoes - 100 g / 3.53 oz
- Olive oil - 10 g / 0.35 oz

Method of preparation:

10 minutes: Grill the turkey fillet until golden brown.
5 minutes: Cut zucchini and tomatoes, fry them with oil until soft.
Serve turkey with vegetables.

General indicators: (per 1 serving) 420 kcal
Proteins: 43 g Fats: 26 g
Carbohydrates: 7 g

Chicken with cream sauce and parmesan

Cooking time:  
30 minutes.



Ingredients:

- Chicken fillet - 200 g / 7.05 oz
- Cream 20% - 50 g / 1.76 oz
- Parmesan - 30 g / 1.06 oz
- Garlic - 1 clove
- Olive oil - 10 g / 0.35 oz



Method of preparation:

Fry the chicken fillet until golden brown. In a separate pan with cream, heat the garlic, add the grated Parmesan and mix well. Pour the sauce over the chicken and serve.

General indicators: (per 1 serving) 480 kcal
Proteins: 45 g Fats: 32 g Carbohydrates: 4 g

Here are some interesting fusion recipes with various meats that combine elements of different cuisines to create original and tasty dishes:

Beef steak with teriyaki sauce and grilled vegetables

Cooking time:  
30 minutes.



Ingredients:



- Beef steak (such as ribeye) – 250 g / 8.8 oz
- Soy sauce - 3 tbsp. spoons
- Honey - 1 tbsp. spoon
- Garlic - 1 clove
- Olive oil - 1 tbsp. spoon
- Vegetables (pepper, zucchini, eggplant) - 200 g / 7 oz
- Salt, pepper - to taste
- Lemon juice - 1 tbsp. spoon

Method of preparation:

Salt, pepper and fry the steak in a heated pan or grill until desired doneness. For the sauce, mix soy sauce, honey, garlic and lemon juice. Heat over medium heat until thickened. Cut the vegetables, salt, pepper and fry them on the grill or pan until soft. Serve the steak with teriyaki sauce and a side of vegetables.

General indicators: (per 1 serving) 500-550 kcal
Proteins: 35 g Fats: 30 g
Carbohydrates: 15 g

Chicken fajitas with vegetables and avocado

Cooking time:  
20 minutes.



Ingredients:

- Chicken fillet - 300 g / 10.5 oz
- Lettuce leaves - 4-5 leaves
- Bulgarian pepper - 1 pc.
- Red onion - 1 pc.
- Avocado - 1 pc.
- Lemon - 1 pc.
- A mixture of spices for fajitas (chili, cumin, paprika) – 1 tsp. spoon
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste



Method of preparation:

Cut the chicken fillet into strips, salt, pepper, add spices and fry in a pan with oil. Cut pepper and onion into strips, avocado into cubes.

When the chicken is ready, add the vegetables and fry for a few more minutes. Serve in a salad with avocado and lemon juice.

General indicators: (per 1 serving) 350-380 kcal Proteins: 30 g Fats: 18 g Carbohydrates: 20 g

Beef and pork meatballs in honey-mustard sauce

Cooking time:  
40 minutes.



Ingredients:

- Ground beef - 200 g / 7 oz
- Minced pork - 200 g / 7 oz
- Egg - 1 pc.
- Onion - 1 pc.
- Breadcrumbs - 2 tbsp
- Honey - 1 tbsp. spoon
- Mustard - 1 tsp. spoon
- Soy sauce - 1 tbsp. spoon
- Oil for frying - 1 tbsp. spoon



Method of preparation:

Mix ground beef and pork, add egg, finely chopped onion and breadcrumbs. Form meatballs. Fry them in oil until golden brown.

For the sauce, mix honey, mustard and soy sauce, heat in a pan. Pour the sauce over the meatballs and simmer for another 10 minutes.

General indicators: (per 1 serving) 400-420 kcal Proteins: 28 g Fats: 28 g Carbohydrates: 10 g

Chicken strips in coriander breading with sweet and sour sauce

Cooking time:  
25 minutes.



Ingredients:

- Chicken fillet - 300 g / 10.5 oz
- Breadcrumbs - 50 g / 1.7 oz
- Coconut shavings - 2 tbsp. spoons
- Ground coriander - 1 tsp. spoon
- Egg - 1 pc.
- Sweet and sour sauce - 3 tbsp. spoons
- Oil for frying - 2 tbsp. spoons



Method of preparation:

Cut the chicken fillet into strips. Beat an egg in one plate, mix breadcrumbs, coconut flakes and coriander in another. Dip the chicken in egg, then in breadcrumbs, fry in a pan until golden brown.

Serve with sweet and sour sauce.

General indicators: (per 1 serving) 350-380 kcal Proteins: 30 g Fats: 20 g Carbohydrates: 20 g

Burger with beef, bacon and avocado salsa

Cooking time:  
30 minutes.



Ingredients:

- Ground beef – 250 g / 8.8 oz
- Bacon - 2 slices
- Avocado - 1 pc.
- Tomato - 1 pc.
- Lettuce leaves - 2-3 leaves
- Bread for a burger - 2 buns
- Lemon - 1 pc.
- Salt, pepper - to taste

Method of preparation:

Form meatballs from the minced meat, add salt and pepper, and fry in a pan until desired level of doneness. Fry the bacon until crispy.

For salsa, chop avocado and tomato, mix with lemon juice, salt and pepper.



Assemble the burger: place the patty, bacon, avocado salsa and lettuce on a bun.

General indicators: (per 1 serving)
500-550 kcal Proteins: 35 g Fats: 30 g
Carbohydrates: 30 g

These dishes from a variety of meat combine different culinary traditions and spices, creating new delicious combinations. They are suitable for those who want to diversify their diet and try unusual combinations of flavors!

Here are more delicious and interesting fusion recipes from various meats:

Chicken schnitzels in spicy batter with chili and honey sauce

Cooking time:  
30 minutes.



Ingredients:

- Chicken fillet - 300 g / 10.5 oz
- Flour - 3 tbsp. spoons
- Egg - 1 pc.
- Breadcrumbs - 3 tbsp. spoons
- Paprika - 1 tsp. spoon
- Salt, pepper - to taste
- Garlic - 1 clove
- Olive oil - 1 tbsp. spoon
- Chili sauce - 2 tbsp. spoons
- Honey - 1 tbsp. spoon
- Lemon juice - 1 tsp. spoon

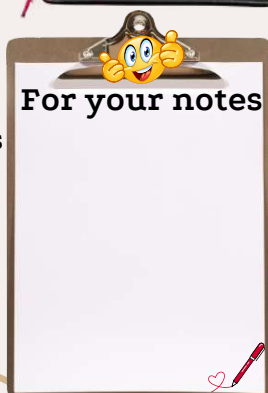
Method of preparation:

Cut the chicken fillet into small pieces, beat. Mix the flour, paprika, salt and pepper in one plate, beat the egg in another, and put the breadcrumbs in the third.

Roll the chicken in flour, then egg and breadcrumbs. Fry the chicken schnitzels in a heated pan until golden brown. For the sauce, mix chili sauce, honey and lemon juice, heat in a pan until thickened.

Serve schnitzels with chili and honey sauce.

General indicators: (per 1 serving)
400-430 kcal Proteins: 30 g Fats: 20 g
Carbohydrates: 30 g





ASSORTED meat and vegetables in one dish

These multi-meat dishes combine classic ingredients and interesting spices to create new, delicious variations on traditional recipes. They are ideal for those who want to diversify their menu and try new culinary combinations.

Here is the recipe for the dish "Assorted meat and vegetables in one dish", which combines various types of meat and vegetables in one delicious dish.



Quartet

Cooking time:  
40 minutes.

Ingredients:

- Beef (meat) — 150 g /5.3 oz
- Pork (fillet) — 150 g /5.3 oz
- Chicken fillet - 150 g / 5.3 oz
- Vegetables (peppers, eggplant, zucchini, tomatoes) - 400 g / 14 oz
- Garlic - 2 cloves
- Olive oil - 2 tbsp. spoons
- Salt, pepper - to taste
- Young paprika - 1 tsp. spoon
- Lemon juice - 1 tbsp. spoon
- Provence herbs - 1 tsp. spoon
- Balsamic vinegar - 1 tbsp. spoon
- Greens (parsley, cilantro) — for decoration



Method of preparation:

Meat preparation:

Cut the beef, pork and chicken into small pieces (about 2-3 cm).

Salt, pepper and season with paprika. Add lemon juice and leave to marinate for 10-15 minutes.

Vegetables:

Cut vegetables into cubes or slices.

If you use eggplant, you can salt it beforehand and leave it for a few minutes so that it releases its bitterness.

Roasting:

Put the meat on a heated pan with oil and fry on all sides until golden brown (5-7 minutes for each type of meat).

In a separate pan or grill, fry the vegetables until soft, adding garlic, herbs de Provence, salt and pepper to taste.

Mix:

At the end, mix the meat and vegetables in one pan or in a heat-resistant form. Add the balsamic vinegar and heat for a few more minutes.

Innings:

Serve assorted meat and vegetables, garnished with fresh herbs.



General indicators: (per 1 serving)
450-500 kcal Proteins: 40 g Fats: 28 g Carbohydrates: 20 g

This tasty and hearty assortment, which combines different types of meat and healthy vegetables, is ideal for lunch or dinner. All ingredients harmonize well with each other,

Here are more options for assorted dishes from different types of meat and vegetables, combining a rich taste and healthy ingredients:

These dishes combine different types of meat and vegetables in one dish, creating a tasty and satisfying assortment. They are suitable for different occasions, be it lunch, dinner or a festive menu, and allow you to diversify your meals.

Assorted chicken, beef and grilled vegetables

Cooking time:  
30 minutes.

Ingredients:

- Chicken fillet - 150 g / 5.3 oz
- Beef (fillet) – 150 g / 5.3 oz
- Zucchini - 100 g / 3.5 oz
- Bell pepper - 100 g / 3.5 oz
- Eggplant – 100 g / 3.5 oz
- Olive oil - 2 tbsp. spoons
- Salt, pepper - to taste
- Lemon juice - 1 tbsp. spoon
- Garlic - 2 cloves
- Herbs (oregano, basil) – 1 tsp. spoon





Method of preparation:

Cut chicken fillet and beef into cubes, fry in a pan or on the grill until ready. Salt, pepper and add garlic and lemon juice. Cut the vegetables and fry them on the grill or in a pan with oil and herbs until soft. Serve assorted meat and vegetables together, garnished with fresh herbs.

General indicators: (per 1 serving)
350-400 kcal Proteins: 40 g Fats: 18 g
Carbohydrates: 15 g

Assorted meat with vegetables in the oven (with chicken, pork and potatoes)

Cooking time:  
50 minutes.

Ingredients:

- Chicken (thigh) – 200 g / 7 oz
- Pork (chops) – 200 g / 7 oz
- Potatoes - 200 g / 7 oz
- Carrot - 1 pc.
- Bulgarian pepper - 1 pc.
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste
- Garlic - 3 cloves
- Provence herbs - 1 tsp. spoon
- Lemon - 1 pc.



Method of preparation:

Cut the vegetables (potatoes, carrots, peppers) and put them in a heat-resistant dish.

Cut the chicken and pork into large pieces, salt, pepper and coat with oil.



Put the meat on top of the vegetables, add garlic and lemon. Sprinkle with Provencal herbs.

Bake everything in a preheated oven at 200°C for 40 minutes until golden brown.

General indicators: (per 1 serving)
500-550 kcal Proteins: 40 g Fats: 25 g
Carbohydrates: 35 g

DISHES WITH POTATOES

Potatoes with vegetables and feta

Cooking time:  
25 minutes.



Ingredients:

- Potatoes - 200 g /7.05 oz
- Vegetables (peppers, zucchini) - 150 g / 5.29 oz
- Feta cheese - 30 g / 1.06 oz
- Olive oil - 10 g /0.35 oz



Method of preparation:

Boil the potatoes and cut them. Fry vegetables in oil. Serve potatoes with vegetables sprinkled with feta cheese.

General indicators: (per 1 serving)

500 kcal Proteins: 12 g Fats: 18 g
Carbohydrates: 70 g

Baked potatoes with tuna and vegetables

Cooking time:  
40 minutes.



Ingredients:

- Potatoes - 200 g /7.05 oz
- Tuna (canned in its own juice) - 150 g / 5.29 oz
- Onion - 50 g /1.76 oz
- Olive oil - 10 g /0.35 oz



Method of preparation:

Bake the potatoes. Mix tuna, onion and pour oil. Serve potatoes with tuna.

General indicators: (per 1 serving)

600 kcal Proteins: 35 g Fats: 15 g
Carbohydrates: 75 g

Potato gratin (270 g)

Cooking time:  
40 minutes.



Ingredients:

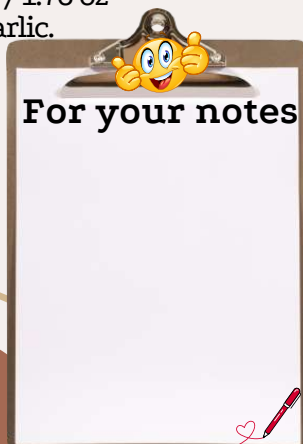
- Potatoes 100 g / 3.53 oz
- Cheese 30 g / 1.06 oz
- Ground beef or chicken 50 g / 1.76 oz
- Onion and tomato 50 g / 1.76 oz
- Greens 20 g / 0.7 oz + garlic.

Method of preparation:

Boil potatoes until half cooked (better in the skin). Grate the cheese, mix the minced meat with onion, garlic, greens and chopped tomato. Cut the potatoes into thin rings. In the foil, lay out layers of potatoes, cheese, minced meat, repeating until finished, and sprinkle cheese on top. Bake in the oven at 180 degrees for 30 minutes.

General indicators: (per 1 serving)

320 Kcal Proteins: 18 g Fats: 12 g
Carbohydrates: 32 g.





PASTA and PIZZA for healthy eating

Pasta with cheese is a delicious and simple recipe for pasta with a light cheese sauce that will not overload your body with extra calories. An ideal option for lovers of cheese and pasta in a healthy diet. These healthy-nutrition pasta recipes are great for maintaining good health by adding healthy ingredients and nutrients without the extra calories.



Pasta with tomato sauce and basil

Cooking time:  
20 minutes.



Ingredients:

- Pasta (whole grain) – 100 g /3.53 oz
- Tomato sauce - 100 g /3.53 oz
- Basil - to taste
- Olive oil - 10 g /0.35 oz



Method of preparation:

Cook the pasta until done. Serve with sauce, drizzled with oil and sprinkled with basil.

General indicators: (per 1 serving)

500 kcal Proteins: 12 g Fats: 12 g
Carbohydrates: 70 g

Pasta with chicken and cauliflower (300 g)

Cooking time:  
25 minutes.



Ingredients:

- Pasta from durum wheat varieties 20 g / 0.7 oz
- Chicken fillet 120 g / 4.2 oz
- Cauliflower 100 g / 3.53 oz
- Tomato 50 g / 1.76 oz
- Yogurt 50 ml / 1.76 oz
- Greens, soy sauce, garlic to taste.



Method of preparation:

Cook pasta, chicken fillet and cauliflower in a pan with olive oil, pour boiling water and simmer covered for 15 minutes. Add tomato and yogurt and spice sauce, simmer for a few more minutes.

General indicators: (per 1 serving)

350 Kcal Proteins: 30 g Fats: 10 g
Carbohydrates: 35 g.

Pasta with tuna and vegetables

Cooking time:  
20 minutes.



Ingredients:

- Pasta from whole wheat flour - 80 g / 2.8 oz
- Tuna (in its own juice) - 120 g / 4.2 oz
- Cherry tomatoes - 100 g /3.5 oz
- Spinach - 50 g /1.8 oz
- Garlic - 2 cloves
- Olive oil - 1 tbsp. spoon 15 g/ 0.5 oz
- Salt, black pepper - to taste
- Lemon - 1 tsp. a spoonful of juice
- Greens (parsley or basil) — 10 g /0.35 oz





Method of preparation:

Cook the pasta in salted water until tender (8-10 minutes). Fry the chopped garlic in olive oil for 1-2 minutes. Add chopped cherry tomatoes and spinach, simmer for 3-4 minutes. Add tuna, lemon juice, salt and pepper. Mix the pasta with the sauce and serve sprinkled with greens.

General indicators: (per 1 serving)

300 kcal Proteins: 28 g Fats:12 g
Carbohydrates:30 g

Pasta with chicken and vegetables

Cooking time:  
25 minutes.

Ingredients:

- Pasta from whole wheat flour - 80 g / 2.8 oz
- Chicken fillet - 150 g / 5.3 oz
- Cherry tomatoes - 150 g / 5.3 oz
- Onion - 50 g / 1.8 oz
- Garlic - 2 cloves
- Olive oil - 1 tbsp. spoon 15 g / 0.5 oz
- Spices: oregano, basil, black pepper - to taste
- Salt to taste
- Greens (parsley, basil) — 10 g / 0.35 oz



Method of preparation:

Preparation of pasta: Cook the pasta in plenty of salted water according to package directions (usually 8-10 minutes). Then drain the water and leave the pasta.

Cooking the chicken: Cut the chicken fillet into small pieces. Fry in olive oil over medium heat until golden brown, about 5-7 minutes.

Cooking vegetables: Finely chop the onion, chop the garlic, cut the cherry tomatoes in half. Add onion and garlic to the chicken and fry for another 2-3 minutes.

Adding tomatoes: Add cherry tomatoes, spices and salt. Stew everything together for another 3-5 minutes, until the tomatoes soften and release their juice.



Mixing with pasta: Mix the finished pasta with chicken and vegetables, mix and heat everything together for another 2-3 minutes.

Innings: Serve the pasta sprinkled with fresh herbs.

General indicators: (per 1 serving)
350 kcal Proteins: 30 g Fats: 10 g
Carbohydrates: 40 g
Portion: 2 servings (350 g per serving)

Pasta with chicken and vegetables is a tasty, light and healthy pasta option that is suitable for proper nutrition. Easy and low-calorie, this recipe delivers Here are some more pasta recipes for proper nutrition:

Pasta with chicken and broccoli

Cooking time:  
25 minutes.

Ingredients:

- Pasta from whole wheat flour - 80 g / 2.8 oz
- Chicken fillet - 150 g / 5.3 oz
- Broccoli - 150 g / 5.3 oz
- Olive oil - 1 tbsp. spoon 15 g / 0.5 oz
- Garlic - 2 cloves
- Lemon - 1 tbsp. a spoonful of juice
- Salt, pepper - to taste
- Greens (parsley) — 10 g / 0.35 oz





Method of preparation:

Cook the pasta in salted water until ready. Fry the chopped chicken with garlic in olive oil for 5-7 minutes. Boil the broccoli separately until soft.

Mix the pasta, chicken and broccoli. Add lemon juice, salt and pepper. Serve with greens.

General indicators: (per 1 serving)
350 kcal Proteins: 34 g Fats: 10 g
Carbohydrates: 35 g

Pizza with chicken and vegetables

Cooking time:  
40 minutes.



Ingredients:

- Whole grain flour - 150 g / 5.3 oz
- Kefir (0% fat) – 100 ml / 3.4 oz
- Egg - 1 pc.
- Baking powder - 1 tsp. spoon
- Salt - 1/2 tsp. spoons

Ingredients for the filling:

- Chicken fillet - 150 g / 5.3 oz
- Tomatoes – 100 g / 3.5 oz
- Bell pepper - 100 g / 3.5 oz
- Spinach leaves - 50 g / 1.8 oz
- Hard cheese (low-calorie, for example, mozzarella or parmesan) - 50 g / 1.8 oz
- Tomato paste - 2 tbsp. spoons 30 g / 1 oz
- Garlic - 1 clove
- Olive oil - 1 tbsp. spoon 15 g / 0.5 oz
- Salt, pepper - to taste
- Oregano, basil - to taste



Method of preparation:

Preparation of the dough: In a large bowl, combine the whole wheat flour, baking powder and salt. Add the egg and kefir. Knead the dough until it becomes elastic. If the dough is too sticky, add a little more flour.

Preparation of the filling: Cut the chicken fillet into small pieces and fry in olive oil with chopped garlic until golden brown (about 5-7 minutes). Then add salt, pepper and oregano. Cut the tomatoes and bell pepper into thin slices.

Forming pizza: Roll out the dough on the parchment to the desired thickness. Transfer it to a baking sheet or baking stone. Brush the surface with tomato paste, leaving the edges without sauce. **Adding the filling:** Spread the fried chicken fillet, tomatoes, bell pepper and spinach evenly on the dough. Sprinkle with grated cheese.

Baking: Bake the pizza in an oven preheated to 200°C for 15-20 minutes or until golden brown.



Innings: Serve the pizza hot, sprinkled with fresh herbs.

General indicators: (per 1 serving)
350 kcal Proteins: 30 g Fats: 12 g
Carbohydrates: 30 g
Portion: 2 servings (1/2 pizza per serving)

Pizza with chicken and vegetables is a healthy pizza option with low calorie content and no harmful ingredients. It is suitable for proper nutrition, allowing you to enjoy your favorite dish without breaking the regime.

Here are more recipes for pizza for proper nutrition:

Pizza with pineapple and chicken

Cooking time:  
20 minutes.



Ingredients:

- Whole grain flour - 150 g / 5.3 oz
- Kefir (0% fat) – 100 ml / 3.4 oz
- Egg - 1 pc.
- Baking powder - 1 tsp. spoon
- Salt - 1/2 tsp. spoons

Ingredients for the filling:

- Chicken fillet - 150 g / 5.3 oz
- Canned pineapple (without sugar) – 100 g / 3.5 oz
- Tomatoes – 100 g / 3.5 oz
- Hard cheese (low-calorie, for example, mozzarella or parmesan) - 50 g / 1.8 oz
- Tomato paste - 2 tbsp. spoons 30 g / 1 oz
- Olive oil - 1 tbsp. spoon 15 g / 0.5 oz
- Garlic - 1 clove
- Salt, pepper - to taste
- Oregano, basil - to taste

General indicators: (per 1 serving)

370 kcal Proteins:30 g Fats:13 g Carbohydrates:32 g

Method of preparation:

Preparation of the dough: In a bowl, mix whole wheat flour, baking powder and salt. Add the egg and kefir. Knead the dough to an elastic consistency. Add more flour if needed.

Preparation of the filling: Cut the chicken fillet into pieces and fry in olive oil with chopped garlic until golden brown (about 5-7 minutes). Add salt, pepper and oregano. Cut the pineapple and tomatoes.



Forming pizza: Roll out the dough on the parchment to the desired thickness. Transfer to a baking sheet or baking stone. Grease the surface with tomato paste.

Adding the filling: Place the chicken, pineapple and tomatoes on the dough. Sprinkle with grated cheese.

Baking: Bake the pizza in an oven heated to 200°C for 15-20 minutes until the crust is golden.

Innings: Serve the pizza hot, garnished with fresh herbs.

Pizza with two cheeses (mozzarella and parmesan)

Cooking time:  
40 minutes.



Ingredients:

- Whole grain flour - 150 g / 5.3 oz
- Kefir (0% fat) – 100 ml / 3.4 oz
- Egg - 1 pc.
- Baking powder - 1 tsp. spoon
- Salt - 1/2 tsp. spoons

Ingredients for the filling:

- Mozzarella (low-calorie) – 100 g / 3.5 oz
- Parmesan (grated) - 30 g / 1 oz
- Tomato paste - 2 tbsp. spoons 30 g / 1 oz
- Tomatoes – 100 g / 3.5 oz
- Olive oil - 1 tbsp. spoon 15 g / 0.5 oz
- Garlic - 1 clove
- Salt, pepper - to taste
- Oregano, basil - to taste

General indicators: (per 1 serving)

380 kcal Proteins: 25 g Fats: 18 g Carbohydrates: 30 g

Method of preparation:

Preparation of the dough: Mix flour, baking powder, salt, egg and kefir. Knead the dough so that it becomes soft and elastic.

Preparation of the filling: Cut the tomatoes into thin slices. Grate or cut the mozzarella into slices. Grate Parmesan.

Forming pizza: Roll out the dough on parchment paper to desired thickness and transfer to a baking sheet or baking stone. Spread with tomato paste.

Adding the filling: Put tomatoes, mozzarella and parmesan on the pizza. Sprinkle with oregano and basil.



Baking: Bake the pizza in an oven heated to 200°C for 15-20 minutes, until the dough is browned and the cheese melts.

Innings: Serve the pizza hot, sprinkled with fresh herbs.

DESSERTS and baked goods can be healthy meals!

These pumpkin desserts are not only delicious, but also good for your health. They are low in calories, rich in fiber and vitamins to help keep you fit and healthy

Cheesecake without baking

Cooking time:  
20 minutes.



Ingredients:

- Oat flakes - 100 g / 3.5 oz
- Almonds (or other nuts to your taste) - 50 g / 1.8 oz
- Coconut shavings - 30 g / 1 oz
- Dates - 4 pcs.
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz



Ingredients for the filling:

- Cottage cheese 5% — 250 g / 8.8 oz
- Natural yogurt (without sugar) - 150 g / 5.3 oz
- Honey or stevia - to taste
- Lemon juice - 1 tbsp. spoon
- Gelatin - 1 tsp. spoon (5 g)
- Water (for dissolving gelatin) - 30 ml / 1 oz
- Vanilla extract - a few drops

General indicators: (per 1 serving)

250 kcal Proteins:8 g Fats: 16 g Carbohydrates: 20 g

Apple pie without sugar

Cooking time:  
40 minutes.



Ingredients:

- Apples - 3 pcs. about 400 g / 14 oz
- Eggs - 2 pcs.
- Oats (oats ground into flour) — 100 g / 3.5 oz
- Kefir (0% fat) — 100 ml / 3.4 oz
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz
- Stevia or honey - to taste
- Baking powder - 1 tsp. spoon
- Vanilla - a few drops

General indicators: (per 1 serving)

250 kcal Proteins:8 g Fats: 16 g Carbohydrates: 20 g



Method of preparation:

Preparation of the base: Grind the oatmeal and almonds in a blender to the consistency of crumbs. Add coconut shavings and dates. Mix everything and add coconut oil. The dough must be moist to hold its shape. Transfer to a baking dish, compact and form the cheesecake base. Place in the refrigerator for 10-15 minutes.

Preparation of the filling: Pour gelatin with water and let it swell. Then heat over low heat to dissolve and let cool.

Mixing the filling: In a blender, mix cottage cheese, yogurt, honey, lemon juice and vanilla extract until smooth. Add the dissolved gelatin and mix well.

Forming the dessert: Pour the resulting filling on the base of oatmeal and nuts. Distribute evenly and cool in the refrigerator for at least 3-4 hours (preferably overnight).

Innings: Before serving, you can decorate the dessert with fresh berries or honey.

Method of preparation:

Preparation of apples: Peel the apples and cut them into small cubes.

Preparation of the dough: In a separate bowl, beat the eggs, add kefir, stevia or honey, coconut oil and vanilla. Mix all the ingredients well.



Adding dry ingredients: In another bowl, mix the oats, baking powder and add to the liquid mixture. Mix until a uniform dough is formed.

Connection with apples: Add the apples to the batter and mix gently.

Baking: Pour the batter into a baking dish lined with parchment.

Bake at 180°C for 30-35 minutes until golden brown.

Chocolate muffins

Cooking time:  
30 minutes.





Ingredients:

- Whole wheat flour - 120 g / 4.2 oz
- Cocoa powder (unsweetened) — 2 tbsp. spoons 10 g
- Eggs - 2 pcs.
- Banana - 1 pc. (approx. 100 g / 3.5 oz)
- Milk (0% fat) — 100 ml / 3.4 oz
- Stevia or honey - to taste
- Baking powder - 1 tsp. spoon
- Vanilla extract - a few drops
- Chocolate (70% cocoa, no sugar) — 30 g / 1 oz
- Olive oil or coconut oil - 1 tbsp. spoon 15 g / 0.5 oz

General indicators: (per 1 serving)

160 kcal Proteins: 4 g Fats: 8 g Carbohydrates: 18 g

Chocolate oatmeal bars

Cooking time:  
40 minutes.





Ingredients:

- Oat flakes - 200 g / 7 oz
- Cocoa powder - 2 tbsp. spoons 10 g
- Honey - 2 tbsp. spoons 30 g
- Milk (0% fat) — 100 ml / 3.4 oz
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz
- Dark chocolate (70% cocoa) — 50 g / 1.8 oz

General indicators: (per 1 serving)

250 kcal Proteins: 8 g Fats: 16 g Carbohydrates: 20 g

Pancakes on banana puree

Cooking time:  
20 minutes.



Ingredients:

- Banana - 1 pc. about 100 g / 3.5 oz
- Egg - 2 pcs.
- Oat flakes - 50 g / 1.8 oz
- Milk (0% fat) — 100 ml / 3.4 oz
- Baking powder - 1 tsp. spoon
- Vanilla - to taste
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz

Method of preparation:

Preparation of the base: Beat the eggs in a bowl, add the banana pureed in a blender, milk, oil and vanilla extract. Add stevia or honey to taste and mix well.

Dry ingredients: In a separate bowl, mix the flour, cocoa powder and baking powder. Sieve them so that there are no lumps.

Combination of ingredients: Gradually add the dry ingredients to the wet ingredients, mixing until smooth.

Adding chocolate: Cut the chocolate into small pieces and add to the dough. Stir.

Baking: Divide the batter into muffin tins, filling them 2/3 full. Bake in an oven preheated to 180°C for 20-25 minutes, until the muffins rise and become golden.

Innings: Let the muffins cool for a few minutes before serving.

Method of preparation:

Preparation of the base: In a large bowl, mix the oatmeal, cocoa powder, and honey.

Adding milk: Pour the milk and melted coconut oil into the mixture, mix until a wet dough is formed.

Baking: Put the mass in a form covered with parchment and level it evenly. Bake at 180°C for 10-15 minutes until the texture is slightly dried.

Preparation of chocolate coating: Melt the dark chocolate in a water bath or in the microwave and pour it over the finished bars.

Innings: Cool the bars in the refrigerator before serving.

Method of preparation:

Preparation of the dough: In a blender, mix banana, eggs, milk, vanilla and oatmeal. Mix until smooth.



Baking: In a heated pan with a small amount of oil, bake the pancakes on both sides until golden (2-3 minutes on each side).

Innings: Serve pancakes with honey or fresh berries.

General indicators: (per 1 serving)

250 kcal Proteins: 8 g Fats: 16 g
Carbohydrates: 20 g

Carrot cake

Cooking time:  
40 minutes.





Ingredients:

- Carrots (grated) — 150 g / 5.3 oz
- Eggs - 2 pcs.
- Kefir (0% fat) — 100 ml / 3.4 oz
- Oats (oats ground into flour) — 120 g / 4.2 oz
- Stevia - to taste
- Baking powder - 1 tsp. spoon
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz
- Vanilla - a few drops

General indicators: (per 1 serving) 170 kcal Proteins: 6 g Fats: 7 g Carbohydrates: 22 g

Yogurt balls with coconut shavings

Cooking time:  
15 minutes.



Ingredients:

- Greek yogurt (without sugar) - 200 g / 7 oz
- Coconut shavings - 50 g / 1.8 oz
- Stevia - to taste
- Vanilla - a few drops
- Ground almonds or hazelnuts - 20 g / 0.7 oz

Method of preparation:

Preparation of the dough: In a separate bowl, mix eggs, kefir, coconut oil and vanilla. In another bowl, mix the oats, carrots, baking powder and stevia.

Combination of ingredients: Mix the liquid ingredients with the dry ingredients, mix well until smooth.

Baking: Pour the dough into a baking dish, bake at a temperature of 180°C for 30-35 minutes.

Method of preparation:

Preparation of the mixture: In a deep bowl, mix the yogurt, stevia and vanilla., Coconut shavings, Ground almonds or hazelnuts.

Forming balls: Form balls from the yogurt mass, roll them in coconut shavings.

Innings: Cool the balls in the refrigerator for 1-2 hours.



General indicators (per 1 ball, 6 balls in total):

70 kcal Proteins:3g Fats: 4 g
Carbohydrates: 6 g

These desserts are tasty and healthy options for proper nutrition.
They allow you to enjoy desserts without breaking your diet.

Here is dessert with zucchini:

Biscuits with zucchini and cinnamon

Cooking time:  
30 minutes.



Ingredients:

- Zucchini (grated) - 200 g / 7 oz
- Oat flakes (oats ground into flour) - 120 g / 4.2 oz
- Egg - 1 pc.
- Stevia or honey - to taste
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz
- Baking powder - 1 tsp. spoon
- Cinnamon - 1 tsp
- Vanilla extract - 1 tsp. spoon
- Salt is a pinch

Method of preparation:

Preparation of the tavern: Grate the zucchini on a fine grater, slightly squeeze out excess liquid, if any.

Mixing the ingredients: In a large bowl, combine the grated zucchini, egg, baking powder, cinnamon, vanilla, and honey (or stevia). Add oatmeal and coconut oil, mix well.

Forming cookies: Shape the dough into small balls or flat cakes and place on a parchment-lined baking sheet.



Baking: Bake at 180°C for 15-20 minutes until the cookies are golden.

Cooling: Cool the cookies on a wire rack before serving.

General indicators (for 1 serving, 2 cookies):
110 kcal Proteins:3g Fats:5g
Carbohydrates: 14 g

These are tasty and healthy cookies that have a delicate texture thanks to the zucchini. This is a good option for breakfast or a snack.

Zucchini cupcake with cinnamon and nuts

Cooking time:  
40 minutes.

Ingredients:

- Zucchini (grated) - 200 g / 7 oz
- Oat flour - 120 g / 4.2 oz
- Eggs - 2 pcs.
- Kefir (0% fat) — 100 ml / 3.4 oz
- Stevia or honey - 1-2 tbsp. spoons
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz
- Baking powder - 1 tsp. spoon
- Cinnamon - 1 tsp
- Ground almonds or walnuts - 30 g / 1 oz
- Vanilla - a few drops
- Salt is a pinch



Method of preparation:

Cooking zucchini: Grate the zucchini on a fine grater and slightly squeeze out the excess liquid.

Mixing the ingredients: In a separate bowl, beat eggs with honey (or stevia), add kefir, coconut oil, vanilla, salt and cinnamon. Then add the grated zucchini.



Adding dry ingredients: In another bowl, mix the oat flour and baking powder, then add to the liquid mixture. Mix until smooth.

Forming the cake: Add chopped nuts to the dough and mix thoroughly. Pour into a baking dish lined with parchment.

Baking: Bake at a temperature of 180°C for 30-35 minutes until the cake is browned.

General indicators (for 1 portion, 1/8 of a cake):
170 kcal Proteins: 6 g Fats: 8 g Carbohydrates: 18 g

Pumpkin fritters

Cooking time:  
25 minutes.

Ingredients:

- Pumpkin (grated) - 200 g / 7 oz
- Egg - 1 pc.
- Oat flour - 80 g / 2.8 oz
- Milk (0% fat) — 100 ml / 3.4 oz
- Stevia or honey - to taste
- Baking powder - 1 tsp. spoon
- Cinnamon - 0.5 tsp. spoons
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz



Method of preparation:

Preparation of pumpkin: Peel the pumpkin and grate it. Gently squeeze out excess liquid.



Mixing the ingredients: In a separate bowl, beat an egg, add milk, stevia (or honey), cinnamon. Then add the grated pumpkin.

Adding dry ingredients: Add the oat flour and baking powder and mix until smooth.

Baking: In a heated pan with a small amount of coconut oil, bake the fritters on both sides until golden.

General indicators (per 1 serving): 120 kcal Proteins:
3 g Fats: 8 g Carbohydrates: 14 g

Zucchini muffins

Cooking time:  
30 minutes.

Ingredients:

- Zucchini (grated) - 150 g / 5.3 oz
- Oat flour - 120 g / 4.2 oz
- Egg - 2 pcs.
- Stevia or honey - to taste
- Milk (0% fat) — 100 ml / 3.4 oz
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz
- Baking powder - 1 tsp. spoon
- Salt is a pinch
- Nuts or seeds - 30 g / 1 oz



Method of preparation:

Cooking zucchini: Grate the zucchini on a fine grater and slightly squeeze out the excess liquid.

Mixing the ingredients: In a large bowl, beat the eggs, add the milk, honey (or stevia), coconut oil and salt. Then add the grated zucchini.

Adding dry ingredients: Mix the oat flour and baking powder together, then add to the liquid mixture and mix.

Forming muffins: Put the dough in a muffin tin, sprinkle with chopped nuts or seeds.

Baking: Bake at 180°C for 20-25 minutes until golden brown.

General indicators (for 1 muffin):
130 kcal Proteins: 5 g Fats: 7 g Carbohydrates: 15 g

These zucchini desserts are not only delicious, but also healthy, since zucchini is low in calories and rich in vitamins and minerals. They are ideal for diet.

Pumpkin cupcake with cinnamon

Cooking time:  
40 minutes.

Ingredients:

- Pumpkin (grated) – 250 g / 8.8 oz
- Oat flour - 150 g / 5.3 oz
- Egg - 2 pcs.
- Stevia or honey - to taste
- Kefir (0% fat) – 100 ml / 3.4 oz
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz
- Baking powder - 1 tsp. spoon
- Cinnamon - 1 tsp
- Vanilla - a few drops
- Salt is a pinch



Method of preparation:

Preparation of pumpkin: Peel the pumpkin and grate it on a fine grater, then squeeze out the liquid slightly.



Mixing the ingredients: In a separate bowl, beat eggs with honey (or stevia), add kefir, coconut oil, vanilla, salt and cinnamon. Then add the grated pumpkin.

Adding dry ingredients: In another bowl, mix the oat flour and baking powder, then add to the liquid mixture and mix well.

Baking: Pour the dough into a baking dish lined with parchment and bake at a temperature of 180°C for 30-35 minutes until ready.

General indicators (for 1 portion, 1/8 of a cake):
150 kcal Proteins: 5 g Fats: 8 g Carbohydrates: 15 g

Pumpkin Donuts

Cooking time:  
25 minutes.

Ingredients:

- Pumpkin (grated) - 200 g / 7 oz
- Egg - 1 pc.
- Oat flour - 80 g / 2.8 oz
- Milk (0% fat) – 100 ml / 3.4 oz
- Stevia or honey - to taste
- Baking powder - 1 tsp. spoon
- Cinnamon - 0.5 tsp. spoons
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz



Method of preparation:

Prepare the Pumpkin:

Peel and grate the pumpkin. Gently squeeze out the excess liquid using your hands or a clean towel.

Mix the Wet Ingredients:

In a bowl, beat the egg. Add milk, stevia (or honey), and cinnamon. Stir in the grated pumpkin until well combined.

Add the Dry Ingredients:

Add oat flour and baking powder. Mix until the batter is smooth and thick.

Pan-Fry the Donuts:

Heat a non-stick pan over medium heat and lightly grease it with coconut oil. Scoop small portions of the batter into the pan, shaping them like mini donuts or fritters. Cook on both sides until golden brown and cooked through.

General indicators (for 1 pancake out of 6):
90 kcal Proteins: 4 g Fats: 4 Carbohydrates: 12 g

Pumpkin mousse with yogurt

Cooking time:  
20 minutes.

Ingredients:

- Pumpkin (boiled or baked) - 200 g / 7 oz
- Greek yogurt (without sugar) - 150 g / 5.3 oz
- Stevia or honey - to taste
- Vanilla - a few drops
- Coconut oil - 1 tbsp. spoon 15 g / 0.5 oz
- Ground ginger or cinnamon - 0.5 tsp. spoons



Method of preparation:

Preparation of pumpkin: Bake or boil the pumpkin until soft, then blend it in a blender until pureed.



Mixing the ingredients: In a blender or separate bowl, mix pumpkin puree with yogurt, stevia (or honey), vanilla, and ground ginger or cinnamon. Add coconut oil and mix well.

General indicators (for 1 muffin):
130 kcal Proteins: 5 g Fats: 7 g
Carbohydrates: 15 g

USEFUL SAUCES and dressings



Pumpkin sauce with garlic and spices

Cooking time:  
15 minutes.

Ingredients:


- Pumpkin (puree) – 200 g / 7 oz
- Garlic - 2 cloves
- Olive oil - 1 tbsp. spoon 15 g / 0.5 oz
- Cinnamon - 0.5 tsp. spoons
- Turmeric - 0.5 tsp. spoons
- Salt to taste
- Black pepper - to taste
- Lemon juice - 1 tsp. spoon

Method of preparation:

Bake or boil the pumpkin until soft and make a puree out of it. Heat olive oil in a pan, add chopped garlic and fry until fragrant. Add pumpkin puree, spices (cinnamon, turmeric), salt, pepper and lemon juice. Cook over low heat for 5-7 minutes, stirring. Serve with meat or vegetable dishes.

General indicators (per 1 serving): 70 kcal
Proteins: 1 g Fats: 5 g Carbohydrates: 8 g

Yogurt sauce with cucumber and dill

Cooking time:  
10 minutes.

Ingredients:



- Greek yogurt (without sugar) - 200 g / 7 oz
- Cucumber - 1 medium
- Garlic - 1 clove
- Lemon juice - 1 tsp. spoon
- Olive oil - 1 tsp. spoon
- Dill - to taste
- Salt and pepper to taste

Method of preparation:

Grate the cucumber on a fine grater and squeeze out the excess liquid. In a deep bowl, mix yogurt, grated cucumber, chopped garlic, lemon juice, olive oil, salt and pepper. Add finely chopped dill and mix. Chill the sauce in the refrigerator before serving.

General indicators (per 1 serving):
50 kcal Proteins: 4 g Fats: 2 g
Carbohydrates: 6 g

Tomato sauce without sugar

Cooking time:  
20 minutes.

Ingredients:

- Tomatoes (can be peeled before serving) — 400 g / 14 oz
- Garlic - 2 cloves
- Olive oil - 1 tbsp. spoon 15 g / 0.5 oz
- Basil - a few leaves
- Oregano - 1 tsp. spoon
- Salt and pepper to taste

Method of preparation:

Cut the tomatoes into pieces and put them in a saucepan over medium heat.

Add olive oil, chopped garlic and spices (basil, oregano).

Cook the sauce, stirring constantly, until it thickens (about 15-20 minutes).

After that, if desired, puree the sauce with a blender or leave it with texture.



Serve with pasta or other dishes.

General indicators (per 1 serving):

50 kcal Proteins: 1 g Fats: 3 g

Carbohydrates: 6 g

Avocado-lemon sauce

Cooking time:  
5 minutes.

Ingredients:

- Avocado - 1 pc.
- Lemon juice - 1 tbsp. spoon
- Garlic - 1 clove
- Olive oil - 1 tbsp. spoon 15 g / 0.5 oz
- Salt and pepper to taste

Method of preparation:



Peel the avocado from the skin and pit, cut the pulp and put it in a blender.

Add garlic, olive oil, lemon juice, salt and pepper. Beat everything to a smooth creamy consistency.

Serve this sauce with salads, chicken or vegetable dishes.

General indicators (per 1 serving):180 kcal Proteins:
2 g Fats: 16 g Carbohydrates: 10 g

Sauce with Greek yogurt and avocado

Cooking time:  
10 minutes.

Ingredients:

- Greek yogurt (without sugar) - 150 g / 5.3 oz
- Avocado - 1/2 pc.
- Lemon juice - 1 tsp. spoon
- Garlic - 1 clove
- Garlic - 1 clove
- Salt and pepper to taste

Method of preparation:

Cut the avocado into pieces and put it in a blender with the yogurt.

Add garlic, lemon juice, salt and pepper.

Beat until smooth.


General indicators (per 1 serving):140 kcal

Proteins: 6 g Fats: 12 g Carbohydrates: 6 g

DRINKS and SMOOTHIES for energy

These tasty and nutritious smoothies contain a high amount of protein, vitamins and healthy fats. They're great for breakfast, a snack, or post-workout recovery.

Chocolate-banana protein shake



Cooking time:  
5 minutes.

Ingredients:

- Banana - 1 pc.
- Protein (chocolate or vanilla) - 1 scoop (about 30 g)
- Milk (1-2% fat) — 200 ml / 6.8 oz
- Ice is optional
- Cocoa powder - 1 tsp. spoon
- Stevia or honey - to taste

General indicators (per 1 serving):
250-270 kcal Proteins: 28 g Fats: 5 g
Carbohydrates: 30 g



Coconut-pineapple protein shake

Cooking time:  
5 minutes.

Ingredients:

- Protein (pineapple or vanilla) — 1 scoop/30 g
- Coconut water — 200 ml / 6.8 oz
- Pineapple (fresh or frozen) - 100 g /3.5 oz
- Ice is optional
- Lemon juice - 1 tsp. spoon

Berry-almond protein shake

Cooking time:  
5 minutes.

Ingredients:

- Berries (raspberries, strawberries or blueberries) — 100 g /3.5 oz
- Protein (berry or vanilla) — 1 scoop/30 g
- Almond milk - 200 ml / 6.8 oz
- Ice is optional
- Stevia or honey - to taste



Method of preparation:

Peel a banana and put it in a blender. Add milk, protein, cocoa powder and sweets to taste. Add ice if you want the cocktail to be cold.
Beat until smooth and serve.



Method of preparation:

Place all ingredients in a blender. Blend until smooth, adding ice as desired to chill.
Pour into a glass and serve.

General indicators (per 1 serving):
200-220 kcal Proteins: 25 g Fats: 3 g
Carbohydrates: 20 g





Method of preparation:

Put all the berries in a blender. Add protein, almond milk and sweetener to taste. Beat until smooth.
Add ice if desired and beat again.

General indicators (per 1 serving):
180-200 kcal Proteins: 25 g Fats: 7 g
Carbohydrates: 15 g

Banana-peanut protein shake

Cooking time:  
5 minutes.

Ingredients:

- Banana - 1 pc.
- Protein (vanilla or chocolate) 1 scoop/30 g
- Peanut butter - 1 tbsp. spoon 15 g / 0.5 oz
- Milk (2% fat) — 200 ml / 6.8 oz
- Ice is optional




Method of preparation:

Peel a banana and place it in a blender. Add milk, protein, peanut butter and ice. Beat until smooth and serve.

General indicators (per 1 serving):

320 kcal Proteins: 28 g Fats: 15 g
Carbohydrates: 30 g

Milkshake with mint and protein

Cooking time:  
5 minutes.

Ingredients:

- Protein (vanilla or mint) — 1 scoop/30 g
- Milk (2% fat) — 200 ml / 6.8 oz
- Mint — 5-6 leaves
- Ice is optional
- Stevia or honey - to taste



Method of preparation:

Place the milk, mint, protein and sweetener in a blender. Add ice to chill if desired. Beat until smooth and serve chilled.



General indicators (per 1 serving):

220 kcal Proteins: 28 g Fats: 6 g
Carbohydrates: 15 g

These protein shakes are perfect for post-workout recovery or just to keep you energized throughout the day. They are rich in proteins that help muscle recovery and general tone of the body. Here are some tasty and healthy recipes of smoothies, which are suitable for a healthy diet and have a high amount of protein:



Banana-berry smoothie with protein

Cooking time:  
5 minutes.

Ingredients:

- Banana - 1 pc.
- Berries (strawberries, raspberries or blueberries) — 100 g / 3.5 oz
- Protein (vanilla or berry) — 1 scoop/30 g
- Milk (2% fat) or almond milk 200 ml / 6.8 oz
- Ice is optional



Method of preparation:

Place all ingredients in a blender. Beat until smooth.



Add ice if you want the smoothie chilled.

Pour into a glass and serve.

General indicators (per 1 serving):

250-270 kcal Proteins: 28 g Fats: 4 g
Carbohydrates: 35 g

Mango-orange smoothie with yogurt

Cooking time: 5 minutes.  



Ingredients:



- Mango (fresh or frozen) – 100 g / 3.5 oz
- Orange juice – 100 ml / 3.4 oz
- Greek yogurt – 150 g / 5.3 oz
- Honey or stevia - to taste
- Ice is optional

Method of preparation:

Place all ingredients in a blender. Beat until smooth. Add ice if you want the smoothie cold. Pour into a glass and serve.

General indicators (per 1 serving):
220-240 kcal Proteins: 14 g Fats: 4 g
Carbohydrates: 30 g

Chocolate protein smoothie with peanut butter

Cooking time: 5 minutes.  



Ingredients:



- Banana - 1 pc.
- Protein (chocolate or vanilla) 1 scoop/30 g
- Peanut butter - 1 tbsp. spoon / 15 g
- Milk (1-2% fat) – 200 ml / 6.8 oz
- Ice is optional

Method of preparation:

Place all ingredients in a blender. Beat until smooth. Add ice if you want the smoothie cold. Pour into a glass and serve.

General indicators (per 1 serving):
300-320 kcal Proteins: 28 g Fats: 16 g
Carbohydrates: 35 g

Buckwheat-berry smoothie with yogurt

Cooking time: 5 minutes.  



Ingredients:



- Boiled buckwheat – 50 g / 1.8 oz
- Berries (blueberries, raspberries, strawberries) – 100 g / 3.5 oz
- Greek yogurt – 150 g / 5.3 oz
- Lemon juice - 1 tsp. spoon
- Milk (almond or soy) – 100 ml / 3.4 oz
- Ice is optional

Method of preparation:

Place the cooked buckwheat in a blender. Add berries, yogurt, milk and lemon juice. Beat until smooth. Add ice for a cold texture if desired. Pour into a glass and serve.

General indicators (per 1 serving):
240-260 kcal Proteins: 12 g Fats: 6 g
Carbohydrates: 35 g

Green smoothie with spinach and avocado

Cooking time: 5 minutes.  



Ingredients:

- Spinach (fresh or frozen) 1 handful 30g / 1 oz
- Avocado - 1/2 pc.
- Cucumber - 1/2 pc.
- Milk (almond or soy) – 200 ml / 6.8 oz
- Ice is optional
- Lemon juice - 1 tsp. spoon

Method of preparation:

Place all ingredients in a blender. Beat until smooth. Pour into a glass and serve.

General indicators (per 1 serving):
180-200 kcal Proteins: 4 g Fats: 14 g
Carbohydrates: 18 g



HEALTHY FOOD for children

These dishes are not only tasty, but also nutritious for children, they are suitable for breakfast, lunch or a light dinner. They will also help babies get all the necessary vitamins and trace elements that are important for growth and development.

Here are some delicious and healthy dishes for children that combine light and healthy ingredients, perfect for little ones:



Chicken cutlets with vegetables

Cooking time:  
25 minutes.

Ingredients:

- Chicken fillet - 200 g / 7 oz
- Carrot - 1 pc.
- Onion - 1/2 pc.
- Egg - 1 pc.
- Breadcrumbs - 2 tbsp
- Salt, pepper - to taste
- Olive oil - 1 tbsp. spoon



Method of preparation:



Pass the chicken fillet through a meat grinder or grind it with a blender. Grate the carrot on a fine grater, finely chop the onion.

Mix all the ingredients, add the egg, breadcrumbs, salt and pepper.

Form patties and fry them in a heated pan until golden brown.

Serve with vegetables or mashed potatoes.

Buckwheat porridge with milk

Cooking time:  
15 minutes.

Ingredients:

- Buckwheat — 100 g / 3.5 oz
- Milk - 200 ml / 7 oz
- Butter - 1 tsp. spoon
- Honey or sugar - to taste



General indicators (per 1 serving):

300-350 kcal Proteins: 25 g Fats: 18 g

Carbohydrates: 15 g

Method of preparation:



Wash and boil buckwheat in salted water (200 ml of water).

As soon as buckwheat is ready, add milk and bring to a boil.

When the milk evaporates, add butter and honey or sugar to taste.

Serve warm.

Baked apple with honey and cinnamon

Cooking time:  
20 minutes.

Ingredients:

- Apple - 2 pcs.
- Honey - 1 tbsp. spoon
- Cinnamon - 1/2 tsp. spoons
- Olive oil - 1 tsp. spoon



Method of preparation:

Core the apples, cut them in half. Place them on a baking sheet greased with oil.

Mix honey with cinnamon and pour this mixture over the apples.

Bake in a preheated oven at 180°C for about 15-20 minutes.



Serve as a dessert or snack.

General indicators (per 1 serving):

150-180 kcal Proteins: 1 g Fats: 3 g

Carbohydrates: 35 g

Vegetable pancakes

Cooking time: 20 minutes.  

Ingredients:

- Zucchini - 1 pc.
- Carrot - 1 pc.
- Egg - 1 pc.
- Flour - 2 tbsp. spoons
- Salt to taste
- Oil for frying - 1 tbsp. spoon





Method of preparation:

Grate carrots and zucchini. Mix vegetables with egg and flour, add salt. In a frying pan with a small amount of oil, fry the pancakes on both sides until golden brown. Serve with yogurt or sour cream.

General indicators (per 1 serving):
250-280 kcal Proteins: 7 g Fats: 12 g
Carbohydrates: 30 g

Chicken meatballs in tomato sauce

Cooking time: 30 minutes.  

Ingredients:

- Chicken fillet - 300 g / 10.5 oz
- Rice - 50 g / 1.8 oz
- Onion - 1/2 pc.
- Tomato sauce - 100 g / 3.5 oz
- Salt, pepper - to taste
- Greenery is for decoration



Method of preparation:



Cut the chicken fillet finely or pass it through a meat grinder. Boil rice and mix it with meat. Add onion, salt and pepper. Form small meatballs and fry them in a pan. Add tomato sauce and simmer for another 10-15 minutes. Serve with a side dish or with vegetables, sprinkled with greens.

General indicators (per 1 serving):
300-350 kcal Proteins: 25 g Fats: 12 g Carbohydrates: 30 g

These dishes are ideal for children, as they are easy to digest, tasty and rich in healthy ingredients. They will also help maintain a healthy diet in childhood, while satisfying the taste preferences of the little one.

Here are some more interesting and tasty dishes for children that can be easily prepared and will be useful for little gourmets!

Baked chicken drumsticks with vegetables in breading

Cooking time: 30 minutes.  

Ingredients:

- Chicken fillet - 300 g / 10.5 oz
- Carrot - 1 pc.
- Zucchini - 1/2 pc.
- Egg - 1 pc.
- Breadcrumbs - 2 tbsp
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste





Method of preparation:

Cut the chicken fillet finely or grind it with a blender. Grate carrots and zucchini. Mix meat with vegetables, add egg, breadcrumbs, salt and pepper. Form small balls and bake them on a baking sheet at a temperature of 180°C for about 20 minutes until golden brown. Serve with yogurt-based sauce.

General indicators (per 1 serving):
250-300 kcal Proteins: 25 g Fats: 12 g
Carbohydrates: 20 g

Mini pizzas with chicken and vegetables on bread

Cooking time: 20 minutes.  



Ingredients:

- Bread (wheat or rice) – 4 pcs.
- Chicken fillet - 150 g / 5.3 oz
- Tomatoes - 2 pcs.
- Bulgarian pepper - 1 pc.
- Hard cheese (low-calorie) - 50 g / 1.8 oz
- Olive oil - 1 tbsp. spoon
- Oregano - 1 tsp. spoon



Method of preparation:

Cut the chicken fillet into small cubes and fry in a pan until ready.

Put the bread on a baking sheet, grease it with oil. Cut the tomatoes and pepper into cubes, mix with the prepared meat. Put the vegetables with the chicken on the bread, sprinkle with grated cheese and bake in the oven at a temperature of 180°C for 5-7 minutes.

Serve with oregano and fresh herbs.

Broccoli and potato puree soup

Cooking time: 25 minutes.  



Ingredients:

- Broccoli - 200 g / 7 oz
- Potatoes - 2 pcs.
- Carrot - 1 pc.
- Onion - 1/2 pc.
- Milk – 100 ml / 3.5 oz
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste

General indicators (per 1 serving):

220-250 kcal Proteins: 20 g Fats: 10 g

Carbohydrates: 15 g

Method of preparation:

Peel the broccoli, potatoes and carrots and cut them into small pieces.



In a pan, fry the onion in oil until transparent. Add potatoes, carrots and broccoli, pour water so that the vegetables are covered. Boil the vegetables until soft, then drain some of the water, add milk and make a puree using a blender.

Season with salt and pepper to taste and serve.

General indicators (per 1 serving):

150-180 kcal Proteins: 4 g Fats: 7 g Carbohydrates: 25 g

Potato pancakes with carrots and apples

Cooking time: 20 minutes.  



Ingredients:

- Potatoes - 2 pcs.
- Carrot - 1 pc.
- Apple - 1 pc.
- Egg - 1 pc.
- Flour - 2 tbsp. spoons
- Oil for frying - 1 tbsp. spoon

Method of preparation:

Grate the potato, carrot and apple on a fine grater. Mix all ingredients with egg and flour. Form small pancakes and fry them in a pan until golden brown.

Serve with yogurt or sour cream.

General indicators (per 1 serving):

200-220 kcal Proteins: 5 g Fats: 9 g

Carbohydrates: 30 g

Method of preparation:

Pour gelatin with water and let it swell (about 10 minutes).



Heat over low heat until the gelatin is completely dissolved.

Mix yogurt with honey and berries, then add dissolved gelatin.

Mix thoroughly and pour into portioned molds.

Let it harden in the refrigerator for 3-4 hours.

Fruit in jelly with yogurt

Cooking time: 15 minutes.  



Ingredients:



- Fresh berries (raspberries, strawberries, blueberries) – 150 g / 5.3 oz
- Yogurt (low-fat) – 150 g / 5.3 oz
- Gelatin - 1 tsp. spoon
- Honey to taste

General indicators (per 1 serving): 120-150 kcal
Proteins: 6 g Fats: 3 g Carbohydrates: 20 g

DISHES FOR VEGETARIANS

These vegan dishes are not only delicious, but also nutritious and easy to prepare. They contain many healthy ingredients such as vegetables, seeds, grains and fruits, making them great for a healthy diet.

Vegan falafels

Cooking time:  
30 minutes.

Ingredients:

- Chickpeas (dry) - 200 g / 7 oz
- Onion - 1 pc.
- Garlic - 2 cloves
- Parsley - 1/2 bunch
- Cumin - 1 tsp. spoon
- Cinnamon - 1/2 tsp. spoons
- Flour - 2 tbsp. spoons
- Oil for frying - 2 tbsp. spoons
- Salt, pepper - to taste





Method of preparation:

Soak the chickpeas overnight, then boil them until tender. Grind the chickpeas in a blender or with a mortar. Add chopped onion, garlic, parsley, spices, flour, salt and pepper to it. Form small balls or patties. Fry in a pan with oil until golden brown. Serve with tahini or pitta vegetables.

General indicators (per 1 serving):
180-200 kcal Proteins: 8 g Fats: 5 g
Carbohydrates: 30 g

Potato gratin with vegetables

Cooking time:  
40 minutes.

Ingredients:

- Potatoes - 4 pcs.
- Onion - 1 pc.
- Broccoli - 200 g / 7 oz
- Almond milk - 200 ml / 7 oz
- Olive oil - 1 tbsp. spoon
- Garlic - 2 cloves
- Salt, pepper, nutmeg - to taste





Method of preparation:

Cut the potato and onion into thin slices. Cut the broccoli into florets and boil until soft. Fry onion and garlic in oil in a pan until soft. Place potatoes, onions and broccoli alternately in a baking dish. Pour almond milk over everything, sprinkle with spices. Bake in the oven at 180°C (350°F) for 30 minutes.

General indicators (per 1 serving):
250-300 kcal Proteins: 5 g Fats: 8 g
Carbohydrates: 40 g

Quinoa and avocado salad

Cooking time:  
15 minutes.

Ingredients:

- Quinoa - 100 g / 3.5 oz
- Avocado - 1 pc.
- Tomatoes - 2 pcs.
- Cucumber - 1 pc.
- Lemon juice - 1 tbsp. spoon
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste





Method of preparation:

Cook the quinoa in salted water according to package directions. While the quinoa is cooking, dice the tomatoes, cucumber and avocado. Mix all the ingredients in a bowl. Season with oil, lemon juice, salt and pepper to taste. Serve chilled.

General indicators (per 1 serving):
350-400 kcal Proteins: 10 g Fats: 20 g
Carbohydrates: 40 g

Pasta with avocado and tomatoes

Cooking time:
20 minutes.  

Ingredients:

- Pasta (whole grain or gluten-free) — 150 g / 5.3 oz
- Avocado - 1 pc.
- Cherry tomatoes — 10 pcs.
- Garlic - 1 clove
- Lemon juice - 1 tbsp. spoon
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste



Method of preparation:



Cook the pasta according to package directions. Cut the cherry tomatoes in half, cut the avocado into cubes, and chop the garlic. Fry garlic in oil in a pan until fragrant. Add tomatoes and avocado, fry for another 2-3 minutes.

Mix the pasta with vegetables, pour lemon juice, salt and pepper.

Serve warm.

General indicators (per 1 serving):
450-500 kcal Proteins: 12 g Fats: 20 g
Carbohydrates: 60 g

Burger patties with black beans

Cooking time:
30 minutes.  



Ingredients:

- Black beans (boiled or canned) — 200 g / 7 oz
- Onion - 1/2 pc.
- Garlic - 1 clove
- Oats - 3 tbsp. spoons
- Spices: cumin, paprika - 1 tsp. spoon
- Oil for frying - 2 tbsp. spoons
- Salt, pepper - to taste

Method of preparation:

Wash the black beans well and grind them in a blender to a paste consistency.



Chop the onion and garlic, fry in oil until soft. Mix beans with onion, garlic, oats, spices, salt and pepper. Form patties and fry them in a pan until golden brown.

Serve on bread with vegetables or in a salad.

General indicators (per 1 serving):
220-250 kcal Proteins: 10 g Fats: 7 g
Carbohydrates: 30 g

These dishes are great for vegans and those who want to lead a healthy lifestyle. They are rich in fiber, protein and healthy fats, making them ideal for a balanced diet!

Risotto with mushrooms

Cooking time:
30 minutes.  



Ingredients:

- Arborio rice - 200 g / 7 oz
- Mushrooms - 200 g / 7 oz
- Onion - 1 pc.
- Garlic - 2 cloves
- Vegetable broth - 500 ml / 1.7 oz
- Olive oil - 1 tbsp. spoon
- Salt, pepper - to taste
- Herbs (thyme or rosemary) — 1 tsp. spoon

Method of preparation:

Finely chop the onion and garlic, and slice the mushrooms. Fry onion and garlic in oil until soft. Add mushrooms and fry until they become soft.

Add the rice and stir for 1-2 minutes. Gradually add the vegetable stock, stirring, until the rice is tender (about 20 minutes). Salt, pepper and sprinkle with herbs.

General indicators (per 1 serving):
320-350 kcal Proteins: 6 g Fats: 8 g
Carbohydrates: 50 g

Pancakes with banana

Cooking time:
15 minutes.



Ingredients:

- Banana - 1 pc.
- Flour - 100 g / 3.5 oz
- Almond milk - 150 ml / 5 oz
- Baking powder - 1 tsp. spoon
- Oil for frying - 1 tbsp. spoon
- Vanilla extract - 1 tsp. spoon
- Salt - 1/2 tsp. spoons

Method of preparation:

Mash the banana into puree. Mix flour, baking powder, salt. Add banana, milk and vanilla extract, mix thoroughly. Fry the pancakes in a heated pan greased with oil for 2-3 minutes on each side. Serve with honey or berries.

General indicators (per 1 serving):
250-270 kcal Proteins: 5 g Fats: 7 g
Carbohydrates: 45 g

Pumpkin puree soup

Cooking time:
30 minutes.



Ingredients:

- Pumpkin - 400 g / 14 oz
- Onion - 1 pc.
- Carrot - 1 pc.
- Garlic - 2 cloves
- Vegetable broth - 500 ml
- Olive oil - 1 tbsp. spoon
- Salt, pepper, nutmeg - to taste

Method of preparation:

Fry peeled and chopped pumpkin, carrot and onion in oil until soft. Add the garlic and fry for another 1 minute. Pour vegetable broth and cook for 20 minutes until the vegetables are ready. Grind the soup in a blender to a puree consistency. Salt, pepper and add nutmeg to taste.

General indicators (per 1 serving):
180-200 kcal Proteins: 4 g Fats: 7 g
Carbohydrates: 30 g

Chia pudding with berries

Cooking time:
10 minutes.



Ingredients:

- Chia seeds - 3 tbsp. spoons
- Coconut milk - 200 ml
- Berries (raspberries, blueberries, strawberries) — 100 g / 3.5 oz
- Honey or maple syrup - 1 tbsp. spoon
- Vanilla extract - 1/2 tsp. spoons

Method of preparation:

Mix chia seeds with coconut milk and vanilla extract. Add honey or syrup and mix well. Put it in the refrigerator for 2-3 hours (it is best to leave it overnight). Add fresh berries before serving.

General indicators (per 1 serving):
250-280 kcal Proteins: 7 g Fats: 15 g
Carbohydrates: 25 g

Vegan toast with avocado and tomatoes

Cooking time:
10 minutes.



Ingredients:

- Bread (whole grain or gluten-free) — 2 pieces
- Avocado - 1 pc.
- Tomatoes - 2 pcs.
- Lemon juice - 1 tbsp. spoon
- Salt, pepper - to taste
- Olive oil - 1 tbsp. spoon

Method of preparation:

Dry the bread in a pan or in a toaster. Cut the avocado, remove the stone and mash the pulp. Cut the tomatoes into slices. Spread avocado on toasted bread. Put the tomatoes on top, sprinkle with salt, pepper and pour lemon juice.

General indicators (per 1 serving):
300-350 kcal Proteins: 5 g Fats: 20 g
Carbohydrates: 30 g

Complete Ingredient Index (A–Z)

Almond:

Berry-almond protein shake (86)

Apple:

Apple pie without sugar (78), Baked apple with honey and cinnamon (90), Pork medallions in mustard sauce with apples and potatoes (67)

Avocado:

Buckwheat pancakes with avocado and bacon (27), Bowl with salmon and avocado (29), Bowl with tofu and vegetables (30), Salad with avocado and tuna (38), Salad with shrimp in a 'shell' with avocado (39), Avocado, tomato and red onion salad (39), Avocado-lemon sauce (85), Sauce with Greek yogurt and avocado (85), Fish tacos with mango and avocado (59), Sushi roll with salmon and avocado with mango sauce (59), Pasta with avocado and salmon (73), Pasta with avocado and tomatoes (94), Quinoa and avocado salad (94), Vegan toast with avocado and tomatoes (96)

Bacon:

Buckwheat pancakes with avocado and bacon (27), Burger with beef, bacon and avocado salsa (66)

Banana:

Pancakes with banana and honey (28), Chocolate-banana protein shake (86), Banana-peanut protein shake (87), Banana-berry smoothie with protein (87), Pancakes with banana (95)

Beef:

Beef soup with vegetables (44), Beef soup with cabbage (45), Kharcho with beef (45), Green borscht with beef and chicken (47), Red borscht with beef (47), Beef steak with teriyaki sauce and grilled vegetables (64), Beef and pork meatballs in honey-mustard sauce (65), Assorted chicken, beef and grilled vegetables (69)

Beets:

Bulgur pancake with cheese and boiled beets (26), Baked beets with olive oil and balsamic vinegar (50)

Black sesame:

Breaded fish with chia and black sesame (61)

Broccoli:

Chicken fillet with broccoli and celery (34), Baked cod with cheese and broccoli (54), Pasta with chicken and broccoli (73), Broccoli and cauliflower puree soup (42), Broccoli and potato puree soup (92)

Buckwheat:

Buckwheat pancakes with avocado and bacon (27), Buckwheat with vegetables and soy sauce (50), Buckwheat porridge with milk (90), Buckwheat-berry smoothie with yogurt (88)

Bulgur:

Bulgur pancake with cheese and boiled beets (26), Meatballs with bulgur in tomato sauce (62)

Carrot:

Chicken stomachs with cabbage and carrot salad (36), Potato pancakes with carrots and apples (92)

Cauliflower:

Broccoli and cauliflower puree soup (42), Cauliflower baked with parmesan (49), Pasta with chicken and cauliflower (71)

Celery:

Chicken fillet with broccoli and celery (34)

Cheese:

Bulgur pancake with cheese and boiled beets (26), Fish baked in cheese soufflé (54), Pizza with two cheeses (76), Pasta with cheese (PP) (74)

Chia:

Breaded fish with chia and black sesame (61), Chia pudding with berries (96)

Cinnamon:

Biscuits with zucchini and cinnamon (80), Zucchini cupcake with cinnamon and nuts (81), Pumpkin cupcake with cinnamon (82), Baked apple with honey and cinnamon (90)

Coconut:

Trout with curry and coconut milk (57), Fish in coconut breading (57), Fish meatballs with spicy sauce made from coconut milk and tomatoes (62), Coconut-pineapple protein shake (86), Yogurt balls with coconut shavings (80)

Cucumber:

Fish steak with coconut-lime sauce and cucumber and mango salad (61), Yogurt sauce with cucumber and dill (84)

Eggplant:

Baked eggplants with garlic and olive oil (51), Sauteed eggplant and vegetables (51), Grilled eggplant with tahini sauce (51), Eggplants in tomato sauce (52), Eggplants baked with mozzarella cheese (52), Eggplants with feta and tomatoes (52), Eggplants with ricotta and spinach (53), Eggplants with Parmesan (53)

Garlic:

Pumpkin sauce with garlic and spices (84), Baked eggplants with garlic and olive oil (51), Grilled fish with lemon and garlic (55), Salmon with Asian marinade and ginger-garlic sauce (61)

Greek yogurt:

Porridge made of cheese and Greek yogurt (27), Turkey with vegetables and Greek yogurt (34), Turkey with pumpkin and Greek yogurt (35), Sauce with Greek yogurt and avocado (85)

Honey:

Pancakes with banana and honey (28), Baked apple with honey and nuts (32), Salmon in marinade with honey and soy sauce (56), Fish fillet in honey sauce with mango and curry (62), Beef and pork meatballs in honey-mustard sauce (65), Chicken schnitzels in spicy batter with chili and honey sauce (66), Pumpkin mousse with yogurt (83), Baked apple with honey and cinnamon (90)

Lemon:

Grilled fish with lemon and garlic (55), Avocado-lemon sauce (85), Fish steak with coconut-lime sauce and cucumber and mango salad (61)

Mango:

Fish tacos with mango and avocado (59), Sushi roll with salmon and avocado with mango sauce (59), Fish burger with mango sauce and crispy salad (60), Fish steak with coconut-lime sauce and cucumber and mango salad (61), Fish fillet in honey sauce with mango and curry (62), Mango-orange smoothie with yogurt (88)

Mint:

Milkshake with mint and protein (87), Veal cutlets with spicy yogurt and mint sauce (67)

Mozzarella:

Pizza with two cheeses (mozzarella and parmesan) (76), Pasta with tomatoes and mozzarella (73), Eggplants baked with mozzarella cheese (52)

Parmesan:

Cauliflower baked with parmesan (49), Chicken with cream sauce and parmesan (64), Pizza with two cheeses (mozzarella and parmesan) (76), Eggplants with Parmesan (53)

Peanut butter:

Chocolate protein smoothie with peanut butter (88)

Pumpkin:

Pumpkin dumplings with yogurt sauce (26), Chicken thighs with pumpkin and salad (35), Turkey with pumpkin and Greek yogurt (35), Pumpkin vegetable cream soup (41), Pumpkin cupcake with cinnamon (82), Pumpkin fritters (83), Pumpkin mousse with yogurt (83), Pumpkin sauce with garlic and spices (84), Pumpkin puree soup (96), Salmon with pumpkin and orange sauce (58)

Spinach:

Lentil and spinach soup (44), Pasta with mushrooms and spinach (74), Eggplants with ricotta and spinach (53)

Tahini:

Grilled eggplant with tahini sauce (51)

Tomato:

Salad with tomato and cottage cheese (38), Tomato soup with basil (42), Chicken fillet with tomato sauce and green salad (36), Pasta with tomato sauce and basil (71), Pasta with avocado and tomatoes (94), Vegan toast with avocado and tomatoes (96), Tomato sauce without sugar (85), Fish meatballs with spicy sauce made from coconut milk and tomatoes (62), Eggplants in tomato sauce (52), Minestrone with meatballs (63)

Zucchini:

Grilled turkey with zucchini and tomatoes (64), Zucchini mousse with chocolate (81), Zucchini muffins (82), Biscuits with zucchini and cinnamon (80), Zucchini cupcake with cinnamon and nuts (81), Zucchini puree soup (43)

Complete List of Ingredients

Almond	Carrot	Lemon
Apple	Cauliflower	Mango
Avocado	Celery	Mint
Bacon	Cheese	Mozzarella
Banana	Chia	Parmesan
Beef	Cinnamon	Peanut butter
Beets	Coconut	Pumpkin
Black sesame	Cucumber	Spinach
Broccoli	Eggplant	Tahini
Buckwheat	Garlic	Tomato
Bulgur	Greek yogurt	Zucchini
	Honey	

Measurement Conversion Table Metric Imperial Approx.

Conversion	Liters (L)	Milliliters (ml)	Cups
15 g / 0.53 oz / 1 tbsp (approx)	0.25 L	250 ml	1 cup
30 g / 1.06 oz / 2 tbsp (approx)	0.5 L	500 ml	2 cups
100 g / 3.53 oz / 6.5 tbsp (approx)	1 L	1000 ml	4 cups
250 g / 8.82 oz / 16.5 tbsp (approx)	1.5 L	1500 ml	6 cups
500 g / 17.64 oz / 33 tbsp (approx)	2 L	2000 ml	8 cups

Detailed Glycemic Index List by Ingredient

Almond: GI Unknown	Carrot: GI 39	Honey: GI 58
Apple: GI Unknown	Cauliflower: GI 15	Lemon: GI 20
Avocado: GI 15	Celery: GI Unknown	Mango: GI 51
Bacon: GI Unknown	Cheese: GI 0	Mint: GI Low
Banana: GI 51	Chia: GI 1	Mozzarella: GI 0
Beef: GI Unknown	Cinnamon: GI 5	Parmesan: GI 0
Beets: GI 64	Coconut: GI 45	Peanut butter: GI 14
Black sesame: GI Unknown	Cucumber: GI 15	Pumpkin: GI 75
Broccoli: GI 10	Eggplant: GI 15	Spinach: GI 15
Buckwheat: GI 49	Garlic: GI Low	Tahini: GI Low
Bulgur: GI Unknown	Greek yogurt: GI 11	Tomato: GI 15
		Zucchini: GI 15

BONUS is my way of thanking all my readers and helping them get even more out of my books!

I will be very glad if these practices can help you and your relatives.

BREATHING PRACTICES for immunity:

- Practice the exercises every day in the morning or before going to bed.
 - Focus on your breathing, avoiding distracting thoughts.
 - Feel the body relax and the energy increase.
 - These breathing techniques will help you not only strengthen your immunity, but also improve your general well-being.
 - Breathing techniques for stress relief, Here are some effective breathing techniques that will help you quickly calm down and restore your inner balance.
 - Focus on the sensations as you breathe.
 - Regular practice increases the effectiveness of these techniques. These techniques will help you release tension, restore balance and feel calmer even in the most difficult situations.
-
- Breathing exercises to strengthen immunity
 - Breathing exercises can activate the immune system by improving oxygen saturation, blood circulation and reducing stress levels, the main enemy of a strong immune system.



→	Breathing for rapid calming of the nervous system	←
→	Slow deep breathing (To relieve tension)	←
→	"Box breathing" (For concentration in stressful situations)	←
→	Resonance breathing (harmonization of mind and body)	←
→	Breathing with concentration on exhalation (For instant relaxation)	←
→	Breathing in the style of coherence (To restore balance)	←
→	Resonant breathing (Breathing in rhythm with the heart)	←
→	Alternate Breathing (Nadi Shodhana)	←
→	"Wim Hof" method	←
→	Kapalabhati (Cleansing Breath)	←
→	Full yogic breathing (Complex oxygen saturation)	←

BREATHING PRACTICES FOR IMMUNITY

Breathing for rapid calming of the nervous system

This simple technique quickly relaxes the nervous system and reduces stress.

How to perform:

Sit in a comfortable position, close your eyes.

Breathe in through your nose for 4 seconds.

Hold your breath for 7 seconds.

Exhale slowly through your mouth for 8 seconds.

Repeat the cycle 4-8 times.

Why it works:

Slows the heart rate.

Helps to switch from panic thoughts to calmness.

"Box breathing" (For concentration in stressful situations)

This technique is ideal for those moments when stress blocks the ability to think clearly.

How to perform:

Breathe in through your nose for 4 seconds.

Hold your breath for 4 seconds.

Exhale through your mouth for 4 seconds.

Hold your breath for 4 seconds.

Repeat for 5-10 minutes.

Why it works:

Equalizes breathing.

Focuses attention and restores calmness.

"Wim Hof" method

This breathing technique is aimed at increasing the level of oxygen in the body and activating the immune system.

How to perform:

Sit in a comfortable position, relax.

Take 30 deep breaths and exhales: in through the nose, out through the mouth. Breathe actively, but not forcefully.

After the last exhalation, hold your breath as long as you can.

Take a deep breath and hold it for 15 seconds, then exhale.

Repeat 3-4 cycles.

Benefit:

Stimulates the work of the immune system.

Improves blood oxygenation.

Activates the body's natural defense mechanisms.

Slow deep breathing (To relieve tension)

Slow and deep breathing helps reduce the level of the stress hormone (cortisol).

How to perform:

Inhale slowly and deeply through your nose to the count of 4.

Hold your breath for a count of 2.

Exhale slowly through your mouth for 6-8 seconds.

Repeat for 5-10 minutes.

Why it works:

Calms the nervous system.

Lowers blood pressure.

Resonance breathing (harmonization of mind and body)

Breathing in a steady rhythm helps reduce anxiety and improve mood.

How to perform:

Breathe in through your nose for 5 seconds.

Exhale through the nose for 5 seconds.

Maintain this rhythm for 5-10 minutes.

Why it works:

Stabilizes heart rhythm.

Reduces the level of adrenaline.

Breathing with concentration on exhalation (For instant relaxation)

This technique focuses on prolonged exhalation, which activates the parasympathetic nervous system.

How to perform:

Breathe in through your nose for 3 seconds.

Exhale slowly through your mouth for 6-7 seconds.

Repeat for 5-10 minutes.

Why it works:

Activates the "recovery mode" of the body.

Quickly reduces anxiety.

Full yogic breathing (Complex oxygen saturation)

This practice includes all three levels of breathing: diaphragmatic, thoracic and clavicle, which significantly improves metabolism and strengthens immunity.

How to perform:

Sit up straight, put your hands on your knees.

Start inhaling through your nose, filling your belly, then your chest, and then your collarbones.

Exhale slowly in the reverse order: first release air from the collarbones, then from the chest and abdomen.

Repeat for 10-15 minutes.

Benefit:

Saturates the body with oxygen.

Supports lymphatic drainage.

Improves resistance to infections.

Resonant breathing (Breathing in rhythm with the heart)

This technique is aimed at harmonizing breathing and heart rhythm to achieve a state of rest.

How to perform:

Breathe in through your nose for 5 seconds.

Exhale through your nose for 5 seconds.

Maintain this rhythm for 10 minutes.

Benefit:

Stabilizes heart rhythm.

Reduces anxiety.

Improves the general tone of the body.

Resonance breathing (harmonization of mind and body)

Breathing in a steady rhythm helps reduce anxiety and improve mood.

How to perform:

Breathe in through your nose for 5 seconds.

Exhale through the nose for 5 seconds.

Maintain this rhythm for 5-10 minutes.

Why it works:

Stabilizes heart rhythm.

Reduces the level of adrenaline.

Breathing in the style of coherence (To restore balance)

This technique is ideal for deep relaxation during periods of high stress.

How to perform:

Sit comfortably, close your eyes.

Start inhaling through your nose for 5 seconds.

Exhale slowly through your nose or mouth for 5 seconds.

Perform the technique for 10 minutes.

Why it works:

Normalizes the nervous system.

Restores control over breathing and mind.

Tips for maximum effect:

Do the exercises in a quiet place without distractions.

Alternate Breathing (Nadi Shodhana)

This technique harmonizes energy balance, reduces stress and helps strengthen immunity.

How to perform:

Close the right nostril with the thumb of the right hand.

Inhale through the left nostril for 4 seconds.

Close the left nostril, open the right.

Exhale through the right nostril for 4 seconds.

Continue alternating nostrils for 5-10 minutes.

Benefit:

Improves energy circulation in the body.

Balances the nervous system.

Reduces the impact of stress, which weakens immunity.



BONUS is my way of thanking all my readers and helping them get even more out of my books

**Finished DESIGNER food:
10 days of low-carb menu
+ 10 days of high-carb menu
Meal Builder + Planner (pdf)**

**Collection of Healthy
Recipes (pdf)**

**Breathing Practice 4/8
(Video)**



My story

With the help of healthy meals, I changed my life



I am Julia Shenes—a family nutrition coach, breathing practices and Callanetics trainer, face fitness instructor, and founder of the online SHS Studio. I am also a leading expert in creating healthy desserts and various dishes that promote health and well-being.

I have four children, and my body has gone through cycles of gaining and losing

weight. I tried different diets and had varying results, but time and again, the weight would return—often bringing along a few extra pounds! This continued until I became a certified nutritionist and finally figured out the answers to these challenges once and for all.

I continued learning and helping many people become slimmer, healthier, and more energetic. Combining my knowledge, personal experience, and the incredible results of my clients, I decided to share my expertise through my books—to help thousands of people achieve health, vitality, and a fit body! My family always enjoys delicious and healthy food, and at the same time, I spend very little time preparing it. This is exactly what I want to share with you, my dear readers!

Yours, Julia

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CALLANETICS



CALLANETICS & TRAINING &
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CALLANETICS

Callanetics is a system of static exercises aimed at deeply working out all the muscles of the body. It combines elements of yoga, ballet, and Pilates, strengthening muscles, improving posture, and increasing flexibility.

Benefits for all ages:

- Develops flexibility and endurance
- Strengthens deep muscles without stressing the joints
- Improves posture and coordination
- Helps with weight loss and body toning
- Promotes relaxation and stress relief
- It is suitable for both young and older people due to its gentle impact on the body.



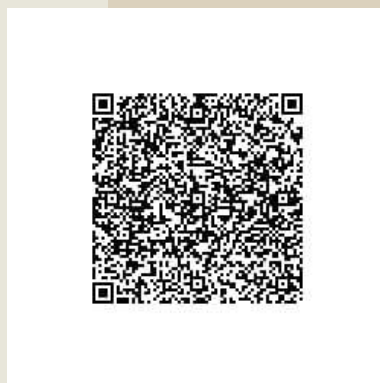
This book is the result of my journey, knowledge, and experience. I truly hope that for you, it is more than just a collection of recipes—that it becomes a trusted guide on your path to self-care.

If this book has resonated with you, if even one recipe has become your favorite, if my approach has helped you take a step toward lightness and well-being, please take a moment to leave your feedback by scanning the QR code



Your words mean the world to me, but they are also incredibly valuable to those who are still searching for their way. Perhaps your review will inspire someone to transform their life, becoming healthier, more energized, and truly happy!

If my knowledge and experience resonated with you, I warmly invite you to subscribe to my newsletter. You'll be the first to know about my new books, upcoming projects, and explore new breathing techniques.



**Thank you for being here with me!
With love and warmth,
Julia Shenes ❤️**