



Dr. Yolanda Gill

LOW CARB HIGH PROTEIN COOKBOOK FOR BUSY PEOPLE



*Over 1800 Days of Quick & Easy, Nutritious and Delicious Recipes
with Pictures – Includes a Complete Meal Plan for Healthy Weight
Loss and Muscle Building*



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ABOUT THE BOOK

Hello, and welcome to Low Carb High Protein Cookbook for Busy People! I'm Dr. Yolanda Gil, and I'm thrilled to be your guide on this journey to healthier eating. As a certified nutritionist with years of experience in helping individuals optimize their diets for energy, weight management, and muscle building, I understand the challenges of balancing a busy lifestyle with nutritious meal choices. That's why I created this cookbook—to make healthy eating simple, accessible, and most importantly, delicious!

If you're looking for a way to fuel your body efficiently while keeping meals quick and hassle-free, you're in the right place. This book is packed with over 1800 days of easy, high-protein, low-carb recipes designed to help you achieve your health goals, whether it's weight loss, muscle gain, or simply feeling more energized throughout your day.

Eating well shouldn't feel like a chore or a sacrifice. Instead, it should be an enjoyable and sustainable way of life. In this cookbook, you'll find recipes that not only nourish your body but also satisfy your taste buds—all without spending hours in the kitchen. Plus, with an included meal plan, you'll have a clear roadmap to help you stay on track with your nutrition goals.

Let's embark on this journey together, where good food meets good health. I'm excited for you to discover just how easy and delicious high-protein, low-carb eating can be!

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Welcome!

Thank you for purchasing *Low Carb High Protein Cookbook for Busy People!* This cookbook is designed to help you enjoy quick, delicious, and nutritious meals while supporting your fitness, weight management, and overall health goals.

Getting Started:

Familiarize Yourself with Low Carb, High Protein Cooking Techniques: Before diving into the recipes, take a moment to explore essential cooking methods such as grilling, baking, and sautéing with healthy fats. These techniques enhance flavors while keeping meals balanced and nutrient-dense.

Read Through Each Recipe: Each recipe includes a detailed ingredient list, step-by-step cooking instructions, and nutritional information. Review these sections before you start cooking to ensure you have everything you need and understand the process.

Use the Conversion Table: This cookbook includes a conversion table to help you measure ingredients accurately. It's especially useful if you need to adjust portions for meal prep or cooking for different serving sizes.

Adapting Recipes: If you need to adjust the number of servings, refer to the conversion table to modify ingredient quantities accordingly. Keep in mind that cooking times may vary when making significant adjustments to portions.

Personalizing Your Meals: Feel free to customize your recipes by adding fresh herbs, spices, or low-carb vegetables to enhance flavors while keeping the nutritional balance intact. This allows you to tailor dishes to your taste preferences without compromising health benefits.

Adjusting Cooking Times: Cooking times can vary depending on your kitchen equipment and the quantity of food being prepared. Use the suggested times as a guide, but adjust as necessary to achieve the best results.

Note on Recipe Photos: Some images in this cookbook have been styled for presentation purposes. While additional garnishes or plating techniques may be used for visual appeal, the core ingredients and nutritional values of the recipes remain unchanged.

As you begin this journey toward healthier eating, remember that these meals are designed to be simple, satisfying, and supportive of your lifestyle. Have fun experimenting in the kitchen, enjoy the variety of flavors, and fuel your body with delicious, high-protein, low-carb meals.

Enjoy your cooking journey and stay well!

CHAPTER 1: THE BASICS OF LOW CARB, HIGH PROTEIN FOR BUSY PEOPLE

Introduction to the Low Carb, High Protein Diet

The Low Carb, High Protein (LCHP) Diet has become one of the most effective and sustainable approaches to achieving a healthy weight, maintaining muscle mass, and stabilizing energy levels throughout the day. This dietary lifestyle focuses on reducing carbohydrate intake while prioritizing high-quality protein sources, leading to improved metabolic health and long-term wellness.

Historically, humans consumed diets naturally rich in protein and low in refined carbohydrates. However, modern eating habits, characterized by highly processed foods and excessive sugar consumption, have contributed to widespread metabolic issues such as obesity and insulin resistance. The **LCHP diet** aims to restore a balanced nutritional approach by emphasizing whole, nutrient-dense foods that fuel the body efficiently.

To better understand how this diet works, let's explore its fundamental principles, debunk common myths, and discuss the tools and ingredients that will set you up for success.

1. Defining Low Carb, High Protein

A Low Carb, High Protein diet is based on balancing macronutrients in a way that supports optimal health. Unlike extreme diets that focus solely on restriction, the LCHP approach emphasizes quality over quantity, ensuring that every meal is both nutritious and satisfying.

Macronutrient	Role of the Diet	Best Sources
Protein	Supports muscle repair, satiety, and metabolism	Chicken, fish, eggs, tofu, Greek yogurt
Carbohydrates	Provides energy; best when fiber-rich	Leafy greens, non-starchy vegetables, berries
Fats	Aids in hormone production and brain function	Avocados, olive oil, nuts, seeds

By following these principles, individuals can experience improved metabolism, better weight control, and enhanced overall health.

2. Common Myths & Pitfalls

There is a lot of misinformation surrounding low-carb and high-protein diets. Let's address some of the most common myths and potential pitfalls so that you can make informed decisions.

Myth: "All Carbs Are Bad"

Not all carbohydrates lead to weight gain or blood sugar spikes. Fiber-rich carbs such as non-starchy vegetables, berries, and whole grains can be part of a balanced LCHP diet.

Myth: "You Need Expensive Supplements"

While protein powders can be convenient, whole foods like eggs, chicken, fish, and Greek yogurt provide all the protein you need without extra cost.

Pitfall: "Not Eating Enough Fiber"

Many who start an LCHP diet cut carbs too drastically and miss out on essential fiber. A well-balanced plan includes fiber-rich veggies, nuts, and seeds to support digestion and heart health.

Pitfall: "Too Much Processed Meat"

It's easy to rely on deli meats and bacon, but excessive consumption of processed meats has been linked to health risks. Focus on fresh, lean proteins.

3. Essential Tools & Staple Ingredients

Transitioning to an LCHP lifestyle is much easier when your kitchen is properly stocked. Investing in the right tools

and ingredients will set you up for success and make meal preparation more efficient.

Must-Have Kitchen Tools

- **Nonstick or cast iron skillet** – Perfect for high-protein meal prep.
- **Instant Pot or slow cooker** – Saves time by making large batches of protein-based meals.
- **Food scale & measuring cups** – Helps with portion control and accurate macro tracking.
- **Meal prep containers** – Keeps meals fresh and portioned for busy schedules.
- **Blender** – Ideal for quick protein shakes and healthy sauces.

Pantry Staples for LCHP Cooking

Category	Examples
Proteins	Chicken breast, salmon, lean beef, eggs, Greek yogurt, tofu
Vegetables	Spinach, broccoli, cauliflower, zucchini, bell peppers, asparagus
Healthy Fats	Avocados, olive oil, nuts, chia seeds, flaxseeds, coconut oil
Flavor Enhancers	Spices (turmeric, cumin, garlic powder, paprika), herbs, lemon juice, vinegar

4. Long-Term Effects of an LCHP Diet

While the Low Carb, High Protein diet offers many benefits, it's essential to understand its long-term impact on overall health.

Gut Microbiome & Digestion

A well-balanced LCHP diet should include fiber-rich, non-starchy vegetables to support gut health. Over-reliance on animal protein without sufficient fiber intake can negatively affect beneficial gut bacteria, leading to digestive issues.

Hormonal Balance

A proper balance of protein, fats, and fiber is necessary to maintain healthy hormone levels. Extreme carb restriction may affect cortisol levels and thyroid function in some individuals.

Potential Risks to Watch For

Risk	How to Prevent It
Nutrient Deficiencies	Incorporate fiber, varied protein sources, and essential micronutrients
Overconsumption of Processed Meat	Focus on fresh, lean proteins and plant-based options
Sustainability Issues	Allow for flexibility in food choices to avoid diet fatigue

5. How to Avoid Common Mistakes

Many individuals struggle with adopting and maintaining an LCHP diet. Here are some practical tips to stay on track:

✓ **Don't Cut Carbs Too Drastically** – Instead of eliminating all carbohydrates, prioritize complex, fiber-rich options. ✓ **Monitor Your Fiber Intake** – Include plenty of vegetables, nuts, and seeds to maintain healthy digestion. ✓ **Stay Hydrated** – A lower-carb diet can cause fluid loss, so increase your water intake. ✓ **Choose High-Quality Proteins** – Opt for lean, unprocessed protein sources whenever possible. ✓ **Incorporate Healthy Fats** – Don't fear fats! Avocados, olive oil, and nuts are essential for sustained energy and hormone regulation.

6. Best Protein Sources for Different Lifestyles

Different dietary preferences require different protein sources. Here's how you can adapt the LCHP diet based on your needs:

Lifestyle	Best Protein Sources
Meat-Eaters	Chicken, beef, turkey, fish, eggs, dairy
Vegetarians	Greek yogurt, cottage cheese, tofu, tempeh, eggs
Vegans	Lentils, chickpeas, tempeh, tofu, hemp seeds, nutritional yeast

Pro Tip: Aim for **0.6–1.2 grams of protein per pound of body weight** depending on your activity level.

CHAPTER 2: PRACTICAL MEAL PLANNING

Eating well on a **Low Carb, High Protein (LCHP) Diet** doesn't have to be complicated or time-consuming. Whether you're new to this way of eating or fine-tuning your nutrition for optimal results, meal planning is key. A well-structured meal plan helps you stay on track with your goals, simplifies grocery shopping, reduces food waste, and ensures you're getting the right balance of macronutrients every day.

1. Balancing Protein and Carbs Throughout the Day

One of the most common mistakes people make on a Low Carb, High Protein diet is either **not eating enough protein or over-restricting carbohydrates** to the point of feeling fatigued. Finding the right balance is key to long-term success.

How Much Protein Do You Really Need?

To help you determine the right protein intake, use this simple reference chart:

Activity Level	Protein Intake Recommendation (g per pound of body weight)
Sedentary	0.6 - 0.8g
Active (Exercise 3-5x/week)	1.0 - 1.2g
Strength Training / Muscle Gain	1.2 - 1.5g
Fat Loss & Satiety	25-35% of total daily calories from protein

For example, if you weigh 150 lbs and want to maintain muscle while losing fat, your protein goal should be **120–150g per day**. Your protein needs will vary based on factors such as activity level, body composition goals, and metabolic health. A common recommendation is:

- **Sedentary individuals:** 0.6–0.8g of protein per pound of body weight.
- **Active individuals & those looking to build muscle:** 1.0–1.2g of protein per pound of body weight.
- **For weight loss & satiety:** Aim for 25-35% of your daily calories from protein.

For example, if you weigh 150 lbs and want to maintain muscle while losing fat, your protein goal should be **120–150g of protein per day**. This means including high-quality protein sources in every meal, from eggs at breakfast to lean meats or tofu at dinner.

Net Carbs: Finding the Sweet Spot

This chart shows different levels of carb intake based on your health goals:

Carb Intake Level	Daily Net Carbs	Best For
Mild Low-Carb	50-100g	Weight maintenance, stable energy
Moderate Low-Carb	30-50g	Fat loss, improved blood sugar
Strict Low-Carb	20-30g	Maximum fat burning, metabolic reset

When selecting carbs, focus on fiber-rich options like leafy greens, non-starchy vegetables, and berries instead of processed alternatives. Reducing carbohydrates doesn't mean eliminating them completely. Instead, you should focus on net carbs, which are calculated as:

$$\text{Net Carbs} = \text{Total Carbs} - \text{Fiber} - \text{Sugar Alcohols}$$

Depending on your goals, here's how much you might aim for:

- **Mild Low-Carb (50-100g net carbs/day)** – Suitable for those looking to maintain weight and stay energized.
- **Moderate Low-Carb (30-50g net carbs/day)** – A good range for fat loss and blood sugar control.
- **Strict Low-Carb (20-30g net carbs/day)** – Ideal for individuals aiming for maximum fat burning.

The goal is to consume **nutrient-dense, fiber-rich carbs** from sources like leafy greens, non-starchy vegetables, and berries, rather than highly processed options.

How to Structure Your Meals for Success

Instead of obsessing over numbers, focus on structuring meals to keep you full and energized throughout the day:

- **Breakfast:** High-protein meal with fiber and healthy fats to stabilize blood sugar.
- **Lunch:** Lean protein + non-starchy vegetables + moderate fat.
- **Dinner:** Balanced protein and carbs with an emphasis on digestion-friendly foods.
- **Snacks:** Protein-based options to keep hunger in check (Greek yogurt, boiled eggs, or protein shakes).

2. Building a Week's Menu

Meal planning isn't about eating the same thing every day. The key to staying consistent is **variety**—rotating ingredients, flavors, and cooking methods to keep meals exciting.

How to Keep Your Meal Plan Interesting

- **Rotate protein sources** – Incorporate chicken, fish, beef, tofu, eggs, and dairy to avoid boredom.
- **Mix up your vegetables** – Eating a variety of colors ensures you're getting a broad spectrum of micronutrients.
- **Experiment with cooking methods** – Roasting, grilling, slow-cooking, and stir-frying can completely change the taste and texture of meals.

To simplify your meal planning, you'll find a 4-week meal plan at the end of this book. This structured guide provides balanced, delicious low-carb, high-protein meals to keep you on track. You can follow it as is or modify it based on your personal preferences and goals.

3. Budget-Friendly Grocery Shopping

Many people assume eating a high-protein diet is expensive, but with **smart shopping strategies**, you can keep costs down while still prioritizing high-quality, nutritious foods.

How to Shop Smart & Save Money

To make the most of your grocery budget while following an LCHP diet, consider these affordable protein sources:

Protein Source	Cost-Effective?	Benefits
Eggs	✓ High	Rich in nutrients, affordable, versatile
Canned Tuna	✓ High	Lean protein, long shelf life, budget-friendly
Chicken Thighs	✓ High	More affordable than chicken breast, flavorful
Greek Yogurt	✓ Moderate	High in protein and probiotics
Tofu & Tempeh	✓ Moderate	Plant-based protein, rich in minerals
Frozen Fish (Tilapia, Cod)	✓ High	More affordable than fresh fish, rich in omega-3s

Buying in bulk, choosing frozen options, and shopping seasonally will help you save money while maintaining variety in your meals.

- **Buy in bulk** – Lean meats, frozen vegetables, and nuts are often cheaper in large quantities.
- **Choose frozen over fresh** – Frozen proteins and vegetables are just as nutritious and often more affordable.
- **Stick to whole foods** – Avoid packaged "low-carb" or "high-protein" processed products with inflated prices.
- **Shop seasonally** – Buying produce in season reduces costs and enhances freshness.
- **Use cost-effective protein sources** – Eggs, canned tuna, and legumes (for those incorporating plant-based options) are budget-friendly.

Batch Cooking & Reducing Food Waste

- **Cook in bulk** – Make large portions of protein (like roasted chicken or grilled tofu) to use in multiple meals.
- **Pre-portion meals** – Store pre-made meals in containers so you always have something ready to eat.
- **Freeze leftovers** – Reduce food waste by freezing excess meals for later use.

4. Tracking Progress & Staying Motivated

One of the biggest challenges people face is **sticking to the plan**. By tracking your meals and monitoring progress, you can make adjustments and stay motivated long-term.

Ways to Track Your Progress

- **Use meal-tracking apps** – MyFitnessPal, Cronometer, and Carb Manager help log food intake.
- **Keep a food journal** – Write down what you eat and how you feel after meals to identify patterns.
- **Measure non-scale victories** – Track improvements in energy, digestion, and performance in the gym, not just weight changes.

How to Stay Consistent & Motivated

- **Start small** – Focus on making gradual, sustainable changes rather than drastic shifts.
- **Find your "why"** – Whether it's weight loss, improved energy, or better health, remind yourself regularly.
- **Stay flexible** – Life happens! If you go off track, simply adjust and keep going.

Final Thoughts

Practical meal planning is the foundation of success on a Low Carb, High Protein diet. By balancing protein and carbs, creating diverse weekly menus, shopping smart, and tracking your progress, you set yourself up for long-term success.

Remember, meal planning isn't about perfection—it's about **finding what works for your body and lifestyle**. Stay flexible, experiment with flavors, and enjoy the process of nourishing yourself with delicious, nutrient-dense foods.

In the next chapter, we'll dive into **Chapter 3: Recipes for Every Occasion**, where you'll find a variety of LCHP-friendly dishes to inspire your meal planning!

CHAPTER 3: RECIPES FOR EVERY OCCASION





Breakfasts

SOUTHWESTERN AVOCADO OMELET WITH CHEDDAR AND SALSA

INGREDIENT

- 2 large eggs
- 1 tbsp unsweetened almond milk (or water)
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp smoked paprika
- ½ tbsp olive oil (or butter)
- ¼ cup shredded sharp cheddar cheese
- ½ small avocado, sliced
- 2 tbsp sugar-free salsa (mild or spicy)
- 1 tbsp chopped fresh cilantro (optional)



PREP 15 MIN



COOK 10 MIN



SERVES 1

INSTRUCTIONS:

STEP 1: Whisk eggs, almond milk, salt, pepper, and smoked paprika in a bowl until smooth.

STEP 2: Heat olive oil in a non-stick skillet over medium heat. Pour in the egg mixture and swirl the pan to distribute evenly.

STEP 3: Cook undisturbed for 2-3 minutes until edges begin to set, then gently lift the edges with a spatula to allow uncooked egg to flow underneath.

STEP 4: Once the omelet is mostly set but still slightly soft on top, sprinkle shredded cheddar over one half.

STEP 5: Add sliced avocado and 1 tbsp of salsa on top of the cheese. Carefully fold the other half over the filling and cook for another 1-2 minutes until cheese melts.

STEP 6: Slide onto a plate and top with the remaining salsa and optional chopped cilantro. Serve immediately.

Portion Control Tip: Pair with a side of fresh spinach or bell pepper slices to add volume and extra nutrients while keeping the meal low in carbs.

Nutr. (Per Serving): Calories: 360 | Protein: 25g | Carbs: 10g | Fiber: 5g | Net Carbs: 5g | Fat: 27g | Chol: 390mg | Na: 480mg | K: 600mg | GI: Low



LOADED VEGGIE AND TURKEY BACON FRITTATA

INGREDIENT

- 4 large eggs
- 2 tbsp unsweetened almond milk
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder
- ½ tbsp olive oil (or butter)
- 3 slices turkey bacon, chopped
- ½ cup bell peppers, diced (red, green, or yellow)
- ½ cup spinach, chopped
- ¼ cup cherry tomatoes, halved
- ¼ cup shredded cheddar cheese
- 1 tbsp chopped fresh parsley (optional)



PREP 10 MIN



COOK 20 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Preheat the oven to 375°F (190°C). Lightly grease an oven-safe skillet with olive oil.

STEP 2: In a bowl, whisk eggs, almond milk, salt, pepper, and garlic powder until combined. Set aside.

STEP 3: Heat the skillet over medium heat. Add chopped turkey bacon and cook for 3-4 minutes until slightly crispy.

STEP 4: Add diced bell peppers and cook for 2 minutes until softened. Stir in spinach and cherry tomatoes, cooking for

another minute until the spinach wilts.

STEP 5: Pour the egg mixture evenly over the vegetables and turkey bacon. Cook undisturbed for 2 minutes until the edges begin to set.

STEP 6: Sprinkle shredded cheddar cheese on top. Transfer the skillet to the oven and bake for 10-12 minutes until the frittata is fully set and slightly golden.

STEP 7: Remove from the oven and let cool for 2 minutes. Garnish with chopped parsley, slice, and serve warm.

Portion Control Tip: Pair with a side of fresh spinach or bell pepper slices to add volume and extra nutrients while keeping the meal low in carbs.

Nutr. (Per Serving): Calories: 360 | Protein: 25g | Carbs: 10g | Fiber: 5g | Net Carbs: 5g | Fat: 27g | Chol: 390mg | Na: 480mg | K: 600mg | GI: Low

ALMOND FLOUR PANCAKES WITH VANILLA PROTEIN AND BERRY COMPOTE

INGREDIENT

For the Pancakes:

- ½ cup almond flour
- 1 scoop (about 25g) vanilla protein powder
- ½ tsp baking powder
- ½ tsp cinnamon
- 2 large eggs
- ¼ cup unsweetened almond milk
- ½ tsp vanilla extract
- 1 tbsp melted coconut oil (or butter)

For the Berry Compote:

- ½ cup mixed berries (strawberries, raspberries, or blueberries)
- 1 tbsp water
- ¼ tsp lemon zest
- ½ tsp granulated erythritol (optional)



PREP 10 MIN

COOK 15 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: In a bowl, whisk together almond flour, protein powder, baking powder, and cinnamon.

STEP 2: In another bowl, whisk eggs, almond milk, vanilla extract, and melted coconut oil. Gradually mix the wet ingredients into the dry ingredients until smooth.

STEP 3: Heat a non-stick skillet over medium heat and lightly grease with oil. Pour about ¼ cup of batter per pancake into the skillet.

STEP 4: Cook for 2-3 minutes until bubbles form on the surface, then flip and cook for another 1-2 minutes until

golden brown. Repeat with remaining batter.

STEP 5: Meanwhile, prepare the berry compote: In a small saucepan, combine berries, water, lemon zest, and erythritol. Cook over medium heat for 3-4 minutes, stirring occasionally, until berries soften and release their juices.

STEP 6: Mash the berries slightly for a chunky texture, then remove from heat and let cool for a minute.

STEP 7: Serve pancakes warm, topped with the berry compote. Enjoy!

Portion Control Tip: Pair with a handful of nuts or Greek yogurt for added protein while keeping the meal balanced.

Nutr. (Per Serving): Calories: 380 | Protein: 28g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 24g | Chol: 230mg | Na: 180mg | K: 350mg | GI: Low

TURKEY SHAKSHUKA (TOMATO-PEPPER SAUCE)

INGREDIENT

- ½ lb lean ground turkey
- 1 tbsp olive oil
- ½ small onion, diced
- 1 small red bell pepper, diced
- 2 cloves garlic, minced
- 1 cup canned diced tomatoes (no sugar added)
- ½ tsp smoked paprika
- ½ tsp cumin
- ¼ tsp red pepper flakes (optional)
- Salt and black pepper, to taste
- 2 large eggs
- 2 tbsp crumbled feta cheese (optional)
- 1 tbsp chopped fresh parsley



PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Heat olive oil in a large skillet over medium heat. Add diced onion and bell pepper, sautéing for 3-4 minutes until softened.

STEP 2: Stir in minced garlic, ground turkey, smoked paprika, cumin, red pepper flakes, salt, and black pepper. Cook for 5-6 minutes, breaking up the turkey with a spatula until browned.

STEP 3: Pour in diced tomatoes and simmer for 5 minutes, stirring occasionally, until the sauce thickens. Adjust seasoning if needed.

STEP 4: Make two small wells in the sauce and gently crack an egg into each well. Cover the skillet and let the eggs cook for 5-7 minutes until whites are set but yolks are still slightly runny.

STEP 5: Remove from heat and sprinkle with crumbled feta (if using) and chopped parsley.

STEP 6: Serve hot, straight from the skillet. Enjoy!

Portion Control Tip: Serve with a side of sautéed spinach or a cucumber salad for added freshness and nutrients while keeping it low-carb.

Nutr. (Per Serving): Calories: 340 | Protein: 31g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 18g | Chol: 370mg | Na: 540mg | K: 620mg | GI: Low



Breakfasts

COTTAGE CHEESE POWER BOWL WITH NUTS AND CINNAMON

INGREDIENT

- 1 cup (8 oz) full-fat cottage cheese
- ¼ cup unsweetened almond milk
- ½ tsp cinnamon
- ¼ cup mixed nuts (almonds, walnuts, or pecans), chopped
- ¼ cup fresh raspberries or blueberries
- ½ tsp vanilla extract
- ½ tsp granulated erythritol (optional, for sweetness)

PREP 5 MIN COOK 0 MIN SERVES 2

INSTRUCTIONS:

STEP 1: In a bowl, mix cottage cheese, almond milk, cinnamon, vanilla extract, and erythritol (if using) until well combined.

STEP 2: Top with chopped nuts and fresh berries.

STEP 3: Serve immediately or chill for a refreshing, make-ahead meal. Enjoy!

Portion Control Tip: Pair with a cup of unsweetened green tea or black coffee for a well-rounded, metabolism-boosting meal.

Nutr. (Per Serving): Calories: 280 | Protein: 26g | Carbs: 11g | Fiber: 3g | Net Carbs: 8g | Fat: 14g | Chol: 30mg | Na: 420mg | K: 350mg | GI: Low



HAM AND CHEESE CAULIFLOWER ENGLISH MUFFIN

INGREDIENT

For the Cauliflower Muffin Base:

- 1 cup riced cauliflower
- ¼ cup almond flour
- 1 large egg
- ¼ cup shredded cheddar cheese
- ½ tsp garlic powder
- ¼ tsp salt

For the Topping:

- 2 slices nitrate-free ham
- ¼ cup shredded Swiss or cheddar cheese
- 1 tbsp unsweetened Greek yogurt (optional, for creaminess)
- ½ tsp Dijon mustard
- 1 tbsp chopped fresh chives (optional)

PREP 10 MIN COOK 15 MIN SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.

STEP 2: In a bowl, mix riced cauliflower, almond flour, egg, shredded cheddar, garlic powder, and salt. Shape into two round muffin-sized patties and place on the baking sheet.

STEP 3: Bake for 12-15 minutes until golden and firm.

STEP 4: In a small bowl, mix Greek yogurt and Dijon mustard. Spread a thin layer over each baked cauliflower muffin.

STEP 5: Place a slice of ham on top of each muffin and sprinkle with shredded cheese.

STEP 6: Return to the oven and broil for 2-3 minutes until cheese melts.

STEP 7: Garnish with fresh chives and serve warm.

Portion Control Tip: Pair with a side of mixed greens or cucumber slices for added fiber and freshness while keeping the meal low in carbs.

Nutr. (Per Serving): Calories: 290 | Protein: 27g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 16g | Chol: 160mg | Na: 580mg | K: 450mg | GI: Low

BROCCOLI AND CHEDDAR CRUSTLESS QUICHE CUPS

INGREDIENT

- 4 large eggs
- ¼ cup unsweetened almond milk
- ½ cup broccoli, finely chopped
- ¼ cup shredded sharp cheddar cheese
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Salt and black pepper, to taste
- ½ tbsp olive oil (for greasing muffin tin)



INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Lightly grease a muffin tin with olive oil.

STEP 2: In a bowl, whisk eggs, almond milk, garlic powder, onion powder, salt, and black pepper until well combined.

STEP 3: Evenly distribute chopped broccoli and shredded cheddar into four muffin tin cups.

STEP 4: Pour the egg mixture over the broccoli and cheese, filling each cup about ¾ full.

STEP 5: Bake for 18-20 minutes or until the quiche cups are set and lightly golden on top.

STEP 6: Remove from the oven, let cool for a few minutes, then carefully remove from the tin.

STEP 7: Serve warm or store in the fridge for up to 3 days for a quick meal option.

Portion Control Tip: Pair with a side of avocado or a handful of nuts for an extra boost of healthy fats while keeping it low-carb.

Nutr. (Per Serving): Calories: 250 | Protein: 24g | Carbs: 7g | Fiber: 2g | Net Carbs: 5g | Fat: 14g | Chol: 350mg | Na: 380mg | K: 420mg | GI: Low

HUEVOS RANCHEROS EGG MUFFINS

INGREDIENT

- 4 large eggs
- ¼ cup unsweetened almond milk
- ¼ cup shredded cheddar cheese
- ¼ cup diced bell peppers (red or green)
- 2 tbsp sugar-free salsa
- ¼ tsp cumin
- ¼ tsp chili powder
- Salt and black pepper, to taste
- ½ tbsp olive oil (for greasing muffin tin)
- 1 tbsp chopped fresh cilantro (optional, for garnish)



INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Lightly grease a muffin tin with olive oil.

STEP 2: In a bowl, whisk eggs, almond milk, cumin, chili powder, salt, and black pepper until fully combined.

STEP 3: Evenly distribute diced bell peppers and shredded cheddar cheese into four muffin tin cups.

STEP 4: Pour the egg mixture over the cheese and peppers, filling each cup about ¾ full.

STEP 5: Spoon a small amount of salsa into the center of each egg muffin.

STEP 6: Bake for 18-20 minutes or until the muffins are set and slightly golden.

STEP 7: Remove from oven, garnish with chopped cilantro, and serve warm.

Portion Control Tip: Pair with a side of sliced avocado or a few fresh spinach leaves to keep the meal balanced and nutrient-rich.

Nutr. (Per Serving): Calories: 260 | Protein: 24g | Carbs: 8g | Fiber: 2g | Net Carbs: 6g | Fat: 15g | Chol: 350mg | Na: 420mg | K: 450mg | GI: Low



ITALIAN SAUSAGE AND PEPPER MINI FRITTATAS

Breakfast

INGREDIENT

- 4 large eggs
- 2 oz turkey Italian sausage, crumbled
- 1/4 cup shredded cheddar cheese
- 1/4 cup red bell pepper, diced
- 1/4 cup green bell pepper, diced
- 1/4 cup unsweetened almond milk
- 1/2 tsp olive oil
- 1/4 tsp garlic powder
- 1/4 tsp dried oregano
- Salt and black pepper, to taste
- 1 tbsp fresh parsley, chopped (optional, for garnish)



PREP 10 MIN



COOK 20 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Preheat the oven to 375°F (190°C) and lightly grease a muffin tin with olive oil.

STEP 2: In a skillet over medium heat, cook the crumbled turkey sausage for 3-4 minutes until browned. Add the diced bell peppers and sauté for another 2 minutes until slightly softened. Remove from heat.

STEP 3: In a mixing bowl, whisk together the eggs, almond milk, garlic powder, oregano, salt, and black pepper. Stir in the shredded cheddar cheese.

STEP 4: Divide the cooked sausage and pepper mixture evenly into 4 muffin cups.

STEP 5: Pour the egg mixture over the sausage and peppers, filling each cup about 3/4 full.

STEP 6: Bake for 15-18 minutes until the frittatas are firm and lightly golden on top.

STEP 7: Let them cool slightly, then garnish with fresh parsley if desired. Serve warm.

Nutr. (Per Serving): Calories: 240 | Protein: 26g | Carbs: 8g | Fiber: 2g | Net Carbs: 6g | Fat: 13g | Chol: 275mg | Na: 480mg | K: 320mg



BLUEBERRY ALMOND PROTEIN WAFFLES

INGREDIENT

- 1/2 cup almond flour
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp baking powder
- 1/4 tsp cinnamon
- 1/2 cup unsweetened almond milk
- 1 large egg
- 1 tbsp melted coconut oil or butter
- 1/4 tsp vanilla extract
- 1/4 cup fresh or frozen blueberries
- 1 tbsp slivered almonds (optional, for topping)



PREP 10 MIN



COOK 15 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Preheat a waffle iron and lightly grease it with coconut oil or butter.

STEP 2: In a mixing bowl, whisk together almond flour, protein powder, baking powder, and cinnamon.

STEP 3: In another bowl, whisk the egg, almond milk, melted coconut oil, and vanilla extract until well combined.

STEP 4: Gradually fold the wet ingredients into the dry ingredients, stirring until a smooth batter forms. Gently fold in the blueberries.

STEP 5: Pour half of the batter into the waffle iron and cook according to the manufacturer's instructions until golden brown. Repeat for the second waffle.

STEP 6: Remove waffles and serve immediately, topped with slivered almonds and a few extra blueberries if desired.

STEP 7: Optional: Add a drizzle of sugar-free syrup or a dollop of Greek yogurt for extra flavor.

Nutr. (Per Serving): Calories: 310 kcal | Protein: 28g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 18g | Chol: 85mg | Na: 180mg | K: 320mg

SAVORY HERB PROTEIN CREPES WITH SPINACH AND RICOTTA

INGREDIENT

For the crepes:

- 2 large eggs
- 1/4 cup almond flour
- 1 scoop unflavored whey protein powder
- 1/4 cup unsweetened almond milk
- 1/2 tsp dried oregano
- 1/4 tsp garlic powder
- Pinch of salt and black pepper
- 1 tsp olive oil (for cooking)

For the filling:

- 1/2 cup ricotta cheese
- 1/2 cup fresh spinach, finely chopped
- 1 tbsp grated parmesan cheese
- 1/4 tsp nutmeg
- Salt and black pepper to taste

For garnish:

- 1 tsp chopped fresh parsley (optional)



PREP 10 MIN

COOK 15 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: In a mixing bowl, whisk together eggs, almond flour, whey protein, almond milk, oregano, garlic powder, salt, and black pepper until smooth. Let the batter sit for 2 minutes.

STEP 2: Heat a non-stick skillet over medium heat and lightly grease with olive oil. Pour in half the batter, tilting the pan to spread it thinly. Cook for 1-2 minutes until set, then carefully flip and cook for another 30 seconds. Repeat with the remaining batter to make 2 crepes.

STEP 3: In a small bowl, mix ricotta cheese, chopped spinach, parmesan, nutmeg, salt, and pepper.

STEP 4: Spoon half of the spinach-ricotta filling onto each crepe and gently fold in half or roll.

STEP 5: Garnish with fresh parsley and serve warm.

Nutr. (Per Serving): Calories: 290 | Protein: 28g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 15g | Chol: 175mg | Na: 320mg | K: 450mg

ZUCCHINI HASH BROWNS WITH FRIED EGGS

INGREDIENT

- 2 medium zucchini, grated
- 1/4 cup almond flour
- 1/4 cup shredded cheddar cheese
- 1 large egg
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 tbsp olive oil (for frying)
- 2 large eggs (for frying)
- 1 tbsp butter
- 1 tbsp chopped fresh parsley (optional, for garnish)



PREP 10 MIN

COOK 15 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Place grated zucchini in a clean kitchen towel and squeeze out excess moisture. Transfer to a bowl.

STEP 2: Add almond flour, shredded cheddar cheese, one beaten egg, garlic powder, salt, and black pepper to the zucchini. Mix until well combined.

STEP 3: Heat 1 tbsp olive oil in a non-stick pan over medium heat. Scoop small mounds of the zucchini mixture and flatten into patties. Cook for 3-4 minutes per side until golden brown and crispy. Transfer to a plate and keep warm.

STEP 4: In the same pan, add 1 tbsp olive oil and 1 tbsp butter over medium-low heat. Crack eggs into the pan and cook to desired doneness (sunny-side-up or over-easy).

STEP 5: Serve the crispy zucchini hash browns topped with the fried eggs. Garnish with fresh parsley and enjoy!

Nutr. (Per Serving): Calories: 320 | Protein: 24g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 22g | Chol: 280mg | Na: 420mg | K: 520mg



Breakfast



PREP 10 MIN



COOK 15 MIN



SERVES 2

CINNAMON ROLL PROTEIN PANCAKES

INGREDIENT

For the Pancakes:

- ½ cup almond flour
- 1 scoop vanilla protein powder
- ½ tsp baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- 2 large eggs
- ¼ cup unsweetened almond milk
- ½ tsp vanilla extract
- 1 tbsp melted butter or coconut oil

For the Cinnamon Swirl:

- 1 tbsp unsalted butter, melted
- ½ tsp cinnamon
- 1 tsp granulated monk fruit sweetener

For the Sugar-Free Cream Cheese Glaze:

- 2 tbsp cream cheese, softened
- 1 tbsp unsweetened almond milk
- ½ tsp vanilla extract
- ½ tsp granulated monk fruit sweetener

INSTRUCTIONS:

STEP 1: In a mixing bowl, whisk together almond flour, protein powder, baking powder, cinnamon, and salt.

STEP 2: In a separate bowl, beat eggs, almond milk, vanilla extract, and melted butter. Gradually mix wet ingredients into the dry ingredients until a smooth batter forms.

STEP 3: Heat a non-stick skillet over medium heat and lightly grease with butter or oil. Pour batter into small pancake circles and cook for 2-3 minutes per side until golden brown.

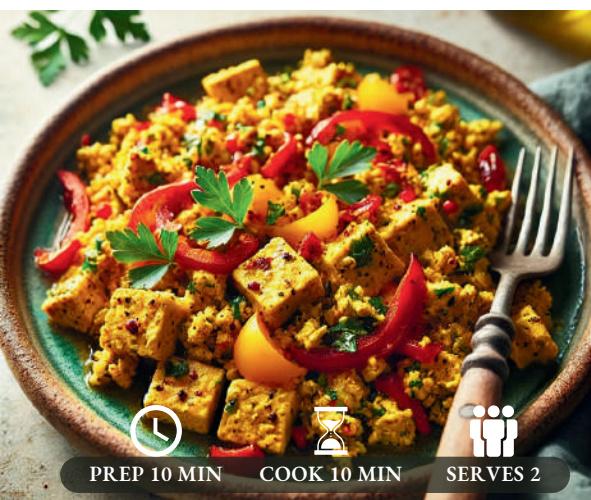
STEP 4: In a small bowl, mix melted butter, cinnamon, and monk fruit sweetener for the cinnamon swirl. Drizzle over each pancake.

STEP 5: In another bowl, whisk together softened cream cheese, almond milk, vanilla extract, and sweetener until smooth.

STEP 6: Stack pancakes on a plate and drizzle with the sugar-free cream cheese glaze.

STEP 7: Serve warm and enjoy!

Nutr. (Per Serving): Calories: 280 | Protein: 25g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 16g | Chol: 120mg | Na: 180mg | K: 220mg



PREP 10 MIN



COOK 10 MIN



SERVES 2

TOFU SCRAMBLE WITH BELL PEPPERS AND TURMERIC

INGREDIENT

- 7 oz firm tofu, crumbled
- 1 tbsp olive oil
- ½ red bell pepper, diced
- ½ yellow bell pepper, diced
- 1 small onion, finely chopped
- 1 clove garlic, minced
- ½ tsp turmeric powder
- ½ tsp smoked paprika
- ¼ tsp black pepper
- ¼ tsp salt (or to taste)
- 1 tbsp unsweetened almond milk
- 1 tbsp nutritional yeast (optional, for cheesy flavor)
- 1 tbsp chopped fresh parsley (for garnish)

INSTRUCTIONS:

STEP 1: Heat olive oil in a skillet over medium heat. Add the chopped onion and garlic, and sauté for 2-3 minutes until fragrant and softened.

STEP 2: Add the diced red and yellow bell peppers and cook for another 3-4 minutes until slightly tender but still crisp.

STEP 3: Crumble the tofu into the skillet and stir well to incorporate with the vegetables. Cook for 2 minutes, stirring occasionally.

STEP 5: Pour half of the batter into the waffle iron and cook according to the manufacturer's instructions until golden brown. Repeat for the second waffle.

STEP 6: Remove waffles and serve immediately, topped with slivered almonds and a few extra blueberries if desired.

STEP 7: Optional: Add a drizzle of sugar-free syrup or a dollop of Greek yogurt for extra flavor.

Nutr. (Per Serving): Calories: 250 kcal | Protein: 24g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 12g | Chol: 0mg | Na: 320mg | K: 430mg

FLUFFY RICOTTA AND LEMON ZEST PANCAKES

INGREDIENT

- ½ cup ricotta cheese
- 2 large eggs
- ¼ cup almond flour
- 1 scoop vanilla protein powder
- ½ tsp baking powder
- ½ tsp cinnamon
- 1 tbsp lemon zest (from about 1 lemon)
- 1 tsp vanilla extract
- 2 tbsp unsweetened almond milk
- 1 tbsp butter or coconut oil (for cooking)
- Sugar-free syrup or fresh berries for topping (optional)



Breakfasts

PREP 10 MIN COOK 15 MIN SERVES 2

INSTRUCTIONS:

STEP 1: In a bowl, whisk together ricotta cheese, eggs, and vanilla extract until smooth.

STEP 2: Add almond flour, protein powder, baking powder, cinnamon, and lemon zest. Stir while slowly adding almond milk until a thick pancake batter forms.

STEP 3: Heat a non-stick skillet over medium-low heat and melt ½ tbsp butter or coconut oil.

STEP 4: Spoon about 2 tablespoons of batter per pancake onto the skillet. Cook for 2-3 minutes until the edges set and bubbles appear.

STEP 5: Flip the pancakes and cook for another 1-2 minutes until golden brown and cooked through. Repeat for remaining batter, adding more butter/oil as needed.

STEP 6: Serve warm with sugar-free syrup, fresh berries, or a sprinkle of extra lemon zest.

Nutr. (Per Serving):Calories: 285 | Protein: 27g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 15g | Chol: 145mg | Na: 180mg | K: 210mg

BAKED COTTAGE CHEESE SOUFFLÉ WITH BERRIES

INGREDIENT

- 1 cup cottage cheese (full-fat or low-fat)
- 2 large eggs, separated
- 1 tbsp almond flour
- 1 tbsp erythritol (or preferred low-carb sweetener)
- 1/2 tsp vanilla extract
- 1/2 tsp lemon zest
- 1/4 tsp cinnamon
- 1/4 tsp baking powder
- 1/4 cup mixed berries (raspberries, blueberries, or strawberries)
- 1/2 tsp butter or coconut oil (for greasing)



PREP 10 MIN COOK 25 MIN SERVES 2

INSTRUCTIONS:

STEP 1: Preheat the oven to 350°F (175°C). Lightly grease two small ramekins with butter or coconut oil.

STEP 2: In a blender or mixing bowl, blend cottage cheese, egg yolks, almond flour, erythritol, vanilla extract, lemon zest, cinnamon, and baking powder until smooth.

STEP 3: In a separate bowl, whisk the egg whites until stiff peaks form. Gently fold the egg whites into the cottage cheese mixture, maintaining as much air as possible for a light texture.

STEP 4: Pour the mixture into the prepared ramekins, filling them about 3/4 full. Scatter half of the berries on top, gently pressing them into the mixture.

STEP 5: Bake for 20-25 minutes, or until the soufflés have risen and turned golden brown on top.

STEP 6: Remove from the oven and allow to cool slightly. Top with remaining fresh berries before serving.

Nutr. (Per Serving):Calories: 210 kcal | Protein: 23g | Carbs: 10g | Fiber: 2g | Net Carbs: 8g | Fat: 9g | Chol: 120mg | Na: 320mg | K: 250mg



SNACKS

PREP 10 MIN

COOK 15 MIN

SERVES 2

MINI ZUCCHINI PIZZA BITES

INGREDIENT

- 1 medium zucchini, sliced into ¼-inch rounds
- ½ cup sugar-free marinara sauce
- ½ cup shredded mozzarella cheese
- 8 slices turkey pepperoni, cut into halves
- ½ tsp dried oregano
- ½ tsp garlic powder
- ½ tsp olive oil
- 1 tbsp grated Parmesan cheese (optional)
- Fresh basil for garnish (optional)

INSTRUCTIONS:

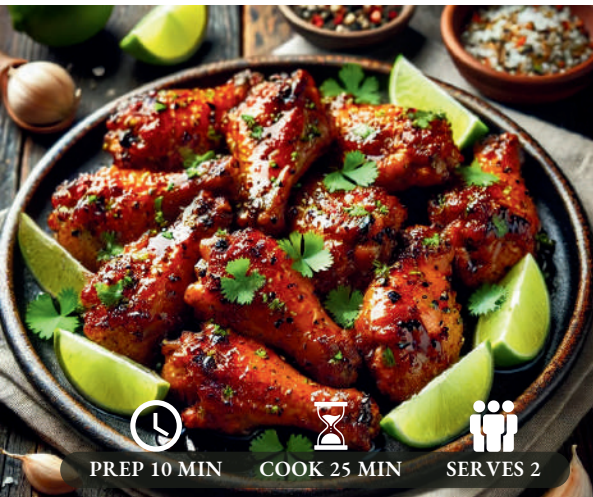
STEP 1: Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper. Lightly brush zucchini rounds with olive oil and place them on the sheet.

STEP 2: Bake zucchini slices for 5 minutes to soften slightly. Remove from the oven and top each round with a small amount of marinara sauce, shredded mozzarella, and a piece of pepperoni.

STEP 3: Sprinkle with oregano, garlic powder, and Parmesan cheese if using. Return to the oven and bake for another 8–10 minutes until cheese is bubbly and golden brown.

STEP 4: Let cool slightly before garnishing with fresh basil. Serve warm as a satisfying low-carb snack!

Nutr. (Per Serving): Calories: 190 kcal | Protein: 22g | Carbs: 8g | Fiber: 2g | Net Carbs: 6g | Fat: 9g | Chol: 45mg | Na: 420mg | K: 320mg



PREP 10 MIN

COOK 25 MIN

SERVES 2

SPICY GARLIC LIME CHICKEN WINGS

INGREDIENT

- 1 lb chicken wings, split
- 1 tbsp olive oil
- 2 tbsp fresh lime juice
- 2 cloves garlic, minced
- 1/2 tsp smoked paprika
- 1/2 tsp cayenne pepper
- 1/2 tsp chili powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp onion powder
- 1/2 tsp cumin
- 1 tbsp fresh cilantro, chopped (for garnish)
- 1/2 tsp lime zest

INSTRUCTIONS:

STEP 1: Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or a wire rack for extra crispiness.

STEP 2: In a large bowl, mix olive oil, lime juice, garlic, smoked paprika, cayenne, chili powder, salt, black pepper, onion powder, and cumin.

STEP 3: Add the chicken wings to the bowl and toss until they are fully coated in the marinade. Let them sit for at least 5 minutes for extra flavor.

STEP 4: Arrange the wings in a single layer on the baking sheet. Bake for 25 minutes, flipping halfway through, until golden brown and crispy.

STEP 5: Remove from the oven, sprinkle with fresh lime zest and chopped cilantro, and serve hot with a side of lime wedges.

Nutr. (Per Serving): Calories: 320 | Protein: 30g | Carbs: 4g | Fiber: 1g | Net Carbs: 3g | Fat: 19g | Chol: 90mg | Na: 420mg | K: 380mg

CRISPY PARMESAN CAULIFLOWER TOTS WITH RANCH DIP

INGREDIENT

- 2 cups cauliflower florets, steamed and mashed
 - 1/2 cup grated Parmesan cheese
 - 1/4 cup almond flour
 - 1 large egg
 - 1/2 tsp garlic powder
 - 1/2 tsp onion powder
 - 1/2 tsp smoked paprika
 - 1/4 tsp salt
 - 1/4 tsp black pepper
 - 1 tbsp olive oil (for baking)
- For the Ranch Dip:
- 1/4 cup unsweetened Greek yogurt
 - 1 tbsp mayonnaise (sugar-free)
 - 1 tsp lemon juice
 - 1/4 tsp dried dill
 - 1/4 tsp garlic powder
 - 1/4 tsp onion powder
 - Salt & pepper to taste

INSTRUCTIONS:

STEP 1: Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.

STEP 2: In a bowl, mix mashed cauliflower, Parmesan, almond flour, egg, garlic powder, onion powder, paprika, salt, and pepper until well combined.

STEP 3: Shape the mixture into small tots using your hands or a spoon and place them on the baking sheet.

STEP 4: Lightly brush or spray the tots with olive oil and bake for 20 minutes, flipping halfway through, until golden brown and crispy.

STEP 5: While the tots bake, prepare the ranch dip by mixing Greek yogurt, mayonnaise, lemon juice, dill, garlic powder, onion powder, salt, and pepper in a small bowl.

STEP 6: Remove the tots from the oven and serve hot with the ranch dip.

Nutr. (Per Serving): Calories: 220 | Protein: 24g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 11g | Chol: 75mg | Na: 320mg | K: 480mg



BACON-WRAPPED ASPARAGUS SPEARS

INGREDIENT

- 10 asparagus spears, trimmed
- 5 slices uncured turkey bacon (or regular bacon)
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika (optional for extra depth)
- 1/2 tsp lemon zest (optional, for a fresh twist)

INSTRUCTIONS:

STEP 1: Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or foil for easy cleanup.

STEP 2: Toss the asparagus spears with olive oil, garlic powder, black pepper, and smoked paprika to evenly coat them in seasoning.

STEP 3: Cut each slice of bacon in half lengthwise. Wrap one strip tightly around each asparagus spear, slightly overlapping to secure it. Place them seam-side down on the baking sheet.

STEP 4: Bake for 12-15 minutes, flipping halfway, until the bacon is crispy and the asparagus is tender.

STEP 5: Remove from the oven, sprinkle with lemon zest (if using), and serve warm.

Nutr. (Per Serving): Calories: 220 | Protein: 24g | Carbs: 5g | Fiber: 2g | Net Carbs: 3g | Fat: 11g | Chol: 55mg | Na: 480mg | K: 400mg





CHEDDAR AND CHIVE ALMOND FLOUR BISCUITS

SNACKS

INGREDIENT

- 1 cup almond flour
- 1/2 cup shredded sharp cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1/2 tsp baking powder
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1 tbsp fresh chives, finely chopped
- 1 large egg
- 2 tbsp unsalted butter, melted
- 1 tbsp unsweetened almond milk



PREP 10 MIN



COOK 15 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.

STEP 2: In a mixing bowl, whisk together almond flour, cheddar cheese, Parmesan, baking powder, garlic powder, salt, and chives.

STEP 3: In a separate small bowl, beat the egg, then mix in melted butter and almond milk.

STEP 4: Pour the wet ingredients into the dry ingredients and stir until a dough forms.

STEP 5: Using a small cookie scoop or spoon, drop bite-sized portions onto the lined baking sheet. Slightly flatten each biscuit.

STEP 6: Bake for 12–15 minutes, or until biscuits are golden brown and slightly firm.

STEP 7: Let cool for a few minutes before serving. Enjoy warm or at room temperature.

Nutr. (Per Serving): Calories: 240 | Protein: 22g | Carbs: 8g | Fiber: 3g | Net Carbs: 5g | Fat: 18g | Chol: 75mg | Na: 310mg | K: 180mg



CAJUN SHRIMP LETTUCE CUPS

INGREDIENT

- 8 large shrimp, peeled and deveined
- 1/2 tbsp olive oil
- 1/2 tsp Cajun seasoning
- 1/4 tsp smoked paprika
- 1/4 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1 tbsp fresh lime juice
- 4 butter lettuce leaves (or romaine leaves)
- 1/4 small avocado, mashed
- 2 tbsp unsweetened Greek yogurt
- 1 tsp fresh cilantro, chopped
- 1/4 tsp red pepper flakes (optional for extra spice)



PREP 10 MIN



COOK 10 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: In a small bowl, toss shrimp with olive oil, Cajun seasoning, smoked paprika, garlic powder, salt, and black pepper. Let marinate for 5 minutes.

STEP 2: Heat a non-stick skillet over medium heat. Add shrimp and cook for 2–3 minutes per side until opaque and slightly charred. Remove from heat and squeeze fresh lime juice over them.

STEP 3: In a separate bowl, mix mashed avocado with Greek yogurt and chopped cilantro.

STEP 4: Arrange lettuce leaves on a plate. Spread a small amount of the avocado sauce on each leaf.

STEP 5: Divide the shrimp evenly between the lettuce cups and sprinkle with red pepper flakes if desired. Serve immediately.

Nutr. (Per Serving): Calories: 230 kcal | Protein: 28g | Carbs: 8g | Fiber: 3g | Net Carbs: 5g | Fat: 10g | Chol: 180mg | Na: 420mg | K: 500mg

CRISPY ROASTED LUPINI BEANS

INGREDIENT

- 1 cup cooked lupini beans, rinsed and drained
- 1/4 tsp black pepper
- 1 tbsp olive oil
- 2 tbsp grated Parmesan cheese
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika
- 1/4 tsp sea salt



INSTRUCTIONS:

STEP 1: Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.

STEP 2: Pat the lupini beans dry with a paper towel to remove excess moisture—this helps them crisp up.

STEP 3: In a mixing bowl, toss the lupini beans with olive oil, garlic powder, smoked paprika, salt, and black pepper until evenly coated.

STEP 4: Spread the seasoned lupini beans in a single layer on the prepared baking sheet.

STEP 5: Roast for 15–20 minutes, stirring halfway through, until golden brown and crispy.

STEP 6: Remove from the oven and immediately sprinkle with Parmesan cheese while still hot.

STEP 7: Let cool for a few minutes before serving. Enjoy warm or store in an airtight container for later!

Nutr. (Per Serving): Calories: 210 | Protein: 22g | Carbs: 10g | Fiber: 5g | Net Carbs: 5g | Fat: 11g | Chol: 5mg | Na: 280mg | K: 420mg

CAPRESE SKEWERS WITH CHICKEN BITES

INGREDIENT

- 6 oz boneless, skinless chicken breast, cut into bite-sized cubes
- 6 cherry tomatoes
- 1 tbsp olive oil
- 6 fresh basil leaves
- 1/2 tsp Italian seasoning
- 6 mini mozzarella balls (or 2 oz diced fresh mozzarella)
- 1/4 tsp garlic powder
- 1 tbsp balsamic glaze (sugar-free)
- 1/4 tsp salt
- 1/4 tsp black pepper



INSTRUCTIONS:

STEP 1: Preheat a grill pan or skillet over medium heat. Toss chicken pieces with olive oil, Italian seasoning, garlic powder, salt, and pepper.

STEP 2: Grill chicken pieces for 3–4 minutes per side until golden brown and cooked through. Remove from heat and let them cool slightly.

STEP 3: Assemble the skewers by threading one cherry tomato, one basil leaf, one grilled chicken bite, and one mozzarella ball onto each skewer. Repeat until all ingredients are used.

STEP 4: Drizzle skewers with balsamic glaze just before serving.

Nutr. (Per Serving): Calories: 270 | Protein: 31g | Carbs: 7g | Fiber: 1g | Net Carbs: 6g | Fat: 13g | Chol: 75mg | Na: 320mg | K: 420mg

PROSCIUTTO-WRAPPED MOZZARELLA STICKS

SNACKS

INGREDIENT

- 4 mozzarella sticks (preferably part-skim)
- 4 slices of prosciutto
- 1 tbsp olive oil
- 1/4 tsp garlic powder
- 1/4 tsp dried oregano
- Salt and pepper to taste

PREP 10 MIN

COOK 10 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat the oven to 400°F (200°C).

STEP 2: Lay a slice of prosciutto flat on a clean surface. Place a mozzarella stick on top of the prosciutto and roll it up tightly. Repeat with the remaining mozzarella sticks.

STEP 3: Heat the olive oil in a skillet over medium heat. Add the prosciutto-wrapped mozzarella sticks and sear them for about 2-3 minutes on each side, until the prosciutto becomes crispy.

STEP 4: Once seared, transfer the mozzarella sticks to a baking sheet and sprinkle with garlic powder, dried oregano, salt, and pepper.

STEP 5: Bake in the preheated oven for 5-7 minutes, or until the mozzarella is slightly melted and the prosciutto is crispy.

STEP 6: Serve immediately and enjoy!

Nutr. (Per Serving): Calories: 280 kcal | Protein: 24g | Carbs: 3g | Fiber: 1g | Net Carbs: 2g | Fat: 20g | Chol: 50mg | Na: 480mg | K: 180mg

EVERYTHING BAGEL CREAM CHEESE STUFFED MUSHROOMS

INGREDIENT

- 8 large mushroom caps
- 4 tbsp cream cheese, softened
- 1/4 cup shredded mozzarella cheese
- 1 tbsp olive oil
- 1 tbsp everything bagel seasoning
- 1 tsp garlic powder
- 1/2 tsp onion powder
- Fresh parsley, chopped (optional for garnish)

PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat your oven to 375°F (190°C).

STEP 2: Remove the stems from the mushrooms and scoop out the gills to create a cavity for the filling.

STEP 3: In a small bowl, mix together the softened cream cheese, shredded mozzarella, everything bagel seasoning, garlic powder, and onion powder.

STEP 4: Spoon the cream cheese mixture into the mushroom caps, packing it slightly to fill the cavity completely.

STEP 5: Place the stuffed mushrooms on a baking sheet lined with parchment paper.

STEP 6: Drizzle the olive oil over the stuffed mushrooms.

STEP 7: Bake for 15-20 minutes, or until the mushrooms are tender and the filling is golden and bubbly.

STEP 8: Garnish with freshly chopped parsley before serving (optional).

Nutr. (Per Serving): Calories: 220 kcal | Protein: 22g | Carbs: 8g | Fiber: 2g | Net Carbs: 6g | Fat: 15g | Chol: 40mg | Na: 220mg | K: 350mg

THAI PEANUT CHICKEN SATAY SKEWERS

INGREDIENT

- 2 boneless, skinless chicken breasts (cut into bite-size chunks)
- 1 tsp olive oil
- 2 tbsp natural peanut butter (unsweetened)
- 1 tbsp tamari or coconut aminos (for gluten-free option)
- 1 tbsp lime juice
- 1 tsp ground ginger
- 1 tsp garlic powder
- 1/2 tsp chili flakes (optional for heat)
- 1 tbsp sesame oil
- Salt and pepper to taste
- Fresh cilantro (optional, for garnish)
- Wooden skewers (soaked in water for 10-15 minutes to prevent burning)



SNACKS



PREP 5 MIN



COOK 15 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: In a medium bowl, mix together the peanut butter, tamari or coconut aminos, lime juice, ground ginger, garlic powder, chili flakes (optional), sesame oil, and salt and pepper. Whisk until smooth and creamy.

STEP 2: Add the chicken chunks to the bowl and toss well to coat the chicken in the marinade. Let it marinate for at least 10 minutes, or up to 30 minutes for extra flavor.

STEP 3: Preheat your grill or grill pan to medium-high heat. Thread the marinated chicken pieces onto the skewers.

STEP 4: Grill the chicken skewers for 3-4 minutes per side, or until the chicken is cooked through and has a nice char.

STEP 5: Once done, remove the skewers from the grill and let them rest for a few minutes before serving. Garnish with fresh cilantro if desired.

Nutr. (Per Serving): Calories: 310 kcal | Protein: 30g | Carbs: 8g | Fiber: 2g | Net Carbs: 6g | Fat: 20g | Chol: 65mg | Na: 450mg | K: 420mg

TOASTED NORI SALMON BITES

INGREDIENT

- 4 oz fresh salmon fillet (skinless)
- 2 sheets nori (seaweed)
- 1 tbsp olive oil
- 1 tbsp sesame oil
- 1 tsp soy sauce (or coconut aminos for a soy-free option)
- 1/2 tsp garlic powder
- 1/2 tsp ground ginger
- 1/2 tsp chili flakes (optional, for heat)
- 1/2 tbsp sesame seeds (optional, for garnish)
- 1/4 avocado, sliced (for garnish)
- Lime wedges (for serving)



PREP 10 MIN



COOK 10 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Preheat your oven to 400°F (200°C).

STEP 2: Slice the salmon fillet into bite-sized cubes (approximately 1-inch pieces).

STEP 3: In a bowl, toss the salmon cubes with olive oil, sesame oil, soy sauce, garlic powder, ground ginger, and chili flakes (if using).

STEP 4: Lay the nori sheets flat on a clean surface. Place the salmon cubes on top of each nori sheet, then carefully roll the nori around the salmon to form tight wraps.

STEP 5: Place the nori-wrapped salmon on a baking sheet lined with parchment paper. Lightly brush the top with sesame oil.

STEP 6: Bake the salmon bites in the preheated oven for 8-10 minutes, until the salmon is cooked through and the nori is crispy.

STEP 7: Remove from the oven, garnish with sesame seeds and sliced avocado, and serve with lime wedges on the side.

Nutr. (Per Serving): Calories: 280 kcal | Protein: 28g | Carbs: 7g | Fiber: 3g | Net Carbs: 4g | Fat: 16g | Chol: 60mg | Na: 280mg | K: 420mg



CUCUMBER GUACAMOLE SHRIMP BOATS

SNACKS

INGREDIENT

- 2 medium cucumbers, sliced into 1-inch thick rounds
- 1/2 lb shrimp, peeled and deveined
- 1 tbsp olive oil
- 1/4 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp chili powder
- Salt and pepper, to taste
- 1/2 avocado, mashed
- 1 tbsp fresh cilantro, chopped
- 1 tbsp lime juice
- 1 tbsp diced red onion (optional)



PREP 10 MIN



COOK 10 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Heat the olive oil in a skillet over medium heat. Season the shrimp with paprika, garlic powder, chili powder, salt, and pepper. Add the shrimp to the skillet and cook for 2-3 minutes per side or until fully cooked. Remove from the heat and set aside to cool slightly.

STEP 2: In a small bowl, combine the mashed avocado, lime juice, cilantro, and red onion (if using). Stir until well combined.

STEP 3: Arrange the cucumber rounds on a serving platter. Top each cucumber slice with a small dollop of guacamole.

STEP 4: Slice the cooked shrimp into halves or thirds, depending on their size. Place a piece of shrimp on top of each cucumber guacamole boat.

STEP 5: Garnish with additional cilantro and a squeeze of lime juice if desired.

Nutr. (Per Serving): Calories: 220 kcal | Protein: 24g | Carbs: 9g | Fiber: 4g | Net Carbs: 5g | Fat: 14g | Chol: 180mg | Na: 300mg | K: 380mg



MINI CAULIFLOWER FALAFEL WITH GARLIC YOGURT

INGREDIENT

- 2 cups cauliflower florets (riced)
 - 1/4 cup ground flaxseed (or almond flour as a substitute)
 - 1/4 cup fresh parsley, chopped
 - 1/4 cup green onions, finely chopped
 - 1 clove garlic, minced
 - 1 egg, beaten
 - 1 tbsp olive oil (for frying)
 - 1/2 tsp cumin
 - 1/2 tsp coriander
 - Salt and pepper to taste
- For Garlic Yogurt:
- 1/2 cup unsweetened Greek yogurt
 - 1 tsp lemon juice
 - 1 small clove garlic, minced
 - Salt and pepper to taste



PREP 15 MIN



COOK 15 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.

STEP 2: Rice the cauliflower by chopping it finely or pulsing it in a food processor until it resembles rice grains. Microwave for 5-6 minutes to soften. Once done, place in a clean kitchen towel and squeeze out any excess moisture.

STEP 3: In a bowl, combine the riced cauliflower, ground flaxseed, parsley, green onions, minced garlic, cumin, coriander, salt, and pepper. Add the beaten egg and mix until everything is well combined.

STEP 4: Form the mixture into small balls (about 1 inch in diameter) and place them on the prepared baking sheet.

STEP 5: Bake for 12-15 minutes, flipping halfway through, until golden brown and crispy on the outside.

STEP 6: While the falafel are baking, make the garlic yogurt dip by mixing the Greek yogurt, lemon juice, minced garlic, salt, and pepper in a small bowl.

STEP 7: Serve the falafel warm with a dollop of garlic yogurt for dipping.

Nutr. (Per Serving): Calories: 210 kcal | Protein: 22g | Carbs: 9g | Fiber: 5g | Net Carbs: 4g | Fat: 12g | Chol: 80mg | Na: 300mg | K: 150mg

BUFFALO TUNA-STUFFED AVOCADO HALVES

INGREDIENT

- 2 ripe avocados
- 1 can (5 oz) tuna in water, drained
- 1 tbsp olive oil
- 1 tbsp hot sauce (preferably a low-carb buffalo sauce)
- 1 tbsp plain Greek yogurt
- 1 tbsp fresh cilantro, chopped
- 1 tbsp red onion, finely diced
- Salt and pepper, to taste
- Optional garnish: extra cilantro or green onions



PREP 10 MIN

COOK 10 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Cut the avocados in half and remove the pit. Use a spoon to scoop out a bit of the flesh from each half to create space for the tuna stuffing. Set the scooped avocado aside.

STEP 2: In a small mixing bowl, combine the drained tuna, olive oil, hot sauce, Greek yogurt, cilantro, and red onion. Mix well. Add salt and pepper to taste.

STEP 3: Scoop the buffalo tuna mixture into the avocado halves, filling them generously. Top with additional cilantro or green onions for garnish, if desired.

STEP 4: Serve immediately, or refrigerate for up to 3 hours for a chilled option.

Nutr. (Per Serving): Calories: 310 kcal | Protein: 28g | Carbs: 12g | Fiber: 8g | Net Carbs: 4g | Fat: 18g | Chol: 30mg | Na: 420mg | K: 650mg

CRUNCHY CHICKEN "NACHO" CHIPS

INGREDIENT

- 2 boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp cayenne pepper (optional, for extra heat)
- Salt and pepper to taste
- 1/4 cup shredded cheddar cheese (optional for topping)
- 1 tbsp fresh cilantro, chopped (optional for garnish)



PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone baking mat for easy cleanup.

STEP 2: Slice the chicken breasts into thin, even slices. This will help them bake evenly and get crispy.

STEP 3: Place the chicken slices in a bowl. Drizzle with olive oil and sprinkle with chili powder, paprika, garlic powder, onion powder, cayenne pepper, salt, and pepper. Toss until the chicken is well-coated with the seasoning mixture.

STEP 4: Arrange the seasoned chicken slices on the prepared baking sheet in a single layer.

Make sure the pieces don't overlap so they crisp up nicely.

STEP 5: Bake in the preheated oven for 15-20 minutes, or until the chicken is cooked through and the edges are golden and crispy.

STEP 6: (Optional) In the last 2 minutes of baking, sprinkle the shredded cheddar cheese on top of the chicken slices and return to the oven to melt.

STEP 7: Remove from the oven and let cool slightly. Garnish with chopped cilantro if desired. Serve immediately and enjoy these crunchy, flavorful chicken nacho chips!

Nutr. (Per Serving): Calories: 300 kcal | Protein: 35g | Carbs: 2g | Fiber: 1g | Net Carbs: 1g | Fat: 18g | Chol: 75mg | Na: 480mg | K: 460mg



SALADS & SIDES

PREP 10 MIN COOK 15 MIN SERVES 2

GRILLED CHICKEN CAESAR SALAD

INGREDIENT

- 2 small boneless, skinless chicken breasts (about 6 oz each)
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp black pepper
- 4 cups chopped romaine lettuce
- ¼ cup freshly grated Parmesan cheese
- ¼ cup Caesar dressing (look for a low-carb version, or make your own with olive oil, lemon, anchovies, and Parmesan)
- ¼ cup Parmesan crisps (store-bought or homemade)
- ½ lemon, cut into wedges (for serving)

INSTRUCTIONS:

STEP 1: Preheat a grill pan or outdoor grill over medium-high heat. Coat chicken breasts with olive oil and season with garlic powder, onion powder, paprika, salt, and black pepper.

STEP 2: Grill chicken for about 6-7 minutes per side, or until internal temperature reaches 165°F. Remove from heat and let rest for a few minutes before slicing into strips.

STEP 3: While the chicken is grilling, prepare the salad. In a large bowl, toss chopped romaine lettuce with Caesar dressing and freshly grated Parmesan cheese.

STEP 4: Divide the salad between two plates. Top each with grilled chicken slices and Parmesan crisps for added crunch.

STEP 5: Serve with a lemon wedge for extra freshness. Enjoy immediately!

Tip: If you prefer extra crunch, you can make your own Parmesan crisps by baking small piles of shredded Parmesan at 375°F for 5-7 minutes until golden and crispy.

Nutr. (Per Serving): Calories: 390 | Protein: 43g | Carbs: 7g | Fiber: 2g | Net Carbs: 5g | Fat: 20g | Chol: 120mg | Na: 620mg | K: 680mg



PREP 10 MIN COOK 10 MIN SERVES 2

MEDITERRANEAN GREEK SALAD WITH GRILLED SHRIMP & FETA

INGREDIENT

- 8 oz raw shrimp, peeled and deveined
 - 1 tbsp olive oil
 - ½ tsp garlic powder
 - ½ tsp dried oregano
 - ¼ tsp salt
 - ¼ tsp black pepper
 - 4 cups chopped romaine lettuce
 - ½ cup cherry tomatoes, halved
 - ½ cup cucumber, diced
 - ¼ cup Kalamata olives, sliced
 - ¼ cup crumbled feta cheese
 - 2 tbsp red onion, thinly sliced
 - 1 tbsp fresh parsley, chopped
- For the Dressing:
- 2 tbsp olive oil
 - 1 tbsp lemon juice
 - ½ tsp Dijon mustard
 - ½ tsp dried oregano
 - ¼ tsp salt
 - ¼ tsp black pepper

INSTRUCTIONS:

STEP 1: Preheat a grill pan or outdoor grill over medium-high heat. Toss shrimp with olive oil, garlic powder, oregano, salt, and black pepper.

STEP 2: Grill shrimp for 2-3 minutes per side until opaque and slightly charred. Remove from heat and set aside.

STEP 3: In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, oregano, salt, and black pepper to make the dressing.

STEP 4: In a large bowl, combine romaine lettuce, cherry tomatoes, cucumber, olives, red onion, and parsley. Drizzle with the dressing and toss to coat.

STEP 5: Divide the salad between two plates. Top each with grilled shrimp and crumbled feta cheese. Serve immediately.

Tip: For extra flavor, add a pinch of red pepper flakes to the shrimp before grilling.

Nutr. (Per Serving): Calories: 390 | Protein: 34g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 24g | Chol: 240mg | Na: 640mg | K: 580mg

ROASTED EGGPLANT ROLLS WITH RICOTTA & SPINACH

INGREDIENT

- 1 medium eggplant, sliced lengthwise into ¼-inch thick slices
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp dried oregano
- ½ cup ricotta cheese (whole milk or part-skim)
- ½ cup fresh spinach, chopped
- 1 clove garlic, minced
- ¼ tsp red pepper flakes (optional)
- 2 tbsp grated Parmesan cheese
- ¼ cup shredded mozzarella cheese
- ½ cup sugar-free marinara sauce

INSTRUCTIONS:

STEP 1: Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

STEP 2: Brush both sides of eggplant slices with olive oil and season with salt, pepper, and oregano. Arrange on the baking sheet and roast for 10 minutes until tender.

STEP 3: While eggplant is roasting, heat a small skillet over medium heat. Sauté spinach and garlic for 2 minutes until wilted. Mix with ricotta, red pepper flakes, and 1 tbsp Parmesan.

STEP 4: Remove eggplant from the oven and let cool slightly. Spoon 1 tbsp of the ricotta-spinach mixture onto each eggplant slice, then roll up tightly.

STEP 5: Spread half of the marinara sauce in a small baking dish. Place eggplant rolls seam-side down and top with remaining marinara, mozzarella, and the rest of the Parmesan.

STEP 6: Bake for 10 minutes until cheese is melted and bubbly. Serve warm.

Tip: Try swapping ricotta for cottage cheese for a higher protein content. For extra flavor, add fresh basil on top before serving.

Nutr. (Per Serving): Calories: 280 | Protein: 25g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 14g | Chol: 50mg | Na: 520mg | K: 480mg



SALADS & SIDES

PREP 10 MIN COOK 20 MIN SERVES 2

ITALIAN CAPRESE CHICKEN SALAD

INGREDIENT

- 2 small boneless, skinless chicken breasts (about 6 oz each)
 - 1 tbsp olive oil
 - ½ tsp garlic powder
 - ½ tsp salt
 - ¼ tsp black pepper
 - ½ tsp dried Italian seasoning
- For the Salad:
- 4 cups mixed greens (arugula, spinach, or romaine)
 - ½ cup cherry tomatoes, halved
 - ¼ cup fresh mozzarella, diced
 - ¼ cup fresh basil leaves, torn
 - 2 tbsp toasted pine nuts (optional)
- For the Basil Pesto Dressing:
- 2 tbsp olive oil
 - 1 tbsp fresh basil pesto
 - 1 tbsp lemon juice
 - ½ tsp Dijon mustard
 - ¼ tsp salt
 - ¼ tsp black pepper

INSTRUCTIONS:

STEP 1: Preheat a grill pan or skillet over medium-high heat. Coat chicken breasts with olive oil, garlic powder, salt, black pepper, and Italian seasoning.

STEP 2: Grill chicken for about 6-7 minutes per side, or until fully cooked (internal temperature reaches 165°F). Remove from heat and let rest for a few minutes before slicing.

STEP 3: In a small bowl, whisk together olive oil, basil pesto, lemon juice, Dijon mustard, salt, and black pepper to create the dressing.

STEP 4: In a large bowl, combine mixed greens, cherry tomatoes, mozzarella, and torn basil leaves.

STEP 5: Drizzle the salad with the basil pesto dressing and toss gently to coat.

STEP 6: Divide the salad between two plates and top with sliced grilled chicken. Sprinkle with toasted pine nuts for added crunch if desired. Serve immediately.

Tip: For extra flavor, drizzle with balsamic glaze (use a sugar-free version to keep it low-carb).

Nutr. (Per Serving): Calories: 420 | Protein: 44g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 22g | Chol: 110mg | Na: 580mg | K: 620mg



PREP 10 MIN COOK 15 MIN SERVES 2



SALADS & SIDES

PREP 10 MIN COOK 15 MIN SERVES 2

CLASSIC COBB SALAD

INGREDIENT

- 6 oz cooked turkey breast, diced
- 2 large eggs, hard-boiled and chopped
- 4 cups chopped romaine lettuce
- ½ medium avocado, diced
- 2 slices uncured bacon, cooked and crumbled
- ½ cup cherry tomatoes, halved
- ¼ cup crumbled blue cheese (or feta)
- 2 tbsp chopped green onions (optional)

For the Dressing:

- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- ½ tsp Dijon mustard
- ¼ tsp salt
- ¼ tsp black pepper

INSTRUCTIONS:

STEP 1: Cook the bacon in a skillet over medium heat until crispy, about 4-5 minutes per side. Transfer to a paper towel-lined plate and crumble once cooled.

STEP 2: In a small bowl, whisk together olive oil, red wine vinegar, Dijon mustard, salt, and black pepper to create the dressing.

STEP 3: In a large bowl, layer chopped romaine lettuce as the base. Arrange diced turkey, hard-boiled eggs, avocado, cherry

tomatoes, crumbled bacon, blue cheese, and green onions in separate rows.

STEP 4: Drizzle the dressing over the salad and toss gently before serving.

Tip: Swap turkey for grilled chicken or salmon for a different variation. For extra crunch, add toasted almonds or sunflower seeds.

Nutr. (Per Serving): Calories: 420 | Protein: 45g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 22g | Chol: 285mg | Na: 670mg | K: 680mg



PREP 10 MIN COOK 10 MIN SERVES 2

SPINACH SALAD WITH WARM BACON VINAIGRETTE & BOILED EGGS

INGREDIENT

- 4 cups fresh baby spinach
- 2 large eggs, hard-boiled and sliced
- 3 slices uncured bacon, chopped
- ¼ medium red onion, thinly sliced
- ¼ cup cherry tomatoes, halved
- 2 tbsp crumbled feta cheese (optional)
- For the Warm Bacon Vinaigrette:
- 2 tbsp bacon drippings (from cooked bacon)
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar
- ½ tsp Dijon mustard
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper

INSTRUCTIONS:

STEP 1: In a skillet over medium heat, cook the chopped bacon until crispy, about 5-7 minutes. Remove the bacon and place on a paper towel-lined plate. Reserve 2 tbsp of the bacon drippings for the dressing.

STEP 2: In a small bowl, whisk together the reserved bacon drippings, olive oil, apple cider vinegar, Dijon mustard, garlic powder, salt, and black pepper until well combined.

STEP 3: In a large bowl, toss the baby spinach with sliced red

onion, cherry tomatoes, and crumbled feta cheese (if using).

STEP 4: Drizzle the warm bacon vinaigrette over the salad and toss gently to coat.

STEP 5: Top with crispy bacon and sliced hard-boiled eggs. Serve immediately.

Tip: For extra crunch, add toasted almonds or walnuts. You can also swap feta for blue cheese to change up the flavor profile.

Nutr. (Per Serving): Calories: 390 | Protein: 28g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 26g | Chol: 280mg | Na: 620mg | K: 640mg

ROASTED BRUSSELS SPROUTS WITH PANCETTA & PARMESAN

INGREDIENT

- 2 cups Brussels sprouts, trimmed and halved
- 2 oz pancetta, diced
- 1 tbsp olive oil
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ cup grated Parmesan cheese
- 1 tbsp balsamic vinegar (optional for extra flavor)



SALADS & SIDES



PREP 10 MIN



COOK 20 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

STEP 2: In a large bowl, toss Brussels sprouts with olive oil, garlic powder, salt, and black pepper until evenly coated.

STEP 3: Spread Brussels sprouts on the baking sheet in a single layer. Scatter the diced pancetta over the top.

STEP 4: Roast for 18-20 minutes, stirring halfway, until the Brussels sprouts are crispy and the pancetta is golden brown.

STEP 5: Remove from the oven and sprinkle with Parmesan cheese. Toss gently, then drizzle with balsamic vinegar if using. Serve immediately.

Tip: For added crunch, sprinkle toasted almonds or walnuts before serving.

Nutr. (Per Serving): Calories: 340 | Protein: 28g | Carbs: 11g | Fiber: 4g | Net Carbs: 7g | Fat: 22g | Chol: 40mg | Na: 610mg | K: 620mg

LOADED CAULIFLOWER MASH

INGREDIENT

- 3 cups cauliflower florets
- 2 slices uncured bacon, cooked and crumbled
- ½ cup shredded sharp cheddar cheese
- 2 tbsp unsweetened Greek yogurt
- 2 tbsp heavy cream
- 1 tbsp butter
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp chopped fresh chives



PREP 10 MIN



COOK 15 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Bring a pot of water to a boil. Add cauliflower florets and cook for 10 minutes until fork-tender. Drain well.

STEP 2: While cauliflower is cooking, cook the bacon in a skillet over medium heat until crispy, about 5-6 minutes. Transfer to a paper towel-lined plate and crumble once cooled.

STEP 3: In a food processor or blender, add the drained cauliflower, Greek yogurt, heavy cream, butter, garlic powder, salt, and black pepper. Blend until smooth and creamy.

STEP 4: Transfer the mashed cauliflower to a bowl and stir in shredded cheddar cheese until melted.

STEP 5: Top with crumbled bacon and chopped chives. Serve warm.

Tip: For extra creaminess, add 1 oz of cream cheese. You can also swap cheddar for Parmesan for a sharper flavor.

Nutr. (Per Serving): Calories: 350 | Protein: 28g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 22g | Chol: 75mg | Na: 560mg | K: 620mg



SALADS & SIDES

PREP 10 MIN COOK 5 MIN SERVES 2

ZUCCHINI NOODLE CAPRESE SALAD

INGREDIENT

- 2 medium zucchini, spiralized (about 3 cups)
 - ½ cup cherry tomatoes, halved
 - ½ cup fresh mozzarella, diced (or mini mozzarella balls)
 - ¼ cup fresh basil leaves, chopped
 - 2 tbsp toasted pine nuts (optional for crunch)
- For the Dressing:
- 2 tbsp olive oil
 - 1 tbsp balsamic vinegar (or lemon juice for lower carbs)
 - ½ tsp Dijon mustard
 - ¼ tsp garlic powder
 - ¼ tsp salt
 - ¼ tsp black pepper

INSTRUCTIONS:

STEP 1: Heat a dry skillet over medium heat. Lightly sauté the zucchini noodles for 1-2 minutes until just softened. Remove from heat and let cool slightly.

STEP 2: In a small bowl, whisk together olive oil, balsamic vinegar (or lemon juice), Dijon mustard, garlic powder, salt, and black pepper to make the dressing.

STEP 3: In a large bowl, combine zucchini noodles, cherry tomatoes, fresh mozzarella, and chopped basil.

STEP 4: Drizzle the dressing over the salad and toss gently to combine.

STEP 5: Top with toasted pine nuts for added texture, if using. Serve immediately.

Tip: For a protein boost, add grilled shrimp or diced chicken. You can also swap pine nuts for toasted almonds for a nutty crunch.

Nutr. (Per Serving): Calories: 320 | Protein: 24g | Carbs: 11g | Fiber: 3g | Net Carbs: 8g | Fat: 20g | Chol: 35mg | Na: 420mg | K: 600mg



PREP 10 MIN COOK 10 MIN SERVES 2

BUFFALO CHICKEN SALAD

INGREDIENT

- 2 cups romaine lettuce, chopped
- ½ cup cooked chicken breast, shredded
- ¼ cup celery, diced
- 2 tbsp goat cheese crumbles
- 1 tbsp olive oil
- 1 tbsp hot sauce (like Frank's Red Hot)
- 1 tsp apple cider vinegar
- ¼ tsp garlic powder
- ¼ tsp black pepper
- 1 tbsp green onions, chopped (optional)

INSTRUCTIONS:

STEP 1: In a small bowl, whisk together hot sauce, olive oil, apple cider vinegar, garlic powder, and black pepper.

STEP 2: In a medium bowl, toss the shredded chicken with the prepared Buffalo sauce until evenly coated.

STEP 3: Arrange the romaine lettuce in a serving bowl and top with celery, goat cheese crumbles, and Buffalo chicken.

STEP 4: Garnish with green onions if desired and serve immediately.

Tip: Add extra heat by sprinkling red pepper flakes or drizzling with extra buffalo sauce. For a milder version, swap buffalo sauce for a simple lemon herb marinade.

Nutr. (Per Serving): Calories: 320 kcal | Protein: 32g | Carbs: 6g | Fiber: 2g | Net Carbs: 4g | Fat: 18g | Chol: 90mg | Na: 520mg | K: 450mg

GRILLED HALLOUMI ON GREENS

INGREDIENT

- 6 oz halloumi cheese, sliced into ½-inch pieces
 - 1 tbsp olive oil
 - 4 cups mixed salad greens (arugula, spinach, or romaine)
 - ½ cup cherry tomatoes, halved
 - ¼ cup cucumber, sliced
 - ¼ small red onion, thinly sliced
 - 1 tbsp toasted pine nuts (optional for crunch)
- For the Lemon-Oregano Vinaigrette:
- 2 tbsp olive oil
 - 1 tbsp lemon juice
 - ½ tsp dried oregano
 - ¼ tsp garlic powder
 - ¼ tsp salt
 - ¼ tsp black pepper



INSTRUCTIONS:

STEP 1: Heat a non-stick skillet or grill pan over medium heat. Brush halloumi slices with olive oil and grill for 2-3 minutes per side until golden brown and slightly crispy. Remove from heat.

STEP 2: In a small bowl, whisk together olive oil, lemon juice, oregano, garlic powder, salt, and black pepper to make the vinaigrette.

STEP 3: In a large bowl, combine mixed salad greens, cherry tomatoes, cucumber, and red onion.

STEP 4: Drizzle the vinaigrette over the salad and toss gently to coat.

STEP 5: Divide the salad between two plates and top with grilled halloumi. Sprinkle with toasted pine nuts, if using. Serve immediately.

Tip: For extra flavor, add a pinch of red pepper flakes or swap pine nuts for toasted almonds.

Nutr. (Per Serving): Calories: 420 | Protein: 32g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 28g | Chol: 40mg | Na: 620mg | K: 540mg

TUNA NIÇOISE SALAD

INGREDIENT

- 1 (5 oz) can tuna in olive oil, drained
 - 2 large eggs, hard-boiled and sliced
 - 2 cups mixed salad greens (arugula, spinach, or romaine)
 - ½ cup cherry tomatoes, halved
 - ½ cup green beans, trimmed
 - ¼ cup Kalamata olives, sliced
 - ¼ small red onion, thinly sliced
- For the Dressing:
- 2 tbsp olive oil
 - 1 tbsp red wine vinegar
 - ½ tsp Dijon mustard
 - ¼ tsp garlic powder
 - ¼ tsp salt
 - ¼ tsp black pepper



INSTRUCTIONS:

STEP 1: Bring a pot of water to a boil. Blanch the green beans for 2 minutes, then drain and rinse under cold water to keep them crisp.

STEP 2: In a small bowl, whisk together olive oil, red wine vinegar, Dijon mustard, garlic powder, salt, and black pepper to create the dressing.

STEP 3: In a large bowl, arrange the salad greens as the base. Top with cherry tomatoes, green beans, red onion, olives, and hard-boiled eggs.

STEP 4: Add the drained tuna, flaking it slightly with a fork.

STEP 5: Drizzle the dressing over the salad and toss gently to coat. Serve immediately.

Tip: For extra flavor, add a squeeze of fresh lemon juice or sprinkle with capers before serving.

Nutr. (Per Serving): Calories: 420 | Protein: 42g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 24g | Chol: 280mg | Na: 580mg | K: 650mg



CAULIFLOWER FRIED RICE WITH EGG & GREEN BEANS

SALADS & SIDES

INGREDIENT

- 2 cups cauliflower rice
- 1/2 cup green beans, chopped
- 2 large eggs, beaten
- 1/2 cup cooked chicken breast, diced
- 1 tbsp coconut aminos (or low-sodium soy sauce)
- 1 tbsp sesame oil
- 1 clove garlic, minced
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1 tbsp green onions, chopped (optional)

PREP 10 MIN

COOK 15 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Heat sesame oil in a large skillet over medium heat. Add the garlic and cook for 30 seconds until fragrant.

STEP 2: Add the cauliflower rice and cook for 5 minutes, stirring frequently.

STEP 3: Stir in green beans and diced chicken, cooking for another 3 minutes.

STEP 4: Push the mixture to one side of the skillet and pour in the beaten eggs. Scramble until fully cooked, then mix everything together.

STEP 5: Stir in coconut aminos, salt, and black pepper. Cook for 2 more minutes, then remove from heat.

STEP 6: Garnish with green onions if desired. Serve immediately.

Tip: Add cooked chicken, shrimp, or tofu for an extra protein boost. You can also swap green peas for diced zucchini or mushrooms to lower the carb count.

Nutr. (Per Serving): Calories: 280 kcal | Protein: 30g | Carbs: 8g | Fiber: 3g | Net Carbs: 5g | Fat: 14g | Chol: 220mg | Na: 380mg | K: 460mg



CHEESY BROCCOLI & CAULIFLOWER GRATIN BAKE

INGREDIENT

- 1 1/2 cups broccoli florets
- 1 1/2 cups cauliflower florets
- 1/2 cup shredded sharp cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup unsweetened almond milk (or heavy cream)
- 1 tbsp butter
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp Dijon mustard
- 1 large egg, beaten

PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Lightly grease a small baking dish.

STEP 2: Bring a pot of water to a boil. Blanch the broccoli and cauliflower florets for 2-3 minutes, then drain and pat dry.

STEP 3: In a saucepan over medium heat, melt the butter. Add almond milk, garlic powder, salt, black pepper, and Dijon mustard. Stir well.

STEP 4: Remove the saucepan from heat and slowly whisk in

the beaten egg until combined. Stir in cheddar cheese and half of the Parmesan cheese until melted and smooth.

STEP 5: Place the broccoli and cauliflower in the prepared baking dish. Pour the cheese sauce over the top and mix gently to coat.

STEP 6: Sprinkle the remaining Parmesan cheese over the top. Bake for 15 minutes, or until golden and bubbly.

STEP 7: Let cool for a few minutes before serving.

Tip: For extra crunch, add crushed pork rinds or chopped nuts as a topping before baking. You can also swap cheddar for mozzarella for a milder flavor.

Nutr. (Per Serving): Calories: 380 | Protein: 32g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 24g | Chol: 155mg | Na: 560mg | K: 620mg

SPAGHETTI SQUASH CARBONARA

INGREDIENT

- 1 small spaghetti squash (about 2 lbs)
- 2 oz pancetta or bacon, diced
- 2 large eggs
- ¼ cup grated Parmesan cheese
- 1 tbsp heavy cream
- 1 tbsp olive oil
- 1 clove garlic, minced
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp fresh parsley, chopped (optional for garnish)



SALADS & SIDES

PREP 10 MIN

COOK 25 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 400°F (200°C). Cut the spaghetti squash in half lengthwise and remove the seeds. Brush the inside with olive oil and place cut-side down on a baking sheet. Roast for 20-25 minutes until tender.

STEP 2: While the squash is roasting, cook the diced pancetta in a skillet over medium heat until crispy, about 5 minutes. Add minced garlic and sauté for 30 seconds. Remove from heat.

STEP 3: In a bowl, whisk together eggs, Parmesan cheese,

heavy cream, salt, and black pepper.

STEP 4: Use a fork to scrape out the spaghetti squash strands into a bowl. Add the cooked pancetta and garlic.

STEP 5: Pour the egg mixture over the warm squash and toss quickly to coat. The residual heat will gently cook the eggs, creating a creamy sauce.

STEP 6: Garnish with fresh parsley and serve immediately.

Tip: For extra flavor, add red pepper flakes or swap pancetta for turkey bacon. This dish pairs well with grilled chicken for a complete meal.

Nutr. (Per Serving):Calories: 380 | Protein: 29g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 24g | Chol: 260mg | Na: 620mg | K: 590mg

CHEESY CABBAGE STEAKS WITH BACON CRUMBLES

INGREDIENT

- ½ medium green cabbage, cut into 1-inch thick slices
- 2 tbsp olive oil
- 2 slices bacon, cooked and crumbled
- ½ cup shredded cheddar cheese
- ¼ tsp garlic powder
- ¼ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp chopped fresh parsley (optional for garnish)



PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

STEP 2: Brush cabbage slices with olive oil on both sides. Season with garlic powder, smoked paprika, salt, and black pepper.

STEP 3: Arrange cabbage slices in a single layer on the prepared baking sheet. Roast for 15 minutes until tender and slightly crispy on the edges.

STEP 4: Remove from oven and sprinkle shredded cheddar cheese evenly over each cabbage steak. Return to oven for 5 minutes until cheese is melted and bubbly.

STEP 5: Top with crumbled bacon and garnish with fresh parsley. Serve warm.

Tip: Try swapping cheddar for mozzarella or gouda for a different cheese flavor. For added spice, sprinkle crushed red pepper flakes before roasting.

Nutr. (Per Serving):Calories: 320 | Protein: 26g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 21g | Chol: 50mg | Na: 620mg | K: 450mg



SOUPS & STEWS

PREP 10 MIN COOK 20 MIN SERVES 2

SMOKY BEEF CHILI SOUP

INGREDIENT

- 1 tbsp olive oil
- ½ lb (225g) lean ground beef (90% lean or higher)
- ½ small onion, diced
- ½ small green bell pepper, diced
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1 tsp chili powder
- ½ tsp ground cumin
- ¼ tsp cayenne pepper (optional)
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ cup canned fire-roasted diced tomatoes (no sugar added)
- ½ cup beef broth (low sodium)
- 1 tbsp tomato paste
- ½ tsp apple cider vinegar
- 1 tbsp chopped fresh cilantro (optional for garnish)
- 2 tbsp shredded sharp cheddar cheese (optional)
- 1 tbsp sour cream (optional)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add ground beef and cook for 4-5 minutes, breaking it up with a spatula, until browned.

STEP 2: Add diced onion, bell pepper, and minced garlic. Sauté for 3-4 minutes until softened and fragrant.

STEP 3: Stir in smoked paprika, chili powder, cumin, cayenne pepper (if using), salt, and black pepper. Cook for 30 seconds to toast the spices.

STEP 4: Add fire-roasted tomatoes, beef broth, tomato paste, and apple cider vinegar. Stir well and bring to a gentle simmer.

STEP 5: Reduce heat to low and let simmer uncovered for 10 minutes, stirring occasionally, until the chili thickens slightly.

STEP 6: Taste and adjust seasoning if needed. Remove from heat and let sit for a minute before serving.

STEP 7: Garnish with fresh cilantro, shredded cheddar cheese, and sour cream, if desired. Enjoy hot!

Tip: For a spicier kick, add extra cayenne pepper or a few dashes of hot sauce. To keep it dairy-free, skip the cheese and sour cream. This chili pairs well with a side of avocado for added healthy fats!

Nutr. (Per Serving): Calories: 310 kcal | Protein: 29g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 18g | Chol: 75mg | Na: 480mg | K: 670mg



PREP 10 MIN COOK 20 MIN SERVES 2

ZUCCHINI NOODLE CHICKEN SOUP

INGREDIENT

- 1 tbsp olive oil
- ½ small onion, diced
- 1 medium carrot, peeled and thinly sliced
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 1 tsp dried thyme
- ½ tsp dried oregano
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ lb (225g) cooked chicken breast, shredded
- 1 small zucchini, spiralized into noodles
- 1 tbsp fresh parsley, chopped (optional for garnish)
- 1 tbsp lemon juice (optional, for brightness)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add diced onion and sliced carrot, sautéing for 3-4 minutes until softened.

STEP 2: Stir in minced garlic, dried thyme, oregano, salt, and black pepper. Cook for 30 seconds until fragrant.

STEP 3: Pour in the chicken broth and bring to a simmer. Let it cook for 10 minutes to allow flavors to develop.

STEP 4: Add shredded chicken and stir to combine.

Let simmer for another 3-4 minutes to heat the chicken through.

STEP 5: Reduce heat to low and gently add spiralized zucchini noodles. Cook for 1-2 minutes, just until tender but not mushy.

STEP 6: Stir in fresh parsley and optional lemon juice. Taste and adjust seasoning if needed.

STEP 7: Serve hot and enjoy!

Tip: For extra flavor, add a pinch of red pepper flakes or a dash of hot sauce. This soup can be stored in the fridge for up to 3 days—just add fresh zucchini noodles when reheating to keep them from getting soggy!

Nutr. (Per Serving): Calories: 280 kcal | Protein: 31g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 10g | Chol: 70mg | Na: 520mg | K: 720mg

CREAMY CHICKEN BROCCOLI CHEDDAR SOUP

INGREDIENT

- 1 tbsp olive oil
- ½ small onion, diced
- 2 cloves garlic, minced
- 2 cups low-sodium chicken broth
- ½ lb (225g) cooked chicken breast, shredded
- 1 ½ cups broccoli florets, chopped
- ½ cup heavy cream
- ½ tsp dried thyme
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ tsp smoked paprika (optional for extra flavor)
- ½ cup shredded sharp cheddar cheese
- 1 tbsp grated Parmesan cheese (optional for extra richness)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add diced onion and sauté for 3-4 minutes until softened. Stir in minced garlic and cook for 30 seconds until fragrant.

STEP 2: Pour in the chicken broth and bring to a gentle simmer. Add shredded chicken and chopped broccoli florets. Let cook for 8-10 minutes until the broccoli is tender.

STEP 3: Stir in heavy cream, dried thyme, salt, black pepper, and smoked paprika (if using). Reduce heat to low and let simmer for 3 minutes.

STEP 4: Gradually stir in shredded cheddar cheese and Parmesan, mixing until fully melted and smooth. If the soup is too thick, add a little more broth to reach the desired consistency.

STEP 5: Taste and adjust seasoning as needed. Remove from heat and let sit for a minute before serving.

STEP 6: Serve hot, garnished with extra cheddar or a sprinkle of fresh black pepper if desired. Enjoy!

Tip: For an extra kick, add a pinch of red pepper flakes or a splash of hot sauce. If meal prepping, store in an airtight container in the fridge for up to 3 days. Reheat gently to avoid separating the cheese!

Nutr. (Per Serving): Calories: 380 kcal | Protein: 32g | Carbs: 11g | Fiber: 3g | Net Carbs: 8g | Fat: 24g | Chol: 85mg | Na: 540mg | K: 690mg



THAI COCONUT CHICKEN SOUP

INGREDIENT

- 1 tbsp coconut oil
- ½ small onion, sliced
- 2 cloves garlic, minced
- 1-inch piece fresh ginger, grated
- 2 cups low-sodium chicken broth
- 1 cup unsweetened coconut milk
- ½ lb (225g) cooked chicken breast, shredded
- 1 cup mushrooms, sliced
- ½ red bell pepper, thinly sliced
- 1 tbsp fish sauce
- ½ tsp lime juice
- ½ tsp red pepper flakes (optional for heat)
- ¼ tsp salt (or to taste)
- ¼ tsp black pepper
- 1 tbsp chopped fresh cilantro (for garnish)
- 1 tbsp chopped green onion (optional)

INSTRUCTIONS:

STEP 1: Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

STEP 2: Brush cabbage slices with olive oil on both sides. Season with garlic powder, smoked paprika, salt, and black pepper.

STEP 3: Arrange cabbage slices in a single layer on the prepared baking sheet. Roast for 15 minutes until tender and slightly crispy on the edges.

STEP 4: Remove from oven and sprinkle shredded cheddar cheese evenly over each cabbage steak. Return to oven for 5 minutes until cheese is melted and bubbly.

STEP 5: Top with crumbled bacon and garnish with fresh parsley. Serve warm.

Tip: For extra zest, add a lime wedge on the side. If you prefer a spicier soup, stir in some Thai chili paste or extra red pepper flakes. Store leftovers in the fridge for up to 3 days—reheat gently to preserve flavors!

Nutr. (Per Serving): Calories: 320 kcal | Protein: 29g | Carbs: 11g | Fiber: 3g | Net Carbs: 8g | Fat: 18g | Chol: 65mg | Na: 480mg | K: 720mg





SOUPS & STEWS



PREP 10 MIN



COOK 20 MIN



SERVES 2

FRENCH ONION MEATBALL SOUP

INGREDIENT

For the Meatballs:

- ½ lb (225g) lean ground beef (90% lean or higher)
- 1 tbsp almond flour (or grated Parmesan)
- 1 clove garlic, minced
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper

For the Soup:

- 1 tbsp butter (or olive oil)
- 1 medium onion, thinly sliced
- 2 cups low-sodium beef broth
- ½ tsp Worcestershire sauce
- ¼ tsp dried thyme
- ¼ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ cup shredded Gruyère or Swiss cheese (for topping)

INSTRUCTIONS:

STEP 1: In a bowl, mix ground beef, almond flour (or Parmesan), minced garlic, oregano, salt, and black pepper. Form into small meatballs (about 1 inch in diameter).

STEP 2: Heat a skillet over medium heat and lightly grease it. Add the meatballs and cook for 5-6 minutes, turning occasionally, until browned. Remove from the skillet and set aside.

STEP 3: In the same skillet, melt butter over medium heat. Add sliced onions and cook for 8-10 minutes, stirring

occasionally, until caramelized and golden brown.

STEP 4: Pour in the beef broth, Worcestershire sauce, thyme, salt, and black pepper. Stir well and bring to a gentle simmer.

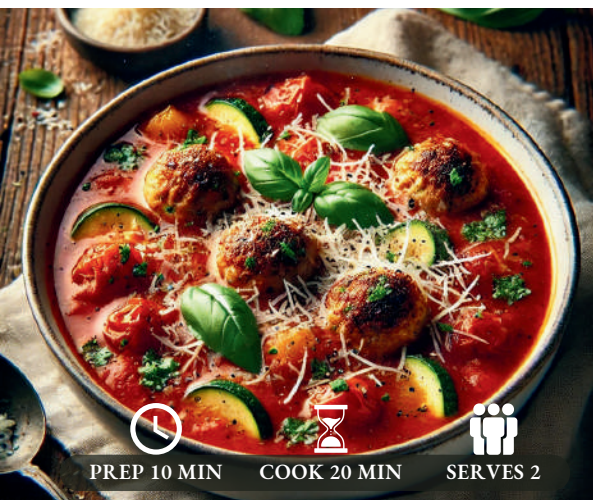
STEP 5: Return the meatballs to the pot and let them simmer in the broth for 5 minutes, absorbing the flavors.

STEP 6: Preheat the broiler. Ladle the soup into oven-safe bowls, sprinkle with shredded Gruyère or Swiss cheese, and broil for 2-3 minutes until the cheese is melted and bubbly.

STEP 7: Serve hot and enjoy!

Tip: For extra richness, add a splash of heavy cream to the broth. If you like a bolder flavor, increase the caramelization time for the onions!

Nutr. (Per Serving): Calories: 370 kcal | Protein: 32g | Carbs: 12g | Fiber: 2g | Net Carbs: 10g | Fat: 22g | Chol: 75mg | Na: 580mg | K: 680mg



PREP 10 MIN



COOK 20 MIN



SERVES 2

TOMATO BASIL TURKEY MEATBALL SOUP

INGREDIENT

For the Meatballs:

- ½ lb (225g) lean ground turkey (93% lean or higher)
- 1 tbsp grated Parmesan cheese (or almond flour)
- 1 clove garlic, minced
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper

For the Soup:

- 1 tbsp olive oil
- ½ small onion, diced
- 2 cloves garlic, minced
- 2 cups low-sodium chicken broth
- 1 cup crushed tomatoes (no sugar)
- ½ tsp dried basil (or 1 tbsp fresh basil)
- ¼ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ tsp red pepper flakes (optional)
- ½ cup zucchini, diced (optional)
- 2 tbsp grated Parmesan cheese
- 1 tbsp fresh basil, chopped (for garnish)

INSTRUCTIONS:

STEP 1: In a bowl, combine ground turkey, Parmesan cheese (or almond flour), minced garlic, oregano, salt, and black pepper. Mix well and form into small meatballs (about 1 inch in diameter).

STEP 2: Heat olive oil in a medium pot over medium heat. Add diced onion and sauté for 3-4 minutes until softened. Stir in minced garlic and cook for 30 seconds until fragrant.

STEP 3: Pour in the chicken broth and crushed tomatoes. Add dried basil, salt, black pepper, and red pepper flakes (if using). Stir well and bring to a gentle simmer.

STEP 4: Carefully drop the turkey meatballs into the simmering broth. Let cook for 10 minutes, stirring occasionally.

STEP 5: Add diced zucchini (if using) and let simmer for another 5 minutes until the meatballs are fully cooked and tender.

STEP 6: Taste and adjust seasoning if needed. Remove from heat and let sit for a minute.

STEP 7: Serve hot, topped with grated Parmesan and fresh basil. Enjoy!

Nutr. (Per Serving): Calories: 310 kcal | Protein: 30g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 14g | Chol: 75mg | Na: 520mg | K: 690mg

BEEF & CABBAGE ROLL SOUP

INGREDIENT

- 1 tbsp olive oil
- ½ lb (225g) lean ground beef (90% lean or higher)
- ½ small onion, diced
- 2 cloves garlic, minced
- ½ small green cabbage, chopped (about 2 cups)
- 1 cup crushed tomatoes (no sugar added)
- 2 cups low-sodium beef broth
- ½ tsp dried oregano
- ½ tsp dried thyme
- ½ tsp smoked paprika
- ¼ tsp red pepper flakes (optional)
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ tbsp Worcestershire sauce
- 2 tbsp fresh parsley, chopped
- 2 tbsp grated Parmesan cheese (optional for topping)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add ground beef and cook for 4-5 minutes, breaking it up with a spatula until browned.

STEP 2: Add diced onion and minced garlic, sautéing for 2-3 minutes until fragrant and softened.

STEP 3: Stir in chopped cabbage and cook for 3-4 minutes until it begins to soften.

STEP 4: Pour in crushed tomatoes and beef broth. Add oregano, thyme, smoked paprika, red pepper flakes (if using),

salt, black pepper, and Worcestershire sauce. Stir well.

STEP 5: Bring to a gentle simmer and cook uncovered for 10 minutes, stirring occasionally, until the cabbage is tender and the flavors meld together.

STEP 6: Taste and adjust seasoning if needed. Remove from heat and let sit for a minute before serving.

STEP 7: Serve hot, garnished with fresh parsley and grated Parmesan cheese if desired. Enjoy!

Tip: For extra richness, add a dollop of sour cream or shredded mozzarella on top. If meal prepping, store in an airtight container in the fridge for up to 3 days—flavors get even better over time!

Nutr. (Per Serving): Calories: 340 kcal | Protein: 31g | Carbs: 13g | Fiber: 4g | Net Carbs: 9g | Fat: 18g | Chol: 75mg | Na: 570mg | K: 720mg



SPICY SHRIMP TOM YUM SOUP

INGREDIENT

- 1 tbsp olive oil
- ½ small onion, sliced
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 4 cups low-sodium chicken broth
- 1 stalk lemongrass, cut into 2-inch pieces and smashed
- 2 kaffir lime leaves, torn
- ½ cup sliced mushrooms
- ½ small tomato, diced
- ½ tbsp Thai red curry paste (or ½ tsp red pepper flakes for heat)
- ½ tbsp fish sauce (or coconut aminos for a soy-free option)
- ½ tbsp lime juice
- ½ lb (225g) raw shrimp, peeled and deveined
- 1 tbsp fresh cilantro, chopped (for garnish)
- 1 green onion, sliced (for garnish)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add sliced onion and sauté for 2-3 minutes until slightly softened. Stir in garlic and ginger, cooking for another 30 seconds until fragrant.

STEP 2: Pour in the chicken broth and bring to a gentle simmer. Add lemongrass, kaffir lime leaves (or lime zest), mushrooms, tomato, Thai red curry paste, and fish sauce. Stir well and let simmer for 10 minutes.

STEP 3: Add shrimp to the broth and cook for 3-4 minutes until pink and fully cooked.

STEP 4: Stir in lime juice and remove from heat. Let the flavors meld for a minute.

STEP 5: Serve hot, garnished with fresh cilantro and green onions. Enjoy!

Tip: Adjust the spice level by adding more red curry paste or a dash of sriracha. Store leftovers in the fridge for up to 2 days—reheat gently for best results!

Nutr. (Per Serving): Calories: 290 kcal | Protein: 32g | Carbs: 10g | Fiber: 2g | Net Carbs: 8g | Fat: 12g | Chol: 180mg | Na: 540mg | K: 720mg





SOUPS & STEWS



PREP 10 MIN



COOK 20 MIN



SERVES 2

CREAMY CHICKEN & MUSHROOM SOUP

INGREDIENT

- 1 tbsp olive oil
- ½ small onion, diced
- 2 cloves garlic, minced
- 1 cup mushrooms, sliced
- ½ tsp dried thyme (or 1 tsp fresh thyme)
- ½ tsp dried rosemary (or 1 tsp fresh rosemary, chopped)
- 2 cups low-sodium chicken broth
- ½ lb (225g) cooked chicken breast, shredded
- ½ cup heavy cream
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ tsp smoked paprika (optional, for depth of flavor)
- 2 tbsp grated Parmesan cheese (optional for richness)
- 1 tbsp fresh parsley, chopped (for garnish)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add diced onion and sauté for 3-4 minutes until softened. Stir in minced garlic and cook for 30 seconds until fragrant.

STEP 2: Add sliced mushrooms, thyme, and rosemary. Cook for 5-6 minutes, stirring occasionally, until mushrooms release their moisture and become golden brown.

STEP 3: Pour in the chicken broth and bring to a gentle simmer. Add shredded chicken and let cook for 5 minutes to absorb the flavors.

STEP 4: Reduce heat to low and stir in the heavy cream, salt, black pepper, and smoked paprika (if using). Let simmer for another 3 minutes.

STEP 5: Stir in Parmesan cheese, mixing until fully melted and the soup is creamy. Adjust seasoning if needed.

STEP 6: Remove from heat and let sit for a minute. Serve hot, garnished with fresh parsley.

Tip: For a dairy-free version, swap heavy cream for coconut cream. Store leftovers in an airtight container in the fridge for up to 3 days—reheat gently to keep the creamy texture!

Nutr. (Per Serving): Calories: 380 kcal | Protein: 32g | Carbs: 11g | Fiber: 2g | Net Carbs: 9g | Fat: 22g | Chol: 80mg | Na: 570mg | K: 750mg



PREP 10 MIN



COOK 20 MIN



SERVES 2

MOROCCAN SPICED CHICKEN STEW

INGREDIENT

- 1 tbsp olive oil
- ½ lb (225g) chicken breast, diced
- ½ small onion, diced
- 2 cloves garlic, minced
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp smoked paprika
- ¼ tsp ground cinnamon
- ¼ tsp cayenne pepper (optional, for heat)
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- 1 small zucchini, diced
- 1 cup diced tomatoes (no sugar added)
- 1 cup low-sodium chicken broth
- ½ tbsp fresh lemon juice
- 1 tbsp fresh cilantro or parsley, chopped (for garnish)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add diced chicken and cook for 4-5 minutes until lightly browned.

STEP 2: Add diced onion and sauté for 3 minutes until softened. Stir in minced garlic and cook for 30 seconds until fragrant.

STEP 3: Sprinkle in cumin, coriander, smoked paprika, cinnamon, cayenne (if using), salt, and black pepper. Stir well to coat the chicken in the spices.

STEP 4: Add diced zucchini, diced tomatoes, and chicken broth. Stir to combine, then bring to a simmer.

STEP 5: Reduce heat to low and let the stew cook uncovered for 10-12 minutes, until the zucchini is tender and the flavors are well combined.

STEP 6: Stir in lemon juice, taste, and adjust seasoning if needed. Remove from heat and let rest for a minute.

STEP 7: Serve hot, garnished with fresh cilantro or parsley. Enjoy!

Tip: For extra richness, add a drizzle of olive oil before serving. This stew pairs well with a side of cauliflower rice for a more filling meal!

Nutr. (Per Serving): Calories: 310 kcal | Protein: 33g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 12g | Chol: 75mg | Na: 550mg | K: 680mg

HEARTY BEEF & TURNIP STEW

INGREDIENT

- 1 tbsp olive oil
- ½ lb (225g) lean beef stew meat, cubed
- ½ small onion, diced
- 2 cloves garlic, minced
- 1½ cups low-sodium beef broth
- ½ cup diced tomatoes (no sugar added)
- 1 medium turnip, peeled and diced
- ½ tsp dried thyme
- ½ tsp smoked paprika
- ¼ tsp ground black pepper
- ½ tsp salt (or to taste)
- ½ tsp Worcestershire sauce
- ½ tsp fresh parsley, chopped (for garnish)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add beef cubes and sear for 3-4 minutes until browned on all sides.

STEP 2: Add diced onion and garlic, sautéing for 2 minutes until fragrant.

STEP 3: Pour in beef broth and diced tomatoes. Stir in thyme, smoked paprika, black pepper, salt, and Worcestershire sauce.

STEP 4: Add diced turnip and bring the stew to a simmer.

STEP 5: Reduce heat to low and let the stew simmer uncovered for 10-12 minutes, stirring occasionally, until the beef is tender and the turnip is soft.

STEP 6: Taste and adjust seasoning if needed. Remove from heat and let rest for a minute.

STEP 7: Serve hot, garnished with fresh parsley. Enjoy!

Tip: For extra depth of flavor, let the stew simmer for an additional 5 minutes. This dish pairs well with cauliflower mash or a side of sautéed greens!

Nutr. (Per Serving): Calories: 340 kcal | Protein: 32g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 15g | Chol: 80mg | Na: 580mg | K: 720mg



CAULIFLOWER LEEK SOUP WITH BACON CRUMBLE

INGREDIENT

- 2 slices bacon, chopped
- 1 tbsp olive oil
- ½ small leek, sliced (white and light green parts only)
- 2 cloves garlic, minced
- 2 cups cauliflower florets
- 2 cups low-sodium chicken broth
- ½ tsp dried thyme
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- ¼ cup heavy cream
- 2 tbsp grated Parmesan cheese (optional, for extra richness)
- 1 tbsp fresh chives or parsley, chopped (for garnish)

INSTRUCTIONS:

STEP 1: Heat a dry skillet over medium heat. Add chopped bacon and cook until crispy, about 4-5 minutes. Transfer to a paper towel-lined plate and set aside.

STEP 2: In a medium pot, heat olive oil over medium heat. Add sliced leeks and sauté for 3-4 minutes until softened. Stir in minced garlic and cook for 30 seconds until fragrant.

STEP 3: Add cauliflower, chicken broth, thyme, salt, and black pepper. Bring to a boil, then reduce heat and let simmer for

10 minutes until the cauliflower is tender.

STEP 4: Using an immersion blender, blend the soup until smooth. Alternatively, transfer to a blender and puree until creamy, then return to the pot.

STEP 5: Stir in heavy cream and Parmesan cheese (if using), mixing until well incorporated. Let simmer for 2 minutes, then remove from heat.

STEP 6: Taste and adjust seasoning if needed. Serve hot, topped with crispy bacon and fresh chives or parsley.

Tip: For a dairy-free version, swap heavy cream for coconut cream. This soup can be stored in the fridge for up to 3 days—reheat gently for the best texture!

Nutr. (Per Serving): Calories: 320 kcal | Protein: 28g | Carbs: 11g | Fiber: 3g | Net Carbs: 8g | Fat: 20g | Chol: 75mg | Na: 580mg | K: 720mg





SOUPS & STEWS



PREP 10 MIN



COOK 20 MIN



SERVES 2

PORK CHILE VERDE STEW

INGREDIENT

- 1 tbsp olive oil
- ½ lb (225g) pork loin or pork shoulder, diced
- ½ small onion, diced
- 2 cloves garlic, minced
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp smoked paprika
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ cup tomatillos, chopped (or canned, drained)
- ½ cup low-sodium chicken broth
- ½ small green bell pepper, diced
- ½ tsp red pepper flakes (optional for heat)
- 1 tbsp fresh lime juice
- 1 tbsp fresh cilantro, chopped (for garnish)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add diced pork and sear for 4-5 minutes until browned on all sides.

STEP 2: Add diced onion and minced garlic, sautéing for 2-3 minutes until fragrant and softened.

STEP 3: Stir in cumin, coriander, smoked paprika, salt, and black pepper, coating the pork in the spices.

STEP 4: Add chopped tomatillos, chicken broth, green bell pepper, and red pepper flakes (if using). Stir well and bring to

a gentle simmer.

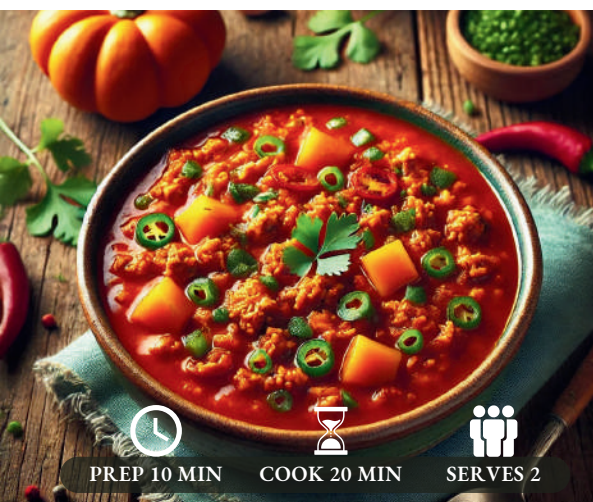
STEP 5: Reduce heat to low and let the stew cook uncovered for 10-12 minutes, stirring occasionally, until the pork is tender and the sauce thickens.

STEP 6: Stir in fresh lime juice, taste, and adjust seasoning if needed. Remove from heat.

STEP 7: Serve hot, garnished with fresh cilantro. Enjoy!

Tip: Serve with a side of avocado or cauliflower rice for extra texture. This stew also reheats well—perfect for meal prep!

Nutr. (Per Serving): Calories: 330 kcal | Protein: 31g | Carbs: 11g | Fiber: 3g | Net Carbs: 8g | Fat: 15g | Chol: 75mg | Na: 560mg | K: 700mg



PREP 10 MIN



COOK 20 MIN



SERVES 2

TURKEY PUMPKIN CHILI

INGREDIENT

- 1 tbsp olive oil
- ½ lb (225g) lean ground turkey
- ½ small onion, diced
- 1 clove garlic, minced
- ½ small red bell pepper, diced
- ½ small green bell pepper, diced
- ½ cup canned pumpkin purée (no sugar added)
- 1 cup diced tomatoes (no sugar)
- ½ cup low-sodium chicken broth
- ½ tsp chili powder
- ½ tsp smoked paprika
- ½ tsp ground cumin
- ¼ tsp cinnamon (optional, for depth of flavor)
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ tbsp apple cider vinegar
- 1 tbsp fresh cilantro, chopped (for garnish)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add ground turkey and cook for 4-5 minutes, breaking it up with a spatula until browned.

STEP 2: Add diced onion and garlic, sautéing for 2-3 minutes until softened and fragrant.

STEP 3: Stir in red and green bell peppers, cooking for another 3 minutes.

STEP 4: Add pumpkin purée, diced tomatoes, and chicken broth. Stir to combine.

STEP 5: Season with chili powder, smoked paprika, cumin, cinnamon (if using), salt, and black pepper. Stir well and bring to a simmer.

STEP 6: Reduce heat to low and let the chili cook uncovered for 10 minutes, stirring occasionally, until thickened.

STEP 7: Stir in apple cider vinegar, taste, and adjust seasoning if needed. Serve hot, garnished with fresh cilantro.

Tip: For extra spice, add a pinch of cayenne pepper or a dash of hot sauce. Serve with a dollop of sour cream or avocado for added creaminess!

Nutr. (Per Serving): Calories: 320 kcal | Protein: 32g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 12g | Chol: 75mg | Na: 540mg | K: 690mg

CARIBBEAN JERK CHICKEN STEW

INGREDIENT

- 1 tbsp olive oil
- ½ lb (225g) chicken breast, diced
- ½ small onion, diced
- 2 cloves garlic, minced
- ½ small red bell pepper, diced
- ½ small yellow bell pepper, diced
- ½ tsp ground allspice
- ½ tsp smoked paprika
- ½ tsp ground cumin
- ¼ tsp cinnamon
- ¼ tsp cayenne pepper (optional, for heat)
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- ½ cup canned coconut milk (full fat, unsweetened)
- ½ cup low-sodium chicken broth
- ½ tbsp fresh lime juice
- 1 tbsp fresh cilantro, chopped (for garnish)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add diced chicken and sear for 3-4 minutes until lightly browned.

STEP 2: Add diced onion, garlic, and bell peppers, sautéing for 2-3 minutes until softened.

STEP 3: Stir in allspice, smoked paprika, cumin, cinnamon, cayenne (if using), salt, and black pepper, coating the chicken and vegetables in the spices.

STEP 4: Pour in coconut milk and chicken broth, stirring to

combine. Bring to a gentle simmer.

STEP 5: Reduce heat to low and let the stew simmer uncovered for 10-12 minutes, stirring occasionally, until the sauce thickens and the chicken is fully cooked.

STEP 6: Stir in fresh lime juice, taste, and adjust seasoning if needed. Remove from heat.

STEP 7: Serve hot, garnished with fresh cilantro. Enjoy!

Tip: Serve over cauliflower rice or with a side of sautéed greens for a complete low-carb meal. This stew also makes great leftovers—store in the fridge for up to 3 days!

Nutr. (Per Serving): Calories: 370 kcal | Protein: 32g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 20g | Chol: 75mg | Na: 580mg | K: 720mg



HAM & BLACK SOYBEAN SOUP

INGREDIENT

- 1 tbsp olive oil
- ½ small onion, diced
- 2 cloves garlic, minced
- ½ cup canned black soybeans, drained and rinsed
- ½ cup diced smoked ham (nitrate-free)
- 2 cups low-sodium chicken broth
- ½ tsp dried thyme
- ½ tsp smoked paprika
- ¼ tsp black pepper
- ½ tsp ground cumin
- ½ tsp salt (or to taste)
- ½ tbsp apple cider vinegar (for depth of flavor)
- 1 tbsp fresh parsley, chopped (for garnish)

INSTRUCTIONS:

STEP 1: Heat olive oil in a medium pot over medium heat. Add diced onion and sauté for 3-4 minutes until softened.

STEP 2: Stir in minced garlic and cook for 30 seconds until fragrant.

STEP 3: Add black soybeans, diced ham, and chicken broth. Stir well to combine.

STEP 4: Season with thyme, smoked paprika, cumin, black pepper, and salt. Bring to a simmer.

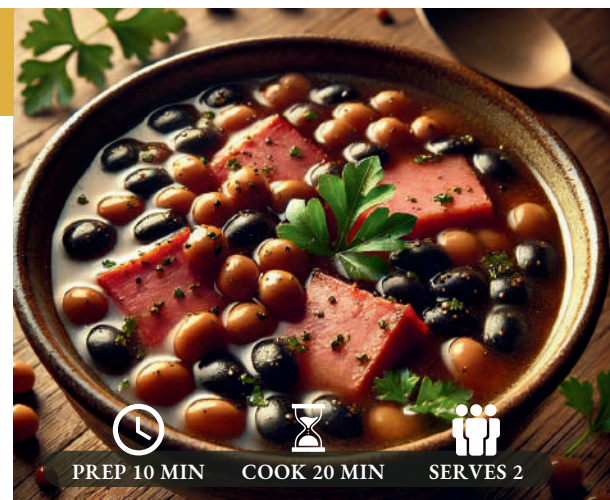
STEP 5: Reduce heat to low and let the soup cook uncovered for 10-12 minutes, stirring occasionally.

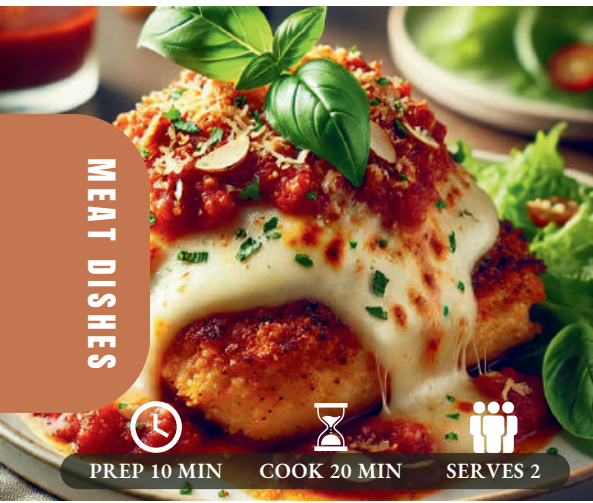
STEP 6: Stir in apple cider vinegar, taste, and adjust seasoning if needed. Remove from heat.

STEP 7: Serve hot, garnished with fresh parsley. Enjoy!

Tip: For a thicker texture, mash some of the soybeans with a spoon. This soup stores well—refrigerate for up to 3 days and reheat gently before serving!

Nutr. (Per Serving): Calories: 310 kcal | Protein: 32g | Carbs: 12g | Fiber: 5g | Net Carbs: 7g | Fat: 15g | Chol: 60mg | Na: 570mg | K: 680mg





MEAT DISHES



PREP 10 MIN



COOK 20 MIN



SERVES 2

CHICKEN PARMESAN

INGREDIENT

- 2 boneless, skinless chicken breasts (5 oz each)
- 1/2 cup almond flour
- 1/4 cup grated Parmesan cheese
- 1/2 tsp garlic powder
- 1/2 tsp Italian seasoning
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 large egg
- 1 tbsp olive oil
- 1/2 cup no-sugar-added marinara sauce
- 1/2 cup shredded mozzarella cheese
- 1 tbsp fresh basil, chopped (optional, for garnish)

INSTRUCTIONS:

STEP 1: Preheat the oven to 375°F (190°C). Lightly grease a baking dish or line with parchment paper.

STEP 2: In a shallow bowl, mix almond flour, grated Parmesan, garlic powder, Italian seasoning, salt, and pepper. In a separate bowl, beat the egg.

STEP 3: Dip each chicken breast into the egg mixture, then coat evenly in the almond flour mixture, pressing lightly to adhere.

STEP 4: Heat olive oil in a large skillet over medium heat. Sear chicken for 2-3 minutes per side until golden brown. Transfer

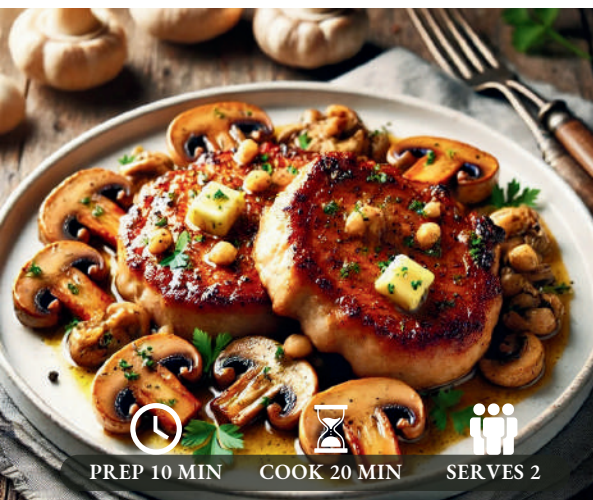
to the prepared baking dish.

STEP 5: Spoon marinara sauce over each chicken breast, then sprinkle with shredded mozzarella.

STEP 6: Bake for 15 minutes or until the chicken reaches an internal temperature of 165°F (75°C) and the cheese is melted and bubbly.

STEP 7: Remove from the oven, garnish with fresh basil, and serve hot.

Nutr. (Per Serving): Calories: 420 | Protein: 46g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 22g | Chol: 120mg | Na: 480mg | K: 670mg



PREP 10 MIN



COOK 20 MIN



SERVES 2

GARLIC BUTTER PORK CHOPS WITH SAUTÉED MUSHROOMS

INGREDIENT

- 2 boneless pork chops (6 oz each)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp smoked paprika
- 1 tbsp olive oil
- 2 tbsp unsalted butter
- 3 cloves garlic, minced
- 1 cup cremini or button mushrooms, sliced
- 1/2 tsp dried thyme (or 1 tsp fresh thyme)
- 1 tbsp fresh parsley, chopped (optional, for garnish)

INSTRUCTIONS:

STEP 1: Pat pork chops dry with a paper towel and season with salt, black pepper, and smoked paprika.

STEP 2: Heat olive oil in a large skillet over medium-high heat. Sear the pork chops for 4-5 minutes per side until golden brown. Remove and set aside.

STEP 3: In the same skillet, reduce heat to medium and add butter. Once melted, stir in minced garlic and cook for 30 seconds until fragrant.

STEP 4: Add sliced mushrooms and thyme, sautéing for 5 minutes until mushrooms are tender and slightly browned.

STEP 5: Return pork chops to the skillet, spooning the garlic butter sauce over them. Cook for 2 more minutes until heated through.

STEP 6: Remove from heat, garnish with fresh parsley, and serve warm.

Nutr. (Per Serving): Calories: 410 | Protein: 47g | Carbs: 7g | Fiber: 2g | Net Carbs: 5g | Fat: 22g | Chol: 110mg | Na: 420mg | K: 620mg

BEEF & BROCCOLI STIR-FRY

INGREDIENT

- 8 oz flank steak, thinly sliced
- 1 1/2 cups broccoli florets
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1/2 tsp grated fresh ginger
- 2 tbsp coconut aminos (or low-sodium soy sauce)
- 1/2 tsp sesame oil
- 1/2 tsp red pepper flakes (optional, for heat)
- 1/2 tsp xanthan gum (or 1 tsp arrowroot powder for thickening)
- 2 tbsp water
- 1 tbsp sesame seeds (optional, for garnish)
- 1 tbsp green onions, sliced (optional, for garnish)

INSTRUCTIONS:

STEP 1: Heat 1/2 tsp olive oil in a large skillet over medium-high heat. Add sliced beef and stir-fry for 2-3 minutes until browned. Remove and set aside.

STEP 2: In the same skillet, add the remaining olive oil. Stir in garlic, ginger, and red pepper flakes (if using), cooking for 30 seconds until fragrant.

STEP 3: Add broccoli florets and 2 tbsp water, stir-frying for 3-4 minutes until slightly tender but still crisp.

STEP 4: In a small bowl, whisk together coconut aminos, sesame oil, and xanthan gum. Pour over the broccoli, stirring to coat.

STEP 5: Return the cooked beef to the skillet, tossing everything together. Cook for another 2 minutes until the sauce thickens and coats the beef and broccoli.

STEP 6: Remove from heat, garnish with sesame seeds and green onions, and serve immediately.

Nutr. (Per Serving): Calories: 360 | Protein: 42g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 15g | Chol: 85mg | Na: 520mg | K: 610mg



CREAMY TUSCAN GARLIC CHICKEN

INGREDIENT

- 2 boneless, skinless chicken breasts (5 oz each)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp Italian seasoning
- 1 tbsp olive oil
- 2 tbsp unsalted butter
- 2 cloves garlic, minced
- 1/2 cup heavy cream
- 1/3 cup unsweetened almond milk (or more heavy cream)
- 1/4 cup grated Parmesan cheese
- 1/4 cup sun-dried tomatoes (no oil, chopped)
- 1 cup fresh spinach, chopped
- 1/2 tsp red pepper flakes (optional, for heat)
- 1 tbsp fresh basil, chopped (optional, for garnish)

INSTRUCTIONS:

STEP 1: Season chicken breasts with salt, black pepper, and Italian seasoning.

STEP 2: Heat olive oil in a large skillet over medium-high heat. Sear chicken for 5-6 minutes per side until golden brown and fully cooked (internal temp 165°F/75°C). Remove and set aside.

STEP 3: In the same skillet, reduce heat to medium and add butter. Sauté garlic for 30 seconds until fragrant.

STEP 4: Stir in heavy cream, almond milk, Parmesan cheese, and sun-dried tomatoes. Simmer for 2-3 minutes until slightly

thickened.

STEP 5: Add spinach and red pepper flakes (if using), stirring until wilted.

STEP 6: Return the chicken to the skillet, spooning the creamy sauce over it. Cook for 2 more minutes until heated through.

STEP 7: Remove from heat, garnish with fresh basil, and serve immediately

Nutr. (Per Serving): Calories: 460 | Protein: 48g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 24g | Chol: 120mg | Na: 510mg | K: 720mg





SPICY BEEF LETTUCE TACOS WITH AVOCADO SALSA

MEAT DISHES

INGREDIENT

For the Beef Filling:

- 8 oz lean ground beef (90% lean)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp smoked paprika
- 1/2 tsp chili powder
- 1/4 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp crushed red pepper flakes (optional, for heat)

- 1 tbsp olive oil
- 1 tbsp water

For the Avocado Salsa:

- 1/2 avocado, diced
- 1/4 cup cherry tomatoes, diced
- 1 tbsp red onion, finely chopped
- 1 tbsp fresh cilantro, chopped
- 1/2 tbsp lime juice
- Salt and pepper, to taste

For Assembly:

- 4 large butter lettuce leaves (or romaine)
- 2 tbsp shredded cheddar cheese 1 tbsp sour cream (optional, for serving)

INSTRUCTIONS:

STEP 1: Heat olive oil in a skillet over medium-high heat. Add ground beef and cook for 5-6 minutes, breaking it up with a spoon.

STEP 2: Add salt, black pepper, smoked paprika, chili powder, cumin, garlic powder, onion powder, and red pepper flakes. Stir well, then add 1 tbsp water and simmer for 2 minutes. Remove from heat.

STEP 3: In a small bowl, mix diced avocado, cherry tomatoes, red onion, cilantro, lime juice, salt, and pepper to make the avocado salsa.

STEP 4: Spoon the seasoned beef mixture into each lettuce leaf, then top with avocado salsa.

STEP 5: Garnish with shredded cheese and a dollop of sour cream if desired. Serve immediately.



PREP 10 MIN

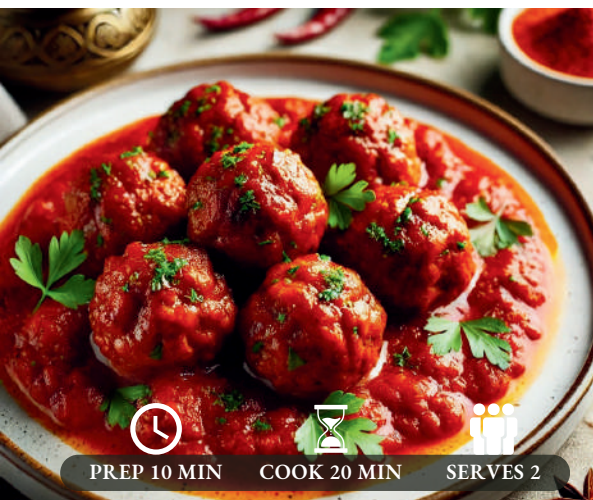


COOK 15 MIN



SERVES 2

Nutr. (Per Serving): Calories: 390 | Protein: 42g | Carbs: 11g | Fiber: 4g | Net Carbs: 7g | Fat: 21g | Chol: 85mg | Na: 430mg | K: 620mg



MOROCCAN LAMB MEATBALLS WITH SPICED TOMATO SAUCE

INGREDIENT

For the Lamb Meatballs:

- 8 oz ground lamb
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp paprika
- 1/2 tsp cinnamon
- 1 garlic clove, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp olive oil (for cooking)

For the Spiced Tomato Sauce:

- 1 tbsp olive oil
- 1 small onion, finely diced
- 1 garlic clove, minced
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- 1/4 tsp cinnamon
- 1/4 tsp chili flakes (optional)
- 1 cup crushed tomatoes (no added sugar)
- 1/4 cup water
- 1 tbsp fresh parsley, chopped
- Salt and pepper, to taste

INSTRUCTIONS:

STEP 1: In a bowl, combine ground lamb with salt, black pepper, cumin, coriander, paprika, cinnamon, and minced garlic. Mix well and form into 8-10 small meatballs.

STEP 2: Heat 1 tbsp olive oil in a skillet over medium-high heat. Cook meatballs for 4-5 minutes, turning occasionally, until browned on all sides. Remove and set aside.

STEP 3: In the same skillet, add 1 tbsp olive oil. Sauté diced onion for 3-4 minutes until softened. Add garlic, cumin, paprika, cinnamon, and chili flakes (if using), and cook for 1 minute until fragrant.

STEP 4: Add crushed tomatoes and water to the skillet, stirring to combine. Simmer for 5 minutes, allowing the sauce to thicken. Season with salt and pepper to taste.

STEP 5: Return meatballs to the skillet and coat with the sauce. Simmer for an additional 5-6 minutes, until the meatballs are cooked through and tender.

STEP 6: Garnish with fresh parsley and serve hot.



PREP 10 MIN



COOK 20 MIN



SERVES 2

Nutr. (Per Serving): Calories: 450 | Protein: 28g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 28g | Chol: 90mg | Na: 500mg | K: 450mg

CHICKEN FRITTERS

INGREDIENT

- 10 oz ground chicken
- 1/2 cup zucchini, grated and squeezed to remove excess moisture
- 1/4 cup shredded mozzarella cheese
- 1 tbsp almond flour
- 1 large egg
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp olive oil (for frying)

INSTRUCTIONS:

STEP 1: In a bowl, mix ground chicken, grated zucchini, mozzarella, almond flour, egg, garlic powder, oregano, salt, and black pepper until well combined.

STEP 2: Shape the mixture into 4 small patties.

STEP 3: Heat olive oil in a large skillet over medium heat. Cook fritters for 3-4 minutes per side until golden brown and

fully cooked (internal temperature should reach 165°F).

STEP 4: Transfer to a plate and let rest for a minute before serving.

Tip: Serve with a dollop of Greek yogurt or a side of avocado slices for extra creaminess. Add red pepper flakes for a spicy kick.

Nutr. (Per Serving): Calories: 390 kcal | Protein: 42g | Carbs: 10g | Fiber: 2g | Net Carbs: 8g | Fat: 19g | Chol: 120mg | Na: 450mg | K: 510mg



MEAT DISHES

PREP 10 MIN

COOK 15 MIN

SERVES 2

BAKED CHICKEN FAJITA SHEET PAN DINNER

INGREDIENT

- 2 boneless, skinless chicken breasts (5 oz each)
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 bell pepper, sliced
- 1/2 red onion, sliced
- 1/2 zucchini, sliced
- 1/2 cup shredded cheddar cheese (optional, for topping)
- 1/2 lime (optional, for squeezing)
- Fresh cilantro (optional, for garnish)

INSTRUCTIONS:

STEP 1: Preheat the oven to 400°F (200°C). Line a sheet pan with parchment paper or aluminum foil for easy cleanup.

STEP 2: In a small bowl, mix olive oil, chili powder, cumin, smoked paprika, garlic powder, onion powder, salt, and black pepper to make the fajita seasoning.

STEP 3: Rub the seasoning mixture all over the chicken breasts. Arrange the chicken breasts on one side of the prepared sheet pan.

STEP 4: On the other side of the sheet pan, add the sliced bell pepper, onion, and zucchini. Drizzle with a bit of olive oil and

toss to coat with any leftover seasoning.

STEP 5: Bake for 18-20 minutes, or until the chicken reaches an internal temperature of 165°F (75°C) and the vegetables are tender.

STEP 6: Optional: Sprinkle shredded cheddar cheese on top of the chicken during the last 2 minutes of baking for a cheesy finish.

STEP 7: Remove from the oven, squeeze fresh lime over the chicken and vegetables, and garnish with chopped cilantro. Serve immediately.

Nutr. (Per Serving): Calories: 350 | Protein: 38g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 18g | Chol: 70mg | Na: 480mg | K: 800mg



PREP 10 MIN

COOK 20 MIN

SERVES 2

SEARED PORK TENDERLOIN WITH DIJON CREAM SAUCE

MEAT DISHES

INGREDIENT

For the Pork Tenderloin:

- 2 pork tenderloin medallions (4-5 oz each)
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder
- 1/4 tsp paprika

For the Dijon Cream Sauce:

- 1/4 cup heavy cream
- 1 tbsp Dijon mustard
- 1 tbsp unsweetened chicken broth
- 1/2 tsp fresh thyme, chopped
- 1/2 tsp garlic powder
- 1 tbsp unsalted butter
- Salt and pepper to taste

PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Season the pork tenderloin medallions with salt, black pepper, garlic powder, and paprika.

STEP 2: Heat olive oil in a large skillet over medium-high heat. Add the pork tenderloin medallions and sear for 3-4 minutes per side, until browned and cooked through. Remove from the skillet and set aside.

STEP 3: In the same skillet, melt the butter over medium heat. Stir in garlic powder, chopped thyme, and Dijon mustard.

STEP 4: Add the chicken broth and bring to a simmer. Then, stir in the heavy cream and cook for 2-3 minutes until the sauce thickens slightly. Season with salt and pepper to taste.

STEP 5: Return the pork to the skillet, spoon the sauce over it, and simmer for 2 more minutes to combine the flavors.

STEP 6: Serve the pork tenderloin medallions with the Dijon cream sauce poured over the top.

Tip: To add a bit of heat, you can stir in a pinch of red pepper flakes into the sauce. For a variation, serve the pork with steamed broccoli or cauliflower rice to keep it low-carb.

Nutr. (Per Serving): Calories: 350 | Protein: 34g | Carbs: 7g | Fiber: 1g | Net Carbs: 6g | Fat: 20g | Chol: 80mg | Na: 550mg | K: 550mg

CRISPY CHICKEN THIGHS WITH CREAMY MUSHROOM SAUCE

INGREDIENT

For the Chicken Thighs:

- 2 bone-in, skin-on chicken thighs (5 oz each)
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder
- 1/4 tsp paprika

For the Creamy Mushroom Sauce:

- 1 tbsp unsalted butter
- 1/2 cup cremini mushrooms, sliced
- 1 garlic clove, minced
- 1/4 cup chicken broth (low-sodium)
- 1/4 cup heavy cream
- 1 tbsp Dijon mustard
- 1/2 tsp fresh thyme (or 1/4 tsp dried thyme)
- Salt and pepper to taste

PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat the oven to 400°F (200°C). Pat the chicken thighs dry with a paper towel and season both sides with salt, black pepper, garlic powder, and paprika.

STEP 2: Heat olive oil in a large, oven-safe skillet over medium-high heat. Once hot, add the chicken thighs, skin-side down. Sear for 5-7 minutes until the skin is crispy and golden brown. Flip the chicken and transfer the skillet to the oven. Roast for 12-15 minutes until the internal temperature of the chicken reaches 165°F (75°C).

STEP 3: While the chicken is cooking, prepare the sauce. In

a separate pan, melt butter over medium heat. Add sliced mushrooms and cook for 4-5 minutes, stirring occasionally, until they become golden brown and softened.

STEP 4: Stir in minced garlic and cook for another 30 seconds until fragrant. Add chicken broth, heavy cream, Dijon mustard, and thyme. Bring the sauce to a simmer, allowing it to thicken for 3-4 minutes. Season with salt and pepper to taste.

STEP 5: Once the chicken is done, remove it from the oven and place it on a plate. Pour the creamy mushroom sauce over the chicken and serve immediately.

Nutr. (Per Serving): Calories: 380 | Protein: 30g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 26g | Chol: 120mg | Na: 540mg | K: 560mg

BBQ GLAZED MEATBALLS

INGREDIENT

For the Meatballs:

- 8 oz lean ground beef
- 2 oz bacon, finely chopped
- 1/4 cup almond flour
- 1 egg
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp smoked paprika
- Salt and pepper, to taste
- 1 tbsp olive oil (for frying)

For the BBQ Glaze:

- 1/4 cup no-sugar-added tomato paste
- 1 tbsp apple cider vinegar
- 1 tbsp Worcestershire sauce
- 1 tbsp mustard (Dijon or yellow)
- 1/2 tsp smoked paprika
- Salt and pepper, to taste



PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper for easy cleanup.

STEP 2: In a large bowl, mix ground beef, chopped bacon, almond flour, egg, garlic powder, onion powder, smoked paprika, salt, and pepper. Mix well and form into 8-10 meatballs.

STEP 3: Heat olive oil in a large skillet over medium heat. Add the meatballs and cook for 4-5 minutes, turning occasionally, until browned on all sides.

STEP 4: Transfer the browned meatballs to the prepared

baking sheet and bake for 10-12 minutes, or until cooked through (internal temperature of 165°F/75°C).

STEP 5: While the meatballs are baking, prepare the BBQ glaze. In a small saucepan, combine tomato paste, apple cider vinegar, Worcestershire sauce, mustard, smoked paprika, salt, and pepper. Simmer over medium-low heat for 3-4 minutes, stirring frequently, until the glaze thickens.

STEP 6: Once the meatballs are done baking, remove them from the oven and brush them with the prepared BBQ glaze. Serve immediately.

Nutr. (Per Serving):Calories: 380 | Protein: 30g | Carbs: 8g | Fiber: 2g | Net Carbs: 6g | Fat: 24g | Chol: 85mg | Na: 600mg | K: 450mg

CREAMY BACON-WRAPPED CHICKEN BREAST

INGREDIENT

For the Chicken:

- 2 boneless, skinless chicken breasts (5 oz each)
- 4 slices bacon
- 1 tbsp olive oil
- Salt and pepper, to taste

For the Creamy Sauce:

- 1/4 cup heavy cream
- 2 tbsp unsalted butter
- 1/4 cup chicken broth (low-sodium)
- 1 tbsp Dijon mustard
- 1 garlic clove, minced
- 1/2 tsp fresh thyme, chopped (or 1/4 tsp dried thyme)
- Salt and pepper, to taste



PREP 10 MIN

COOK 25 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat the oven to 375°F (190°C).

STEP 2: Season the chicken breasts with salt and pepper. Wrap each chicken breast with 2 slices of bacon, securing the bacon with toothpicks if needed.

STEP 3: Heat olive oil in an oven-safe skillet over medium-high heat. Add the bacon-wrapped chicken breasts and cook for 2-3 minutes per side until the bacon is crispy and browned.

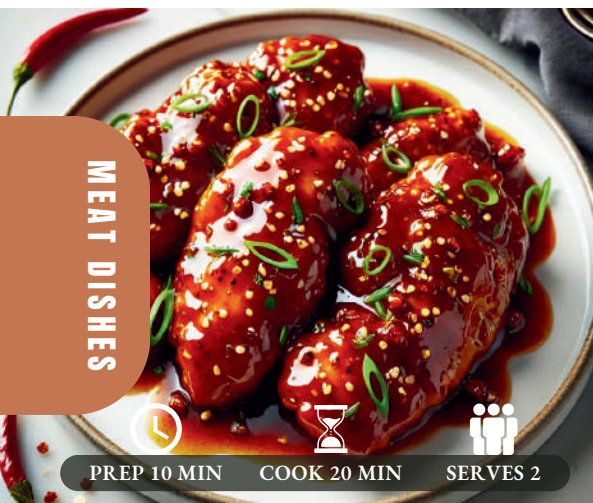
STEP 4: Transfer the skillet to the oven and bake for 15-18 minutes, or until the chicken reaches an internal temperature of 165°F (75°C).

STEP 5: While the chicken is baking, prepare the creamy sauce. In a small saucepan, melt the butter over medium heat. Add minced garlic and cook for 30 seconds until fragrant.

STEP 6: Add chicken broth, heavy cream, and Dijon mustard to the saucepan. Stir and bring to a simmer, cooking for 3-4 minutes until the sauce thickens slightly. Add thyme, salt, and pepper to taste.

STEP 7: Remove the chicken from the oven. Drizzle the creamy sauce over the bacon-wrapped chicken breasts and serve immediately.

Nutr. (Per Serving):Calories: 450 | Protein: 40g | Carbs: 4g | Fiber: 1g | Net Carbs: 3g | Fat: 30g | Chol: 115mg | Na: 700mg | K: 550mg



MEAT DISHES

PREP 10 MIN COOK 20 MIN SERVES 2

GENERAL TSO'S CHICKEN (LOW-SUGAR GLAZE)

INGREDIENT

For the Chicken:

- 2 boneless, skinless chicken breasts (5 oz each)
- 1 tbsp olive oil
- Salt and pepper, to taste
- 1/4 cup almond flour (for coating)

For the Glaze:

- 1/4 cup soy sauce (low-sodium)
- 1 tbsp apple cider vinegar
- 1 tbsp rice vinegar
- 2 tbsp tomato paste
- 1 tbsp Dijon mustard
- 1 tbsp sugar-free sweetener (such as stevia or erythritol)
- 1 tsp ginger, minced
- 1 tsp garlic, minced
- 1/2 tsp chili flakes (optional, for heat)

INSTRUCTIONS:

STEP 1: Preheat the oven to 375°F (190°C). Season the chicken breasts with salt and pepper, then coat them with almond flour, pressing gently to ensure the flour sticks.

STEP 2: Heat olive oil in a large skillet over medium-high heat. Add the chicken breasts and sear for 3-4 minutes on each side, until golden and crispy.

STEP 3: Transfer the chicken to a baking sheet and bake for 10-12 minutes, or until the chicken reaches an internal temperature of 165°F (75°C).

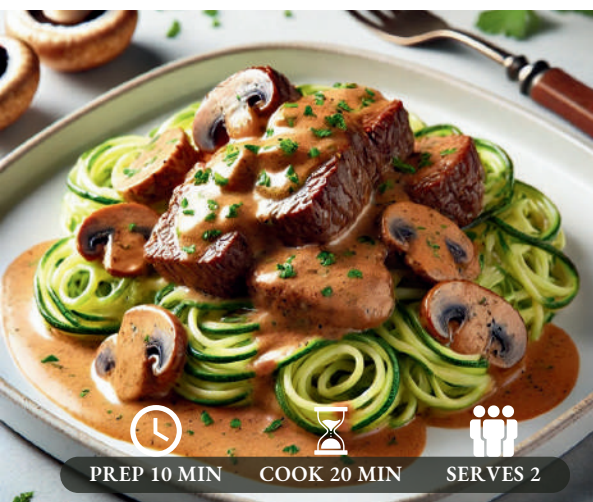
STEP 4: While the chicken is baking, prepare the glaze. In a small saucepan, combine soy sauce, apple cider vinegar, rice

vinegar, tomato paste, Dijon mustard, sweetener, ginger, garlic, and chili flakes. Stir well and bring to a simmer over medium heat. Let the sauce cook for 3-4 minutes until it thickens.

STEP 5: Once the chicken is cooked, remove from the oven and drizzle the glaze over the top. Return the chicken to the skillet and cook for 1-2 minutes to allow the glaze to caramelize.

STEP 6: Serve the General Tso's chicken immediately, garnished with fresh herbs or additional chili flakes, if desired.

Nutr. (Per Serving): Calories: 350 | Protein: 30g | Carbs: 9g | Fiber: 2g | Net Carbs: 7g | Fat: 20g | Chol: 80mg | Na: 650mg | K: 550mg



PREP 10 MIN COOK 20 MIN SERVES 2

BEEF STROGANOFF (ZUCCHINI NOODLES)

INGREDIENT

For the Beef Stroganoff:

- 8 oz lean beef sirloin or flank steak, sliced thinly
- 1 tbsp olive oil
- 1/2 onion, diced
- 1 garlic clove, minced
- 1/2 cup mushrooms, sliced
- 1/4 cup low-sodium beef broth
- 1/4 cup sour cream (unsweetened, full-fat)
- 1 tbsp Dijon mustard

- 1/2 tsp paprika
- Salt and pepper, to taste

For the Zucchini Noodles:

- 2 medium zucchini, spiralized
- 1 tbsp olive oil
- Salt and pepper, to taste

INSTRUCTIONS:

STEP 1: Heat 1 tbsp olive oil in a skillet over medium-high heat. Add the sliced beef, season with salt and pepper, and cook for 3-4 minutes until browned. Remove the beef from the skillet and set it aside.

STEP 2: In the same skillet, add 1 tbsp olive oil. Sauté the diced onion and minced garlic for 2-3 minutes until softened. Add the sliced mushrooms and cook for another 4 minutes, stirring occasionally, until the mushrooms release their moisture and turn golden.

STEP 3: Pour in the beef broth and bring the mixture to a simmer. Add the Dijon mustard, paprika, and sour cream,

stirring to combine. Simmer for 2-3 minutes until the sauce thickens slightly.

STEP 4: Return the cooked beef to the skillet and stir to coat with the creamy sauce. Let the mixture simmer for an additional 2-3 minutes to heat the beef through and blend the flavors.

STEP 5: Meanwhile, sauté the zucchini noodles in a separate skillet over medium heat for 2-3 minutes until tender. Season with salt and pepper.

STEP 6: Serve the creamy beef stroganoff over the zucchini noodles and enjoy!

Nutr. (Per Serving): Calories: 340 | Protein: 30g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 22g | Chol: 70mg | Na: 600mg | K: 680mg

LEMON GARLIC SHRIMP & CHICKEN SKILLET

INGREDIENT

For the Chicken & Shrimp:

- 2 boneless, skinless chicken breasts (5 oz each)
- 8 oz large shrimp, peeled and deveined
- 1 tbsp olive oil
- Salt and pepper, to taste
- 1 tbsp fresh parsley, chopped (for garnish)

For the Lemon Garlic Sauce:

- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1/4 cup chicken broth (low-sodium)
- 1 tbsp lemon juice
- Zest of 1 lemon
- 1/4 tsp red pepper flakes (optional)
- 1/4 cup unsweetened heavy cream



MEAT DISHES

PREP 10 MIN

COOK 15 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Season the chicken breasts with salt and pepper. Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add the chicken breasts and cook for 5-7 minutes on each side, until browned and cooked through (internal temperature should reach 165°F/75°C). Remove the chicken from the skillet and set aside.

STEP 2: In the same skillet, add 1 tbsp olive oil and sauté the minced garlic for 1 minute until fragrant. Add the shrimp, seasoning them with salt, pepper, and red pepper flakes (if using). Cook the shrimp for 2-3 minutes on each side until pink and cooked through. Remove the shrimp from the skillet and set aside with the chicken.

STEP 3: To the same skillet, add chicken broth, lemon juice, and lemon zest. Stir, scraping up any browned bits from the bottom of the pan. Bring to a simmer and cook for 2-3 minutes.

STEP 4: Lower the heat and stir in the heavy cream, allowing the sauce to thicken slightly for another 2 minutes. Taste and adjust seasoning with salt and pepper if needed.

STEP 5: Return the chicken and shrimp to the skillet, coating them in the lemon garlic sauce. Let them heat through for 1-2 minutes.

STEP 6: Serve the chicken and shrimp with the sauce, garnished with fresh parsley.

Nutr. (Per Serving):Calories: 320 | Protein: 35g | Carbs: 8g | Fiber: 2g | Net Carbs: 6g | Fat: 18g | Chol: 145mg | Na: 500mg | K: 450mg

CHICKEN CORDON BLEU ROLL-UPS

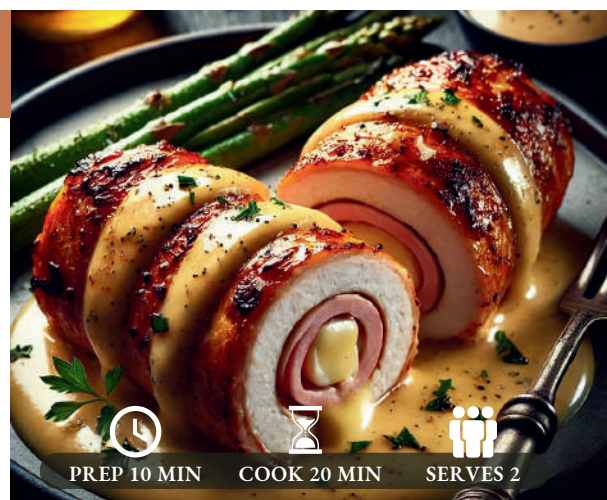
INGREDIENT

For the Chicken Roll-Ups:

- 2 boneless, skinless chicken breasts (5 oz each)
- 2 slices of ham (preferably nitrate-free)
- 2 slices of Swiss cheese
- 1 tbsp olive oil
- Salt and pepper, to taste

For the Dijon Cream Sauce:

- 1/4 cup unsweetened heavy cream
- 2 tbsp Dijon mustard
- 1 tbsp lemon juice
- 1 tbsp butter
- 1/2 tsp garlic powder
- Salt and pepper, to taste



PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat the oven to 375°F (190°C). Season the chicken breasts with salt and pepper.

STEP 2: Lay a slice of ham and a slice of Swiss cheese on each chicken breast. Roll up the chicken breasts tightly, securing the ends with toothpicks.

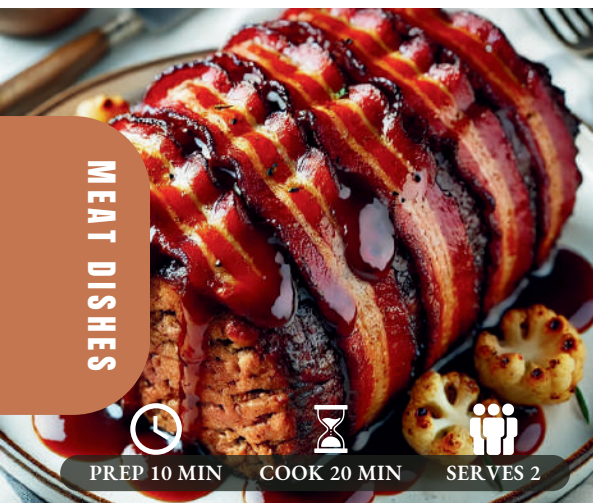
STEP 3: Heat 1 tbsp olive oil in a large oven-safe skillet over medium-high heat. Add the chicken roll-ups and sear for 2-3 minutes on each side until golden brown.

STEP 4: Transfer the skillet to the oven and bake for 15-20 minutes, or until the chicken is fully cooked (internal temperature of 165°F/75°C).

STEP 5: While the chicken is baking, prepare the Dijon cream sauce. In a small saucepan, melt 1 tbsp butter over medium heat. Add the heavy cream, Dijon mustard, lemon juice, and garlic powder. Stir to combine and let the sauce simmer for 3-4 minutes until it thickens slightly. Season with salt and pepper to taste.

STEP 6: Once the chicken is done, remove it from the oven and discard the toothpicks. Drizzle the Dijon cream sauce over the chicken roll-ups and serve immediately.

Nutr. (Per Serving):Calories: 350 | Protein: 35g | Carbs: 6g | Fiber: 1g | Net Carbs: 5g | Fat: 20g | Chol: 95mg | Na: 650mg | K: 450mg



MEAT DISHES

BACON-WRAPPED MEATLOAF (BBQ GLAZE)

INGREDIENT

For the Meatloaf:

- 1 lb lean ground beef (90% lean or higher)
- 1/4 cup almond flour (or use coconut flour)
- 1 egg
- 1 tbsp garlic powder
- 1 tsp onion powder
- Salt and pepper, to taste
- 6 slices of bacon (preferably nitrate-free)

For the BBQ Glaze:

- 3 tbsp low-sugar BBQ sauce (such as G Hughes or any other low-carb option)
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1/4 tsp smoked paprika

PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat your oven to 375°F (190°C).

STEP 2: In a large bowl, combine the ground beef, almond flour, egg, garlic powder, onion powder, salt, and pepper. Mix until all ingredients are well incorporated.

STEP 3: Shape the meat mixture into a loaf and place it on a baking sheet lined with parchment paper or a lightly greased baking dish.

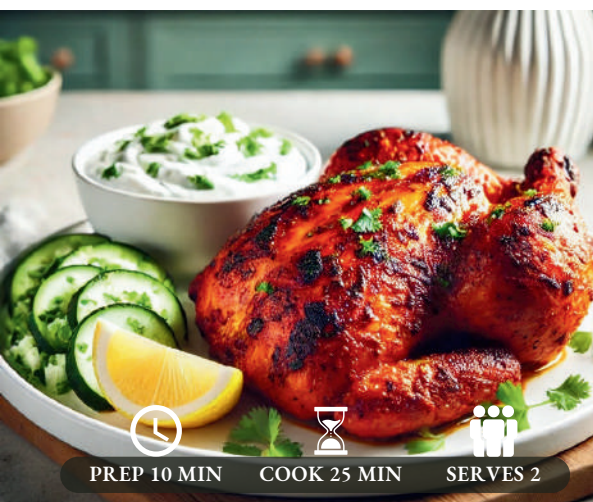
STEP 4: Lay the bacon slices on top of the meatloaf, crisscrossing them, so they cover the entire surface. Tuck the ends of the bacon underneath the meatloaf.

STEP 5: In a small bowl, mix together the BBQ sauce, apple cider vinegar, Dijon mustard, and smoked paprika. Brush the BBQ glaze over the bacon-wrapped meatloaf, ensuring even coverage.

STEP 6: Bake the meatloaf in the preheated oven for 20-25 minutes, or until the internal temperature reaches 160°F (71°C) and the bacon is crispy.

STEP 7: Once done, remove from the oven and let it rest for 5 minutes before slicing and serving.

Nutr. (Per Serving): Calories: 380 | Protein: 30g | Carbs: 7g | Fiber: 3g | Net Carbs: 4g | Fat: 28g | Chol: 90mg | Na: 550mg | K: 380mg



TANDOORI CHICKEN (OVEN-BAKED) WITH CUCUMBER RAITA

INGREDIENT

For the Tandoori Chicken:

- 2 boneless, skinless chicken breasts (about 6 oz each)
- 1/2 cup plain unsweetened Greek yogurt
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground turmeric

- 1/2 tsp paprika
- 1/4 tsp cayenne pepper (optional for spice)

For the Cucumber Raita:

- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup plain unsweetened Greek yogurt
- 1/2 small cucumber, finely diced
- 1 tbsp fresh cilantro, chopped
- 1 tsp lemon juice
- 1/4 tsp ground cumin
- Salt and pepper to taste

PREP 10 MIN

COOK 25 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat the oven to 375°F (190°C).

STEP 2: In a large bowl, whisk together the Greek yogurt, olive oil, lemon juice, and all the spices. Add the chicken breasts and coat evenly in the marinade. Let sit for at least 10 minutes (or up to 2 hours in the fridge for deeper flavor).

STEP 3: Place the marinated chicken breasts on a baking sheet lined with parchment paper. Bake for 20-25 minutes, or until the internal temperature reaches 165°F (74°C).

STEP 4: While the chicken is baking, prepare the cucumber raita. In a small bowl, combine the Greek yogurt, diced cucumber, cilantro, lemon juice, ground cumin, salt, and pepper. Stir well and set aside.

STEP 5: Remove the chicken from the oven and let it rest for 5 minutes before slicing. Serve hot with the cucumber raita on the side.

Tip: For an extra layer of smokiness, broil the chicken for the last 2 minutes of cooking. You can also swap cilantro for mint in the raita for a refreshing variation.

Nutr. (Per Serving): Calories: 320 kcal | Protein: 38g | Carbs: 10g | Fiber: 2g | Net Carbs: 8g | Fat: 12g | Chol: 90mg | Na: 480mg | K: 510mg

ORANGE-GINGER GLAZED PORK TENDERLOIN

INGREDIENT

For the Pork Tenderloin:

- 12 oz pork tenderloin, trimmed
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder

For the Orange-Ginger Glaze:

- 2 tbsp fresh orange juice (from a low-carb fruit like a small mandarin)
- 1 tsp orange zest

- 1 tbsp coconut aminos (or low-sodium soy sauce)
- 1/2 tsp ground ginger (or 1 tsp fresh grated ginger)
- 1/2 tsp Dijon mustard
- 1/2 tsp apple cider vinegar
- 1/4 tsp smoked paprika
- 1/4 tsp red pepper flakes (optional, for heat)



MEAT DISHES



PREP 10 MIN



COOK 20 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Preheat your oven to 400°F (200°C).

STEP 2: Season the pork tenderloin with salt, black pepper, and garlic powder.

STEP 3: Heat olive oil in an oven-safe skillet over medium-high heat. Sear the pork on all sides for about 2-3 minutes per side until golden brown.

STEP 4: In a small bowl, whisk together all the glaze ingredients.

STEP 5: Brush half of the glaze over the seared pork and transfer the skillet to the oven. Bake for 12-15 minutes, basting with more glaze halfway through, until the internal temperature reaches 145°F (63°C).

STEP 6: Remove the pork from the oven and let it rest for 5 minutes.

STEP 7: Slice the tenderloin and drizzle with the remaining glaze before serving.

Tip: Serve this dish with roasted Brussels sprouts or sautéed zucchini for an extra boost of fiber and nutrients. For added crunch, sprinkle toasted sesame seeds on top.

Nutr. (Per Serving): Calories: 280 kcal | Protein: 32g | Carbs: 7g | Fiber: 1g | Net Carbs: 6g | Fat: 12g | Chol: 75mg | Na: 380mg | K: 550mg

ALMOND-CRUSTED PORK SCHNITZEL WITH CREAMY CABBAGE SLAW

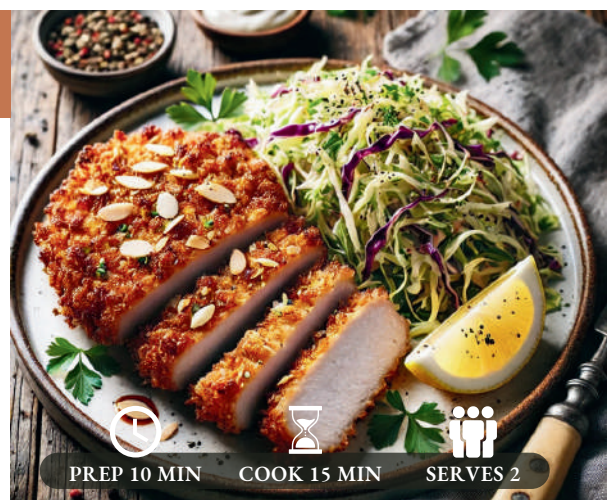
INGREDIENT

For the schnitzel:

- 2 boneless pork loin chops (about 5 oz each)
- 1/2 cup almond flour
- 1 large egg
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 tbsp olive oil

For the creamy cabbage slaw:

- 1 1/2 cups shredded cabbage (green or red)
- 1/4 cup shredded carrots
- 2 tbsp Greek yogurt (unsweetened, full-fat)
- 1 tsp Dijon mustard
- 1 tbsp apple cider vinegar
- 1/4 tsp salt
- 1/4 tsp black pepper



PREP 10 MIN



COOK 15 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Place pork chops between two sheets of parchment paper and pound to 1/4-inch thickness using a meat mallet or rolling pin.

STEP 2: In a shallow bowl, whisk the egg. In a separate bowl, mix almond flour, garlic powder, smoked paprika, salt, and black pepper.

STEP 3: Dip each pork chop into the egg, letting excess drip off, then coat in the almond flour mixture, pressing lightly to adhere.

STEP 4: Heat olive oil in a large skillet over medium heat. Cook pork schnitzels for 3-4 minutes per side until golden brown and crispy. Transfer to a plate and let rest.

STEP 5: In a bowl, mix Greek yogurt, Dijon mustard, apple cider vinegar, salt, and black pepper. Toss with shredded cabbage and carrots until well coated.

STEP 6: Serve the schnitzels hot with the creamy cabbage slaw on the side.

Tip: Add a squeeze of fresh lemon over the schnitzel for extra brightness. You can swap pork with chicken breast for variety.

Nutr. (Per Serving): Calories: 420 kcal | Protein: 42g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 24g | Chol: 130mg | Na: 460mg | K: 580mg



TURKEY PATTIES WITH DILL SOUR CREAM

INGREDIENT

For the patties:

- 10 oz ground turkey (93% lean)
- 1/4 cup almond flour
- 1 large egg
- 1 clove garlic, minced
- 1/2 tsp onion powder
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp olive oil (for frying)

For the dill sour cream:

- 1/4 cup sour cream (full-fat, unsweetened)
- 1 tbsp fresh dill, chopped
- 1 tsp lemon juice
- 1/4 tsp garlic powder
- Salt & black pepper to taste

PREP 10 MIN COOK 15 MIN SERVES 2

INSTRUCTIONS:

STEP 1: In a bowl, mix ground turkey, almond flour, egg, minced garlic, onion powder, oregano, salt, and black pepper until well combined.

STEP 2: Shape the mixture into four small patties, pressing gently to form even rounds.

STEP 3: Heat olive oil in a large skillet over medium heat. Cook patties for 4-5 minutes per side until golden brown and cooked through (internal temperature should reach 165°F).

STEP 4: While the patties cook, mix sour cream, chopped dill, lemon juice, garlic powder, salt, and pepper in a small bowl. Stir until smooth.

STEP 5: Serve turkey patties warm with a dollop of dill sour cream on top or on the side.

Tip: Add a dash of red pepper flakes to the patties for a slight kick or serve with fresh cucumber slices for extra crunch.

Nutr. (Per Serving): Calories: 380 kcal | Protein: 42g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 18g | Chol: 125mg | Na: 420mg | K: 560mg



MEDITERRANEAN BEEF KOFTA KEBABS

INGREDIENT

For the kebabs:

- 10 oz lean ground beef (90% lean)
- 1 clove garlic, minced
- 1/4 small onion, finely grated
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp fresh parsley, chopped
- 1 tbsp olive oil (for cooking)

For the yogurt sauce:

- 1/4 cup Greek yogurt (unsweetened, full-fat)
- 1 tbsp lemon juice
- 1 tbsp fresh dill or parsley, chopped
- 1/4 tsp garlic powder
- Salt & black pepper to taste

PREP 10 MIN COOK 15 MIN SERVES 2

INSTRUCTIONS:

STEP 1: In a bowl, mix ground beef, garlic, grated onion, cumin, coriander, paprika, salt, black pepper, and chopped parsley. Combine well.

STEP 2: Divide the mixture into four equal portions and shape into elongated kebabs around skewers or simply form small logs if no skewers are available.

STEP 3: Heat olive oil in a large skillet over medium heat. C

ook kebabs for 3-4 minutes per side until browned and cooked through (internal temperature should reach 160°F).

STEP 4: While the kebabs cook, mix Greek yogurt, lemon juice, chopped dill or parsley, garlic powder, salt, and pepper in a small bowl. Stir until smooth.

STEP 5: Serve the kebabs warm with the yogurt sauce on the side.

Tip: For extra flavor, add a pinch of red pepper flakes to the kebabs. Serve with sliced cucumbers or a simple green salad for a refreshing contrast.

Nutr. (Per Serving): Calories: 390 kcal | Protein: 41g | Carbs: 9g | Fiber: 2g | Net Carbs: 7g | Fat: 22g | Chol: 95mg | Na: 420mg | K: 520mg

CHICKEN & SPINACH MEATBALLS WITH LOW-CARB PESTO SAUCE

INGREDIENT

For the meatballs:

- 10 oz ground chicken (93% lean)
- 1/2 cup fresh spinach, finely chopped
- 1 clove garlic, minced
- 1/4 cup almond flour
- 1 large egg
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp black pepper

- 1 tbsp olive oil (for frying)

For the pesto sauce:

- 1/4 cup fresh basil leaves
- 1 tbsp grated Parmesan cheese
- 1 tbsp pine nuts (or almonds)
- 1 tbsp olive oil
- 1/2 tsp lemon juice
- 1 small garlic clove
- Salt & black pepper to taste



PREP 10 MIN

COOK 15 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: In a bowl, mix ground chicken, chopped spinach, minced garlic, almond flour, egg, oregano, salt, and black pepper. Combine well.

STEP 2: Shape the mixture into eight small meatballs.

STEP 3: Heat olive oil in a large skillet over medium heat. Cook meatballs for 4-5 minutes per side until golden brown and cooked through (internal temperature should reach 165°F).

STEP 4: While the meatballs cook, blend basil, Parmesan, pine nuts, olive oil, lemon juice, garlic, salt, and black pepper in a food processor until smooth.

STEP 5: Serve the meatballs warm with the pesto sauce drizzled on top.

Tip: Swap spinach for finely chopped kale for a different flavor. Serve with zucchini noodles or a fresh side salad for a complete meal.

Nutr. (Per Serving): Calories: 420 kcal | Protein: 43g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 24g | Chol: 120mg | Na: 450mg | K: 540mg

PORK & SAUERKRAUT SKILLET

INGREDIENT

- 10 oz boneless pork loin, cut into thin strips
- 1 tbsp olive oil
- 1/2 small onion, thinly sliced
- 1 clove garlic, minced
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1/4 tsp salt

- 1/2 tsp caraway seeds (optional, for authentic German flavor)
- 1 cup sauerkraut, drained
- 1/4 cup low-sodium chicken broth
- 1 tbsp Dijon mustard
- 1 tbsp unsalted butter
- 1 tbsp fresh parsley, chopped (for garnish)



PREP 10 MIN

COOK 20 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Heat olive oil in a large skillet over medium heat. Add the sliced pork and cook for 3-4 minutes until lightly browned. Remove from the skillet and set aside.

STEP 2: In the same skillet, add onion and cook for 2-3 minutes until softened. Stir in garlic, smoked paprika, black pepper, salt, and caraway seeds, and cook for another 30 seconds until fragrant.

STEP 3: Add sauerkraut and chicken broth to the skillet, stirring to combine. Let simmer for 3-4 minutes to develop

flavors.

STEP 4: Stir in Dijon mustard and butter, then return the cooked pork to the skillet. Cook for another 3-4 minutes until the pork is fully cooked and the sauce thickens slightly.

STEP 5: Garnish with fresh parsley and serve hot.

Tip: Add a pinch of red pepper flakes for a spicy kick or serve with a side of sautéed green beans for extra texture.

Nutr. (Per Serving): Calories: 420 kcal | Protein: 42g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 22g | Chol: 90mg | Na: 520mg | K: 580mg



SHRIMP STIR-FRY WITH BROCCOLI & PEPPERS

SEAFOOD

INGREDIENT

- 1 tbsp olive oil
- 8 oz (225g) large shrimp, peeled and deveined
- 1 ½ cups broccoli florets
- ½ red bell pepper, sliced
- ½ yellow bell pepper, sliced
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 2 tbsp coconut aminos (or low-sodium soy sauce)
- 1 tsp sesame oil
- ½ tsp red pepper flakes (optional, for heat)
- ½ tsp sesame seeds (for garnish)
- 1 tbsp green onions, chopped

PREP 10 MIN COOK 10 MIN SERVES 2

INSTRUCTIONS:

STEP 1: Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add shrimp and cook for 2 minutes per side until pink and opaque. Remove from skillet and set aside.

STEP 2: In the same skillet, add broccoli and sliced bell peppers. Stir-fry for 3–4 minutes until vegetables are crisp-tender.

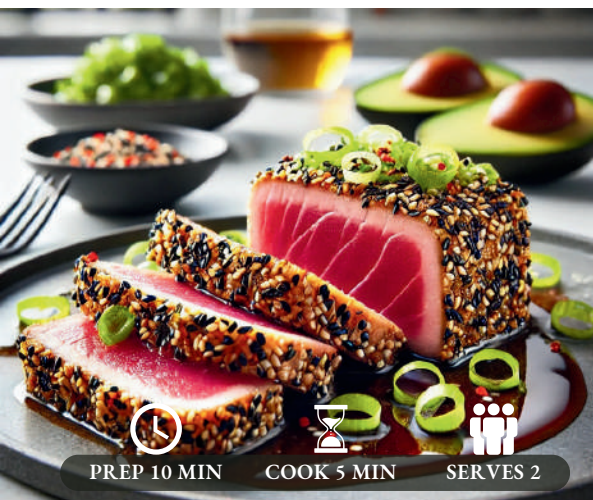
STEP 3: Add minced garlic and grated ginger. Stir quickly for 30 seconds until fragrant.

STEP 4: Return shrimp to the skillet and pour in coconut aminos and sesame oil. Toss everything together and cook for another 1–2 minutes, ensuring shrimp are well coated.

STEP 5: Sprinkle with sesame seeds, green onions, and red pepper flakes (if using). Serve immediately.

Tip: Serve over cauliflower rice for a more filling meal while keeping it low-carb. You can swap broccoli for zucchini or add mushrooms for variety.

Nutr. (Per Serving): Calories: 280 kcal | Protein: 30g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 12g | Chol: 190mg | Na: 650mg | K: 580mg



SESAME CRUSTED AHI TUNA STEAK (SOY-GINGER MARINADE)

INGREDIENT

- 2 (6 oz) ahi tuna steaks (sushi-grade)
- 2 tbsp coconut aminos (or low-sodium soy sauce)
- 1 tsp fresh ginger, grated
- 1 clove garlic, minced
- 1 tsp sesame oil
- 2 tbsp sesame seeds (white and black mix)
- 1 tbsp olive oil
- 1 tbsp green onions, chopped (for garnish)
- ½ avocado, sliced (for serving)
- ½ tsp red pepper flakes (optional, for spice)

PREP 10 MIN COOK 5 MIN SERVES 2

INSTRUCTIONS:

STEP 1: In a small bowl, mix coconut aminos, grated ginger, minced garlic, and sesame oil. Place tuna steaks in the marinade and let sit for 5 minutes while prepping the other ingredients.

STEP 2: Spread sesame seeds on a plate. Remove tuna from the marinade and press each steak into the sesame seeds, coating both sides evenly.

STEP 3: Heat olive oil in a skillet over medium-high heat. Add the sesame-crusted tuna and sear for 1–2 minutes per side for a rare center or longer if preferred.

STEP 4: Remove from the skillet and let rest for 1 minute before slicing into thin strips.

STEP 5: Garnish with chopped green onions and serve with avocado slices. Sprinkle with red pepper flakes for extra heat if desired.

Tip: Serve over a bed of arugula or mixed greens with a drizzle of extra sesame oil for added flavor. Try adding a squeeze of fresh lime juice to brighten the dish!

Nutr. (Per Serving): Calories: 340 kcal | Protein: 32g | Carbs: 8g | Fiber: 3g | Net Carbs: 5g | Fat: 20g | Chol: 55mg | Na: 500mg | K: 620mg

TERIYAKI SALMON FILLETS (SUGAR-FREE GLAZE)

INGREDIENT

- 2 (6 oz) salmon fillets
- 2 tbsp coconut aminos (or low-sodium soy sauce)
- 1 tsp fresh ginger, grated
- 1 clove garlic, minced
- 1 tsp sesame oil
- 1 tsp apple cider vinegar
- ½ tsp red pepper flakes (optional, for spice)
- ½ tsp toasted sesame seeds (for garnish)
- 1 tbsp green onions, chopped (for garnish)
- 1 tbsp olive oil



SEAFOOD

PREP 10 MIN COOK 12 MIN SERVES 2

INSTRUCTIONS:

STEP 1: In a small bowl, whisk together coconut aminos, grated ginger, minced garlic, sesame oil, apple cider vinegar, and red pepper flakes (if using).

STEP 2: Place salmon fillets in a shallow dish and pour the teriyaki marinade over them. Let sit for 5 minutes while preparing the pan.

STEP 3: Heat olive oil in a skillet over medium-high heat. Remove salmon from the marinade and place it in the skillet, skin-side down. Cook for 4–5 minutes.

STEP 4: Flip the fillets and pour the remaining marinade over the top. Cook for another 3–4 minutes until the salmon is caramelized and cooked to desired doneness.

STEP 5: Garnish with sesame seeds and chopped green onions before serving.

Tip: Serve with steamed bok choy or cauliflower rice for a balanced low-carb meal. Add a drizzle of extra sesame oil for a richer flavor.

Nutr. (Per Serving): Calories: 370 kcal | Protein: 35g | Carbs: 6g | Fiber: 1g | Net Carbs: 5g | Fat: 22g | Chol: 75mg | Na: 550mg | K: 700mg

SALMON & BROCCOLI ALFREDO BAKE

INGREDIENT

- 2 (6 oz) salmon fillets, skin removed and cut into chunks
- 1 ½ cups broccoli florets
- ½ cup heavy cream
- ¼ cup unsweetened almond milk (or more heavy cream)
- ½ cup grated Parmesan cheese
- ½ cup shredded mozzarella cheese
- 1 tbsp olive oil
- 1 clove garlic, minced
- ½ tsp onion powder
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp red pepper flakes (optional)



PREP 10 MIN COOK 20 MIN SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Lightly grease a baking dish with olive oil.

STEP 2: Heat a skillet over medium heat and add olive oil. Sauté garlic for 30 seconds until fragrant, then pour in heavy cream and almond milk. Stir in Parmesan cheese, onion powder, oregano, salt, and black pepper. Simmer for 2–3 minutes until slightly thickened.

STEP 3: In the prepared baking dish, layer broccoli florets and salmon chunks. Pour the Alfredo sauce evenly over the top.

STEP 4: Sprinkle shredded mozzarella over the dish and bake for 15–20 minutes, or until the salmon is cooked through and the cheese is golden brown.

STEP 5: Remove from the oven and let sit for 2 minutes. Sprinkle with red pepper flakes (if using) and serve hot.

Tip: Try swapping broccoli with spinach or zucchini for a different texture. For extra richness, add a sprinkle of crispy bacon bits on top before serving.

Nutr. (Per Serving): Calories: 480 kcal | Protein: 45g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 30g | Chol: 120mg | Na: 550mg | K: 680mg



MEDITERRANEAN BAKED COD

INGREDIENT

- 2 (6 oz) cod fillets
- 1 tbsp olive oil
- 1 cup cherry tomatoes, halved
- ¼ cup Kalamata olives, sliced
- ¼ cup crumbled feta cheese
- 1 clove garlic, minced
- ½ tsp dried oregano
- ½ tsp dried basil
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp red pepper flakes (optional)
- 1 tbsp fresh parsley, chopped (for garnish)
- 1 tsp lemon juice

INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Lightly grease a baking dish with olive oil.

STEP 2: In a bowl, mix cherry tomatoes, sliced olives, minced garlic, oregano, basil, salt, black pepper, and red pepper flakes (if using). Drizzle with olive oil and toss to combine.

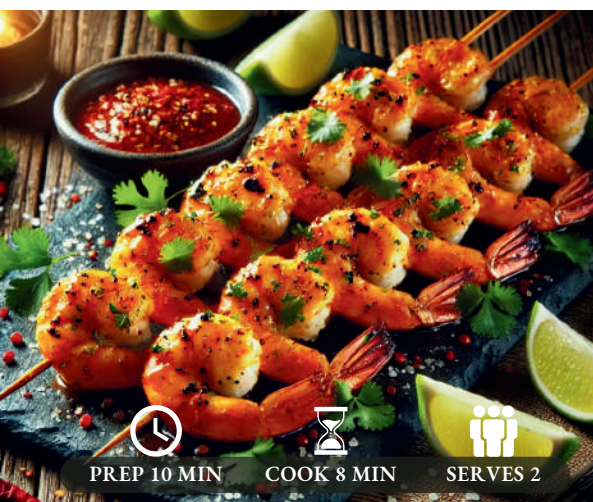
STEP 3: Place cod fillets in the baking dish and top with the tomato-olive mixture. Sprinkle crumbled feta evenly over the top.

STEP 4: Bake for 18–20 minutes until the cod is opaque and flakes easily with a fork.

STEP 5: Remove from the oven and drizzle with lemon juice. Garnish with fresh parsley before serving.

Tip: Serve with a side of sautéed spinach or cauliflower rice for a complete meal. Swap cod with salmon or halibut for a variation in flavor and texture.

Nutr. (Per Serving): Calories: 320 kcal | Protein: 35g | Carbs: 10g | Fiber: 2g | Net Carbs: 8g | Fat: 15g | Chol: 80mg | Na: 600mg | K: 750mg



SPICY GARLIC LIME SHRIMP SKEWERS

INGREDIENT

- 10 oz (280g) large shrimp, peeled and deveined
- 1 tbsp olive oil
- 2 tbsp lime juice (freshly squeezed)
- 2 cloves garlic, minced
- ½ tsp smoked paprika
- ½ tsp cumin
- ¼ tsp cayenne pepper (adjust for spice preference)
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp red pepper flakes (optional, for extra heat)
- 1 tbsp fresh cilantro, chopped (for garnish)
- 1 lime, cut into wedges (for serving)
- 4 wooden or metal skewers

INSTRUCTIONS:

STEP 1: If using wooden skewers, soak them in water for 10 minutes to prevent burning.

STEP 2: In a bowl, whisk together olive oil, lime juice, minced garlic, smoked paprika, cumin, cayenne pepper, salt, and black pepper. Add shrimp and toss to coat. Let marinate for 5 minutes.

STEP 3: Thread shrimp onto skewers, making sure they are evenly spaced.

STEP 4: Heat a grill pan or outdoor grill over medium-high heat. Lightly grease with olive oil.

STEP 5: Grill skewers for 2–3 minutes per side until shrimp turn pink and opaque. Avoid overcooking.

STEP 6: Remove from heat and sprinkle with red pepper flakes (if using) and chopped cilantro. Serve immediately with lime wedges.

Tip: Serve with a side of sautéed zucchini or cauliflower rice for a more filling meal. For a smoky twist, try adding a touch of chipotle powder to the marinade.

Nutr. (Per Serving): Calories: 280 kcal | Protein: 32g | Carbs: 5g | Fiber: 1g | Net Carbs: 4g | Fat: 12g | Chol: 220mg | Na: 480mg | K: 570mg

GARLIC LEMON BUTTER SCALLOPS WITH CAULIFLOWER MASH

INGREDIENT

For the Scallops:

- 10 oz (280g) large sea scallops, patted dry
- 1 tbsp olive oil
- 1 tbsp unsalted butter
- 2 cloves garlic, minced
- 1 tbsp lemon juice (freshly squeezed)
- ½ tsp lemon zest
- ¼ tsp salt

- ¼ tsp black pepper
- 1 tbsp fresh parsley, chopped (for garnish)

For the Cauliflower Mash:

- 2 cups cauliflower florets
- 2 tbsp heavy cream
- 1 tbsp unsalted butter
- ¼ cup grated Parmesan cheese
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper

INSTRUCTIONS:

STEP 1: Bring a pot of water to a boil. Add cauliflower florets and cook for 8–10 minutes until tender. Drain and transfer to a blender or food processor.

STEP 2: Add heavy cream, butter, Parmesan cheese, garlic powder, salt, and black pepper to the cauliflower. Blend until smooth and creamy. Set aside and keep warm.

STEP 3: Pat scallops dry with a paper towel and season with salt and black pepper.

STEP 4: Heat olive oil in a skillet over medium-high heat. Add

scallops and sear for 2 minutes per side until golden brown. Remove from the pan and set aside.

STEP 5: Reduce heat to low. In the same skillet, add butter, minced garlic, lemon juice, and lemon zest. Stir for 30 seconds until fragrant.

STEP 6: Return scallops to the skillet and coat with the butter sauce for 1 minute.

STEP 7: Serve scallops over cauliflower mash and garnish with chopped parsley.

Tip: Add a pinch of red pepper flakes for a little heat. Try swapping cauliflower mash with sautéed spinach for variety.

Nutr. (Per Serving): Calories: 390 kcal | Protein: 35g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 24g | Chol: 85mg | Na: 550mg | K: 650mg



SEAFOOD

PREP 10 MIN

COOK 15 MIN

SERVES 2

BACON-WRAPPED COD WITH MUSTARD CREAM

INGREDIENT

For the Cod:

- 2 (6 oz) cod fillets
- 4 slices sugar-free bacon
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil

For the Mustard Cream Sauce:

- ¼ cup heavy cream
- 1 tbsp Dijon mustard
- 1 tsp lemon juice
- ½ tsp garlic powder
- ¼ tsp black pepper
- 1 tbsp fresh parsley, chopped (for garnish)

INSTRUCTIONS:

STEP 1: Preheat oven to 400°F (200°C). Lightly grease a baking dish or line it with parchment paper.

STEP 2: Season cod fillets with garlic powder, smoked paprika, salt, and black pepper. Wrap each fillet with two slices of bacon, tucking the ends underneath.

STEP 3: Heat olive oil in a skillet over medium-high heat. Sear the bacon-wrapped cod for 2 minutes per side until the bacon starts to crisp.

STEP 4: Transfer cod to the baking dish and bake for 12–15

minutes until the fish is cooked through and the bacon is crispy.

STEP 5: While the cod bakes, prepare the mustard cream sauce. In a small saucepan over low heat, whisk together heavy cream, Dijon mustard, lemon juice, garlic powder, and black pepper. Simmer for 2 minutes until slightly thickened.

STEP 6: Remove cod from the oven and drizzle with mustard cream sauce. Garnish with chopped parsley and serve immediately.

Tip: Try swapping cod with salmon for a richer flavor. Serve with roasted asparagus or sautéed spinach for a balanced low-carb meal.

Nutr. (Per Serving): Calories: 410 kcal | Protein: 42g | Carbs: 6g | Fiber: 1g | Net Carbs: 5g | Fat: 24g | Chol: 95mg | Na: 580mg | K: 720mg



PREP 10 MIN

COOK 20 MIN

SERVES 2



SEAFOOD

PREP 10 MIN COOK 10 MIN SERVES 2

SPICY TUNA PATTIES

INGREDIENT

- 2 (5 oz) cans of tuna in water, drained
- 1 large egg
- ¼ cup almond flour
- 1 tbsp mayonnaise
- 1 tbsp Dijon mustard
- ½ small jalapeño, finely chopped
- 1 tbsp fresh cilantro, chopped
- 1 clove garlic, minced
- ½ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp red pepper flakes (optional, for extra heat)
- 1 tbsp olive oil (for frying)
- 1 tbsp fresh lime juice (for serving)

INSTRUCTIONS:

STEP 1: In a mixing bowl, combine drained tuna, egg, almond flour, mayonnaise, Dijon mustard, jalapeño, cilantro, garlic, smoked paprika, salt, black pepper, and red pepper flakes (if using). Stir until well combined.

STEP 2: Divide the mixture into 4 equal portions and shape into patties.

STEP 3: Heat olive oil in a large skillet over medium heat.

STEP 4: Place patties in the skillet and cook for 3–4 minutes per side, or until golden brown and crispy.

STEP 5: Remove from heat and let rest for 1 minute.

STEP 6: Serve hot with a squeeze of fresh lime juice on top.

Tip: Serve with a side of mashed avocado or a dollop of Greek yogurt for extra creaminess. Try swapping jalapeño with green onions for a milder kick.

Nutr. (Per Serving): Calories: 320 kcal | Protein: 35g | Carbs: 8g | Fiber: 2g | Net Carbs: 6g | Fat: 16g | Chol: 90mg | Na: 550mg | K: 580mg



PREP 10 MIN COOK 20 MIN SERVES 2

BAKED SALMON CAKES (DILL YOGURT SAUCE)

INGREDIENT

For the Salmon Cakes:

- 6 oz cooked salmon, flaked
- 1 large egg
- ¼ cup almond flour
- 1 tbsp mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh parsley, chopped
- ½ small shallot, finely diced
- ½ tsp garlic powder
- ½ tsp smoked paprika

- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil (for baking)

For the Dill Yogurt Sauce:

- ¼ cup plain unsweetened Greek yogurt
- 1 tbsp lemon juice
- 1 tbsp fresh dill, chopped
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper

INSTRUCTIONS:

STEP 1: Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and lightly grease with olive oil.

STEP 2: In a mixing bowl, combine flaked salmon, egg, almond flour, mayonnaise, Dijon mustard, dill, parsley, shallot, garlic powder, smoked paprika, salt, and black pepper. Stir until well mixed.

STEP 3: Divide the mixture into 4 equal portions and shape into patties. Place them on the prepared baking sheet.

STEP 4: Lightly brush the tops with olive oil and bake for 18–20 minutes, flipping halfway through, until golden brown and slightly crisp.

STEP 5: While the salmon cakes bake, prepare the dill yogurt sauce. In a small bowl, mix Greek yogurt, lemon juice, dill, garlic powder, salt, and black pepper. Stir until smooth.

STEP 6: Serve the baked salmon cakes warm with a dollop of dill yogurt sauce on top.

Tip: Serve with a side of sautéed spinach or a simple arugula salad for extra greens. Try swapping dill with chives for a different flavor twist.

Nutr. (Per Serving): Calories: 340 kcal | Protein: 36g | Carbs: 7g | Fiber: 2g | Net Carbs: 5g | Fat: 18g | Chol: 85mg | Na: 580mg | K: 610mg

CREAMY SEAFOOD CASSEROLE

INGREDIENT

- 6 oz cod or white fish fillets, cut into chunks
- 6 oz shrimp, peeled and deveined
- ½ cup heavy cream
- ¼ cup cream cheese, softened
- ½ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 tbsp olive oil
- 1 clove garlic, minced
- ½ tsp dried thyme
- ½ tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp smoked paprika
- ½ tsp red pepper flakes (optional, for heat)
- 1 tbsp fresh parsley, chopped (for garnish)

INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Lightly grease a small baking dish with olive oil.

STEP 2: In a skillet over medium heat, add olive oil and sauté garlic for 30 seconds until fragrant. Add shrimp and cook for 2 minutes until slightly pink. Remove shrimp and set aside.

STEP 3: In the same skillet, add heavy cream, cream cheese, thyme, onion powder, salt, black pepper, smoked paprika, and red pepper flakes (if using). Stir until the sauce is smooth and slightly thickened.

STEP 4: Add chunks of cod and cooked shrimp to the baking dish. Pour the creamy sauce over the seafood and mix gently to coat.

STEP 5: Sprinkle shredded mozzarella and Parmesan cheese evenly over the top.

STEP 6: Bake for 15–18 minutes, or until the seafood is fully cooked and the cheese is golden brown.

STEP 7: Remove from the oven, let sit for 2 minutes, and garnish with fresh parsley before serving.

Tip: Serve with roasted zucchini or steamed spinach for a well-balanced meal. Try swapping mozzarella with cheddar for a sharper taste.

Nutr. (Per Serving): Calories: 420 kcal | Protein: 45g | Carbs: 9g | Fiber: 1g | Net Carbs: 8g | Fat: 24g | Chol: 120mg | Na: 580mg | K: 720mg



POACHED SALMON IN COCONUT LIME SAUCE

INGREDIENT

- 2 (6 oz) salmon fillets, skin removed
- 1 tbsp olive oil
- 2 cloves garlic, minced
- ½ tsp fresh ginger, grated
- ½ tsp red pepper flakes (optional, for heat)
- ½ cup canned coconut milk (full-fat)
- ¼ cup vegetable or fish broth
- 2 tbsp lime juice (freshly squeezed)
- 1 tsp lime zest
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp fresh cilantro, chopped (for garnish)
- 1 lime, cut into wedges (for serving)

INSTRUCTIONS:

STEP 1: Heat olive oil in a large skillet over medium heat. Add minced garlic, grated ginger, and red pepper flakes (if using). Sauté for 30 seconds until fragrant.

STEP 2: Pour in coconut milk, broth, lime juice, and lime zest. Stir and bring the mixture to a gentle simmer.

STEP 3: Season salmon fillets with salt and black pepper, then carefully place them into the skillet.

STEP 4: Cover and let the salmon poach in the sauce for 8–10 minutes, or until the fish is opaque and flakes easily with a fork.

STEP 5: Remove salmon from the skillet and spoon the creamy coconut lime sauce over the top.

STEP 6: Garnish with fresh cilantro and serve with lime wedges.

Tip: Serve with a side of sautéed bok choy or steamed cauliflower rice for a complete low-carb meal. Try adding a dash of turmeric for extra color and anti-inflammatory benefits.

Nutr. (Per Serving): Calories: 410 kcal | Protein: 42g | Carbs: 8g | Fiber: 1g | Net Carbs: 7g | Fat: 22g | Chol: 90mg | Na: 480mg | K: 750mg





CHEESY TUNA MELT BELL PEPPERS

SEAFOOD

INGREDIENT

- 2 medium bell peppers (red, yellow, or green), halved and seeds removed
- 2 (5 oz) cans of tuna in water, drained
- ¼ cup mayonnaise
- 1 tbsp Dijon mustard
- ¼ cup shredded cheddar cheese
- ¼ cup shredded mozzarella cheese
- 1 tbsp fresh parsley, chopped
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil (for brushing)
- 1 tbsp Parmesan cheese (for topping)

PREP 10 MIN COOK 15 MIN SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Lightly grease a baking dish with olive oil.

STEP 2: Cut bell peppers in half lengthwise and remove the seeds. Brush the outsides lightly with olive oil.

STEP 3: In a mixing bowl, combine tuna, mayonnaise, Dijon mustard, cheddar cheese, mozzarella cheese, parsley, garlic powder, onion powder, smoked paprika, salt, and black pepper. Stir until well mixed.

STEP 4: Spoon the tuna mixture evenly into each bell pepper half.

STEP 5: Sprinkle Parmesan cheese on top for extra crispiness.

STEP 6: Bake for 12–15 minutes, or until the cheese is melted and slightly golden.

STEP 7: Remove from oven, let cool slightly, and serve warm.

Tip: Add chopped jalapeños for a spicy kick, or swap cheddar with Swiss cheese for a different flavor. Serve with a side of fresh arugula salad for a complete meal.

Nutr. (Per Serving): Calories: 380 kcal | Protein: 42g | Carbs: 9g | Fiber: 2g | Net Carbs: 7g | Fat: 20g | Chol: 85mg | Na: 550mg | K: 630mg



SHRIMP & SPINACH MEATBALLS

INGREDIENT

For the Meatballs:

- 8 oz shrimp, finely chopped
- ½ cup fresh spinach, finely chopped
- 1 egg
- ¼ cup grated Parmesan cheese
- ¼ cup almond flour
- 1 clove garlic, minced
- ½ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil (for frying)

For the Creamy Tomato Sauce:

- 1 tbsp olive oil
- 1 clove garlic, minced
- ½ cup canned crushed tomatoes
- ¼ cup heavy cream
- ¼ tsp dried oregano
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp fresh basil, chopped (for garnish)

PREP 10 MIN COOK 20 MIN SERVES 2

INSTRUCTIONS:

STEP 1: In a bowl, mix chopped shrimp, spinach, egg, Parmesan, almond flour, garlic, smoked paprika, salt, and black pepper until well combined. Shape into small meatballs (about 8 total).

STEP 2: Heat olive oil in a skillet over medium heat. Sear the meatballs for 3–4 minutes per side until golden brown. Remove and set aside.

STEP 3: In the same skillet, add olive oil and minced garlic.

Sauté for 30 seconds until fragrant.

STEP 4: Stir in crushed tomatoes, heavy cream, oregano, salt, and black pepper. Let the sauce simmer for 3 minutes.

STEP 5: Return meatballs to the skillet, spoon sauce over them, and simmer for another 5–7 minutes until fully cooked.

STEP 6: Garnish with fresh basil and serve warm.

Tip: Serve over zucchini noodles or with roasted cauliflower for a complete low-carb meal. Add red pepper flakes for extra spice!

Nutr. (Per Serving): Calories: 410 kcal | Protein: 42g | Carbs: 9g | Fiber: 2g | Net Carbs: 7g | Fat: 24g | Chol: 120mg | Na: 600mg | K: 750mg

SALMON MEATLOAF WITH HERBS & SPINACH

INGREDIENT

- 8 oz fresh salmon fillet, finely chopped
- 1 egg
- ½ cup fresh spinach, finely chopped
- ¼ cup almond flour
- ¼ cup grated Parmesan cheese
- 1 tbsp fresh parsley, chopped
- 1 clove garlic, minced
- ½ tsp onion powder
- ½ tsp dried thyme
- ¼ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil (for greasing)

INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Grease a small loaf pan with olive oil or line it with parchment paper.

STEP 2: In a mixing bowl, combine chopped salmon, egg, spinach, almond flour, Parmesan, parsley, garlic, onion powder, thyme, smoked paprika, salt, and black pepper. Mix until well incorporated.

STEP 3: Transfer the mixture to the loaf pan, pressing it down evenly.

STEP 4: Bake for 20–25 minutes, or until the meatloaf is firm and golden on top.

STEP 5: Remove from oven and let it rest for 5 minutes before slicing.

STEP 6: Serve warm, garnished with fresh parsley.

Tip: Pair with a side of roasted cauliflower or sautéed zucchini for a complete meal. Add a drizzle of lemon juice for extra brightness!

Nutr. (Per Serving): Calories: 380 kcal | Protein: 41g | Carbs: 7g | Fiber: 2g | Net Carbs: 5g | Fat: 22g | Chol: 95mg | Na: 480mg | K: 620mg



SEAFOOD



PREP 10 MIN



COOK 25 MIN



SERVES 2

FISH & SHRIMP “PAELLA”

INGREDIENT

- 6 oz white fish fillet (cod, halibut, or tilapia), cut into bite-sized pieces
- 6 oz shrimp, peeled and deveined
- 2 tbsp olive oil
- ½ small onion, finely diced
- 2 cloves garlic, minced
- 1 small red bell pepper, diced
- 2 cups cauliflower rice
- ½ cup diced tomatoes (no sugar added)
- ½ cup chicken or seafood broth
- ½ tsp smoked paprika
- ¼ tsp turmeric
- ¼ tsp cayenne pepper (adjust for spice preference)
- ½ tsp salt
- ¼ tsp black pepper
- ¼ cup frozen peas (optional, adds 2g net carbs per serving)
- 1 tbsp fresh parsley, chopped
- Lemon wedges (for serving)

INSTRUCTIONS:

STEP 1: Heat 1 tbsp olive oil in a large skillet over medium heat. Add fish pieces and shrimp, cooking for 2–3 minutes per side until opaque and cooked through. Remove from skillet and set aside.

STEP 2: Add the remaining 1 tbsp olive oil to the same skillet. Sauté diced onion, garlic, and red bell pepper for 2–3 minutes until softened.

STEP 3: Stir in cauliflower rice, diced tomatoes, broth, smoked

paprika, turmeric, cayenne pepper, salt, and black pepper. Simmer for 5 minutes, stirring occasionally.

STEP 4: Add the cooked fish, shrimp, and peas (if using), stirring gently to combine. Cook for another 2 minutes until everything is heated through.

STEP 5: Remove from heat and garnish with fresh parsley. Serve immediately with lemon wedges on the side.

Tip: Try adding a pinch of saffron for an authentic paella flavor, or swap shrimp for scallops for a variation.

Nutr. (Per Serving): Calories: 340 kcal | Protein: 38g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 15g | Chol: 140mg | Na: 600mg | K: 720mg



PREP 10 MIN



COOK 15 MIN



SERVES 2



CRISPY SALMON “KATSU”

INGREDIENT

- 2 (5 oz) salmon fillets, skin removed
- ½ cup almond flour
- 1 large egg, beaten
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp avocado oil (for frying)
- 1 tbsp coconut aminos (or low-sodium soy sauce)
- ½ tsp Dijon mustard (optional, for dipping)
- Lemon wedges, for serving

INSTRUCTIONS:

STEP 1: In a bowl, mix almond flour, garlic powder, smoked paprika, salt, and black pepper.

STEP 2: Dip each salmon fillet into the beaten egg, then coat thoroughly in the almond flour mixture, pressing gently to adhere.

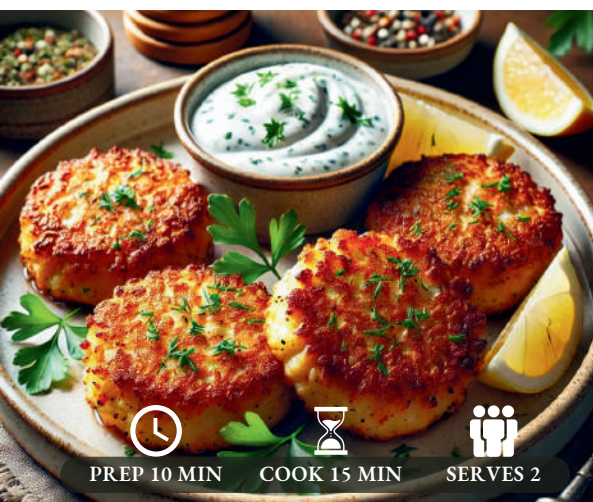
STEP 3: Heat avocado oil in a skillet over medium heat. Once hot, add the salmon fillets and cook for 3-4 minutes per side, or until golden brown and crispy.

STEP 4: Lower the heat and cover for an additional 2 minutes to ensure the salmon is cooked through.

STEP 5: Remove from heat and serve with coconut aminos or Dijon mustard for dipping, and fresh lemon wedges on the side.

Tip: Serve with a side of sautéed spinach or a fresh green salad for a balanced meal.

Nutr. (Per Serving): Calories: 380 kcal | Protein: 32g | Carbs: 7g | Fiber: 3g | Net Carbs: 4g | Fat: 25g | Chol: 85mg | Na: 340mg | K: 520mg



COD FISH PATTIES WITH DILL YOGURT SAUCE

INGREDIENT

For the Fish Patties:

- 8 oz (225g) cod fillet, cooked and flaked
- 1 large egg
- ¼ cup almond flour
- 2 tbsp fresh parsley, chopped
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp black pepper

For the Dill Yogurt Sauce:

- 1 tbsp olive oil (for frying)
- ½ cup unsweetened Greek yogurt
- 1 tbsp fresh dill, chopped
- 1 tsp lemon juice
- ½ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper

INSTRUCTIONS:

STEP 1: In a small bowl, mix all the ingredients for the dill yogurt sauce. Set aside in the fridge.

STEP 2: In a large mixing bowl, combine flaked cod, egg, almond flour, parsley, garlic powder, onion powder, paprika, salt, and black pepper. Mix well until the mixture holds together.

STEP 3: Form the mixture into 4 small patties. If the mixture is too wet, add a bit more almond flour.

STEP 4: Heat olive oil in a skillet over medium heat. Once hot, add the fish patties and cook for 3-4 minutes per side, or until golden brown and crispy.

STEP 5: Remove from heat and let rest for a minute before serving.

STEP 6: Serve warm with dill yogurt sauce drizzled on top or on the side.

Tip: Try adding a squeeze of lemon juice on top for an extra fresh flavor. Serve with a side of sautéed spinach or a crisp cucumber salad for a complete meal.

Nutr. (Per Serving): Calories: 310 kcal | Protein: 28g | Carbs: 8g | Fiber: 3g | Net Carbs: 5g | Fat: 18g | Chol: 120mg | Na: 380mg | K: 420mg

FISH PICCATA (LEMON-CAPER SAUCE)

INGREDIENT

- 2 fillets white fish (cod, tilapia, or sole) – about 6 oz each
- 2 tbsp almond flour
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- 1 tbsp olive oil
- 2 tbsp unsalted butter, divided
- 1 clove garlic, minced
- ½ cup low-sodium chicken broth
- 2 tbsp fresh lemon juice
- 1 tbsp capers, rinsed
- 1 tbsp fresh parsley, chopped
- Lemon slices (for garnish)



PREP 10 MIN COOK 15 MIN SERVES 2

INSTRUCTIONS:

STEP 1: Pat the fish fillets dry. In a shallow dish, mix almond flour, salt, black pepper, and garlic powder. Dredge the fish fillets in the almond flour mixture, shaking off any excess.

STEP 2: Heat olive oil and 1 tbsp butter in a large skillet over medium heat. Add the fish fillets and cook for 3-4 minutes per side, or until golden brown and cooked through. Remove from the skillet and set aside.

STEP 3: In the same skillet, add the minced garlic and cook for 30 seconds until fragrant. Pour in the chicken broth and

lemon juice, scraping up any browned bits from the bottom of the pan.

STEP 4: Stir in the capers and let the sauce simmer for 2-3 minutes, allowing the flavors to meld.

STEP 5: Reduce heat to low and whisk in the remaining 1 tbsp butter for a silky texture.

STEP 6: Return the fish fillets to the skillet, spooning the sauce over the top. Let them warm through for 1-2 minutes.

STEP 7: Serve hot, garnished with fresh parsley and lemon slices.

Tip: Pair with sautéed zucchini noodles or a side of steamed broccoli for an extra nutrient boost. For a spicier kick, add a pinch of red pepper flakes to the sauce.

Nutr. (Per Serving): Calories: 290 kcal | Protein: 32g | Carbs: 5g | Fiber: 2g | Net Carbs: 3g | Fat: 16g | Chol: 85mg | Na: 320mg | K: 540mg

GINGER-SOY GLAZED SALMON WITH SESAME SPINACH

INGREDIENT

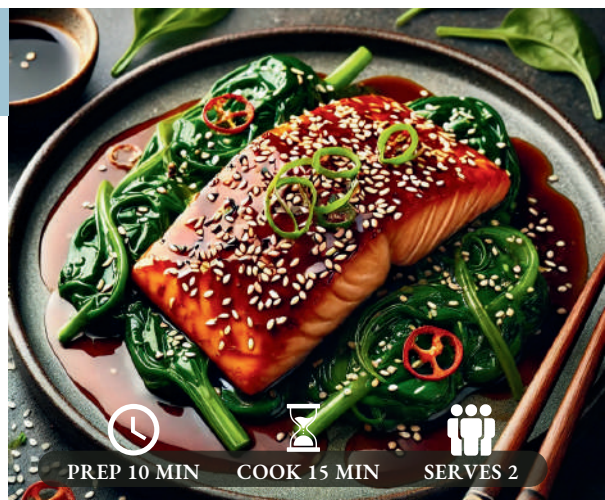
For the Salmon:

- 2 (5 oz each) salmon fillets
- 1 tbsp olive oil
- 1 tbsp coconut aminos (or low-sodium soy sauce)
- 1 tsp sesame oil
- 1 tbsp lime juice
- 1 clove garlic, minced
- 1 tsp fresh ginger, grated
- ¼ tsp red pepper flakes (optional)

- ½ tsp sesame seeds (for garnish)
- 1 tbsp chopped green onions (for garnish)

For the Sesame Spinach:

- 3 cups fresh spinach
- 1 tsp sesame oil
- 1 clove garlic, minced
- ½ tsp coconut aminos (or low-sodium soy sauce)
- ½ tsp sesame seeds



PREP 10 MIN COOK 15 MIN SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.

STEP 2: In a small bowl, mix coconut aminos, sesame oil, lime juice, garlic, ginger, and red pepper flakes. Brush the mixture over the salmon fillets.

STEP 3: Heat a skillet over medium-high heat with olive oil. Sear salmon for 2 minutes per side, then transfer to the baking sheet and bake for 10 minutes until cooked through.

STEP 4: While salmon bakes, heat sesame oil in a pan over medium heat. Add garlic and sauté for 30 seconds. Add spinach and stir until wilted, about 2 minutes. Stir in coconut aminos and sesame seeds.

STEP 5: Remove salmon from the oven and garnish with sesame seeds and green onions. Serve hot with sesame spinach on the side.

Tip: For an extra crunch, top with crushed almonds or toasted sesame seeds. Serve with cauliflower rice for a more filling low-carb meal!

Nutr. (Per Serving): Calories: 340 kcal | Protein: 35g | Carbs: 8g | Fiber: 3g | Net Carbs: 5g | Fat: 18g | Chol: 70mg | Na: 420mg | K: 780mg



GARLIC BUTTER SHRIMP SCAMPI WITH ZUCCHINI NOODLES

INGREDIENT

- 10 oz (280g) large shrimp, peeled and deveined
- 2 medium zucchinis, spiralized into noodles
- 2 tbsp unsalted butter
- 1 tbsp olive oil
- 3 cloves garlic, minced
- ¼ tsp red pepper flakes (optional, for spice)
- ½ cup cherry tomatoes, halved
- 2 tbsp lemon juice (freshly squeezed)
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ cup grated Parmesan cheese
- 1 tbsp fresh parsley, chopped
- 1 tbsp capers (optional, for tanginess)
- 1 tsp lemon zest

INSTRUCTIONS:

STEP 1: Heat a large skillet over medium heat and add olive oil and 1 tbsp of butter.

STEP 2: Add minced garlic and red pepper flakes, sauté for 30 seconds until fragrant.

STEP 3: Add shrimp, salt, and black pepper. Cook for 2 minutes per side until shrimp turn pink and opaque. Remove shrimp and set aside.

STEP 4: In the same pan, add cherry tomatoes, lemon juice,

and remaining butter. Cook for 2 minutes until tomatoes soften slightly.

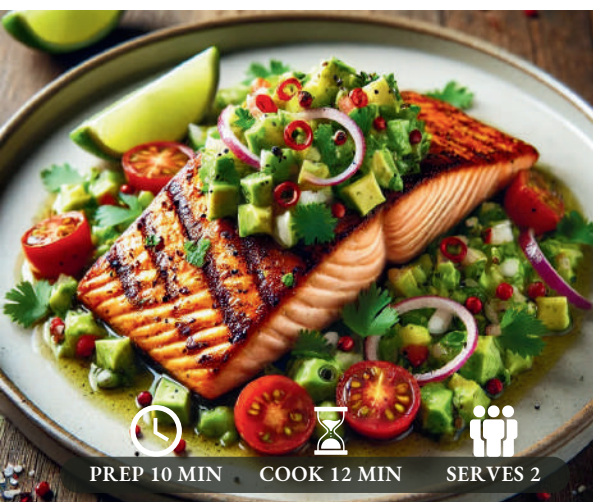
STEP 5: Add zucchini noodles to the pan and toss gently for 1-2 minutes until just tender.

STEP 6: Return shrimp to the pan, sprinkle with Parmesan cheese, lemon zest, and capers (if using). Stir well to combine.

STEP 7: Garnish with fresh parsley and serve immediately.

Tip: For extra flavor, drizzle with a bit of garlic-infused olive oil or add crushed almonds for a crunchy texture.

Nutr. (Per Serving): Calories: 330 kcal | Protein: 31g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 18g | Chol: 220mg | Na: 420mg | K: 650mg



GRILLED SALMON WITH AVOCADO SALSA

INGREDIENT

For the Salmon:

- 2 (6 oz) salmon fillets
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp red pepper flakes (optional for heat)
- ½ tbsp fresh lime juice

For the Avocado Salsa:

- 1 medium avocado, diced
- ¼ cup cherry tomatoes, diced
- 1 tbsp red onion, finely chopped
- 1 tbsp fresh cilantro, chopped
- ½ tbsp fresh lime juice
- ¼ tsp salt
- ¼ tsp black pepper

INSTRUCTIONS:

STEP 1: Preheat the grill or a grill pan over medium-high heat. Lightly oil the grates to prevent sticking.

STEP 2: In a small bowl, mix olive oil, garlic powder, smoked paprika, salt, black pepper, and red pepper flakes (if using). Rub the mixture evenly over both sides of the salmon fillets. Drizzle with fresh lime juice.

STEP 3: Place the salmon fillets on the grill, skin-side down. Cook for 4-5 minutes per side until the salmon is golden brown and flaky.

STEP 4: While the salmon cooks, prepare the avocado salsa. In a bowl, combine diced avocado, cherry tomatoes, red onion, cilantro, lime juice, salt, and black pepper. Gently toss to mix.

STEP 5: Remove the salmon from the grill and let it rest for 1 minute.

STEP 6: Serve each salmon fillet topped with a generous scoop of avocado salsa.

Tip: For extra flavor, try adding a squeeze of fresh lime juice before serving. You can also swap the cilantro for fresh parsley if preferred.

Nutr. (Per Serving): Calories: 420 kcal | Protein: 38g | Carbs: 10g | Fiber: 6g | Net Carbs: 4g | Fat: 26g | Chol: 75mg | Na: 320mg | K: 970mg

BAKED COD WITH PARMESAN HERB CRUST

INGREDIENT

- 2 cod fillets (6 oz each)
- ¼ cup grated Parmesan cheese
- ¼ cup almond flour
- 1 tbsp fresh parsley, chopped
- 1 tsp garlic powder
- ½ tsp dried oregano
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil
- 1 tbsp Dijon mustard
- Lemon wedges, for serving



SEAFOOD

PREP 10 MIN COOK 15 MIN SERVES 2

INSTRUCTIONS:

STEP 1: Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it with olive oil.

STEP 2: In a small bowl, mix Parmesan cheese, almond flour, parsley, garlic powder, oregano, paprika, salt, and black pepper.

STEP 3: Pat dry the cod fillets with a paper towel. Brush each fillet with Dijon mustard to help the crust stick.

STEP 4: Press the Parmesan mixture onto the cod fillets, coating the top evenly. Drizzle lightly with olive oil for extra crispiness.

STEP 5: Bake for 12-15 minutes or until the crust is golden brown and the fish flakes easily with a fork.

STEP 6: Serve immediately with lemon wedges on the side for added brightness.

Tip: Add a side of roasted asparagus or sautéed spinach for a well-rounded, low-carb meal!

Nutr. (Per Serving):Calories: 310 kcal | Protein: 34g | Carbs: 6g | Fiber: 2g | Net Carbs: 4g | Fat: 16g | Chol: 75mg | Na: 360mg | K: 580mg

TUNA & ZUCCHINI CHEESY CASSEROLE

INGREDIENT

- 1 medium zucchini, shredded and excess moisture squeezed out
- 1 (5 oz) can tuna in water, drained
- 2 tbsp cream cheese
- ¼ cup shredded cheddar cheese
- ¼ cup shredded mozzarella cheese
- 1 large egg
- 1 clove garlic, minced
- 1 tbsp fresh parsley, chopped
- ½ tsp onion powder
- ¼ tsp black pepper
- ¼ tsp salt
- ½ tsp paprika
- 1 tbsp grated Parmesan cheese (for topping)
- 1 tbsp olive oil (for greasing)



PREP 10 MIN COOK 20 MIN SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 375°F (190°C). Lightly grease a small baking dish with olive oil.

STEP 2: In a bowl, combine shredded zucchini, drained tuna, cream cheese, cheddar cheese, mozzarella cheese, egg, garlic, parsley, onion powder, black pepper, salt, and paprika. Mix well until fully combined.

STEP 3: Transfer the mixture to the greased baking dish,

spreading it evenly. Sprinkle grated Parmesan on top for extra crispiness.

STEP 4: Bake for 18–20 minutes or until the cheese is golden brown and bubbling.

STEP 5: Let cool slightly before serving. Garnish with extra parsley if desired. Serve warm and enjoy!

Tip: Try adding a pinch of red pepper flakes for a spicy kick or swap parsley for fresh basil for a Mediterranean twist.

Nutr. (Per Serving):Calories: 310 kcal | Protein: 32g | Carbs: 9g | Fiber: 2g | Net Carbs: 7g | Fat: 17g | Chol: 75mg | Na: 480mg | K: 380mg



TOFU STIR-FRY WITH BROCCOLI & PEPPERS

INGREDIENT

- 8 oz extra-firm tofu, cubed
- 1 tbsp avocado oil
- 1 cup broccoli florets
- 1/2 red bell pepper, sliced
- 1/2 yellow bell pepper, sliced
- 2 cloves garlic, minced
- 1/2 tsp fresh ginger, grated
- 1 1/2 tbsp low-sodium soy sauce (or coconut aminos)
- 1 tsp rice vinegar
- 1/2 tsp sesame oil
- 1/4 tsp red pepper flakes (optional, for heat)
- 1/2 tsp sesame seeds (optional, for garnish)
- 1 green onion, sliced (for garnish)

INSTRUCTIONS:

STEP 1 Press the tofu between paper towels for 5 minutes to remove excess moisture, then cut into bite-sized cubes.

STEP 2 Heat avocado oil in a large skillet over medium-high heat. Add tofu cubes and cook for 5-6 minutes, flipping occasionally, until golden brown and crispy.

STEP 3 Add minced garlic, grated ginger, and red pepper flakes (if using). Stir-fry for 1 minute until fragrant.

STEP 4 Add broccoli florets and sliced bell peppers. Cook for 3-4 minutes until vegetables are slightly tender but still crisp.

STEP 5 In a small bowl, whisk together soy sauce, rice vinegar, and sesame oil. Pour the mixture over the stir-fry and toss to coat evenly.

STEP 6 Cook for another 2 minutes, allowing the flavors to meld. Remove from heat.

STEP 7 Garnish with sesame seeds and sliced green onion before serving.

Tip: Swap broccoli for zucchini or asparagus for variety. Add crushed peanuts for extra crunch and healthy fats.

Nutr. (Per Serving): Calories: 285 | Protein: 27g | Carbs: 11g | Fiber: 3g | Net Carbs: 8g | Fat: 15g | Chol: 0mg | Na: 340mg | K: 480mg | GI: Low



SPINACH & FETA STUFFED PORTOBELLO MUSHROOMS

INGREDIENT

- 2 large portobello mushroom caps, stems removed
- 1 tbsp olive oil
- 1/2 cup fresh spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1/4 cup ricotta cheese (or unsweetened Greek yogurt)
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes (optional, for heat)
- 1 tbsp grated Parmesan cheese (for topping)

INSTRUCTIONS:

STEP 1 Preheat the oven to 375°F (190°C). Lightly brush the mushroom caps with olive oil and place them on a baking sheet, gill-side up.

STEP 2 Heat a small skillet over medium heat. Add chopped spinach and cook for 2 minutes until wilted. Remove from heat.

STEP 3 In a bowl, mix the cooked spinach, feta cheese, ricotta, minced garlic, oregano, black pepper, and red pepper flakes. Stir until well combined.

STEP 4 Spoon the spinach-feta mixture evenly into the mushroom caps, pressing gently to fill them.

STEP 5 Sprinkle Parmesan cheese on top and bake for 12-15 minutes until the mushrooms are tender and the filling is slightly golden.

STEP 6 Remove from the oven and let cool for 2 minutes before serving.

Tip: Try adding chopped sun-dried tomatoes for extra flavor, or swap feta for goat cheese for a creamier texture.

Nutr. (Per Serving): Calories: 250 | Protein: 22g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 15g | Chol: 40mg | Na: 340mg | K: 450mg | GI: Low

PANEER TIKKA MASALA

INGREDIENT

- 6 oz paneer, cubed
- 1 tbsp avocado oil
- 1/2 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 tsp fresh ginger, grated
- 1/2 cup canned diced tomatoes (no sugar added)
- 1/4 cup heavy cream (or coconut cream for dairy-free option)
- 1/4 cup unsweetened Greek yogurt
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp turmeric
- 1/2 tsp smoked paprika
- 1/4 tsp garam masala
- 1/4 tsp red pepper flakes (optional, for heat)
- Salt & black pepper, to taste
- 1 tbsp chopped fresh cilantro (for garnish)

INSTRUCTIONS:

STEP 1 Heat avocado oil in a skillet over medium heat. Add paneer cubes and cook for 4-5 minutes, turning occasionally, until golden brown on all sides. Remove and set aside.

STEP 2 In the same skillet, add chopped onion and sauté for 3 minutes until soft. Add minced garlic and grated ginger, stirring for another minute until fragrant.

STEP 3 Stir in cumin, coriander, turmeric, paprika, garam masala, and red pepper flakes. Toast the spices for 30 seconds to release their flavors.

STEP 4 Add diced tomatoes and cook for 5 minutes, stirring occasionally, until slightly thickened.

STEP 5 Reduce heat to low and stir in heavy cream and Greek yogurt, mixing well until the sauce becomes creamy.

STEP 6 Return the paneer to the skillet, stirring to coat evenly with the sauce. Simmer for 2-3 minutes, allowing the flavors to blend.

STEP 7 Garnish with fresh cilantro and serve hot.

Tip: For extra heat, add a pinch of cayenne pepper. Serve with cauliflower rice or roasted zucchini for a complete low-carb meal.

Nutr. (Per Serving): Calories: 350 | Protein: 28g | Carbs: 11g | Fiber: 3g | Net Carbs: 8g | Fat: 22g | Chol: 55mg | Na: 420mg | K: 520mg | GI: Low



MEATLESS MAINS

PREP 10 MIN

COOK 20 MIN

SERVES 2

BROCCOLI CHEDDAR CRUSTLESS QUICHE

INGREDIENT

- 4 large eggs
- 1/3 cup heavy cream
- 1/2 cup shredded sharp cheddar cheese
- 1/2 cup cooked broccoli, chopped
- 1 tbsp olive oil
- 1/4 small onion, diced
- 1 clove garlic, minced
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp paprika
- 1 tbsp Parmesan cheese (for topping)

INSTRUCTIONS:

STEP 1 Preheat the oven to 375°F (190°C). Grease a small baking dish or two ramekins with olive oil.

STEP 2 In a small pan, heat olive oil over medium heat. Sauté diced onion for 2 minutes until soft, then add garlic and cook for 30 seconds. Remove from heat.

STEP 3 In a bowl, whisk together eggs, heavy cream, salt, pepper, and paprika. Stir in cooked broccoli, cheddar cheese, and sautéed onions.

STEP 4 Pour the mixture into the prepared baking dish. Sprinkle Parmesan cheese on top for extra flavor.

STEP 5 Bake for 18-20 minutes, or until the quiche is set and slightly golden on top.

STEP 6 Let cool for 5 minutes before serving.

Tip: Add crumbled feta or a pinch of red pepper flakes for extra flavor. Serve with a side of mixed greens or avocado slices for a more filling meal.

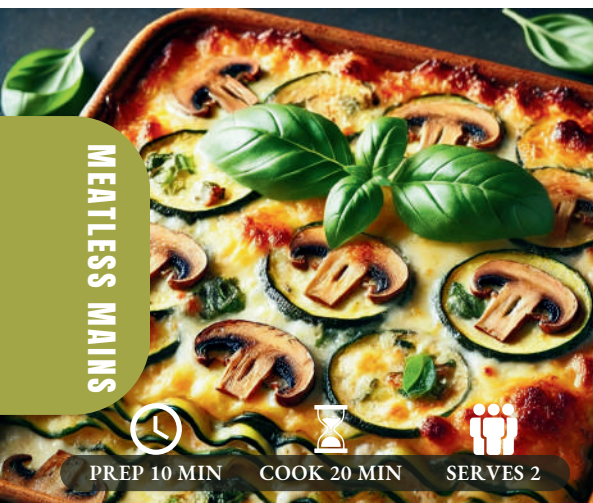
Nutr. (Per Serving): Calories: 310 | Protein: 27g | Carbs: 9g | Fiber: 2g | Net Carbs: 7g | Fat: 22g | Chol: 280mg | Na: 370mg | K: 420mg | GI: Low



PREP 10 MIN

COOK 20 MIN

SERVES 2



MUSHROOM & SPINACH ZUCCHINI LASAGNA

MEATLESS MAINS

INGREDIENT

- 1 medium zucchini, sliced lengthwise into thin strips
- 1 tbsp olive oil
- 1/2 cup mushrooms, sliced
- 1/2 cup fresh spinach, chopped
- 1 clove garlic, minced
- 1/2 cup ricotta cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/2 cup no-sugar-added marinara sauce
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes (optional, for spice)



PREP 10 MIN



COOK 20 MIN



SERVES 2

INSTRUCTIONS:

STEP 1 Preheat the oven to 375°F (190°C). Lightly grease a small baking dish with olive oil.

STEP 2 Heat olive oil in a skillet over medium heat. Add mushrooms and cook for 3 minutes until softened. Stir in spinach and garlic, cooking for 1 more minute. Remove from heat.

STEP 3 In a bowl, mix ricotta cheese, oregano, salt, and black pepper.

STEP 4 Spread a thin layer of marinara sauce on the bottom of the baking dish. Lay half of the zucchini slices over the

sauce, slightly overlapping.

STEP 5 Spread half of the ricotta mixture over the zucchini, then add half of the mushroom-spinach mixture. Sprinkle with mozzarella. Repeat the layers with the remaining ingredients.

STEP 6 Sprinkle Parmesan cheese and red pepper flakes (if using) on top. Bake for 18-20 minutes until bubbly and golden brown.

STEP 7 Let cool for 5 minutes before serving.

Tip: Swap zucchini for thinly sliced eggplant for a variation, or add more chili flakes for extra heat.

Nutr. (Per Serving): Calories: 340 | Protein: 29g | Carbs: 12g | Fiber: 3g | Net Carbs: 9g | Fat: 20g | Chol: 55mg | Na: 480mg | K: 620mg | GI: Low



BAKED CAULIFLOWER FALAFEL & TAHINI SAUCE

INGREDIENT

For the Falafel:

- 1 cup cauliflower rice (steamed and squeezed dry)
- 1/3 cup almond flour
- 1/4 cup hemp seeds (or sunflower seeds)
- 1/4 small onion, finely chopped
- 1 clove garlic, minced
- 1 tbsp fresh parsley, chopped
- 1/2 tsp cumin
- 1/2 tsp ground coriander
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 large egg
- 1 tbsp olive oil (for brushing)

For the Tahini Sauce:

- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp water (adjust for consistency)
- 1/4 tsp garlic powder
- 1/4 tsp salt



PREP 10 MIN



COOK 20 MIN



SERVES 2

INSTRUCTIONS:

STEP 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper and lightly brush with olive oil.

STEP 2 In a bowl, mix cauliflower rice, almond flour, hemp seeds, onion, garlic, parsley, cumin, coriander, salt, and black pepper. Stir in the egg and mix until a thick dough forms.

STEP 3 Shape the mixture into small falafel balls (about 6-8 total) and place them on the prepared baking sheet. Brush the tops with olive oil.

STEP 4 Bake for 18-20 minutes, flipping halfway through, until golden brown and crispy on the outside.

STEP 5 Meanwhile, whisk together tahini, lemon juice, water, garlic powder, and salt in a small bowl until smooth.

STEP 6 Serve the falafels warm with the tahini sauce for dipping.

Tip: Add red pepper flakes for extra spice or serve with a side of cucumber slices and fresh herbs for a refreshing contrast.

Nutr. (Per Serving): Calories: 320 | Protein: 24g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 20g | Chol: 70mg | Na: 310mg | K: 480mg | GI: Low

STIR-FRIED TEMPEH & GREEN BEANS

INGREDIENT

- 6 oz tempeh, cut into bite-sized cubes
- 1 tbsp olive oil
- 1 cup green beans, trimmed
- 1 clove garlic, minced
- 1/2 tsp fresh ginger, grated
- 1 tbsp low-sodium soy sauce (or coconut aminos)
- 1/2 tsp sesame oil
- 1/4 tsp red pepper flakes (optional, for heat)
- 1/2 tsp rice vinegar
- 1 tsp sesame seeds (for garnish)
- 1 tbsp chopped green onions (for garnish)

INSTRUCTIONS:

STEP 1 Heat 1/2 tbsp olive oil in a skillet over medium heat. Add tempeh cubes and cook for 4-5 minutes, flipping occasionally, until golden and crisp. Remove and set aside.

STEP 2 In the same pan, add the remaining 1/2 tbsp olive oil. Sauté garlic, ginger, and green beans for 3-4 minutes until the beans are tender-crisp.

STEP 3 Return the cooked tempeh to the pan and pour in soy sauce, sesame oil, rice vinegar, and red pepper flakes. Stir well to coat everything in the sauce.

STEP 4 Cook for another 1-2 minutes until the sauce slightly thickens. Remove from heat.

STEP 5 Garnish with sesame seeds and green onions before serving.

Tip: Try adding sliced mushrooms or red bell peppers for extra flavor and texture. Serve with a side of cauliflower rice for a more filling meal.

Nutr. (Per Serving): Calories: 320 | Protein: 30g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 18g | Chol: 0mg | Na: 410mg | K: 540mg | GI: Low



MEATLESS MAINS

PREP 10 MIN

COOK 15 MIN

SERVES 2

ZUCCHINI FRITTERS WITH GARLIC YOGURT DIP

INGREDIENT

For the Fritters:

- 2 medium zucchinis, grated
- 2 eggs, beaten
- 1/4 cup almond flour
- 2 tbsp grated Parmesan cheese
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp olive oil (for frying)

For the Garlic Yogurt Dip:

- 1/4 cup unsweetened Greek yogurt
- 1 clove garlic, minced
- 1/2 tsp lemon juice
- 1 tbsp fresh chopped dill (or parsley)
- 1/4 tsp salt

INSTRUCTIONS:

STEP 1 Place grated zucchini in a clean towel and squeeze out as much liquid as possible.

STEP 2 In a bowl, combine zucchini, eggs, almond flour, Parmesan, garlic powder, onion powder, salt, and black pepper. Mix well.

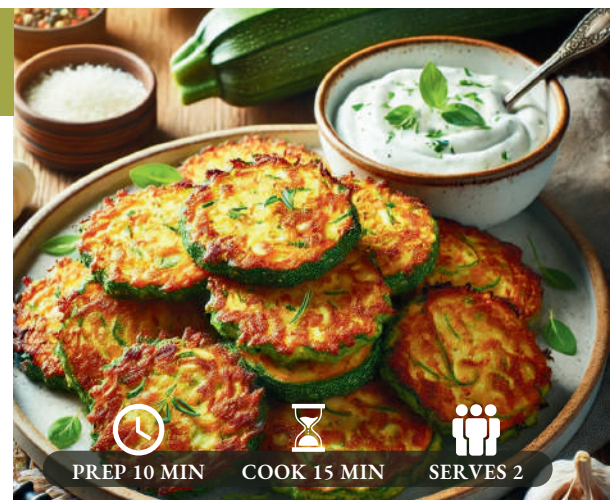
STEP 3 Heat olive oil in a skillet over medium heat. Scoop about 2 tbsp of batter per fritter and flatten slightly in the pan.

STEP 4 Cook fritters for 3-4 minutes per side until golden brown and crisp. Remove and drain on a paper towel.

STEP 5 In a small bowl, mix all dip ingredients together. Serve with warm fritters.

Tip: Try adding a pinch of red pepper flakes for a little spice or serving with a side of fresh arugula for extra greens.

Nutr. (Per Serving): Calories: 290 | Protein: 25g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 18g | Chol: 130mg | Na: 450mg | K: 520mg | GI: Low



PREP 10 MIN

COOK 15 MIN

SERVES 2



MEATLESS MAINS



PREP 10 MIN



COOK 15 MIN



SERVES 2

CAULIFLOWER FRIED RICE WITH SCRAMBLED EGG

INGREDIENT

- 2 cups cauliflower rice
- 2 large eggs
- 1 tbsp olive oil
- 1/4 cup diced red bell pepper
- 1/4 cup diced green onions
- 1/2 tsp minced garlic
- 1/2 tsp fresh ginger, grated
- 1 tbsp low-sodium soy sauce (or coconut aminos)
- 1/2 tsp sesame oil
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes (optional, for heat)
- 1 tbsp sesame seeds (for garnish)

INSTRUCTIONS:

STEP 1 Heat 1/2 tbsp olive oil in a large skillet over medium heat. Add whisked eggs and scramble for 1-2 minutes until just set. Remove from skillet and set aside.

STEP 2 In the same skillet, add the remaining 1/2 tbsp olive oil. Sauté garlic, ginger, and bell pepper for 2 minutes until fragrant.

STEP 3 Add the cauliflower rice and cook for 3-4 minutes, stirring frequently, until tender.

STEP 4 Stir in the scrambled eggs, soy sauce, sesame oil, black pepper, and red pepper flakes. Mix well and cook for another minute.

STEP 5 Remove from heat and garnish with sesame seeds and green onions before serving.

Tip: Add cooked shrimp or diced chicken for extra protein, or swap sesame seeds for crushed almonds for a crunchier texture.

Nutr. (Per Serving): Calories: 280 | Protein: 26g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 16g | Chol: 370mg | Na: 420mg | K: 510mg | GI: Low



PREP 10 MIN



COOK 20 MIN



SERVES 2

CREAMY MUSHROOM STROGANOFF

INGREDIENT

- 2 cups cauliflower rice
- 1 tbsp olive oil
- 1/2 small onion, finely chopped
- 2 cups cremini or button mushrooms, sliced
- 1 clove garlic, minced
- 1/2 cup unsweetened almond milk
- 1/4 cup heavy cream
- 1 tbsp cream cheese
- 1/2 tsp Dijon mustard
- 1/2 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp chopped fresh parsley (for garnish)

INSTRUCTIONS:

STEP 1 Heat olive oil in a skillet over medium heat. Add chopped onion and sauté for 3-4 minutes until soft and translucent.

STEP 2 Stir in sliced mushrooms and cook for 5-6 minutes until they release moisture and become golden brown.

STEP 3 Add minced garlic, smoked paprika, and dried thyme. Stir and cook for 1 minute until fragrant.

STEP 4 Reduce heat to low and pour in almond milk, heavy

cream, Dijon mustard, and cream cheese. Stir well until the sauce thickens (about 3 minutes).

STEP 5 Season with salt and black pepper, then remove from heat.

STEP 6 In a separate pan, warm cauliflower rice for 3-4 minutes until tender.

STEP 7 Serve the mushroom stroganoff over cauliflower rice, garnished with fresh parsley.

Tip: Add sautéed spinach for extra greens, or swap cream cheese for Greek yogurt for a tangy twist.

Nutr. (Per Serving): Calories: 320 | Protein: 27g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 18g | Chol: 50mg | Na: 410mg | K: 540mg | GI: Low

CHEESE & HERB SOUFFLÉ OMELETTE

INGREDIENT

- 4 large eggs, separated
- 1/4 cup unsweetened almond milk
- 1/3 cup shredded mozzarella (or low-fat Swiss cheese)
- 1 tbsp grated Parmesan cheese
- 1 tbsp chopped fresh parsley (or chives)
- 1/4 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1 tsp olive oil or avocado oil (for pan)



INSTRUCTIONS:

STEP 1 In a clean bowl, beat the egg whites using a hand mixer or whisk until stiff peaks form.

STEP 2 In another bowl, whisk together egg yolks, almond milk, mozzarella, Parmesan, garlic powder, salt, pepper, and chopped herbs.

STEP 3 Gently fold the beaten egg whites into the yolk mixture with a spatula. Do not overmix — keep it airy.

STEP 4 Heat oil in a nonstick 10-inch skillet over medium-low heat. Pour in the egg mixture and spread evenly.

STEP 5 Cover with a lid and cook for 5–6 minutes, until puffed and the bottom is set. The top may still be slightly soft.

STEP 6 Optionally, place the pan under the broiler for 1–2 minutes to lightly brown the top.

STEP 7 Carefully slide the omelette onto a plate and fold in half. Serve hot.

Tip: Add finely chopped spinach or sautéed mushrooms into the yolk mixture for a savory twist and more fiber.

Nutr. (Per Serving): Calories: 260 kcal | Protein: 25g | Carbs: 5g | Fiber: 1g | Net Carbs: 4g | Fat: 16g | Chol: 285mg | Na: 370mg | K: 210mg

ROASTED STUFFED EGGPLANT

INGREDIENT

- 1 medium eggplant, halved lengthwise
- 1 tbsp olive oil
- 1/2 small onion, finely chopped
- 1 clove garlic, minced
- 1/2 cup cherry tomatoes, diced
- 1 cup fresh spinach, chopped
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 cup ricotta cheese
- 1/4 cup shredded mozzarella cheese
- 1 tbsp grated Parmesan cheese
- 1 tbsp chopped fresh basil (for garnish)



INSTRUCTIONS:

STEP 1 Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.

STEP 2 Scoop out some flesh from the eggplant halves, leaving a 1/4-inch border. Dice the scooped-out flesh and set aside.

STEP 3 Brush the eggplant halves with olive oil and place them cut side up on the baking sheet. Bake for 10 minutes until slightly softened.

STEP 4 Meanwhile, heat 1/2 tbsp olive oil in a pan over

medium heat. Sauté onion and garlic for 2 minutes, then add chopped eggplant flesh, tomatoes, spinach, oregano, salt, and black pepper. Cook for 5 minutes until softened.

STEP 5 Remove the eggplant shells from the oven and evenly divide the cooked vegetable mixture into each half.

STEP 6 Top each stuffed eggplant half with ricotta, mozzarella, and Parmesan. Return to the oven and bake for another 10–12 minutes until the cheese is melted and golden.

STEP 7 Remove from the oven, garnish with fresh basil, and serve warm.

Tip: For extra protein, add crumbled feta cheese or mix in cooked ground turkey before stuffing the eggplant.

Nutr. (Per Serving): Calories: 320 | Protein: 28g | Carbs: 14g | Fiber: 6g | Net Carbs: 8g | Fat: 18g | Chol: 40mg | Na: 380mg | K: 600mg | GI: Low

CHOCOLATE AVOCADO MOUSSE

DESSERTS



INGREDIENT

- 1 ripe avocado, peeled and pitted
- 1/2 cup unsweetened almond milk
- 1 scoop (30g) chocolate whey protein powder
- 2 tbsp unsweetened cocoa powder
- 1 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp vanilla extract
- 1/4 tsp sea salt
- 1 oz (about 28g) 85% dark chocolate, melted
- 2 tbsp unsweetened Greek yogurt
- 1 tbsp crushed walnuts (optional, for garnish)



PREP 10 MIN



COOK 0 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: In a blender or food processor, combine avocado, almond milk, protein powder, cocoa powder, erythritol, vanilla extract, and sea salt. Blend until smooth and creamy.

STEP 2: Pour in the melted dark chocolate and Greek yogurt. Blend again until the mixture is silky and well combined.

STEP 3: Taste and adjust sweetness if needed. If the mousse is too thick, add a splash of almond milk and blend again.

STEP 4: Divide into two serving bowls or glasses. Refrigerate for at least 10 minutes for the flavors to meld.

STEP 5: Before serving, garnish with crushed walnuts or an extra sprinkle of cocoa powder.

Tip: For a flavor twist, add a pinch of cinnamon or chili powder for a spicy chocolate kick. You can also swap whey protein for a plant-based option if desired.

Nutr. (Per Serving): Calories: 290 kcal | Protein: 26g | Carbs: 12g | Fiber: 5g | Net Carbs: 7g | Fat: 17g | Chol: 15mg | Na: 140mg | K: 510mg

PEANUT BUTTER PROTEIN BROWNIES



INGREDIENT

- 1/4 cup almond flour
- 1 scoop (30g) chocolate or vanilla whey protein powder
- 2 tbsp unsweetened cocoa powder
- 2 tbsp natural peanut butter (no sugar added)
- 2 tbsp unsweetened almond milk
- 1 large egg
- 2 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- 1/8 tsp sea salt
- 1/2 oz (14g) 85% dark chocolate, chopped (optional, for extra richness)



PREP 10 MIN



COOK 15 MIN



SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 350°F (175°C). Line a small baking dish or loaf pan with parchment paper.

STEP 2: In a mixing bowl, whisk together almond flour, protein powder, cocoa powder, baking powder, erythritol, and sea salt.

STEP 3: Add peanut butter, almond milk, egg, and vanilla extract to the dry ingredients. Stir until a thick, smooth batter forms. Fold in chopped dark chocolate if using.

STEP 4: Pour the batter into the prepared baking dish and spread evenly.

STEP 5: Bake for 12-15 minutes, or until the edges are set but the center is still slightly soft. Do not overbake!

STEP 6: Allow to cool for at least 10 minutes before slicing. The brownies will firm up as they cool.

STEP 7: Serve warm or refrigerate for a denser texture.

Tip: For a nut-free version, swap peanut butter with sunflower seed butter. Want a sweeter kick? Add a few sugar-free chocolate chips to the batter before baking.

Nutr. (Per Serving): Calories: 290 kcal | Protein: 27g | Carbs: 11g | Fiber: 4g | Net Carbs: 7g | Fat: 17g | Chol: 55mg | Na: 160mg | K: 350mg

ALMOND FLOUR CHOCOLATE CHIP COOKIES

INGREDIENT

- 1/2 cup almond flour
- 1 scoop (30g) vanilla whey protein powder
- 2 tbsp unsalted butter, melted (or coconut oil)
- 1 large egg
- 2 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp vanilla extract
- 1/4 tsp baking powder
- 1/8 tsp sea salt
- 2 tbsp sugar-free dark chocolate chips

INSTRUCTIONS:

STEP 1: Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.

STEP 2: In a mixing bowl, whisk together almond flour, protein powder, baking powder, erythritol, and sea salt.

STEP 3: Add melted butter, egg, and vanilla extract to the dry ingredients. Mix until a dough forms.

STEP 4: Fold in the sugar-free chocolate chips, ensuring even distribution.

STEP 5: Divide the dough into 4 small portions and shape into cookie rounds. Place on the baking sheet.

STEP 6: Bake for 10-12 minutes or until edges are lightly golden.

STEP 7: Let cool for 5 minutes before serving. Cookies will firm up as they cool.

Tip: For an extra crunch, sprinkle chopped almonds on top before baking. You can also add a dash of cinnamon for a warm, spiced flavor twist.

Nutr. (Per Serving): Calories: 280 kcal | Protein: 24g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 17g | Chol: 55mg | Na: 120mg | K: 180mg



DESSERTS

PREP 10 MIN

COOK 12 MIN

SERVES 2

COCONUT VANILLA PROTEIN PUDDING

INGREDIENT

- 1/2 cup unsweetened canned coconut milk
- 1/2 cup unsweetened almond milk
- 1 scoop (30g) vanilla whey or plant-based protein powder
- 1 tbsp chia seeds
- 1 tbsp unsweetened shredded coconut
- 1 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon (optional)

INSTRUCTIONS:

STEP 1: In a mixing bowl, whisk together coconut milk, almond milk, protein powder, erythritol, vanilla extract, and cinnamon until smooth.

STEP 2: Stir in chia seeds and shredded coconut, making sure they are evenly distributed.

STEP 3: Let the mixture sit for 5 minutes, then stir again to prevent clumping.

STEP 4: Transfer to two small serving cups or bowls.

STEP 5: Cover and refrigerate for at least 15 minutes, or until thickened.

STEP 6: Stir before serving and optionally top with a sprinkle of shredded coconut or crushed nuts.

Tip: For extra flavor, add a pinch of nutmeg or swap vanilla extract for almond extract. You can also blend the pudding for an ultra-smooth texture.

Nutr. (Per Serving): Calories: 250 kcal | Protein: 25g | Carbs: 10g | Fiber: 4g | Net Carbs: 6g | Fat: 14g | Chol: 10mg | Na: 90mg | K: 320mg



PREP 5 MIN

COOK 0 MIN

SERVES 2



DESSERTS

PREP 10 MIN COOK 20 MIN SERVES 2

LEMON RICOTTA CHEESECAKE

INGREDIENT

- 1/2 cup whole milk ricotta cheese
- 1/4 cup cream cheese, softened
- 1 large egg
- 1 scoop (30g) vanilla whey protein powder
- 1 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp vanilla extract
- 1/2 tsp lemon zest
- 1 tbsp fresh lemon juice
- 1/4 tsp baking powder
- 1/8 tsp sea salt

INSTRUCTIONS:

STEP 1: Preheat oven to 325°F (160°C). Line two small ramekins with parchment paper or grease lightly.

STEP 2: In a mixing bowl, whisk together ricotta, cream cheese, and egg until smooth.

STEP 3: Add protein powder, erythritol, vanilla extract, lemon zest, lemon juice, baking powder, and sea salt. Stir until fully combined.

STEP 4: Divide the batter evenly between the two prepared

ramekins.

STEP 5: Bake for 18-20 minutes, or until the center is set but slightly jiggly.

STEP 6: Let cool for 10 minutes, then refrigerate for at least 30 minutes before serving for best texture.

STEP 7: Garnish with extra lemon zest or a few fresh berries (optional).

Tip: For a more intense lemon flavor, add an extra teaspoon of lemon zest. You can also swap vanilla extract for almond extract for a unique twist.

Nutr. (Per Serving): Calories: 260 kcal | Protein: 27g | Carbs: 9g | Fiber: 2g | Net Carbs: 7g | Fat: 14g | Chol: 90mg | Na: 160mg | K: 210mg



PREP 5 MIN COOK 2 MIN SERVES 2

MOCHA PROTEIN MUG CAKE

INGREDIENT

- 1/4 cup almond flour
- 1 scoop (30g) chocolate or mocha-flavored whey protein powder
- 1 tbsp unsweetened cocoa powder
- 1 tsp instant espresso powder
- 1/2 tsp baking powder
- 1 tbsp powdered erythritol (or stevia to taste)
- 1 large egg
- 2 tbsp unsweetened almond milk
- 1/2 tsp vanilla extract
- 1/2 tbsp coconut oil (melted)
- 1/2 oz (14g) 85% dark chocolate, chopped (optional, for extra richness)

INSTRUCTIONS:

STEP 1: In a microwave-safe mug or ramekin, whisk together almond flour, protein powder, cocoa powder, espresso powder, baking powder, and erythritol.

STEP 2: Add the egg, almond milk, vanilla extract, and melted coconut oil. Stir until smooth and well combined.

STEP 3: Fold in the chopped dark chocolate (if using).

STEP 4: Microwave on high for 60-90 seconds, or until the cake rises and is just set in the center. Avoid overcooking to keep it moist.

STEP 5: Let cool for 1-2 minutes before enjoying. Optionally, top with a sprinkle of cocoa powder or a few sugar-free chocolate chips.

Tip: For extra indulgence, drizzle with a teaspoon of sugar-free chocolate syrup or serve with a dollop of whipped coconut cream.

Nutr. (Per Serving): Calories: 280 kcal | Protein: 26g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 16g | Chol: 55mg | Na: 120mg | K: 180mg

CHOCOLATE PEANUT BUTTER FUDGE

INGREDIENT

- 2 tbsp natural peanut butter (no sugar added)
- 1 scoop (30g) chocolate whey protein powder
- 1 tbsp unsweetened cocoa powder
- 2 tbsp coconut oil, melted
- 1 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp vanilla extract
- 1/8 tsp sea salt
- 1/2 oz (14g) 85% dark chocolate, melted (optional, for drizzle)



DESSERTS

PREP 5 MIN

COOK 0 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: In a mixing bowl, whisk together peanut butter, melted coconut oil, vanilla extract, and erythritol until smooth.

STEP 2: Add cocoa powder, protein powder, and sea salt. Stir until fully combined and a thick batter forms.

STEP 3: Line a small dish or silicone mold with parchment paper. Press the fudge mixture evenly into the dish.

STEP 4: Drizzle melted dark chocolate on top for extra richness (optional).

STEP 5: Refrigerate for at least 30 minutes, or until firm.

STEP 6: Slice into squares and enjoy!

Tip: For a crunchier texture, mix in crushed almonds or top with unsweetened coconut flakes before chilling.

Nutr. (Per Serving):Calories: 290 kcal | Protein: 25g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 20g | Chol: 15mg | Na: 110mg | K: 250mg

PUMPKIN SPICE PROTEIN MUFFINS

INGREDIENT

- 1/4 cup almond flour
- 1 scoop (30g) vanilla or pumpkin spice whey protein powder
- 1/4 cup canned pumpkin purée (unsweetened)
- 1 large egg
- 2 tbsp unsweetened almond milk
- 1 tbsp coconut oil, melted
- 2 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp baking powder
- 1/2 tsp pumpkin spice mix
- 1/2 tsp vanilla extract
- 1/8 tsp sea salt



PREP 10 MIN

COOK 15 MIN

SERVES 2

INSTRUCTIONS:

STEP 1: Preheat oven to 350°F (175°C). Line two muffin cups with paper liners or grease lightly.

STEP 2: In a mixing bowl, whisk together almond flour, protein powder, baking powder, pumpkin spice, erythritol, and sea salt.

STEP 3: Add pumpkin purée, egg, almond milk, coconut oil, and vanilla extract. Stir until a smooth batter forms.

STEP 4: Divide the batter evenly between the two muffin cups.

STEP 5: Bake for 12-15 minutes or until a toothpick inserted in the center comes out clean.

STEP 6: Let cool for 5 minutes before enjoying.

Tip: For extra texture, sprinkle crushed pecans on top before baking. You can also add a dash of cinnamon for a stronger spice kick.

Nutr. (Per Serving):Calories: 260 kcal | Protein: 27g | Carbs: 12g | Fiber: 4g | Net Carbs: 8g | Fat: 14g | Chol: 55mg | Na: 140mg | K: 320mg



DESSERTS

PREP 10 MIN COOK 15 MIN SERVES 2

RASPBERRY SWIRL CHEESECAKE CUPS

INGREDIENT

- 1/2 cup cream cheese, softened
- 1/4 cup Greek yogurt (unsweetened, full-fat)
- 1 scoop (30g) vanilla whey protein powder
- 1 large egg
- 2 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp vanilla extract
- 1/4 tsp lemon zest
- 1/4 cup fresh raspberries
- 1/2 tsp lemon juice

INSTRUCTIONS:

STEP 1: Preheat oven to 325°F (160°C). Line two small ramekins with parchment paper or grease lightly.

STEP 2: In a mixing bowl, whisk together cream cheese, Greek yogurt, protein powder, erythritol, vanilla extract, lemon zest, and egg until smooth.

STEP 3: In a small bowl, mash raspberries with lemon juice and a pinch of erythritol to create a thick sauce.

STEP 4: Divide the cheesecake mixture evenly between the two ramekins.

STEP 5: Spoon the raspberry sauce on top and swirl gently with a toothpick to create a marbled effect.

STEP 6: Bake for 12-15 minutes, or until the edges are set but the center is slightly jiggly.

STEP 7: Let cool for 10 minutes, then refrigerate for at least 30 minutes before serving.

Tip: For extra texture, sprinkle crushed almonds on top before serving. You can also swap raspberries for blackberries or strawberries for variety.

Nutr. (Per Serving): Calories: 270 kcal | Protein: 28g | Carbs: 10g | Fiber: 3g | Net Carbs: 7g | Fat: 14g | Chol: 75mg | Na: 120mg | K: 250mg



PREP 10 MIN COOK 15 MIN SERVES 2

CARAMEL LATTE CUSTARD

INGREDIENT

- 1/2 cup unsweetened almond milk
- 1/4 cup heavy cream
- 1 scoop (30g) vanilla whey protein powder
- 1 large egg
- 1 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp instant espresso powder
- 1/2 tsp vanilla extract
- 1/4 tsp caramel extract (optional, for deeper flavor)
- 1/8 tsp sea salt

INSTRUCTIONS:

STEP 1: Preheat oven to 325°F (160°C). Place two ramekins in a baking dish and set aside.

STEP 2: In a small saucepan over low heat, whisk together almond milk, heavy cream, espresso powder, and erythritol until warm (but not boiling). Remove from heat and stir in vanilla and caramel extract.

STEP 3: In a mixing bowl, whisk the egg. Slowly pour the warm milk mixture into the egg, whisking constantly to prevent curdling.

STEP 4: Strain the mixture through a fine sieve to ensure a smooth custard.

STEP 5: Divide the custard evenly between the ramekins. Pour hot water into the baking dish until it reaches halfway up the sides of the ramekins.

STEP 6: Bake for 12-15 minutes, or until the custard is set but slightly jiggly in the center.

STEP 7: Let cool for 10 minutes, then refrigerate for at least 30 minutes before serving.

Tip: For an extra caramelized effect, top with a sprinkle of powdered erythritol and lightly torch it for a brûlée-style crust.

Nutr. (Per Serving): Calories: 260 kcal | Protein: 28g | Carbs: 9g | Fiber: 2g | Net Carbs: 7g | Fat: 14g | Chol: 95mg | Na: 120mg | K: 310mg

TIRAMISU MOUSSE

INGREDIENT

- 1/2 cup Greek yogurt (unsweetened, full-fat)
- 1 scoop (30g) vanilla whey protein powder
- 1/4 cup heavy cream
- 1 tbsp powdered erythritol (or stevia to taste)
- 1 tsp instant espresso powder
- 1/2 tsp vanilla extract
- 1/4 tsp unsweetened cocoa powder (for dusting)
- 1/8 tsp cinnamon (optional, for extra warmth)

INSTRUCTIONS:

STEP 1: In a mixing bowl, whisk together Greek yogurt, protein powder, erythritol, and vanilla extract until smooth.

STEP 2: In a separate bowl, dissolve instant espresso powder in 1 tbsp hot water, then stir into the yogurt mixture.

STEP 3: In another bowl, whip the heavy cream until soft peaks form, then gently fold it into the coffee-yogurt mixture.

STEP 4: Divide the mousse into two small serving glasses, layering a bit at a time for a layered effect.

STEP 5: Dust the tops with cocoa powder and an optional sprinkle of cinnamon for extra flavor.

STEP 6: Chill for at least 15 minutes before serving to enhance the flavors and texture.

Tip: For an extra luxurious finish, top with a few sugar-free chocolate shavings or a single coffee bean for decoration.

Nutr. (Per Serving):Calories: 260 kcal | Protein: 27g | Carbs: 9g | Fiber: 2g | Net Carbs: 7g | Fat: 14g | Chol: 40mg | Na: 100mg | K: 290mg



DESSERTS

PREP 10 MIN

COOK 0 MIN

SERVES 2

BANANA NUT ROTEIN BREAD

INGREDIENT

- 1/2 cup almond flour
- 1 scoop (30g) vanilla whey protein powder
- 2 tbsp ground flaxseed
- 1 large egg
- 2 tbsp unsweetened almond milk
- 1 tbsp coconut oil, melted
- 2 tbsp powdered erythritol (or stevia to taste)
- 1/4 tsp banana extract
- 1/2 tsp baking powder
- 1/4 tsp cinnamon
- 1/8 tsp sea salt
- 2 tbsp chopped walnuts (or pecans)

INSTRUCTIONS:

STEP 1: Preheat oven to 350°F (175°C). Grease two small ramekins or line with parchment paper.

STEP 2: In a mixing bowl, whisk together almond flour, protein powder, flaxseed, baking powder, cinnamon, erythritol, and sea salt.

STEP 3: In another bowl, whisk the egg, almond milk, melted coconut oil, and banana extract.

STEP 4: Combine the wet and dry ingredients, stirring until smooth. Fold in the chopped walnuts.

STEP 5: Divide the batter evenly between the ramekins.

STEP 6: Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean.

STEP 7: Let cool for 5 minutes before enjoying.

Tip: For extra richness, drizzle with a teaspoon of almond butter or sprinkle a few crushed walnuts on top before baking.

Nutr. (Per Serving):Calories: 260 kcal | Protein: 28g | Carbs: 11g | Fiber: 4g | Net Carbs: 7g | Fat: 14g | Chol: 55mg | Na: 150mg | K: 290mg



PREP 10 MIN

COOK 20 MIN

SERVES 2



DESSERTS

PREP 10 MIN COOK 0 MIN SERVES 2

SALTED CARAMEL PROTEIN PUDDING

INGREDIENT

- 1/2 cup Greek yogurt (unsweetened, full-fat)
- 1 scoop (30g) caramel or vanilla whey protein powder
- 1/4 cup unsweetened almond milk
- 1 tbsp heavy cream
- 1 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp caramel extract
- 1/4 tsp sea salt (adjust to taste)
- 1/4 tsp vanilla extract
- 1/8 tsp xanthan gum (optional, for a thicker texture)
- A pinch of flaky sea salt for garnish

INSTRUCTIONS:

STEP 1: In a mixing bowl, whisk together Greek yogurt, protein powder, erythritol, caramel extract, vanilla extract, and sea salt.

STEP 2: Slowly add almond milk and heavy cream, stirring continuously until smooth.

STEP 3: If using, sprinkle in xanthan gum and whisk well to thicken the pudding.

STEP 4: Divide the mixture evenly into two small serving cups.

STEP 5: Refrigerate for at least 15 minutes to allow flavors to blend and texture to set.

STEP 6: Before serving, sprinkle a pinch of flaky sea salt on top for a gourmet finish.

Tip: For extra indulgence, drizzle with a small amount of sugar-free caramel sauce or top with crushed pecans for added crunch.

Nutr. (Per Serving):Calories: 250 kcal | Protein: 28g | Carbs: 10g | Fiber: 2g | Net Carbs: 8g | Fat: 12g | Chol: 40mg | Na: 220mg | K: 290mg



MATCHA GREEN TEA PROTEIN BALLS

INGREDIENT

- 1/2 cup almond flour
- 1 scoop (30g) vanilla or unflavored whey protein powder
- 2 tbsp unsweetened shredded coconut
- 1 tbsp coconut oil, melted
- 1 tbsp almond butter (or peanut butter)
- 1 tbsp unsweetened almond milk
- 1 tsp matcha green tea powder
- 1 tbsp powdered erythritol (or stevia to taste)
- 1/4 tsp vanilla extract
- A pinch of sea salt
- Extra shredded coconut or matcha for coating (optional)

INSTRUCTIONS:

STEP 1: In a mixing bowl, combine almond flour, protein powder, shredded coconut, matcha powder, erythritol, and sea salt.

STEP 2: Add melted coconut oil, almond butter, almond milk, and vanilla extract. Mix until a thick dough forms.

STEP 3: Roll the mixture into small balls (about 1-inch in diameter).

STEP 4: If desired, roll the protein balls in extra shredded coconut or a light dusting of matcha powder for an elegant finish.

STEP 5: Place the protein balls in the refrigerator for at least 10 minutes to firm up before serving.

STEP 6: Enjoy immediately or store in an airtight container in the fridge for up to 5 days.

Tip: For a stronger green tea flavor, increase the matcha powder by 1/2 teaspoon. You can also add a few crushed almonds for extra crunch.

Nutr. (Per Serving - 3 Balls):Calories: 260 kcal | Protein: 27g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 14g | Chol: 20mg | Na: 90mg | K: 220mg

VANILLA ALMOND PROTEIN CUPCAKES

INGREDIENT

- 1/2 cup almond flour
- 1 scoop (30g) vanilla whey protein powder
- 1 tbsp coconut flour
- 1/2 tsp baking powder
- 1/4 tsp sea salt
- 1 large egg
- 2 tbsp unsweetened almond milk
- 1 tbsp melted coconut oil
- 1 tbsp powdered erythritol (or stevia to taste)
- 1/2 tsp vanilla extract
- 1/4 tsp almond extract
- 1 tbsp sliced almonds (for topping, optional)



INSTRUCTIONS:

STEP 1: Preheat oven to 350°F (175°C). Line two cupcake molds with liners or grease lightly.

STEP 2: In a mixing bowl, whisk together almond flour, protein powder, coconut flour, baking powder, sea salt, and erythritol.

STEP 3: In a separate bowl, whisk the egg, almond milk, melted coconut oil, vanilla extract, and almond extract.

STEP 4: Gradually add the wet ingredients to the dry ingredients, stirring until a smooth batter forms.

STEP 5: Divide the batter evenly into the cupcake molds. Sprinkle with sliced almonds if using.

STEP 6: Bake for 16-18 minutes, or until a toothpick inserted into the center comes out clean.

STEP 7: Let cool for 5 minutes before enjoying.

Tip: For extra flavor, top with a small dollop of unsweetened Greek yogurt or a sprinkle of cinnamon before serving.

Nutr. (Per Serving - 1 Cupcake): Calories: 220 kcal | Protein: 26g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 12g | Chol: 50mg | Na: 140mg | K: 280mg

MOCHA CHEESECAKE BROWNIES

INGREDIENT

For the Brownie Layer:

- 2 tbsp almond flour
- 1 scoop (30g) chocolate whey protein powder
- 1 tbsp unsweetened cocoa powder
- 1 tbsp powdered erythritol
- 1/4 tsp baking powder
- 1/2 tsp instant espresso powder
- 1 large egg
- 2 tbsp unsweetened almond milk

For the Cheesecake Swirl:

- 1/2 tsp vanilla extract
- 1/4 cup cream cheese, softened
- 1 tbsp Greek yogurt (unsweetened, full-fat)
- 1 tbsp powdered erythritol
- 1/4 tsp vanilla extract
- 1 tbsp brewed espresso (cooled)



INSTRUCTIONS:

STEP 1: Preheat the oven to 325°F (160°C). Grease or line a small baking dish with parchment paper.

STEP 2: In a mixing bowl, whisk together almond flour, protein powder, cocoa powder, baking powder, erythritol, and espresso powder.

STEP 3: In a separate bowl, beat the egg, almond milk, and vanilla extract until smooth. Gradually add to the dry ingredients and mix until a thick batter forms. Pour the batter into the prepared baking dish.

STEP 4: In another bowl, whisk together the cheesecake swirl ingredients until smooth.

STEP 5: Drop spoonfuls of the cheesecake mixture onto the brownie batter. Use a toothpick or knife to gently swirl it through the batter to create a marbled effect.

STEP 6: Bake for 18-20 minutes, or until the edges are set and the center is slightly firm. Remove from the oven and allow to cool for 10 minutes.

STEP 7: Refrigerate for at least 30 minutes before slicing and serving for the best texture.

Tip: For an extra mocha kick, sprinkle finely ground espresso beans on top before baking! You can also swap chocolate whey protein for vanilla for a creamier flavor balance.

Nutr. (Per Serving): Calories: 250 kcal | Protein: 27g | Carbs: 9g | Fiber: 3g | Net Carbs: 6g | Fat: 12g | Chol: 75mg | Na: 180mg | K: 320mg

CHAPTER 4: FOUR-WEEK MEAL PLAN (+EXCLUSIVE BONUS)




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Yolanda.gill.author@gmail.com

CONCLUSION: EMBRACING A LOW CARB, HIGH PROTEIN LIFESTYLE

Adopting a **Low Carb, High Protein (LCHP) diet** is not about short-term dieting; it's about embracing a sustainable lifestyle that supports your health, energy, and well-being. Throughout this book, we've explored the science, strategies, and delicious meals that make this approach both effective and enjoyable.

One of the biggest misconceptions about healthy eating is that it requires **extensive meal prep, expensive ingredients, or complicated tracking**. However, as we've seen, following an LCHP diet is entirely feasible—even for the busiest individuals. By prioritizing **whole foods, lean proteins, fiber-rich vegetables, and healthy fats, you can fuel your body efficiently while keeping meals simple and satisfying**.

Here are the core takeaways to remember as you move forward:

✓ **Balance is key:** There's no need to be overly restrictive. The goal is to **reduce processed carbohydrates** while maintaining sufficient protein intake to support muscle growth, metabolism, and satiety. ✓ **Meal planning makes life easier:** Taking time to plan meals—whether through batch cooking or structured weekly menus—removes the stress from daily food choices and ensures consistency. ✓ **Adaptability is crucial:** No two people are the same, and your nutritional needs may evolve over time. Feel free to **adjust portion sizes, experiment with new recipes, and personalize your approach** based on your lifestyle and fitness goals. ✓ **Progress, not perfection:** There will be days when you deviate from your plan, and that's okay. The key is to **stay consistent over time, rather than aiming for perfection**.

Transitioning into an LCHP lifestyle is a **journey, not a destination**. Every meal is an opportunity to nourish your body, experiment with flavors, and refine what works best for you. Whether you're here to lose weight, enhance muscle definition, or maintain steady energy levels, this approach gives you the flexibility and structure to thrive.



By now, you have all the tools you need to make **Low Carb, High Protein eating a natural part of your lifestyle**. Keep challenging yourself, stay curious, and most importantly—**enjoy the process**. You're not just following a diet; you're creating a lifestyle that fuels your body, supports your ambitions, and enhances your well-being.

Here's to your continued success in living a strong, energized, and fulfilling life. Cheers to your health!

dr. Yolanda Czell