

# 1200-CALORIE HIGH-PROTEIN FAT-BURNING COOKBOOK



*Meal Plan with 100+ Low-Carb,  
Low-Fat Recipes, 4-Week Prep Guide,  
Grocery Lists, Portion Control  
& No-Snacking System for Obesity & Diabetes*



*Emily May*

FRESH  
VEGETABLES



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Portion control is the backbone of Dr. Nowzaradan's 1200-calorie diet. While food quality matters, results ultimately depend on how much you eat. Even healthy foods can contribute to weight gain if consumed in excessive portions.

### The Golden Rule: 1200 Calories Per Day

Staying at or slightly below 1200 calories per day is the non-negotiable rule of this program. This number is not arbitrary. It is based on clinical practice and metabolic safety for individuals aiming for rapid, medically supervised weight loss.

- A 1200-calorie intake allows for a significant caloric deficit while still meeting basic nutritional needs through protein, fibre, and essential fats.
- Exceeding 1200 calories regularly will slow down fat loss, particularly if your metabolism is already sluggish or insulin resistant.
- Eating far below 1200 calories can trigger fatigue, dizziness, muscle loss, and hormonal disruption, which is why consistency and proper food choices are essential.

### Suggested Caloric Breakdown Per Day

To avoid hunger spikes and support energy throughout the day, your 1200 calories should be distributed evenly across meals. This approach improves satiety, stabilizes blood sugar, and supports metabolic efficiency.

#### Recommended Daily Meal Structure

- Breakfast:** 300 to 350 calories
  - You should include lean protein, a small complex carb source, and one serving of fruit or healthy fat.
- Lunch:** 350 to 400 calories
  - It should feature a larger protein portion, plenty of non-starchy vegetables, and one complex carbohydrate.
- Dinner:** 350 to 400 calories
  - It should be similar to lunch in structure, with slightly reduced carbohydrate intake in the evening.
- Optional Snack (if used):** 100 calories or less
  - Used strategically between meals if needed for hunger control; must fit within total daily intake.

#### Example Daily Totals

- **Breakfast:** 1 boiled egg + ½ cup cooked oats + ½ cup berries = 310 cal
- **Lunch:** 4 oz grilled chicken + 1 cup steamed broccoli + ½ cup quinoa = 390 cal
- **Dinner:** 3 oz baked salmon + 1 cup green beans + ¼ avocado = 370 cal
- **Snack:** 6 raw almonds or 1 low-fat Greek yogurt = 100 cal
- **Total:** 1170 calories

### Weighing Food vs Estimating Portions

Visually estimating portions is unreliable and often leads to accidental overeating. Using a digital food scale and proper measuring tools ensures precision and consistency with your calorie targets.

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### Why Weighing Is Superior

- Most people underestimate calories by 20 to 40 percent when eyeballing food.
- Small overages (like an extra teaspoon of oil or a heaping spoon of rice) can easily add 50 to 100 hidden calories.
- Over time, daily miscalculations can stall weight loss or even cause gradual weight gain.

### Recommended Weighing Practices

- Always weigh protein portions in grams or ounces after cooking (e.g., 85-115g = 3-4 oz).
- Measure cooked grains like rice or oats by volume (½ cup) or weight (100-120g).
- Weigh nuts, seeds, and cheese to the gram; never rely on "handfuls" or "sprinkles."
- Use measuring spoons for oils, nut butters, dressings, and seeds, even ½ teaspoon over can sabotage accuracy.

### Understanding Calorie Density

The number of calories contained in a specific weight or volume of food is known as its calorie density. Low-calorie-density foods allow you to eat more volume while staying within your calorie target.

#### Low-Calorie-Density Foods

- Steamed vegetables, leafy greens, zucchini, cucumber, and broth-based soups.
- Non-fat plain Greek yogurt, white fish, egg whites.

#### High-Calorie-Density Foods (Use Cautiously)

- Nuts, seeds, dried fruit, cheese, nut butter, avocados, olive oil.
- These are healthy in moderation, but very calorie-dense per gram, so portions must be precisely controlled.

# 1200-Calorie DIET PLAN

## Breakfasts



### BERRIES SMOOTHIE BOWL

- Ingredients Required:**
- Frozen strawberries - ½ cup
  - Frozen blueberries - ½ cup
  - Frozen raspberries - ½ cup
  - Non-fat milk - 1 cup
  - Non-fat plain Greek yogurt - 1/3 cup
  - Ice cubes - ½ cup

- Procedure:**
1. Put the berries and remnant ingredients into an electric blender and process to form a smooth mixture.
  2. Enjoy right away.

**Nutritional Info:**  
Calories: 121 | Fat (g): 1.8 | Carbs (g): 19.4  
Protein (g): 6

### SPINACH SMOOTHIE BOWL

- Ingredients Required:**
- Fresh spinach - 1 cup
  - Avocado - ½ cup, peel removed, pitted & cut up
  - Lime zest - 1 tsp, grated
  - Non-fat milk - ½ cup
  - Lime juice - 1 tsp, freshly squeezed
  - Liquid stevia - 4-6 drops
  - Organic vanilla extract - 1 tsp

- Procedure:**
1. Put the spinach and remnant ingredients into an electric blender and process to form a smooth mixture.
  2. Enjoy right away.

**Nutritional Info:**  
Calories: 217 | Fat (g): 12.6 | Carbs (g): 6.3  
Protein (g): 2.3

## CHAPTER 9: 4-WEEK MEAL PLANS & GROCERY LISTS

### Week 1: Shopping List

- Poultry, Meat & Fish:**
- Chicken breasts - 4 (4 oz each)
  - Turkey breast - 2 lb
  - Ground turkey - 1½ lb
  - Salmon fillets - 1 lb
  - Cod fillets - 2 (4 oz each)
  - Tilapia fillets - 4 (4 oz each)
  - Sea scallops - 8 oz
- Dairy:**
- Egg whites - approximately 48
  - Non-fat milk - approx. 10 cups
  - Part-skim ricotta cheese - 1½ cups
  - Reduced-fat feta cheese - ½ cup
  - Reduced-fat cottage cheese - 1½ cups
- Fruit:**
- Fresh strawberries - 1½ cups
  - Frozen strawberries - ½ cup
  - Fresh blueberries - ½ cup
  - Frozen blueberries - ½ cup
  - Fresh raspberries - ½ cup
  - Frozen raspberries - ½ cup
  - Fresh blackberries - ½ cup
  - Frozen blackberries - ½ cup
  - Orange - 1 (not needed)
  - Apple - 1 medium
  - Avocado - 3 large
- Vegetables & Fresh Herbs:**
- Spinach - 3½ cups (fresh + 2 cups baby)
  - Kale - 1 cup
  - Arugula - 4 cups
  - Mushrooms - ½ cup + 1 cup sliced
  - Bell pepper - 2 medium
  - Cauliflower - 1 medium head (plus ½ cup grated)
  - Broccoli - 6 cups
  - Zucchini - 2 medium + 1½ lb
  - Eggplant - 1 large
  - Carrot - 2 heads
  - Celery - 1 cup chopped
  - Tomato - 5 medium or 5 cups chopped
  - Lettuce - 5 cups torn
  - Onion - 5 medium
  - Shallot - ½ cup finely chopped
  - Scallion - 3

### Week 1: Shopping List

- Garlic - 16 cloves
  - Ginger root - 1 (2-inch piece)
  - Green chili - 1 lb
  - Peppercorn pepper - 1
  - Jalapeño pepper - 1
  - Lemon - about 3 (for 6 tbsp juice + zest)
  - Lime - 1 (for 1 tbsp juice + zest)
  - Cilantro - ½ cup
  - Chives - 1 tbsp
  - Parsley - ½ cup
  - Thyme - 1 tbsp
  - Dill - 2 tbsp
  - Basil - ½ cup + 2 tbsp
- Seasoning & Dried Herbs:**
- Salt - as desired
  - Black pepper - as desired
  - Red pepper flakes - ½ tsp
  - Cayenne pepper powder - ½ tsp
  - Red chili powder - ¼ tsp
  - Ground cumin - 1½ tsp
  - Ground coriander - 2 tsp
  - Ground turmeric - 1 tsp
  - Ground cinnamon - 1 tsp
  - Lemon-pepper seasoning - 1 tsp
  - Bay leaf - 1
  - Dried parsley - ½ tsp
  - Dried rosemary - ½ tsp
  - Dried oregano - ½ tsp
  - Dried thyme - ½ tsp
- Extra:**
- Olive oil baking spray - for multiple uses
  - Olive oil - approx. 10 tbsp
  - Chia seeds - ½ cup
  - Quinoa (uncooked) - 1½ cups
  - Arrowroot starch - 1 tsp
  - Unsweetened protein powder - ½ cup
  - Monk fruit sweetener - several tsp
  - Baking soda - ½ tsp
  - Liquid stevia - ½ tsp + several drops
  - Organic baking powder - ½ tsp
  - Organic vanilla extract - ½ tsp
  - Dijon mustard - 1 tsp
  - Tofu - 1 block (12 oz) firm

Week 1	Breakfast	Week 1: Meal Plan			Total Calories
		Lunch	Dinner	Snack	
Day 1	Ricotta Pancakes Calories: 174	Beef Meatballs Calories: 273	Turkey & Veggie Casserole Calories: 256	Strawberry Smoothie Calories: 72	775
Day 2	Chicken Muffins Calories: 110	Veggies in Orange Sauce Calories: 135	Tilapia & Tomato Bake Calories: 246	Cauliflower Peppers Calories: 46	537
Day 3	Berries Smoothie Bowl Calories: 121	Salmon Burgers Calories: 300	Chicken & Zucchini Soup Calories: 256	Cheesy Tomato Slices Calories: 39	716
Day 4	Quinoa & Chia Bread Calories: 151	Tofu with Broccoli Calories: 174	Salmon Parcel Calories: 232	Pesto Carrot Sticks Calories: 54	611
Day 5	Mushroom & Egg White Scramble Calories: 110	Turkey Meatball Falafels Calories: 276	Stuffed Chicken Breasts Calories: 223	Avocado Gazpacho Calories: 118	727
Day 6	Vanilla Chia Pudding Calories: 170	Egg Drop Soup Calories: 92	Garlicy Cod Calories: 293	Green Smoothie Calories: 45	600
Day 7	Chicken & Veggie Quiche Calories: 119	Scallion Salad Calories: 188	Turkey & Mushroom Stew Calories: 284	Blackberry Yogurt Bowl Calories: 66	657



# INTRODUCTION

## The Science Behind the 1200-Calorie Diet

Achieving safe, structured, and sustainable weight loss starts with discipline, consistency, and the right nutritional framework. Inspired by the medical methods of Dr. Younan Nowzaradan—best known for his work on *My 600-lb Life*—this cookbook follows a clinically guided 1200-calorie plan designed for individuals who require significant fat loss, whether for surgical preparation or improved long-term health. Dr. Now's approach isn't about trends or gimmicks but calorie control, high-protein intake, and behaviour change that supports lifelong transformation. The diet promotes rapid fat loss by creating a daily deficit of 800 to 1300 calories, using strict portion control, low-carbohydrate choices, and lean, low-fat meals. This structure not only makes surgery safer by reducing fat around vital organs and supports better outcomes for blood pressure, heart health, and blood sugar regulation.

This guide provides everything you need to follow Dr. Nowzaradan's 1200-calorie plan with confidence. Inside, you'll find approved food lists, clear macronutrient strategies, weekly meal plans, and straightforward recipes using accessible ingredients. Each recipe is crafted to meet the plan's nutritional goals while keeping preparation simple and satisfying. Whether you're just beginning your weight loss journey or preparing for bariatric surgery, this book gives you the tools to succeed: balanced meals, a predictable routine, and a clear path forward. With structure comes freedom, and with this plan, you can reclaim control of your health, one intentional meal at a time.

# CHAPTER 1: THE PHILOSOPHY BEHIND DR. NOW'S DIET

Dr. Nowzaradan's 1200-calorie diet is not just a temporary solution; it is a medically informed, behavior-driven nutritional plan designed for safe and sustainable weight loss. Rooted in years of clinical practice, this diet aims to reset eating habits, encourage self-discipline, and promote long-term metabolic health.

## **The Goal: Reset Habits and Reduce Excess Body Fat**

The core purpose of Dr. Nowzaradan's diet is not just weight loss but also habit correction. Most patients dealing with severe obesity have developed harmful eating patterns over the years, excessive snacking, emotional eating, oversized portions, or eating out of boredom rather than hunger. This diet aims to stop those patterns at the root and retrain the body and brain to follow a disciplined, regulated schedule.

### ***Resetting Habits Means***

- Eliminating unconscious eating by enforcing fixed mealtimes with no snacks in between.
- Replacing high-calorie comfort foods with clean, nutrient-dense meals.
- Practicing self-restraint by using portion control and calorie counting.

### ***Reducing Excess Body Fat***

- The plan focuses on gradual fat loss, especially visceral fat, which surrounds internal organs and contributes to high-risk conditions like fatty liver, hypertension, and heart disease.
- The body is forced to use stored fat for energy when a diet of 1,200 calories produces a sustained calorie deficit.

### ***Specific Behavioral Adjustments***

- Stop eating after 7 p.m. to prevent nighttime snacking.
- Measure food using a food scale to understand real serving sizes.
- Eat slowly; meals should take at least 20 minutes to finish, helping the brain register fullness.
- Avoid multitasking while eating (e.g., no phones or TV during meals) to reduce mindless intake.

## **Caloric Restriction: A Clinically Proven Metabolic Tool**

The 1200-calorie limit is based on evidence that shows substantial weight loss can be achieved by lowering energy intake to well below the body's maintenance level. This is not starvation, it's controlled, balanced caloric restriction.

### ***Breakdown of a Caloric Deficit***

- If a patient typically consumes 2800 calories per day and shifts to 1200, the daily deficit is 1600 calories.
- 1 pound of body fat equals roughly 3500 calories.
- A 1600-calorie daily deficit = 3.2 pounds lost per week (in theory).

### ***What Makes 1200 Calories Effective***

- It is low enough to induce fat loss.
- It is high enough to maintain lean muscle, especially with adequate protein.
- It can be nutritionally complete with the right foods.

## ***Metabolic Effects Over Time***

- Weeks 1-2: Water weight loss and decreased bloating as sugar and sodium are reduced.
- Weeks 3-4: Stabilized blood glucose levels and lower insulin resistance.
- Months 2-3: Consistent body fat loss and improved mobility.
- Beyond 3 Months: Potential for reversal of early-stage diabetes and reduction in cardiovascular risks.

## **Psychological Reprogramming: Structure as a Form of Healing**

Food addiction and emotional eating are rarely solved by willpower alone, structure is what allows the brain to stop defaulting to food for reward, stress relief, or stimulation. The 1200-calorie diet is intentionally rigid because that rigidity creates safety, stability, and predictability, all essential when changing long-term behavior.

### **Rebuilding the Mindset**

- Food becomes fuel, not comfort or entertainment.
- Routine reduces temptation, if there are only three meals per day, decision fatigue is minimized.
- Strict food choices limit emotional decision-making (“Should I have the donut or the salad?” is no longer a choice).

### **Common Emotional Challenges and Solutions**

<b>Challenge</b>	<b>Strategy</b>
Stress or boredom snacking	Replace with breathing exercises or tea
Craving sugar in the evening Social eating pressure	Have a protein-rich dinner + herbal tea
Social eating pressure	Pre-eat before events or bring your own
Feeling deprived or frustrated	Remember: this is temporary and therapeutic

## **This Is Not a Fad; It’s Medical Nutrition Therapy**

Unlike many popular diets that promote extreme restriction or quick results, Dr. Nowzaradan’s plan is rooted in Medical Nutrition Therapy (MNT), a clinically supervised dietary treatment designed to address health issues and prepare patients for surgical procedures.

### **Clinical Applications of the 1200-Calorie Diet**

- Used pre-surgery to shrink liver size and reduce complications.
- Prescribed post-surgery to stabilize weight loss and prevent regaining.
- Used in non-surgical cases to improve obesity-related diseases (e.g., hypertension, diabetes, PCOS).

### **What Separates It from Fads**

<b>Feature</b>	<b>Fad Diets</b>	<b>Dr. Now’s Diet</b>
Scientific backing	Often minimal	Decades of clinical evidence
Sustainability	Hard to follow long-term	Builds lifelong eating habits
Psychological structure	Often chaotic or gimmicky	Offers routine and predictability

## CHAPTER 2: WHAT YOU CAN EAT AND WHAT TO AVOID

Dr. Nowzaradan's 1200-calorie diet is medically structured to promote rapid yet safe fat loss while preparing the body for long-term nutritional discipline. This chapter provides a category-by-category breakdown of the foods you are allowed to eat, along with those that must be strictly avoided during the program.

### **Foods Allowed**

Each approved food must serve a clear function: to support lean muscle, stabilize blood sugar, promote satiety, or reduce inflammation.

#### ***Lean Protein Sources***

- Skinless chicken breast (grilled or baked without oil) offers high protein with minimal fat.
- Ground turkey breast (93% lean or higher) is ideal for structured, low-fat meals.
- White fish (cod, tilapia, flounder, and haddock) provides low-calorie protein and omega-3s.
- Tuna (in water, drained) is a convenient, shelf-stable protein option.
- Lean ground beef (90% lean or higher) may be used sparingly and measured precisely.
- Egg whites or egg substitutes are pure protein with no fat or cholesterol.
- Firm tofu or plain tempeh are plant-based protein options, cooked without oil or sauces.
- Cooked lentils, black beans, or chickpeas may be used in ½ cup portions, only once daily, and balanced with very low-carb vegetables.
- Unsweetened protein powders (whey or plant-based) may supplement meals if sugar-free and low-carb.

#### ***Non-Starchy Vegetables***

- Leafy greens (spinach, romaine, kale, arugula, Swiss chard) are low in calories and high in fibre.
- Cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts) support detox and fullness.
- Low-carb options like zucchini, mushrooms, cucumbers, bell peppers, celery, and asparagus add volume with few calories.
- Vegetables must be steamed, grilled, or raw without oils or sugary dressings.

#### ***Low-Sugar Fruits (Strictly Limited to One Serving Daily)***

- Berries (strawberries, blueberries, raspberries) may be consumed in ½ cup portions.
- Green apples, grapefruit, or oranges may be eaten in half-fruit portions, ideally in the morning.
- Lemon or lime may be used for seasoning or added to water.

#### ***Whole Grains (Strictly Measured Portions)***

- Plain rolled or steel-cut oats can be included in the diet as a fibre-rich breakfast option when cooked in water without added sugar, butter, or milk. Portion sizes must be strictly limited to ½ cup cooked per meal to maintain calorie control.
- Brown rice may be used in limited amounts, typically ½ cup cooked per serving, and should always be prepared plain without oil, butter, or added sauces.
- Quinoa, a high-protein whole grain, can be incorporated into meals in ½ cup cooked portions and should be paired with lean protein and non-starchy vegetables for balance.

- Whole wheat wraps may be used occasionally in place of rice or grains, but must be checked for size and calorie content, with each wrap kept under 120 calories and made from 100 percent whole wheat flour.
- All whole grain selections must be free from added sugars, flavorings, or processed toppings and should be served in exact, measured portions using a kitchen scale or measuring cup to avoid calorie creep.

### ***Low-Fat Dairy and Unsweetened Alternatives***

- Non-fat plain Greek yogurt (up to 6 oz per serving) without fruit or sugar.
- Low-fat cottage cheese (up to ½ cup, plain).
- Skim milk (½ to 1 cup) or unsweetened almond, soy, or oat milk (≤60 calories per cup).

### ***Healthy Fats (Strictly Limited and Measured)***

- Avocado in portions no larger than ¼ medium fruit per meal.
- Olive oil, measured at 1 teaspoon max per meal.
- Ground flaxseed or chia seeds, limited to 1 teaspoon per serving.
- Raw, unsalted almonds or walnuts, no more than 5-6 pieces per serving.

### ***Hydration and Zero-Calorie Beverages***

- Plain water (aim for 64-80 oz daily).
- Unsweetened sparkling water (no flavors or artificial sweeteners).
- Herbal teas (unsweetened).
- Black coffee (limit to 1-2 cups per day, no sugar or milk).

## **Restricted Foods**

These foods cause blood sugar spikes, increase fat storage, and interfere with the calorie-restricted structure of the plan. They must be completely avoided.

### ***Sugars and Sweeteners***

- All forms of sugar: white, brown, honey, maple syrup, and agave.
- Sweeteners: erythritol, aspartame, sucralose.

### ***Processed and Packaged Foods***

- Chips, crackers, granola bars, cookies, and snack packs.
- Microwave meals, boxed pasta, and seasoned rice packets.

### ***Refined Grains and Starchy Carbohydrates***

- White bread, white rice, and all enriched-flour products.
- Muffins, donuts, pancakes, waffles, and toaster pastries.
- Potatoes, corn, peas, and other starchy vegetables.

### ***High-Fat Meats and Full-Fat Dairy***

- Bacon, sausages, hot dogs, pepperoni, and fatty cuts of beef.
- Whole milk, full-fat cheese, cream cheese, sour cream, and ice cream.

### ***Fried and Fast Foods***

- Fried chicken, fries, onion rings, and breaded proteins.
- All fast-food items or deep-fried meals, regardless of calorie labels.

### ***High-Calorie Beverages and Alcohol***

- Soft drinks, energy drinks, fruit juices, and sweetened teas.
- Milkshakes, flavored coffee drinks, and all alcoholic beverages.

### ***High-Calorie Condiments and Sauces***

- Mayonnaise, creamy dressings, BBQ sauce, teriyaki, and ketchup.
- Cheese sauces, packaged gravies, and any sauce with sugar or oil.

# CHAPTER 3: HOW TO START THE 1200-CALORIE DIET

Beginning Dr. Nowzaradan's 1200-calorie diet is not as simple as reducing your food intake. It requires a medically guided approach, precision in planning, consistency in tracking, and daily discipline. This chapter outlines the foundational steps you need to follow to begin the diet safely and correctly while maximizing your results and preventing common setbacks.

## **Undergo Medical Screening and Clearance**

Before starting any restrictive diet, especially one as low as 1200 calories, you must receive formal medical clearance. This helps adjust the plan to your body's present state and guarantees your safety.

### ***Who Should Seek Medical Clearance***

- Individuals with a BMI of 35 or higher or categorized as clinically obese.
- Patients are identified as having insulin resistance, type 2 diabetes, or PCOS.
- Anyone currently taking prescription medication, especially insulin, beta-blockers, or thyroid drugs.
- People with hypertension, high cholesterol, or a cardiac history.
- Those who have recently undergone bariatric surgery, major surgery, or treatment for chronic illness.

### ***Required Medical Evaluations***

- A full physical exam, including weight, height, BMI, and waist circumference.
- Fasting blood tests to assess blood glucose, insulin sensitivity, lipid panel, and liver function.
- A discussion with your healthcare provider about dietary restrictions, allergies, or intolerances.
- Baseline vitals such as blood pressure, heart rate, and any history of fainting, dizziness, or fatigue.

### ***Why This Step is Non-Negotiable***

- A 1200-calorie plan significantly alters your metabolism, and without supervision, it could cause fatigue, electrolyte imbalances, or hypoglycemia.
- For diabetic or prediabetic patients, rapid weight loss and carbohydrate reduction can cause dangerous blood sugar drops.
- If medications are not adjusted for weight loss, you risk overmedication or complications.

## **Calculate Your Ideal Intake and Portion Strategy**

Although the daily intake cap is set at 1200 calories, how those calories are divided throughout the day directly impacts your satiety, metabolism, and energy levels.

### ***Daily Calorie Distribution***

- Breakfast: 250 to 300 calories
- Lunch: 350 to 400 calories
- Dinner: 350 to 400 calories
- Snack (optional): Up to 100 calories, used only if hunger persists or activity is higher

## **Sample Breakdown of One Day**

- 3 oz grilled chicken breast (140 cal) + 1 cup steamed broccoli (30 cal) + ½ cup brown rice (110 cal) + 1 tsp olive oil (40 cal) = Total: 320 calories

## **How to Measure Precisely**

- Use a digital kitchen scale to weigh proteins and cooked grains in grams or ounces.
- To portion dairy, nuts, veggies, and oats, use conventional measuring cups and spoons.
- Double-check nutritional labels against your plan to confirm net carbs and fat content align.

## **Learn How to Read Labels and Measure Correctly**

Food labels contain crucial data that, when misread, can sabotage your daily calorie target without you realizing it. Accuracy in measurement is non-negotiable.

### **Key Areas to Check Food Labels**

- **Serving size:** Always verify if the calories listed are for the full package or just one portion.
- **Calories per serving:** Ensure each item fits your current meal's calorie budget.
- **Total fat:** Choose products with fewer than 5 grams per serving and avoid items with any trans-fat.
- **Added sugar:** Only choose items with 0 grams of added sugar.
- **Protein content:** For packaged meals or snacks, aim for a minimum of 10 grams of protein per serving.
- **Fibre content:** A good food choice has 3 grams or more of fibre per serving.

### **Common Label Pitfalls**

- "Low-fat" items often include extra sugars to improve taste.
- "Keto" and "low-carb" labels can be misleading, as they may contain high-calorie oils or hidden ingredients.
- Multi-serve containers like yogurts or dressings can trick you into underestimating your intake.

### **Tools for Accuracy**

- A food scale with a tare function for resetting weight between ingredients.
- A set of measuring cups (⅛, ¼, ½, 1 cup) for oats, vegetables, or dairy.
- A set of measuring spoons (½ tsp to 1 tbsp) for oils, seeds, nut butters, or dressings.
- Calorie tracking apps like Cronometer or MyFitnessPal that include USDA database entries.

## **Start Using a Food Journal or Tracking App**

Tracking every bite you eat will provide accountability, help you see patterns, and give you objective data to adjust your plan when needed.

### **Why You Should Track Daily**

- Allows you to catch underestimates in calories or portion sizes before they derail your day.
- Helps reveal emotional or stress-based eating patterns.
- Increases awareness of nutritional gaps, like low fibre or protein intake.
- Enables more accurate reporting if you're working with a physician or coach.

## ***Options for Tracking***

- **Manual journals:** Use a structured notebook or printable log to record meals, time, calories, mood, and hunger levels.
- **Mobile apps:** Use tools like MyFitnessPal, Carb Manager, or Lose It to scan barcodes and track nutrients.
- **Photo logging:** Take photos of each meal and write a quick caption for context; review weekly.
- **Habit tracking:** Add water intake, sleep, and steps to your journal for full-body accountability.

## ***What to Include in Your Entries***

- Food and drink name
- Exact portion size (weighed or measured)
- Cooking method (boiled, grilled, air-fried)
- Time of meal
- Emotional state or hunger level before and after

## **Master Meal Planning and Balanced Plate Building**

Successful weight loss on the 1200-calorie diet depends heavily on planning meals ahead of time, preparing ingredients in advance, and structuring each plate according to proven macronutrient principles.

### ***Tips for Weekly Meal Prep***

- Cook 3 to 4 days' worth of lean proteins in advance and portion into containers.
- Pre-cut and store vegetables in sealed bags or containers for fast meal assembly.
- Make huge quantities of grains, such as brown rice or quinoa, and portion them into meals of ½ cup.
- Use color-coded containers or labelled meal prep boxes to simplify weekday tracking.

### ***Eat Out Without Losing Progress***

- **Plan ahead:** Check restaurant menus online and select the lowest-calorie, highest-protein option before arriving.
- **Customize meals:** Ask for no oil, butter, or sauce, and request grilled or steamed preparation methods.
- **Control the sides:** Replace fries, chips, or bread with a side salad or double portion of steamed vegetables.
- **Watch your portions:** Eat half the meal and request the rest to be boxed immediately to avoid overeating.

### ***What to Avoid When Eating Out***

- Skip the breadbasket, complimentary chips, or appetizers.
- Avoid creamy sauces, soups, and salad dressings unless ingredients are confirmed.
- Never drink your calories. Skip soft drinks, juices, cocktails, and even flavored iced teas.
- Don't assume "healthy sounding" items like wraps or grain bowls are safe, they often exceed 600 to 800 calories.

### ***Safe Go-To Orders***

- Grilled chicken salad without croutons and with dressing on the side
- Grilled fish with double vegetables and lemon as seasoning
- Turkey or veggie lettuce wraps with mustard instead of mayonnaise
- Omelet with egg whites, spinach, tomatoes, and mushrooms only

# CHAPTER 4: PORTION CONTROL AND CALORIE COUNTING

Portion control is the backbone of Dr. Nowzaradan's 1200-calorie diet. While food quality matters, results ultimately depend on how much you eat. Even healthy foods can contribute to weight gain if consumed in excessive portions.

## The Golden Rule: 1200 Calories Per Day

Staying at or slightly below 1200 calories per day is the non-negotiable rule of this program. This number is not arbitrary, it is based on clinical practice and metabolic safety for individuals aiming for rapid, medically supervised weight loss.

- A 1200-calorie intake allows for a significant caloric deficit while still meeting basic nutritional needs through protein, fibre, and essential fats.
- Exceeding 1200 calories regularly will slow down fat loss, particularly if your metabolism is already sluggish or insulin resistant.
- Eating far below 1200 calories can trigger fatigue, dizziness, muscle loss, and hormonal disruption, which is why consistency and proper food choices are essential.

## Suggested Caloric Breakdown Per Day

To avoid hunger spikes and support energy throughout the day, your 1200 calories should be distributed evenly across meals. This approach improves satiety, stabilizes blood sugar, and supports metabolic efficiency.

### **Recommended Daily Meal Structure**

**Breakfast:** 300 to 350 calories

- You should include lean protein, a small complex carb source, and one serving of fruit or healthy fat.

**Lunch:** 350 to 400 calories

- It should feature a larger protein portion, plenty of non-starchy vegetables, and one complex carbohydrate.

**Dinner:** 350 to 400 calories

- It should be similar to lunch in structure, with slightly reduced carbohydrate intake in the evening.

**Optional Snack (if used):** 100 calories or less

- Used strategically between meals if needed for hunger control; must fit within total daily intake.

### **Example Daily Totals**

- **Breakfast:** 1 boiled egg + ½ cup cooked oats + ½ cup berries = 310 cal
- **Lunch:** 4 oz grilled chicken + 1 cup steamed broccoli + ½ cup quinoa = 390 cal
- **Dinner:** 3 oz baked salmon + 1 cup green beans + ¼ avocado = 370 cal
- **Snack:** 6 raw almonds or 1 low-fat Greek yogurt = 100 cal
- **Total:** 1170 calories

## Weighing Food vs Estimating Portions

Visually estimating portions is unreliable and often leads to accidental overeating. Using a digital food scale and proper measuring tools ensures precision and consistency with your calorie targets.

## Why Weighing Is Superior

- Most people underestimate calories by 20 to 40 percent when eyeballing food.
- Small overages (like an extra teaspoon of oil or a heaping spoon of rice) can easily add 50 to 100 hidden calories.
- Over time, daily miscalculations can stall weight loss or even cause gradual weight gain.

## Recommended Weighing Practices

- Always weigh protein portions in grams or ounces after cooking (e.g., 85-115g = 3-4 oz).
- Measure cooked grains like rice or oats by volume ( $\frac{1}{2}$  cup) or weight (100–120g).
- Weigh nuts, seeds, and cheese to the gram; never rely on «handfuls» or “a sprinkle.”
- Use measuring spoons for oils, nut butters, dressings, and seeds, even  $\frac{1}{2}$  teaspoon over can sabotage accuracy.

## Understanding Calorie Density

The number of calories contained in a specific weight or volume of food is known as its calorie density. Low-calorie-density foods allow you to eat more volume while staying within your calorie target.

### Low-Calorie-Density Foods

- Steamed vegetables, leafy greens, zucchini, cucumber, and broth-based soups.
- Non-fat plain Greek yogurt, white fish, egg whites.

### High-Calorie-Density Foods (Use Cautiously)

- Nuts, seeds, dried fruit, cheese, nut butter, avocado, olive oil.
- These are healthy in moderation, but very calorie-dense per gram, so portions must be precisely controlled.

# CHAPTER 5: HEALTH BENEFITS AND CLINICAL OUTCOMES

Dr. Nowzaradan's 1200-calorie diet is more than a weight loss program. It is a medically driven nutritional strategy that delivers measurable health improvements across physical, metabolic, and functional domains. This chapter outlines the most clinically observed benefits of adhering to this plan and explains how consistent application of the diet promotes both short- and long-term transformation.

## **Weight Loss: Consistent, Rapid Fat Reduction**

- Most individuals lose between 1.5 to 3.5 pounds per week in the early stages of the program, depending on initial weight and physical activity levels.
- The diet's focus on lean protein and calibrated carbs causes most of this weight reduction to come from fat storage rather than muscle.
- In individuals with obesity, the program reduces visceral fat, which is the most dangerous type of fat stored around the internal organs.
- The consistent calorie deficit prevents weight plateaus common in less structured diets, keeping fat loss ongoing over time.

## **Lower Blood Sugar and Insulin Levels**

The 1200-calorie diet is especially effective for individuals with type 2 diabetes, insulin resistance, or metabolic syndrome.

- Reducing overall carbohydrate intake and eliminating added sugars leads to improved blood glucose control within 7 to 14 days.
- A significant number of patients report needing reduced doses of insulin or oral glucose-lowering medication after consistent adherence to the plan.
- Stable meals help prevent spikes and crashes in blood sugar, which reduces cravings and supports more consistent energy levels.
- The plan improves insulin sensitivity, which is critical for reversing prediabetes and slowing disease progression.

## **Reduced Inflammation and Joint Pain**

Obese people frequently have chronic inflammation, which raises their risk of developing diseases and causes joint discomfort and exhaustion. This diet addresses inflammation through calorie control and nutritional quality.

- Weight loss decreases the mechanical burden on the knees, hips, and spine, reducing joint pain and stiffness within the first month.
- Eliminating processed foods, trans fats, and added sugars lowers levels of C-reactive protein (CRP) and other inflammation markers in the blood.
- The emphasis on non-starchy vegetables, lean proteins, and healthy fats supports anti-inflammatory activity at the cellular level.
- Many patients report improved mobility and reduced use of pain medications, especially those with arthritis or degenerative joint conditions.

## **Improved Mobility and Increased Energy**

As body weight decreases and metabolic markers improve, physical functioning and day-to-day energy levels also rise.

- Losing excess fat improves cardiovascular efficiency, making daily activities such as walking, climbing stairs, or bending less exhausting.
- Improved blood sugar regulation reduces afternoon fatigue, brain fog, and energy crashes often caused by high-sugar meals.
- Increased protein intake helps maintain lean muscle mass, which is essential for strength, posture, and physical balance.
- Improved sleep quality, often reported by those following the diet, contributes to higher daytime alertness and better mood.

## **Pre-Surgical Readiness and Safer Procedures**

For patients preparing for bariatric or orthopaedic surgery, the 1200-calorie diet serves as a clinically approved pre-operative tool.

- Short-term use (2 to 6 weeks) can shrink liver size, reducing the risks and complications associated with laparoscopic surgery.
- Fat loss around the abdomen and internal organs improves visibility and access for surgeons, increasing the chances of procedural success.
- Improved lab markers such as blood glucose, blood pressure, and cholesterol create a more stable operating environment and better recovery conditions.
- The diet prepares patients psychologically for post-surgical food discipline, as they are already accustomed to meal planning, measuring, and calorie control.

## **Long-Term Metabolic Reset**

Although designed for short-term weight loss, this diet has lasting effects on metabolic health when implemented consistently and transitioned properly.

- Over time, it increases the body's capacity to burn fat by teaching it to use fat more frequently rather than carbs as its main energy source.
- Diet encourages the development of self-regulation habits, such as meal timing, portion control, and nutrient awareness.
- Patients often transition to a maintenance version of the plan at 1500 to 1800 calories per day while maintaining the same food quality and meal structure.
- Over time, this approach lowers the risk of type 2 diabetes, cardiovascular disease, and obesity recurrence, especially when supported by physical activity and ongoing monitoring.

# CHAPTER 6: SAMPLE DAILY MENUS AND FOOD SWAPS

The 1200-calorie plan is highly structured, but flexible enough to adapt to real-life needs. Whether you're navigating a packed schedule, transitioning to a plant-based diet, or managing with limited kitchen access, it's important to make every calorie count. This chapter shows you how to organize daily intake, make appropriate food substitutions, and stay compliant with the plan even when you're low on time or options.

## Adjusting Meal Structures for Busy vs. Slow Days

The timing, complexity, and distribution of your meals can shift depending on how demanding your day is. Whether you're short on time or have the flexibility to cook, your focus must remain on nutrient density, portion control, and satiety.

### On a Busy Day (Minimal Prep or On-the-Go)

- Prioritize lean proteins that require no cooking, such as canned tuna (in water), rotisserie-style grilled chicken breast, hard-boiled eggs, or low-sugar protein shakes.
- Choose ready-to-eat vegetables like pre-washed spinach, baby carrots, cherry tomatoes, or mini cucumbers. These are low in calories and require no prep.
- Select grab-and-go healthy fats such as 5-6 raw almonds, a measured tablespoon of hummus, or  $\frac{1}{4}$  avocado stored in an airtight container.
- Use simple carbohydrates like  $\frac{1}{2}$  cup cooked quinoa, one small whole wheat wrap, or a small apple, all pre-measured to avoid guesswork.
- Aim for two main meals and one filling snack, or three light meals with no snacking. The key is structure without overcomplication.

### Example format

Meal 1 (350 calories) → Meal 2 (400 calories) → Meal 3 (450 calories or split 350 + 100 snack)

### On a Slow Day (Time for Cooking and Planning)

- Allocate time to prepare whole food meals from scratch, using grilled proteins, steamed or roasted vegetables, and a structured grain portion.
- Include high-volume, low-calorie vegetables like zucchini noodles, sautéed mushrooms, steamed cabbage, or roasted cauliflower to feel full on fewer calories.
- Add cooked legumes like lentils ( $\frac{1}{4}$  to  $\frac{1}{2}$  cup) or black beans to increase fibre and satiety without going overboard on carbs.
- Use fresh herbs, spices, and citrus juice to build flavor instead of oils or sauces.
- Incorporate mindful eating practices, such as eating without distractions, chewing slowly, and measuring everything before plating.

### Example format

Breakfast (300 cal) → Lunch (400 cal) → Dinner (400 cal) → Optional evening tea (0 cal)

## Vegetarian and Plant-Based Alternatives (Low-Carb and Within Calorie Limits)

A plant-based version of this diet must be carefully managed to avoid hidden starches and excess calories from processed meat alternatives. Only high-protein, fibre-rich, and low-glycemic options should be used.

## Low-Carb, Protein-Rich Vegetarian Options

- *Firm tofu*: 3 ounces = ~90 calories, 10 grams protein, low carbohydrate; grill or pan-sear with no oil.
- *Tempeh*: 3 ounces = ~160 calories, 15 grams protein; steam or bake without marinades containing sugar or oil.
- *Edamame*: ½ cup shelled = ~100 calories, 10 grams protein, 8 grams carbs; lightly steamed with sea salt.
- *Unsweetened pea or soy protein powder*: 1 scoop = 100 to 130 calories, 20+ grams protein, under 3 grams carbs.
- *Lentils (cooked)*: ¼ cup = ~90 calories, 7 grams protein, 12 grams carbs; best used in combination with greens and no additional carbs in the meal.
- *Black beans (cooked)*: ¼ cup = ~100 calories, 7 grams protein, 14 grams carbs; balance with very low-carb vegetables and lean fat.
- *Seitan (wheat gluten)*: 3 ounces = ~90 calories, 18-20 grams protein, <5 grams carbs; sauté without oil or sauces.

## Low-Carb Plant-Based Fats and Substitutes

- *Chia seeds*: 1 teaspoon = 25 calories; mix into unsweetened yogurt or sprinkle on vegetables.
- *Flaxseeds (ground)*: 1 teaspoon = 20 calories; ideal for mixing into soups or cooked dishes.
- *Avocado*: ¼ medium = ~80 calories; rich in fibre and unsaturated fats.
- *Unsweetened almond milk*: 1 cup = 30-40 calories; use as a dairy replacement in shakes or coffee.

## Food Swap List for Flexibility and Compliance

Smart food substitutions prevent boredom and accommodate dietary needs without disrupting calorie balance. Swaps must maintain similar calorie counts and macronutrient profiles to avoid unintentional overeating or nutrient deficiencies.

### Protein Swaps (Lean, Low-Fat, High Protein)

- Chicken breast (3 oz) → Tuna in water (3 oz, drained)
- Ground turkey (93% lean) → Grilled tofu (3 oz)
- Egg whites (4 large) → Pea protein shake (1 scoop, unsweetened)
- Greek yogurt (6 oz, plain) → Low-fat cottage cheese (½ cup)
- Salmon (3 oz) → Tempeh (3 oz, plain)

### Vegetable Swaps (Non-Starchy, Low-Calorie)

- Broccoli (1 cup steamed) → Cauliflower florets (1 cup roasted or steamed)
- Zucchini (1 cup sautéed) → Mushrooms (1 cup, grilled)
- Green beans → Brussels sprouts or bok choy
- Spinach → Romaine lettuce, kale, or cabbage (raw or lightly steamed)
- Bell peppers → Sliced cucumber or shredded carrots (in moderation)

### Carbohydrate Swaps (Measured for Fibre and Glycemic Impact)

- Brown rice (½ cup cooked) → Cauliflower rice (1 cup steamed)
- Quinoa (½ cup cooked) → Lentils (¼ to ½ cup cooked)
- Whole wheat wrap → Collard greens or romaine lettuce used as wraps
- Oatmeal (½ cup cooked) → Chia pudding (made with 1 tsp chia seeds and unsweetened almond milk)

## Fat and Condiment Swaps (Measured and Low-Calorie)

- Olive oil (1 tsp) → ¼ avocado or 5–6 almonds
- Peanut butter (1 tbsp) → Powdered peanut product (1 tbsp, reconstituted)
- Salad dressing (2 tbsp) → 1 tsp olive oil + lemon juice or vinegar
- Cheese (1 oz) → Nutritional yeast (1-2 tsp, if plant-based)

## Emergency No-Cook Meals and Shelf-Stable Options

Emergencies happen, travel, late work hours, or power outages can make meal prep difficult. Having a no-cook fallback plan is essential to stay on track without defaulting to processed or fast food.

### No-Cook Protein Sources

- Canned tuna or salmon in water (3 oz per serving)
- Hard-boiled eggs (2-3 eggs, prepared in advance)
- Non-fat plain Greek yogurt (1 single-serve container)
- Unsweetened protein shakes (1 scoop in water or almond milk)
- Pre-cooked grilled chicken breast (store-bought, unseasoned)

### No-Cook Vegetable Additions

- Pre-washed leafy greens (spinach, spring mix, romaine)
- Sliced cucumbers, baby carrots, cherry tomatoes (raw)
- Coleslaw mix without dressing (used as a base or filler)
- Pickled vegetables (unsweetened, under 10 calories per tbsp)

### Simple Additions for Balance

- ¼ avocado, sliced and pre-packed
- 5-6 raw almonds or walnuts (measured)
- 1 small apple or ½ cup berries (if no other fruit is eaten that day)
- 3-4 whole grain crackers (under 100 calories, low sodium)

**Pro Tip:** Keep an "Emergency Meal Kit" stocked with canned fish, dry protein powder, sealed almonds, vinegar packets, and dried greens for on-the-go compliance.



*Chapter 7:  
100+ Dr. Now  
Approved Recipes*



# Breakfasts





  
10 mins.

  
2

## BERRIES SMOOTHIE BOWL

### Ingredients Required:

- Frozen strawberries – ½ cup
- Frozen blueberries – ½ cup
- Frozen raspberries – ½ cup
- Frozen blackberries – ½ cup
- Non-fat milk – 1 cup
- Non-fat plain Greek yogurt – ½ cup
- Ice cubes – ¼ cup

### Procedure:

1. Put the berries and remnant ingredients into an electric blender and process to form a smooth mixture.
2. Enjoy right away.

### Nutritional Info:

Calories: 121 | Fats (g): 1.8 | Carbs (g): 19.4  
Protein (g): 6



  
10 mins.

  
2

## SPINACH SMOOTHIE BOWL

### Ingredients Required:

- Fresh spinach – 1 cup
- Avocado – ½ cup, peel removed, pitted & cut up
- Lime zest – 1 tbsp., grated
- Non-fat milk – ¾ cup
- Lime juice – 1 tbsp., freshly squeezed
- Liquid stevia – 4-6 drops
- Organic vanilla extract – 1 tsp


### Procedure:

1. Put the spinach and remnant ingredients into an electric blender and process to form a smooth mixture.
2. Enjoy right away.

### Nutritional Info:

Calories: 217 | Fats (g): 12.6 | Carbs (g): 6.3  
Protein (g): 2.3



  
10 mins.

  
2

## VANILLA CHIA PUDDING

### **Ingredients Required:**

- Chia seeds – ½ cup
- Non-fat milk – 1 cup
- Monk fruit sweetener – 2 tsp.
- Organic vanilla extract – ½ tsp.

### **Procedure:**

1. Put the chia seeds and remnant ingredients into a basin and whisk to incorporate thoroughly
2. Refrigerate overnight before enjoying.

### **Nutritional Info:**

Calories: 170 | Fats (g): 9 | Carbs (g): 16  
Protein (g): 7



  
10 mins.

  
4

## BERRY CHIA PUDDING

### **Ingredients Required:**

- Non-fat milk – 2 cups
- Chia seeds – ½ cup plus 2 tbsp.
- Fresh strawberries – ½ cup
- Fresh blueberries – ½ cup
- Fresh raspberries – ½ cup
- Monk fruit sweetener – 2 tbsp.
- Organic vanilla extract – ½ tsp.

### **Procedure:**

1. Put the milk and remnant ingredients into a basin and whisk them to incorporate thoroughly.
2. Refrigerate overnight before enjoying.

### **Nutritional Info:**

Calories: 210 | Fats (g): 10.4 | Carbs (g): 25.5  
Protein (g): 5.9



10 mins.



13 mins.



2

## WARM FRUITY CHEESE BOWL

### Ingredients Required:

- Medium-sized apple – 1, peel removed, cored & cut up
- Frozen blueberries – ½ cup
- Monk fruit sweetener – 1 tsp.
- Lemon juice – 2 tbsp., freshly squeezed
- Water – 2-3 tbsp.
- Fresh raspberries – 1 cup
- Orange zest – ½ tsp., finely grated
- Powdered cinnamon – ½ tsp.
- Organic vanilla extract – 1 tsp.
- Reduced-fat cottage cheese – 1½ cups

### Procedure:

1. Put the apple, blueberries, sweetener, lemon juice, and water into an anti-sticking pot on the burner at around medium heat.
2. Cook the mixture until boiling, stirring from time to time.
3. Blend in raspberries, orange zest, and spices and blend to incorporate and turn the heat at around low.
4. Cook with the cover for around 5-8 minutes, stirring from time to time.
5. Take off the burner and immediately blend in vanilla extract.
6. Cover the pot and set aside for around 5 minutes.
7. Uncover the pot and blend the mixture thoroughly.
8. Divide the cheese into 2 serving dishes.
9. Top with warm fruity mixture and enjoy.

### Nutritional Info:

Calories: 332 | Fats (g): 6.6 | Carbs (g): 30.5  
Protein (g): 14.7



10 mins.



5 mins.



2

## FLAXSEED PORRIDGE

### Ingredients Required:

- Flaxseed meal – ½ cup
- Non-fat milk – 1½ cups
- Monk fruit sweetener – 1 tbsp.
- Powdered cinnamon – ½ tsp.
- Salt – 1 pinch
- Organic vanilla extract – 1 tsp.

### Procedure:

1. Put the flaxseed meal and remnant ingredients into a small-sized, anti-sticking pot on the burner at around medium-low heat.
2. Cook for around 3-5 minutes, stirring frequently.
3. Enjoy moderately hot.

### Nutritional Info:

Calories: 298 | Fats (g): 9 | Carbs (g): 25.7  
Protein (g): 8



10 mins.



25 mins.



6

## APPLE & CAULIFLOWER PORRIDGE

### Ingredients Required:

- Apples – 2 cups, peel removed, cored & shredded
- Cauliflower – ¾ cup, finely grated
- Non-fat milk – 1¾ cup
- Organic vanilla extract – 1 tsp.

### Procedure:

1. Put the apples and remnant ingredients into an anti-sticking pot on the burner at around medium heat.
2. Cook the mixture until boiling.
3. Turn the heat to around low.
4. Cook for around 15-20 minutes.
5. Enjoy moderately hot.

### Nutritional Info:

Calories: 85 | Fats (g): 1.1 | Carbs (g): 11.5  
Protein (g): 2.3



10 mins.



16 mins.



4

## VANILLA CREPES

### Ingredients Required:

- Whole-wheat flour – 1 cup
- Salt – ⅛ tsp.
- Egg whites – 4
- Organic vanilla extract – ½ tsp.
- Non-fat milk – ½ cup
- Water – ½ cup
- Olive oil baking spray

### Procedure:

1. Put the flour and salt into a large-sized basin and blend to incorporate.
2. Put in egg whites and vanilla extract and blend to incorporate thoroughly.
3. Slowly put in milk and water and whisk to incorporate thoroughly.
4. Sizzle oil into an anti-sticking wok on the burner at around medium-high heat.
5. Put about ¼ cup of the mixture into the wok and spread it in a thin layer.
6. Cook for around 2 minutes.
7. Carefully flip the side and cook for around 1-2 minutes.
8. Repeat with the remnant mixture.
9. Enjoy moderately hot.

### Nutritional Info:

Calories: 167 | Fats (g): 4.3 | Carbs (g): 24.4  
Protein (g): 7



10 mins.



20 mins.



4

## RICOTTA PANCAKES

### Ingredients Required:

- Egg whites – 8
- Part-skim ricotta cheese – ½ cup
- Unsweetened protein powder – ¼ cup
- Organic baking powder – ½ tsp.
- Salt – ¼ tsp.
- Liquid stevia – ½ tsp.

### Procedure:

1. Put the egg whites and remnant ingredients into an electric blender and process to incorporate thoroughly.
2. Spray a wok with baking spray and sizzle on the burner at around medium heat.
3. Put in desired amount of mixture and spread it.
4. Cook for around 2-3 minutes.
5. Flip and cook for around 1-2 minutes.
6. Repeat with the remnant mixture.
7. Enjoy moderately hot.

### Nutritional Info:

Calories: 174 | Fats (g): 7.9 | Carbs (g): 2.7  
Protein (g): 14.6



10 mins.



1 hr. 10 mins.



12

## SESAME SEED BREAD

### Ingredients Required:

- Olive oil baking spray
- Spelt flour – 4 cups
- Sesame seeds – ¼ cup
- Baking soda – 1 tsp.
- Liquid stevia – 10-12 drops
- Non-fat milk – 2 cups, plus 2 tbsp.

### Procedure:

1. For preheating: set your oven at 350°F.
2. Line a 9x5-inch loaf pan with bakery paper and then spray it with baking spray.
3. Put the flour and remnant ingredients into a large-sized basin and blend to incorporate thoroughly.
4. Put the mixture into the loaf pan.
5. Bake for around 70 minutes.
6. Take the loaf pan from the oven and place it on a cooling metal rack to cool for at least 10 minutes.
7. Then invert the bread onto the metal rack to cool thoroughly.
8. Cut the bread loaf into slices and enjoy.

### Nutritional Info:

Calories: 239 | Fats (g): 4.2 | Carbs (g): 22.1  
Protein (g): 9.3



10 mins.



1½ hrs.



12

## QUINOA & CHIA BREAD

### Ingredients Required:

- Uncooked quinoa – 1¾ cup, soaked overnight & drained
- Chia seeds – ¼ cup, soaked in ½ cup of water overnight
- Baking soda – ½ tsp.
- Salt – as desired
- Olive oil – ¼ cup
- Water – ½ cup
- Lemon juice – 1 tbsp., freshly squeezed

### Procedure:

1. For preheating: set your oven at 320 °F.
2. Line a loaf pan with bakery paper.
3. Put the quinoa and remnant ingredients into an electric food processor and process for around 3 minutes.
4. Put the mixture into the loaf pan.
5. Bake for around 1½ hours.
6. Take off from the oven and put the loaf pan onto a cooling metal rack to cool for at least 10-15 minutes.
7. Carefully, invert the bread onto the metal rack to cool thoroughly.
8. Cut the bread loaf into slices and enjoy.

### Nutritional Info:

Calories: 151 | Fats (g): 7.2 | Carbs (g): 16.3  
Protein (g): 4.5



15 mins.



20 mins.



10

## BLUEBERRY MUFFINS

### Ingredients Required:

- Olive oil baking spray
- Whole-wheat flour – 1½ cups
- Flaxseed meal – ¼ cup
- Organic baking powder – 2 tsp.
- Baking soda – ½ tsp.
- Powdered cinnamon – ½ tsp.
- Salt – ½ tsp.
- Non-fat milk – 1 cup
- Unsweetened applesauce – ⅓ cup
- Olive oil – 2 tbsp.
- Frozen blueberries – 1¼ cup

### Procedure:

1. For preheating: set your oven at 400 °F.
2. Apply baking spray to ten muffin tin holes.
3. Put the flour, flaxseed meal, baking powder, baking soda, cinnamon, and salt and blend to incorporate thoroughly.
4. Put the milk, applesauce, and oil into a separate basin and whisk to incorporate.
5. Put the oil mixture into the basin of flour mixture and blend to incorporate.
6. Lightly blend in blueberries.
7. Put the mixture into muffin holes.
8. Bake for around 18-20 minutes.
9. Take the muffin tin out of the oven and place it on a cooling wire rack to cool for around 10 minutes.
10. Carefully take the muffins from holes and place them onto the rack to cool thoroughly before enjoying. Repeat with the remnant mixture

### Nutritional Info:

Calories: 132 | Fats (g): 4.3 | Carbs (g): 17.6  
Protein (g): 3.2



15 mins.



30 mins.



12

## CHICKEN MUFFINS

### Ingredients Required:

- Olive oil baking spray
- Olive oil – 1 tbsp.
- Onions – 1 cup, finely cut up
- Bell peppers – 1 cup, finely cut up
- Fresh spinach – 2 cups
- Cooked chicken breast – 6 oz., cut up
- Sun-dried tomatoes – ½ cup
- Egg whites – 16
- Dried parsley – ¼ tsp.
- Dried rosemary – ¼ tsp.
- Salt & powdered black pepper – as desired
- Reduced-fat feta cheese – ½ cup, crumbled

### Procedure:

1. For preheating: set your oven at 350°F.
2. Apply baking spray to 12 muffin tin holes.
3. Sizzle oil into a large-sized, anti-sticking wok on the burner at around medium-high heat.
4. Cook the onion for around 2-3 minutes.
5. Blend in the bell pepper and spinach and cook for around 2 minutes.
6. Blend in chicken and sun-dried tomatoes and take it off the burner.
7. Put the egg whites, dried herbs, salt, and pepper into a basin and whisk to incorporate.
8. Divide the chicken mixture into muffin holes.
9. Pour the whisked egg whites into the muffin holes and top with egg white mixture, followed by feta.
10. Put the mixture into muffin holes.
11. Bake for around 20-25 minutes.
12. Take the muffin tin out of the oven and place it on a cooling wire rack for around 10 minutes.
13. Carefully take the muffins from holes and place them onto a platter.
14. Enjoy moderately hot.

### Nutritional Info:

Calories: 103 | Fats (g): 5 | Carbs (g): 4  
Protein (g): 10



10 mins.



8 mins.



4

## TOMATO & EGG WHITE SCRAMBLE

### Ingredients Required:

- Olive oil baking spray
- Medium-sized tomato – 1, finely cut up
- Scallion – 1, finely cut up
- Jalapeño pepper – 1, finely cut up
- Egg whites – 12, whisked
- Reduced-fat cheddar cheese – 3 oz., shredded
- Salt & powdered black pepper – as desired

### Procedure:

1. Generously spray a large-sized, anti-sticking wok with baking spray and sizzle on the burner at around medium-high heat.
2. Cook the tomato, scallion, and jalapeño pepper for around 3-4 minutes, stirring frequently.
3. Put in egg whites and cook for around 2-3 minutes, stirring all the time.
4. Blend in cheese, salt, and pepper and take off from the burner.
5. Enjoy right away.

### Nutritional Info:

Calories: 236 | Fats (g): 10.2 | Carbs (g): 2.7  
Protein (g): 13



10 mins.

1½ mins.

2

## MUSHROOM & EGG WHITE SCRAMBLE

### Ingredients Required:

- Olive oil baking spray
- Non-fat milk – ¼ cup
- Egg whites – 8
- Salt & powdered black pepper – as desired
- Fresh mushrooms – ¼ cup, finely cut up

### Procedure:

1. Spray 2 (12-oz.) coffee mugs with baking spray.
2. Put the milk, egg whites, salt, and pepper into a basin and whisk to incorporate thoroughly.
3. Blend in mushrooms.
4. Divide the mushroom mixture into the mugs and microwave on high for around 45 seconds.
5. Take the mugs from the microwave and blend thoroughly.
6. Microwave for around 30-45 seconds more.
7. Enjoy right away.

### Nutritional Info:

Calories: 110 | Fats (g): 4.5 | Carbs (g): 2.6  
Protein (g): 14



10 mins.

7 mins.

2

## SPINACH OMELET

### Ingredients Required:

- Egg whites – 8
- Cooked spinach – ¼ cup, squeezed
- Scallions – 2, cut up
- Fresh parsley – 2 tbsp., cut up
- Reduced-fat feta cheese – ¼ cup, crumbled
- Salt & powdered black pepper – as desired

### Procedure:

1. For preheating: arrange a rack about 4 inches from heating element.
2. Set your oven to broil.
3. Put the egg whites into a medium-sized basin and with a wire whisk, whisk thoroughly.
4. Put in remnant ingredients and blend to incorporate.
5. Generously spray an ovenproof wok with baking spray and sizzle on the burner at around medium heat.
6. Put in egg white mixture and tilt the wok to spread in an even layer.
7. Turn the heat to around medium-low.
8. Cook for around 3-4 minutes.
9. Transfer the wok under broiler and broil for around 2-3 minutes.
10. Cut the omelet into serving portions and enjoy.

### Nutritional Info:

Calories: 233 | Fats (g): 14.8 | Carbs (g): 3.8  
Protein (g): 10.5



10 mins.



5 mins.



2

## TUNA OMELET

### Ingredients Required:

- Egg whites – 8
- Non-fat milk – ¼ cup
- Scallion – 1 tbsp., cut up
- Garlic clove – 1, minced
- Jalapeño pepper – ½, minced
- Salt & powdered black pepper – as desired
- Water-packed tuna – 1 (5-oz.) can, drained & flaked
- Olive oil – 1 tsp.
- Bell peppers – ⅓ cup, seeded & cut up
- Reduced-fat cheddar cheese – 2 tbsp., shredded

### Procedure:

1. Put the egg whites, milk, scallions, garlic, jalapeño pepper, salt, and pepper into a basin and whisk thoroughly.
2. Put in the tuna and blend to incorporate.
3. Sizzle oil into a large-sized, anti-sticking wok on the burner at around medium heat.
4. Put the egg white mixture and cook for around 1-2 minutes, without stirring.
5. Carefully, lift the edges to allow the uncooked portion to flow underneath.
6. Spread the bell pepper pieces over the egg white mixture and sprinkle with the cheese.
7. Cover the wok and cook for around 30-60 seconds.
8. Take off the lid and fold the omelet in half.
9. Take off the burner and cut the omelet into 2 portions.
10. Enjoy right away

### Nutritional Info:

Calories: 272 | Fats (g): 13.4 | Carbs (g): 3.1  
Protein (g): 27.4



10 mins.



10 mins.



6

## BELL PEPPER FRITTATA

### Ingredients Required:

- Egg whites – 16
- Fresh cilantro – 1 tbsp., cut up
- Fresh basil – 1 tbsp., cut up
- Red pepper flakes – ¼ tsp., crushed
- Salt & powdered black pepper – as desired
- Olive oil – 1 tbsp.
- Scallion bunch – 1, cut up
- Bell peppers – 1 cup, seeded & thinly sliced
- Goat cheese – ½ cup, crumbled

### Procedure:

1. For preheating: arrange a rack in upper third of the oven.
2. Set your oven to broil.
3. Put the egg whites, fresh herbs, red pepper flakes, salt, and pepper into a basin and whisk thoroughly.
4. Sizzle oil in an ovenproof wok on the burner at around medium heat.
5. Cook the scallion and bell pepper for around 2-3 minutes.
6. Put the egg white mixture over bell pepper mixture and lift the edges to let the egg white mixture flow underneath.
7. Cook for around 2-3 minutes.
8. Put the cheese on top in the form of dots.
9. Immediately transfer the wok under the broiler and broil for around 2-3 minutes.
10. Take off from the oven and set aside for around 5 minutes before enjoying.
11. Cut the frittata into serving portions and enjoy.

### Nutritional Info:

Calories: 161 | Fats (g): 8.4 | Carbs (g): 3.1  
Protein (g): 17.9



15 mins.



48 mins.



8

## CHICKEN & ZUCCHINI FRITTATA

### Ingredients Required:

- Olive oil baking spray
- Olive oil – 1 tsp.
- Onions – ½ cup, sliced
- Garlic cloves – 2, minced
- Zucchini – 3 cups, cut up
- Cooked chicken breast – 2 cups, cut up
- Egg whites – 10
- Non-fat milk – 1¼ cup
- Reduced-fat cheddar cheese – 1 cup, shredded
- Salt and powdered black pepper – as desired
- Reduced-fat parmesan cheese – 1 tbsp., shredded

### Procedure:

1. For preheating: set your oven at 350°F.
2. Apply baking spray to a 9-inch pie dish.
3. Sizzle oil in a wok on the burner at around medium heat.
4. Cook the onion and garlic for around 2-3 minutes.
5. Put in zucchini and cook for around 3-5 minutes.
6. Blend in chicken and transfer the mixture into the pie dish.
7. Put the egg whites, milk, cheddar cheese, salt, and pepper into a basin and whisk to incorporate thoroughly.
8. Pour egg white mixture over the chicken mixture and top with parmesan cheese.
9. Bake for around 40 minutes.
10. Take the pie dish out of the oven and set aside for around 5 minutes.
11. Cut into serving portions and enjoy.

### Nutritional Info:

Calories: 161 | Fats (g): 8.4 | Carbs (g): 3.1  
Protein (g): 17.9



15 mins.



20 mins.



4

## CHICKEN & VEGGIE QUICHE

### Ingredients Required:

- Olive oil baking spray
- Egg whites – 12
- Non-fat milk – ½ cup
- Salt & powdered black pepper – as desired
- Cooked chicken breast – 1 cup, cut up
- Fresh baby spinach – ½ cup, cut up
- Fresh baby kale – ½ cup, cut up
- Fresh mushrooms – ¼ cup, sliced
- Bell peppers – ¼ cup, seeded & cut up
- Scallion – 1, cut up
- Fresh cilantro – ¼ cup, cut up
- Fresh chives – 1 tbsp., minced

### Procedure:

1. For preheating: set your oven at 400 °F.
2. Lightly spray a pie dish with baking spray.
3. Put the egg whites, milk, salt, and pepper into a large-sized basin and whisk thoroughly.
4. Put the chicken, vegetables, scallion, and herbs into another basin and blend thoroughly.
5. Put the chicken mixture into the bottom of pie dish.
6. Put the egg white mixture over chicken mixture.
7. Bake for around 20 minutes.
8. After removing the pie dish from the oven, let it cool for five to ten minutes.
9. Cut into serving portions and enjoy.

### Nutritional Info:

Calories: 119 | Fats (g): 1.7 | Carbs (g): 3.1  
Protein (g): 21.8

# Lunches





10 mins.



20 mins.



4

## CHICKEN MEATBALLS

### Ingredients Required:

- Ground chicken – 1 lb.
- Garlic cloves – 2, minced
- Egg whites – 2, whisked
- Reduced-fat parmesan cheese – ½ cup, grated
- Fresh parsley – 2 tbsp., cut up
- Salt & powdered black pepper – as desired
- Fresh baby spinach – 6 cups

### Procedure:

1. For preheating: set your oven at 400 °F.
2. Line a large-sized baking tray with baking paper.
3. Put the ground chicken and remnant ingredients except for spinach into a large-sized basin and with your hands, blend to incorporate thoroughly.
4. Make small-sized balls from the mixture.
5. Arrange the meatballs onto the baking tray.
6. Bake for around 20 minutes.
7. Divide the spinach onto serving plates.
8. Top each plate with meatballs and enjoy right away.

### Nutritional Info:

Calories: 245 | Fats (g): 8.6 | Carbs (g): 2.6  
Protein (g): 25.5



15 mins.



12 mins.



4

## CHICKEN & ZUCCHINI KABOBS

### Ingredients Required:

- Boneless & skinless chicken breasts – 2 (6-oz.), cut into 1-inch pieces
- Medium-sized zucchinis – 2, cut into thick rounds
- Large-sized onion – 1, cut into 1-inch pieces
- Lemon juice – 3 tbsp., freshly squeezed
- Garlic cloves – 3, minced
- Fresh thyme – 1 tbsp., cut up
- Fresh rosemary – 1 tbsp., cut up
- Lemon zest – 1 tsp., grated
- Salt & powdered black pepper – as desired
- Olive oil baking spray

### Procedure:

1. Put the chicken pieces and remnant ingredients into a large-sized basin and blend to incorporate.
2. Refrigerate to marinate for around 4-6 hours.
3. For preheating: set your grill to medium heat.
4. Spray the grill grate with baking spray.
5. Thread and chicken and vegetables onto the pre-soaked wooden skewers.
6. Arrange the skewers onto the grill.
7. Cook for around 10-12 minutes, flipping from time to time.
8. Enjoy right away.

### Nutritional Info:

Calories: 187 | Fats (g): 7.2 | Carbs (g): 10  
Protein (g): 12



15 mins.



12 mins.



4

## TURKEY BURGERS

### Ingredients Required:

- Olive oil baking spray
- Extra-lean ground turkey – 1 lb.
- Fresh spinach – 1 cup, cut up
- Small-sized onion – ½, cut up
- Sun-dried tomatoes – ¼ cup, cut up
- Egg whites – 2, whisked
- Reduced-fat feta cheese – ¼ cup, crumbled
- Salt & powdered black pepper – as desired
- Fresh salad greens – 6 cups

### Procedure:

1. For preheating: set your grill to medium-high heat.
2. Spray the grill grate with baking spray.
3. Put the ground turkey and remnant ingredients except for greens into a large-sized basin and blend to incorporate thoroughly.
4. Make 4 equal-sized patties from the mixture.
5. Arrange the burgers onto the grill and cook for around 5-6 minutes per side.
6. Divide the greens onto serving plates and top each with 1 burger.
7. Enjoy right away.

### Nutritional Info:

Calories: 296 | Fats (g): 14.2 | Carbs (g): 6.9  
Protein (g): 25.5



15 mins.



14 mins.



6

## TURKEY MEATBALL KABOBS

### Ingredients Required:

- Olive oil baking spray
- Medium-sized onion – 1, roughly cut up
- Lemongrass – ½ cup, roughly cut up
- Garlic cloves – 2, roughly cut up
- Extra-lean ground turkey – 1½ lb.
- Olive oil – ½ tbsp.
- Arrowroot starch – 1 tbsp.
- Salt & powdered black pepper – as desired
- Lettuce – 6 cups

### Procedure:

1. For preheating: set your grill to medium-high heat.
2. Spray the grill grate with baking spray.
3. Put the onion, lemongrass, and garlic into an electric food processor and process to cut up finely.
4. Transfer the onion mixture into a large-sized basin.
5. Put in remnant ingredients except for lettuce and blend to incorporate thoroughly.
6. Make equal-sized balls from the mixture.
7. Thread the balls onto the pre-soaked wooden skewers.
8. Arrange the skewers onto the grill and cook for around 6-7 minutes per side.
9. Enjoy right away alongside the lettuce.

### Nutritional Info:

Calories: 276 | Fats (g): 7.4 | Carbs (g): 4.6  
Protein (g): 34.2



15 mins.



10 mins.



6

## BEEF KOFTA KEBABS

### Ingredients Required:

- Olive oil baking spray
- Extra-lean ground beef – 1 lb.
- Non-fat plain Greek yogurt – 2 tbsp.
- Onion – 2 tbsp., grated
- Garlic – 2 tsp., minced
- Fresh cilantro – 2 tbsp., minced
- Powdered coriander – 1 tsp.
- Powdered cumin – 1 tsp.
- Powdered turmeric – 1 tsp.
- Salt & powdered black pepper – as desired
- Fresh baby arugula – 6 cups

### Procedure:

1. For preheating: set your grill to medium-high heat.
2. Spray the grill grate with baking spray.
3. Put the ground beef and remnant ingredients into a large-sized basin and blend to incorporate thoroughly.
4. Mold desired amount of meat mixture onto a wooden skewer.
5. Repeat with the remnant meat mixture.
6. Arrange the skewers onto the grill and cook for around 4-5 minutes per side.
7. Enjoy right away alongside the arugula.

### Nutritional Info:

Calories: 177 | Fats (g): 6.3 | Carbs (g): 2.3  
Protein (g): 20.7



15 mins.



30 mins.



4

## BEEF MEATBALLS

### Ingredients Required:

- Extra-lean ground beef – 1 lb.
- Frozen spinach – 1 cup, thawed & squeezed
- Reduced-fat feta cheese – ½ cup, crumbled
- Dried oregano – ½ tsp.
- Salt & powdered black pepper – as desired
- Fresh baby kale – 6 cups

### Procedure:

1. For preheating: set your oven at 350°F.
2. Line a large-sized baking tray with baking paper.
3. Put the beef and remnant ingredients except for kale into a large-sized basin and blend to incorporate thoroughly.
4. Make equal-sized meatballs from the mixture.
5. Arrange the meatballs onto the baking tray.
6. Bake for around 30 minutes.
7. Enjoy right away alongside the kale.

### Nutritional Info:

Calories: 273 | Fats (g): 10.1 | Carbs (g): 10.9  
Protein (g): 35.1



  
10 mins.

  
2

## TUNA AVOCADO CUPS

### Ingredients Required:

- Large-sized avocado – 1, halved & pitted
- Water-packed tuna – 1 (5-oz.) can, drained & flaked
- Light mayonnaise – 3 tbsp.
- Lemon juice – 2 tbsp., freshly squeezed
- Onion – 1 tbsp., finely cut up
- Salt & powdered black pepper – as desired


### Procedure:

1. Carefully, remove about 2-3 tbsp. of flesh from each avocado half.
2. Arrange the avocado halves onto a platter and drizzle each with 1 tsp. of lemon juice.
3. Chop the avocado flesh and transfer it into a basin.
4. Put the tuna, mayonnaise, onion, remnant lemon juice, salt, and pepper into the basin of avocado flesh and blend to incorporate.
5. Divide the tuna mixture between the two avocado halves.
6. Enjoy right away.

### Nutritional Info:

Calories: 306 | Fats (g): 18.3 | Carbs (g): 8  
Protein (g): 19.9



  
15 mins.

  
10 mins.

  
5

## SALMON BURGERS

### Ingredients Required:

- Olive oil – 1 tsp.
- Fresh kale – 1 cup, tough ribs removed & cut up
- Shallots – ½ cup, finely cut up
- Salt & powdered black pepper – as desired
- Boneless & skinless salmon fillets – 1 lb.
- Cooked quinoa – ¾ cup
- Dijon mustard – 2 tbsp.
- Large-sized egg whites – 2, whisked
- Olive oil baking spray
- Lettuce – 5 cups, torn

### Procedure:

1. Sizzle oil into a large-sized, anti-sticking wok on the burner at around medium heat.
2. Cook the kale, shallot, salt, and pepper for around 4-5 minutes.
3. Take the wok off the burner and transfer the kale mixture into a large-sized basin.
4. Set aside to cool slightly.
5. Chop 4 oz. of salmon and transfer it into the basin of kale mixture.
6. Put the remnant salmon into an electric food processor and process to cut up finely.
7. Transfer the finely cut up salmon into the basin of kale mixture.
8. Put in remnant ingredients and blend to incorporate thoroughly.
9. Make 5 equal-sized patties from the mixture.
10. Lightly spray a large-sized, anti-sticking wok with baking spray and sizzle on the burner at around medium heat.
11. Cook the patties for around 4-5 minutes per side.
12. Enjoy right away alongside the lettuce.

### Nutritional Info:

Calories: 300 | Fats (g): 12.5 | Carbs (g): 18.6  
Protein (g): 24.2



15 mins.



6 mins.



5

## VEGGIE BURGERS

### Ingredients Required:

- Fresh kale – ½ cup, tough ribs removed & cut up
- Bell peppers – ½ cup, seeded & cut up
- Onions – ½ cup, cut up
- Medium-sized tomato – 1, cut up
- Fresh oregano – 2 tsp., cut up
- Fresh basil – 2 tsp., cut up
- Dried dill – 1 tsp.
- Powdered cumin – ½ tsp.
- Cayenne pepper powder – ½ tsp.
- Salt & powdered black pepper – as desired
- Chickpea flour – 1 cup
- Water – ¼-½ cup
- Olive oil baking spray
- Fresh baby arugula – 4 cups

### Procedure:

1. Put the vegetables, herbs, spices, salt, and pepper into a large-sized basin and blend thoroughly.
2. Put in the flour and blend thoroughly.
3. Slowly put in the water and blend until a thick mixture is formed.
4. Make 10 small-sized patties from the mixture.
5. Generously spray a wok with baking spray and sizzle on the burner at around medium-high heat.
6. Cook the patties for around 2-3 minutes per side.
7. Enjoy right away alongside the arugula.

### Nutritional Info:

Calories: 177 | Fats (g): 8.7 | Carbs (g): 16.2  
Protein (g): 6.6



15 mins.



35 mins.



4

## ZUCCHINI BAKE

### Ingredients Required:

- Olive oil – 2 tbsp.
- Whole-wheat breadcrumbs – ¾ cup
- Reduced-fat parmesan cheese – ½ cup, grated
- Olive oil baking spray
- Medium-sized shallots – 2, thinly sliced
- Garlic cloves – 2, minced
- Zucchini – 2 lb., cut into ¼-inch pieces crosswise
- Fresh thyme – 1 tbsp., cut up
- Lemon zest – 1 tsp., finely grated
- Salt & powdered black pepper – as desired

### Procedure:

1. For preheating: arrange a rack in the middle of the oven.
2. Set your oven at 400 °F.
3. Put oil, breadcrumbs, and parmesan cheese into a basin and blend to incorporate thoroughly.
4. Generously spray an 8-inch cast-iron wok with baking spray and sizzle on the burner at around medium heat.
5. Cook the shallots for around 3-4 minutes, stirring from time to time.
6. Put in garlic and cook for around 1 minute.
7. Take off the wok of shallot mixture from the burner and blend in zucchini, thyme, lemon zest, salt, and pepper.
8. Then, spread the zucchini mixture in an even layer and sprinkle with the breadcrumb mixture.
9. Bake for around 25-30 minutes.
10. Take the wok of zucchini casserole from the oven and set aside for around 5 minutes before enjoying.

### Nutritional Info:

Calories: 273 | Fats (g): 15.5 | Carbs (g): 13.4  
Protein (g): 7.2



15 mins.



1 hr.



4

## CAULIFLOWER CURRY

### Ingredients Required:

- Olive oil – 2 tsp.
- Medium-sized onion – 1, cut up
- Garlic cloves – 3, minced
- Fresh ginger root – 1 tsp., minced
- Green chili – 1, seeded & cut up
- Dried thyme – ½ tsp., crushed
- Powdered cumin – 1 tsp.
- Powdered coriander – 1 tsp.
- Cayenne pepper powder – ½ tsp.
- Tomatoes – 2 cups, finely cut up
- Medium-sized cauliflower head – 1, cut into florets
- Bay leaf – 1
- Water – 1½ cups
- Lemon juice – 2 tbsp., freshly squeezed
- Salt & powdered black pepper – as desired
- Fresh cilantro – 2 tbsp., cut up

### Procedure:

1. Sizzle oil in a large-sized Dutch oven on the burner at around medium heat.
2. Cook the onion for around 8-9 minutes.
3. Put in garlic, ginger, green chili, thyme, and spices and cook for around 1 minute.
4. Put in tomatoes and cook for around 2-3 minutes, crushing with the back of a spoon.
5. Blend in cauliflower and cook for around 2 minutes.
6. Put in bay leaf and water and turn the heat to around high.
7. Cook the mixture until boiling.
8. Turn the heat to around low.
9. Cook with the cover for around 30-40 minutes.
10. Blend in lemon juice, salt, and pepper and take off from the burner.
11. Discard the bay leaf and enjoy right away with the garnishing of cilantro.

### Nutritional Info:

Calories: 120 | Fats (g): 7.5 | Carbs (g): 12.9  
Protein (g): 2.7



15 mins.



25 mins.



6

## CABBAGE CURRY

### Ingredients Required:

- Olive oil – 1 tbsp.
- Cumin seeds – 1 tsp.
- Mustard seeds – ¾ tsp.
- Medium-sized cabbage heads – 2, cored & shredded
- Medium-sized onion – 1, sliced finely
- Powdered turmeric – ½ tsp.
- Powdered coriander – ½ tsp.
- Salt & powdered black pepper – as desired
- Water – ½ cup
- Fresh cilantro – 3 tbsp., cut up

### Procedure:

1. Sizzle oil in a large-sized wok on the burner at around medium heat.
2. Cook the mustard and cumin seeds and stir-fry for around 30-40 seconds.
3. Put in onion and cook for around 7-9 minutes.
4. Put in shredded cabbage, spices, salt, and pepper and turn the heat to around medium-low.
5. Cook with the cover for around 8-10 minutes.
6. Put in water and cook for around 3-5 minutes.
7. Enjoy right away with the garnishing of cilantro.

### Nutritional Info:

Calories: 136 | Fats (g): 4.6 | Carbs (g): 12.5  
Protein (g): 3.2



10 mins.



15 mins.



4

## BROCCOLI CURRY

### Ingredients Required:

- Olive oil – 1 tbsp.
- Small-sized onion – 1, thinly sliced
- Fresh ginger root – 1 (2-inch) piece, minced
- Curry powder – 2 tsp.
- Cumin seeds – 1 tsp.
- Fresh broccoli florets – 1 lb.
- Water – ¼ cup
- Salt & powdered black pepper – as desired

### Procedure:

1. Sizzle oil into a large-sized, anti-sticking wok on the burner at around medium heat.
2. Cook the onion, ginger, curry powder, and cumin seeds for around 3-5 minutes.
3. Put in broccoli and water and turn the heat to around medium-high.
4. Cook with the cover for around 7-10 minutes.
5. Enjoy right away.

### Nutritional Info:

Calories: 103 | Fats (g): 6 | Carbs (g): 8.4  
Protein (g): 3.9



15 mins.



20 mins.



6

## HERBED VEGGIE COMBO

### Ingredients Required:

- Olive oil baking spray
- Large-sized eggplant – 1, cubed
- Large-sized zucchini – 1, cubed
- Large-sized yellow squash – 1, cubed
- Medium-sized bell peppers – 2, seeded and cubed
- Medium-sized onion – 1, thinly sliced
- Lemon juice – 2 tbsp., freshly squeezed
- Olive oil – 1 tbsp.
- Dried thyme – ½ tsp., crushed
- Dried oregano – ½ tsp., crushed
- Dried rosemary – ½ tsp., crushed
- Dried parsley – ½ tsp., crushed
- Powdered cumin – ½ tsp.
- Powdered coriander – ½ tsp.
- Salt & powdered black pepper – as desired

### Procedure:

1. For preheating: set your oven at 375 °F.
2. Lightly spray a large-sized baking pan with baking spray.
3. Put the eggplant and remnant ingredients into a large-sized basin and toss to incorporate.
4. Transfer the veggie mixture into the baking pan and then arrange in an even layer.
5. Bake for around 15-20 minutes.
6. Enjoy right away.

### Nutritional Info:

Calories: 158 | Fats (g): 7.7 | Carbs (g): 17.6  
Protein (g): 4



15 mins.



15 mins.



6

## GINGERED VEGGIE COMBO

### Ingredients Required:

- Olive oil – 1½ tbsp.
- Onions – ½ cup, cut up
- Fresh ginger root – 2 tsp., grated
- Garlic cloves – 2, minced
- Powdered turmeric – ½ tsp.
- Powdered cumin – ½ tsp.
- Powdered coriander – ½ tsp.
- Carrots – 2 cups, peel removed & julienned
- Small-sized cauliflower head – 1, cut into florets
- Small-sized broccoli head – 1, cut into florets
- Water – ½ cup
- Salt & powdered black pepper – as desired

### Procedure:

1. Sizzle oil into a large-sized, anti-sticking wok on the burner at around medium heat.
2. Cook the onion for around 3-4 minutes.
3. Put in ginger, garlic, and spices and cook for around 30-40 seconds.
4. Blend in vegetables and stir-fry for around 2 minutes.
5. Blend in water, salt, and pepper and turn the heat to around medium-low.
6. Cook for around 6-8 minutes.
7. Enjoy right away.

### Nutritional Info:

Calories: 119 | Fats (g): 9.3 | Carbs (g): 10  
Protein (g): 2.2



15 mins.



16 mins.



4

## GLAZED VEGGIES WITH APPLE

### Ingredients Required:

- Fresh ginger root – 1 tsp., minced
- Garlic cloves – 2, minced
- Orange zest – 1 tbsp., grated
- Orange juice – ½ cup, freshly squeezed
- Balsamic vinegar – 2 tbsp.
- Monk fruit sweetener – 2 tsp.
- Salt & powdered black pepper – as desired

### For the Veggies & Apple:

- Olive oil – 1 tbsp.
- Carrots – 1 cup, peel removed & julienned
- Medium-sized broccoli head – 1, cut into florets
- Celery – 1 cup, cut up
- Onions – 1 cup, cut up
- Medium-sized apples – 2, cored & sliced

### Procedure:

1. For the sauce: put the ginger and remnant ingredients into a large-sized basin and blend thoroughly. Set aside.
2. Sizzle oil into a large-sized, anti-sticking wok on the burner at around medium-high heat.
3. Stir-fry the carrot and broccoli for around 4-5 minutes.
4. Put in celery and onion and stir-fry for around 4-5 minutes.
5. Blend in sauce and cook for around 2-3 minutes.
6. Blend in apple slices and cook for around 2-3 minutes.
7. Enjoy right away.

### Nutritional Info:

Calories: 169 | Fats (g): 4.1 | Carbs (g): 31.8  
Protein (g): 4.2



15 mins.



40 mins.



6

## VEGGIES IN ORANGE SAUCE

### Ingredients Required:

- Olive oil – 1½ tbsp.
- Onions – 2 cups, cut up
- Green chili – 1, minced
- Garlic cloves – 3, minced
- Fresh ginger root – 1 tbsp., grated
- Powdered cumin – 1 tsp.
- Powdered coriander – 1 tsp.
- Powdered turmeric – ½ tsp.
- Powdered cinnamon – ½ tsp.
- Salt & powdered black pepper – as desired
- Eggplants – 5 cups, cubed
- Orange juice – 1 cup, freshly squeezed
- Zucchini – 4 cups, cubed
- Bell peppers – 1½ cups, seeded & cut up
- Tomatoes – 3 cups, cut up
- Fresh cilantro – ¼ cup, cut up

### Procedure:

1. Sizzle oil in a large-sized, anti-sticking wok on the burner at around medium heat.
2. Cook the onion for around 8-9 minutes, stirring frequently.
3. Put in green chili, ginger, garlic, spices, salt, and pepper and cook for around 1 minute.
4. Blend in eggplant and orange juice and cook with the cover for around 12-15 minutes.
5. Blend in zucchini, bell peppers, tomatoes, and cilantro and cook with the cover for around 12-15 minutes.
6. Enjoy right away.

### Nutritional Info:

Calories: 135 | Fats (g): 5.4 | Carbs (g): 17.3  
Protein (g): 3.6



15 mins.



15 mins.



4

## VEGGIE NOODLES COMBO

### Ingredients Required:

- Olive oil – 1 tbsp.
- Onions – ¼ cup, cut up
- Garlic cloves – 2, minced
- Jalapeño pepper – 1, seeded & cut up
- Large-sized carrot – 1, peel removed & spiralized with blade cup
- Large-sized zucchini – 1, spiralized with blade cup
- Large-sized yellow squash – 1, spiralized with blade cup
- Lemon juice – 2 tbsp., freshly squeezed
- Salt & powdered black pepper – as desired
- Scallions – ½ cup, cut up

### Procedure:

1. Sizzle oil into a large-sized wok on the burner at around medium heat.
2. Cook the onion for around 4-6 minutes.
3. Put in garlic and jalapeño pepper and cook for around 1 minute.
4. Put in carrot noodles and cook for around 2-3 minutes.
5. Put in squash and zucchini noodles and cook for around 3-4 minutes.
6. Blend in lime juice, salt, and pepper and take off from the burner.
7. Enjoy right away with the topping of scallions.

### Nutritional Info:

Calories: 92 | Fats (g): 5.7 | Carbs (g): 9.6  
Protein (g): 2.6



 1 mins.

 10 mins.

 4

## TOFU & VEGGIE BURGERS

### Ingredients Required:

- Firm tofu – 1 lb., pressed, drained & crumbled
- Firm tofu – ½ cup, pressed & drained
- Medium-sized carrot – 1, peel removed & grated
- Onion – 1 tbsp., cut up
- Scallion – 1 tbsp., cut up
- Fresh parsley – 1 tbsp., cut up
- Garlic clove – ½, minced
- Lemon juice – 1 tsp., freshly squeezed
- Arrowroot starch – 1 tbsp.
- Nutritional yeast flakes – 1 tsp.
- Dijon mustard – ½ tsp.
- Paprika – 1 tsp.
- Powdered turmeric – ¼ tsp.
- Salt & powdered black pepper – as desired
- Olive oil baking spray
- Fresh baby greens – 4 cups


### Procedure:

1. Put the tofu into a large-sized basin and with a fork, mash thoroughly.
2. Put in remnant ingredients except for baby greens and blend to incorporate thoroughly.
3. Make 4 equal-sized patties from the mixture.
4. Spray a large-sized, anti-sticking wok with baking spray and sizzle on the burner at around medium heat.
5. Cook the patties for around 4-5 minutes per side.
6. Enjoy right away alongside the greens.

### Nutritional Info:

Calories: 172 | Fats (g): 14.2 | Carbs (g): 8.6  
Protein (g): 5.8



 15 mins.

 13 mins.

 4

## TOFU WITH BROCCOLI

### Ingredients Required:

- Firm tofu – 1 (12-oz.) package, pressed, drained & cut into 5 slices
- Olive oil baking spray
- Small-sized broccoli florets – 3 cups
- Water – ½ cup
- Garlic – ½ tbsp., minced
- Fresh ginger root – ½ tbsp., minced
- Salt & powdered black pepper – as desired

### Procedure:

1. Spray a large-sized, anti-sticking wok with baking spray and sizzle on the burner at around medium-high heat.
2. Cook the tofu for around 4-5 minutes per side.
3. With a slotted spoon, scoop the tofu slices onto a plate.
4. Then, cut each tofu slice into equal-sized pieces.
5. In the meantime, put the broccoli florets and water into a large-sized microwave-safe dish.
6. Cover the dish and microwave on high setting for around 5 minutes.
7. Take off the microwave and drain the broccoli.
8. Again, spray the same wok with baking spray and sizzle on the burner at around medium heat.
9. Cook the garlic and ginger for around 1 minute.
10. Put in tofu, broccoli, salt, and pepper and cook for 2 minutes, tossing from time to time.
11. Enjoy right away.

### Nutritional Info:

Calories: 174 | Fats (g): 7.1 | Carbs (g): 23.6  
Protein (g): 11.2

# Dinners





10 mins.



12 mins.



4

## SIMPLE CHICKEN BREASTS

### Ingredients Required:

- Boneless & skinless chicken breasts – 4 (4-oz.)
- Salt & powdered black pepper – as desired
- Olive oil – 2 tbsp.

### Procedure:

1. Rub each chicken breast with salt and pepper.
2. Place chicken over a rack, arranged onto a rimmed baking tray.
3. Refrigerate for at least 30 minutes.
4. Take the baking tray from the refrigerator and pat dry with paper towels.
5. Sizzle oil into an anti-sticking wok on the burner at around medium-low heat.
6. Put the chicken breasts, smooth side down, and cook for around 6 minutes, without moving.
7. Flip the chicken breasts and cook for around 5-6 minutes.
8. Take the wok off the burner and let the chicken sit in the pot for around 3 minutes before enjoying.

### Nutritional Info:

Calories: 212 | Fats (g): 8.9 | Carbs (g): 0  
Protein (g): 32.9



10 mins.



20 mins.



4

## SPICED CHICKEN BREASTS

### Ingredients Required:

- Boneless & skinless chicken breasts – 4 (4-oz.)
- Scallions – 2, cut up
- Fresh ginger root – 1 (1-inch) piece, minced
- Garlic cloves – 2, minced
- Olive oil – 2 tbsp.
- Lime juice – 2 tbsp., freshly squeezed
- Powdered cinnamon – 1 tsp.
- Powdered cumin – 1 tsp.
- Powdered turmeric – 1 tsp.
- Paprika – 1 tsp.
- Cayenne pepper powder – 1 tsp.
- Salt & powdered black pepper – as desired
- Olive oil baking spray

### Procedure:

1. Put the chicken breasts and remnant ingredients into a large-sized Ziploc bag and seal it.
2. To ensure the chicken is completely covered in marinade, shake the bag.
3. Refrigerate to marinate for around 20-30 minutes to 1 hour.
4. For preheating: set your grill to medium-high heat.
5. Spray the grill grate with baking spray.
6. Arrange the chicken breasts onto the grill and cook for around 10 minutes per side.
7. Enjoy right away.

### Nutritional Info:

Calories: 299 | Fats (g): 2 | Carbs (g): 2.7  
Protein (g): 32.5



15 mins.



25 mins.



4

## STUFFED CHICKEN BREASTS

### Ingredients Required:

- Olive oil – 1 tbsp.
- Small-sized onion – 1, cut up
- Pepperoni pepper – 1, seeded & thinly sliced
- Medium-sized bell pepper – ½, seeded & thinly sliced
- Garlic – 2 tsp., minced
- Fresh spinach – 1 cup, trimmed & cut up
- Dried oregano – ½ tsp.
- Salt & powdered black pepper – as desired
- Boneless & skinless chicken breasts – 4 (4-oz.), pounded slightly

### Procedure:

1. For preheating: set your oven at 350°F.
2. Line a baking tray with baking paper.
3. Sizzle oil into a medium-sized, anti-sticking pot on the burner at around medium heat.
4. Cook the onion and both peppers for around 1-2 minutes.
5. Put in garlic and spinach and cook for around 2-3 minutes.
6. Blend in oregano, salt, and pepper and take off the saucepan from the burner.
7. Put the chicken mixture into the middle of each butterflied chicken breast.
8. Fold each chicken breast over filling to make a little pocket and secure with toothpicks.
9. Arrange the chicken breasts onto the baking tray.
10. Bake for around 18-20 minutes.
11. Enjoy right away.

### Nutritional Info:

Calories: 223 | Fats (g): 8.7 | Carbs (g): 3.6  
Protein (g): 32.3



10 mins.



23 mins.



4

## CHICKEN IN ORANGE SAUCE

### Ingredients Required:

- Boneless & skinless chicken thighs – 4 (4-oz.)
- Fresh ginger root – 1 tsp., minced
- Garlic clove – 1, minced
- Orange juice – ½ cup, freshly squeezed
- Apple cider vinegar – 2 tbsp.
- Monk fruit sweetener – 1 tsp.
- Powdered cinnamon – ¼ tsp.
- Salt & powdered black pepper – as desired

### Procedure:

1. For the marinade: put the chicken thighs and remnant ingredients into a large-sized basin and blend thoroughly.
2. Cover the basin and refrigerate to marinate for around 2 hours.
3. Take the chicken thighs from the bowl, reserving marinade.
4. Sizzle a large-sized, anti-sticking wok on the burner at around medium-high heat.
5. Cook the chicken for around 5-6 minutes.
6. Flip the side and cook for around 4 minutes.
7. Put in reserved marinade and turn the heat to around high.
8. Cook the mixture until boiling.
9. Turn the heat to around medium-low.
10. Cook with the cover for around 6-8 minutes.
11. Enjoy right away.

### Nutritional Info:

Calories: 300 | Fats (g): 10.3 | Carbs (g): 2.8  
Protein (g): 33.5



15 mins.



16 mins.



6

## CHICKEN WITH BROCCOLI

### Ingredients Required:

- Olive oil – 3 tsp., divided
- Boneless & skinless chicken breasts – 1 lb., cubed
- Fresh ginger root – 1 tsp., minced
- Garlic cloves – 2, minced
- Red pepper flakes – ¼ tsp., crushed
- Water – ¼ cup
- Broccoli – 6 cups, cut into bite-sized pieces
- Fresh parsley – 2 tbsp., cut up

### Procedure:

1. Sizzle 1 tsp. of oil into a large-sized, anti-sticking wok on the burner at around high heat.
2. Cook the chicken cubes for around 6-8 minutes, stirring frequently.
3. Transfer the chicken cubes into a basin and set aside.
4. Sizzle remnant oil into the same wok on the burner at around medium heat.
5. Add the red pepper flakes, ginger, and garlic and cook for about 1 minute.
6. Put in water and broccoli and stir-fry for around 3-4 minutes.
7. Blend in chicken and cook for around 2-3 minutes.
8. Blend in parsley and enjoy right away.

### Nutritional Info:

Calories: 197 | Fats (g): 10.1 | Carbs (g): 8.9  
Protein (g): 19.6



10 mins.



20 mins.



4

## CHICKEN WITH SPINACH

### Ingredients Required:

- Olive oil – 2 tsp.
- Boneless & skinless chicken thighs – 4 (4-oz.)
- Salt & powdered black pepper – as desired
- Garlic cloves – 2, minced
- Jalapeño pepper – 1, cut up
- Frozen spinach – 10 oz., thawed
- Water – 2-3 tbsp.
- Reduced-fat parmesan cheese – ½ cup, shredded

### Procedure:

1. Sizzle 1 tsp. of oil into a large-sized, anti-sticking wok on the burner at around medium-high heat.
2. Add salt and pepper to the chicken and cook for 5 to 6 minutes on each side.
3. Transfer the chicken into a basin.
4. Sizzle remnant oil into the same wok on the burner at around medium-low heat.
5. Cook the garlic for around 1 minute.
6. Put in spinach and cook for around 1 minute.
7. Put in cheese, water, salt, pepper, and blend to incorporate.
8. Cover the bottom of the wok with the spinach mixture.
9. Place chicken thighs over spinach in a single layer.
10. Turn the heat to around low.
11. Cook with the cover for around 5 minutes.
12. Enjoy right away.

### Nutritional Info:

Calories: 325 | Fats (g): 16.7 | Carbs (g): 4.2  
Protein (g): 32.8



15 mins.



25 mins.



6

## CHICKEN & CAULIFLOWER CURRY

### Ingredients Required:

- Olive oil – 1 tbsp.
- Garlic cloves – 3, minced
- Curry powder – 2 tbsp.
- Boneless & skinless chicken thighs – 1½ lb., cut into bite-sized pieces
- Salt & powdered black pepper – as desired
- Cauliflower – 1 lb., cut into small-sized pieces
- Medium-sized bell pepper – 1, seeded & cut up
- Water – 1¾ cup
- Fresh parsley – ¼ cup, cut up

### Procedure:

1. Sizzle oil into a large-sized, anti-sticking wok on the burner at around medium heat.
2. Cook the garlic and curry powder for around 1 minute.
3. Put in chicken, salt, and pepper and cook for around 5-6 minutes, stirring frequently.
4. With a slotted spoon, transfer the chicken onto a plate.
5. Put the cauliflower and bell pepper into the wok and cook for around 3-5 minutes.
6. Put in water and cook for around 7-10 minutes.
7. Blend in cooked chicken, salt, and pepper and cook for around 2-3 minutes.
8. Enjoy right away with the garnishing of parsley

### Nutritional Info:

Calories: 304 | Fats (g): 6.8 | Carbs (g): 6.8  
Protein (g): 26.4



15 mins.



25 mins.



6

## CHICKEN & MUSHROOM CURRY

### Ingredients Required:

- Olive oil – 1½ tbsp., divided
- Boneless & skinless chicken breasts – 3 (6-oz.), cut into small-sized pieces
- Medium-sized onion – 1, finely cut up
- Fresh ginger root – 1 tsp., grated
- Garlic – 1 tsp., minced
- Serrano pepper – 1, cut up
- Curry powder – 2 tbsp.
- Fresh mushrooms – 4 cups, sliced
- Water – 1 cup
- Salt & powdered black pepper – as desired

### Procedure:

1. Sizzle 1 tsp. of oil into a large-sized, anti-sticking wok on the burner at around medium-high heat.
2. Stir-fry the chicken pieces, salt, and pepper for around 4-5 minutes.
3. Place the chicken pieces on a platter using a slotted spoon.
4. Sizzle remnant oil into the same wok on the burner at around medium-high heat.
5. Cook the onion for around 4-5 minutes.
6. Blend in ginger, garlic, Serrano pepper, and curry powder and cook for around 1-2 minutes, stirring all the time.
7. Blend in mushrooms and cook for around 5-7 minutes, stirring frequently.
8. Put in cooked chicken and water and cook for around 4-6 minutes.
9. Blend in salt and pepper and enjoy right away.

### Nutritional Info:

Calories: 244 | Fats (g): 15.3 | Carbs (g): 7  
Protein (g): 22.6



15 mins.



1¼ hrs.



10

## TURKEY & MUSHROOM STEW

### Ingredients Required:

- Boneless & skinless turkey breast – 2 lb., cut up
- Olive oil – 1 tbsp.
- Garlic clove – 1, crushed
- Fresh mushrooms – 1 lb., sliced
- Scallions – 2, sliced
- Fresh thyme – 2 tbsp., cut up
- Water – 6 cups
- Salt & powdered white pepper – as desired
- Fresh parsley – ½ cup, cut up

### Procedure:

1. Sizzle an anti-sticking pot on the burner at around high heat.
2. Cook the turkey meat for around 4-5 minutes.
3. Transfer the turkey meat into a basin.
4. Sizzle oil into the same pot and cook the mushrooms, scallions, and thyme for around 3-5 minutes.
5. Blend in cooked turkey meat and water and turn the heat at around high.
6. Cook the mixture until boiling.
7. Turn the heat to around low.
8. Cook with the cover for around 50-60 minutes.
9. Blend in parsley, salt, and pepper and enjoy right away.

### Nutritional Info:

Calories: 284 | Fats (g): 7.3 | Carbs (g): 3.6  
Protein (g): 28.9



15 mins.



45 mins.



6

## TURKEY & ZUCCHINI CURRY

### Ingredients Required:

- Boneless & skinless turkey breast – 1 lb., cut into small-sized cubes
- Salt & powdered black pepper – as desired
- Olive oil – 4 tsp.
- Medium-sized onion – 1, cut up
- Fresh ginger root – 1 (1-inch) piece, finely cut up
- Garlic cloves – 2, minced
- Powdered cumin – 1 tsp.
- Powdered coriander – 1 tsp.
- Red pepper flakes – ½ tsp., crushed
- Paprika – ½ tsp.
- Powdered turmeric – ½ tsp.
- Zucchini – 1½ lb., cubed
- Water – 2½ cups
- Fresh basil – 2 tbsp., cut up

### Procedure:

1. Coat the turkey cubes with salt and pepper thoroughly and set aside for around 5 minutes.
2. Sizzle oil into a large-sized cast-iron wok on the burner at around medium heat.
3. Cook the turkey cubes for around 4-5 minutes.
4. With a slotted spoon, transfer the cooked turkey cubes into a basin and set aside.
5. Into the same wok, put the onion and cook for around 3-4 minutes.
6. Put in the ginger, garlic, and spices and cook for around 1 minute.
7. Blend in zucchini, water, and cooked turkey cubes and turn the heat to around high.
8. Cook the mixture until boiling.
9. Turn the heat to around low.
10. Cook with the cover for around 25-30 minutes.
11. Blend in basil, salt, and pepper and enjoy right away.

### Nutritional Info:

Calories: 222 | Fats (g): 8.9 | Carbs (g): 10.7  
Protein (g): 22.8



15 mins.



1 hr.



6

## TURKEY & VEGGIE CASSEROLE

### Ingredients Required:

- Medium-sized zucchinis – 2, sliced
- Medium-sized tomatoes – 2, sliced
- Olive oil baking spray
- Extra-lean ground turkey – ¾ lb.
- Large-sized onion – 1, cut up
- Garlic cloves – 2, minced
- Sugar-free tomato sauce – 1 cup
- Reduced-fat cottage cheese – 2 cups, shredded
- Egg white – 1
- Fresh rosemary – 1 tbsp., minced
- Salt & powdered black pepper – as desired

### Procedure:

1. For preheating: set your oven at 450 °F.
2. Spray a large-sized roasting pan.
3. Arrange zucchini and tomato slices into the roasting pan and spray with some baking spray.
4. Roast for around 10-12 minutes.
5. Take off from the oven and set aside.
6. Now, set your oven at 350 °F.
7. In the meantime, sizzle an anti-sticking wok on the burner at around medium-high heat.
8. Cook the turkey for around 4-5 minutes.
9. Put in the onion and garlic and cook for around 4-5 minutes.
10. Blend in tomato sauce and cook for around 2-3 minutes.
11. Take off the burner and transfer the turkey mixture into a 13x9-inch shallow baking pan.
12. Put the remnant ingredients into a basin and blend to incorporate thoroughly.
13. Put the roasted vegetables over turkey mixture, followed by the cheese mixture.
14. Bake for around 35 minutes.
15. Take off from the oven and set aside for around 5-10 minutes before enjoying.

### Nutritional Info:

Calories: 258 | Fats (g): 11.9 | Carbs (g): 10  
Protein (g): 30.4



10 mins.



9 mins.



4

## SWEET & ZESTY SALMON

### Ingredients Required:

- Fresh ginger root – 1 (1-inch) piece, finely grated
- Monk fruit sweetener – 2 tbsp.
- Lemon juice – 1 tbsp., freshly squeezed
- Dijon mustard – 1 tbsp.
- Olive oil – 1 tbsp.
- Boneless salmon fillets – 4 (4-oz.)

### Procedure:

1. Put the ginger, monk fruit, lemon juice, and Dijon mustard into a small-sized basin and blend to incorporate.
2. Sizzle oil into a large-sized, anti-sticking wok on the burner at around medium-high heat.
3. Cook the salmon fillets for around 3-4 minutes per side.
4. Blend in ginger mixture and immediately take it off the burner.
5. Enjoy right away.

### Nutritional Info:

Calories: 279 | Fats (g): 13.6 | Carbs (g): 2.4  
Protein (g): 22.8



  
10 mins.

  
15 mins.

  
4

## SALMON PARCEL

### Ingredients Required:

- Lemon-pepper seasoning – 1 tsp.
- Salt & powdered black pepper – as desired
- Boneless salmon fillets – 4 (4-oz.)
- Medium-sized tomatoes – 2, seeded & cut up
- Small-sized onion – 1, cut into rings

### Procedure:

1. For preheating: set your grill to medium heat.
2. Put the lemon-pepper seasoning and black pepper into a large-sized basin and blend to incorporate.
3. Put in salmon fillets and coat with seasoning generously.
4. Place salmon fillets over a double thickness of heavy-duty foil.
5. Arrange tomato and onion over salmon fillets.
6. Fold the foil around salmon fillets to seal them.
7. Arrange the foil packet on the grill.
8. Cover the grill and cook for around 10-15 minutes.
9. Take off the salmon from the grill and transfer it onto plates.
10. Carefully open each parcel and enjoy.

### Nutritional Info:

Calories: 232 | Fats (g): 13 | Carbs (g): 5  
Protein (g): 24



  
15 mins.

  
20 mins.

  
4

## SALMON & ZUCCHINI CASSEROLE

### Ingredients Required:

- Olive oil baking spray
- Olive oil – 1 tsp.
- Onions – ½ cup, minced
- Zucchini – 1 cup, cut up
- Garlic clove – 1, minced
- Fresh basil – 2 tbsp., cut up
- Tomatoes – 2 cups, cut up
- Salt & powdered black pepper – as desired
- Boneless salmon fillets – 4 (4-oz.)
- Reduced-fat feta cheese – ½ cup, crumbled

### Procedure:

1. For preheating: set your oven at 450 °F.
2. Spray a large-sized shallow baking pan with baking spray.
3. Sizzle oil into an anti-sticking wok on the burner at around medium heat.
4. Cook the onion, zucchini, and garlic for around 4-5 minutes.
5. Blend in basil, tomatoes, salt, and pepper and immediately take off from the burner.
6. Arrange the salmon fillets in the baking pan into a single layer and top with the tomato mixture.
7. Sprinkle the top with feta cheese.
8. Bake for around 15 minutes.
9. Enjoy right away.

### Nutritional Info:

Calories: 208 | Fats (g): 5.6 | Carbs (g): 6.6  
Protein (g): 33.5



10 mins.



12 mins.



2

## GARLICKY COD

### Ingredients Required:

- Boneless cod fillets – 2 (4-oz.)
- Salt & powdered black pepper – as desired
- Olive oil – 2 tsp. divided
- Garlic cloves – 2, minced
- Lemon slices – 2
- Fresh dill – 2 tsp. cut up

### Procedure:

1. Rub each cod fillet with salt and pepper.
2. Sizzle 1 tsp. of oil into a medium-sized, anti-sticking wok on the burner at around high heat.
3. Cook the cod fillets for around 3-4 minutes per side.
4. Transfer the cod fillets onto a plate.
5. Sizzle remnant oil into the same wok on the burner at around low heat.
6. Cook the garlic and lemon slices for around 40-60 seconds.
7. Blend in cooked cod fillets and dill and cook with the cover for around 2-3 minutes.
8. Enjoy right away.

### Nutritional Info:

Calories: 293 | Fats (g): 11.9 | Carbs (g): 1.5  
Protein (g): 28.1



10 mins.



9 mins.



4

## ROSEMARY COD

### Ingredients Required:

- Boneless cod fillets – 4 (4-oz.)
- Salt & powdered black pepper – as desired
- Olive oil – 2 tsp.
- Fresh rosemary – 1 tbsp., cut up
- Lemon juice – 1 tbsp., freshly squeezed

### Procedure:

1. Rub each cod fillet with salt and pepper generously.
2. Sizzle oil into a large-sized, anti-sticking wok on the burner at around medium-high heat.
3. Put the cod fillets, skin side up, and cook for around 4 minutes.
4. Carefully change the side of each fillet and cook for around 4 minutes more.
5. Blend in rosemary and lemon juice and take it off the burner.
6. Enjoy right away.

### Nutritional Info:

Calories: 275 | Fats (g): 14.8 | Carbs (g): 1.1  
Protein (g): 27.3



10 mins.



8 mins.



4

## LEMONY TILAPIA

### Ingredients Required:

- Olive oil baking spray
- Lemon juice – 2 tbsp., freshly squeezed
- Olive oil – 2 tsp.
- Garlic cloves – 2, minced
- Lemon zest – ½ tsp., grated
- Fresh basil – 2 tbsp., minced
- Boneless tilapia fillets – 4 (4-oz.)
- Salt & powdered black pepper – as desired

### Procedure:

1. For preheating: arrange an oven rack about 4 inches from the heating element.
2. Set your oven to broil.
3. Spray a broiler pan with baking spray.
4. Put the lemon juice, oil, garlic, and lemon zest into a small-sized basin and whisk to incorporate thoroughly.
5. Put in basil and blend to incorporate.
6. Reserve 2 tbsp. of mixture into a small-sized basin.
7. Coat the fish fillets with remnant basil mixture and sprinkle with salt and pepper.
8. Put the tilapia fillets onto the broiler pan and broil for around 3-4 minutes side.
9. Take off of the oven and put the fish fillets onto serving plates.
10. Drizzle with reserved basil mixture and enjoy.

### Nutritional Info:

Calories: 206 | Fats (g): 8.7 | Carbs (g): 0.9  
Protein (g): 31.9



10 mins.



6 mins.



4

## PARMESAN TILAPIA

### Ingredients Required:

- Olive oil baking spray
- Reduced-fat parmesan cheese – ¼ cup, grated
- Olive oil – 2 tsp.
- Lemon juice – 1 tbsp., freshly squeezed
- Dried thyme – ¼ tsp., crushed
- Salt & powdered black pepper – as desired
- Boneless tilapia fillets – 4 (4-oz.)

### Procedure:

1. For preheating: set your oven to broil.
2. Spray the broiler pan with baking spray.
3. Put the parmesan, oil, lemon juice, thyme, and black pepper into a medium-sized basin and blend to incorporate.
4. Arrange the tilapia fillets onto the broiler pan into a single layer.
5. Broil the fillets for around 2-3 minutes.
6. Take off of the oven and top the fillets with cheese mixture.
7. Broil for around 2-3 minutes.
8. Enjoy right away.

### Nutritional Info:

Calories: 214 | Fats (g): 7.8 | Carbs (g): 0.7  
Protein (g): 23.4



10 mins.



14 mins.



4

## TILAPIA & TOMATO BAKE

### Ingredients Required:

- Tomatoes – 3 cups, cut up
- Tomato puree – ¼ cup
- Fresh parsley – ½ cup, cut up & divided
- Dried oregano – ¼ tsp.
- Red pepper flakes – ½ tsp., crushed
- Salt & powdered black pepper – as desired
- Lemon juice – 2 tbsp., freshly squeezed
- Reduced-fat feta cheese – ⅔ cups, crumbled
- Boneless tilapia fillets – 4 (4-oz.)

### Procedure:

1. For preheating: set your oven at 400 °F.
2. Put the tomatoes, tomato puree, ¼ cup of parsley, oregano, red pepper flakes, salt, and pepper into a baking pan and blend to incorporate thoroughly.
3. Arrange the tilapia fillets over the tomato mixture into a single layer and drizzle with the lemon juice.
4. Place some tomato mixture over the tilapia fillets and sprinkle with the feta cheese.
5. Bake for around 12-14 minutes.
6. Enjoy right away with the garnishing of remnant parsley

### Nutritional Info:

Calories: 246 | Fats (g): 7.4 | Carbs (g): 9.4  
Protein (g): 37.2



15 mins.



27 mins.



8

## PRAWNS & CAULIFLOWER CURRY

### Ingredients Required:

- Olive oil – 2 tbsp.
- Prawns – 1½ lb., peeled & deveined
- Medium-sized onions – 2, sliced
- Fresh ginger root – 1 tbsp., finely grated
- Garlic cloves – 3, minced
- Curry powder – 2½ tsp.
- Cauliflower florets – 2 lb.
- Water – 3 cups
- Fresh basil – ½ cup, cut up
- Lime juice – 2 tbsp., freshly squeezed
- Salt & powdered black pepper – as desired

### Procedure:

1. Sizzle oil into a large-sized wok on the burner at around medium-high heat.
2. Cook the prawns for around 1-2 minutes.
3. Move the prawns into a basin using a slotted spoon.
4. Put the onion into the same wok and cook for around 3-4 minutes.
5. Put in ginger, garlic, and curry powder and stir-fry for around 2-3 minutes.
6. Blend in cauliflower and cook for around 2-3 minutes, stirring frequently.
7. Blend in water and turn the heat at around high.
8. Cook the mixture until boiling.
9. Turn the heat to around medium-low.
10. Cook for around 8-10 minutes.
11. Blend in prawns and cook for around 3-4 minutes.
12. Blend in basil, lime juice, salt, and pepper and enjoy right away

### Nutritional Info:

Calories: 284 | Fats (g): 9.4 | Carbs (g): 10.4  
Protein (g): 30

# Soups





10 mins.



17 mins.



6

## EGG DROP SOUP

### Ingredients Required:

- Olive oil – 1 tbsp.
- Garlic – 1 tbsp., minced
- Water – 6 cups, divided
- Egg whites – 4
- Arrowroot starch – 1 tbsp.
- Lemon juice – 1/3 cup, freshly squeezed
- Salt & powdered white pepper – as desired
- Scallion greens – 1/4 cup, cut up

### Procedure:

1. Sizzle oil in a soup pot on the burner at around medium-high heat.
2. Cook the garlic for around 1 minute.
3. Pour in 5 1/2 cups of water and turn the heat to around high.
4. Cook the mixture until boiling.
5. Turn the heat to around medium and cook for around 5 minutes.
6. In the meantime, put the egg whites, arrowroot starch, lemon juice, white pepper, and remnant water into a basin and whisk to incorporate thoroughly.
7. Slowly put the egg white mixture into the pan, stirring all the time.
8. Cook for around 5-6 minutes, stirring all the time.
9. Enjoy right away with the garnishing of scallions.

### Nutritional Info:

Calories: 92 | Fats (g): 5.3 | Carbs (g): 3.4  
Protein (g): 7



15 mins.



30 mins.



4

## CAULIFLOWER SOUP

### Ingredients Required:

- Olive oil – 2 tsp.
- Medium-sized onion – 1, cut up
- Medium-sized carrots – 2, peel removed & cut up
- Celery stalks – 2, cut up
- Garlic cloves – 2, minced
- Medium-sized cauliflower head – 1, cut up
- Water – 4 cups
- Salt & powdered black pepper – as desired
- Fresh chives – 2 tbsp., cut up

### Procedure:

1. Sizzle oil in a large-sized pot on the burner at around medium heat.
2. Cook the onion, carrot, celery, and garlic for around 5 minutes.
3. Put in cauliflower and cook for around 5 minutes, stirring from time to time.
4. Put in water and turn the heat at around high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook for around 15 minutes.
8. Blend in salt and pepper and take it off the burner.
9. Enjoy right away with a topping of chives.

### Nutritional Info:

Calories: 245 | Fats (g): 14.3 | Carbs (g): 11.9  
Protein (g): 6.5



10 mins.



45 mins.



4

## ASPARAGUS SOUP

### Ingredients Required:

- Olive oil – 1 tsp.
- Medium-sized onion – 1, cut up
- Garlic clove – 1, cut up
- Fresh asparagus – 1½ lb., trimmed & cut up
- Water – 4 cups
- Lemon juice – 2 tbsp., freshly squeezed
- Salt & powdered black pepper – as desired

### Procedure:

1. Sizzle oil in a large-sized pot on the burner at around medium heat.
2. Cook the onion and garlic for around 4-5 minutes.
3. Blend in asparagus and water and turn the heat at around high.
4. Cook the mixture until boiling.
5. Turn the heat to around low.
6. Cook with the cover for around 25-30 minutes.
7. Take off from the burner and set aside to cool slightly.
8. Now, transfer the soup into an electric blender in 2 batches and process to form a smooth mixture.
9. Return the soup in the same pot on the burner at around medium. Sizzle and cook for 4-5 minutes.
10. Blend in lemon juice, salt, and pepper and take off from the burner.
11. Enjoy right away.

### Nutritional Info:

Calories: 120 | Fats (g): 3.9 | Carbs (g): 6.9  
Protein (g): 7.9



15 mins.



40 mins.



5

## KALE & CARROT SOUP

### Ingredients Required:

- Olive oil – 1 tbsp.
- Medium-sized carrots – 4, peel removed & cut up
- Celery stalks – 2, cut up
- Large-sized onion – 1, finely cut up
- Garlic cloves – 2, crushed
- Fresh kale – 8 oz., tough ribs removed & finely cut up
- Water – 4½ cups
- Salt & powdered black pepper – as desired

### Procedure:

1. Sizzle oil in a large-sized soup pot on the burner at around medium heat.
2. Cook the carrot, celery, onion, and garlic for around 8-10 minutes, stirring frequently.
3. Put in kale and cook for around 5 minutes, stirring twice.
4. Put in water and turn the heat to around high.
5. Cook the mixture until boiling.
6. Cook with the cover for around 20 minutes.
7. Blend in salt and pepper and take it off the burner.
8. With an immersion blender, blend the soup to form a smooth mixture.
9. Enjoy right away.

### Nutritional Info:

Calories: 140 | Fats (g): 6.9 | Carbs (g): 10.8  
Protein (g): 6.6



15 mins.



5 mins.



4

## MIXED GREENS SOUP

### Ingredients Required:

- Fresh kale – 2 cups, tough ribs removed & cut up
- Fresh spinach – 2 cups
- Fresh watercress – 2 cups
- Dandelion greens – 2 cups
- Garlic cloves – 2, peel removed
- Water – 4 cups
- Lime juice – 1 tbsp., freshly squeezed
- Cayenne pepper powder – ½ tsp.
- Salt – as desired

### Procedure:

1. Put the greens and remnant ingredients into an electric blender and process to form a smooth mixture.
2. Transfer the pureed mixture into a pot on the burner at around medium heat.
3. Cook for around 3-5 minutes.
4. Enjoy right away.

### Nutritional Info:

Calories: 160 | Fats (g): 1.4 | Carbs (g): 11  
Protein (g): 4.2



15 mins.



40 mins.



6

## CHICKEN & ZUCCHINI SOUP

### Ingredients Required:

- Olive oil – 2 tbsp.
- Medium-sized carrot – 1, peel removed & cut up
- Onions – ½ cup, cut up
- Celery stalks – 2, cut up
- Garlic clove – 1, minced
- Water – 6 cups
- Zucchini – 14 oz., cut up
- Cooked chicken breast – 2 cups, cut up
- Salt & powdered black pepper – as desired
- Fresh parsley – ¼ cup, cut up

### Procedure:

1. Sizzle oil in a large-sized soup pot on the burner at around medium heat.
2. Cook the carrot, onion, and celery for around 3-4 minutes.
3. Put in garlic and cook for around 1 minute.
4. Put in water and zucchini and turn the heat to around high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook with the cover for around 20 minutes, stirring from time to time.
8. Blend in cooked chicken, parsley, salt, and pepper, and cook for around 7-10 minutes.
9. Enjoy right away.

### Nutritional Info:

Calories: 256 | Fats (g): 28.2 | Carbs (g): 7.6  
Protein (g): 20.1



15 mins.



40 mins.



8

## CHICKEN & MUSHROOM SOUP

### Ingredients Required:

- Olive oil – 2 tbsp.
- Onions – ½ cup, cut up
- Bell peppers – ¾ cup, seeded & cut up
- Fresh mushrooms – 20 oz., sliced
- Water – 8 cups
- Bay leaf – 1
- Cooked chicken breast – 1½ lb., cut up
- Fresh thyme – 2 tbsp., minced
- Salt & powdered black pepper – as desired

### Procedure:

1. Sizzle oil into a large-sized, heavy-bottomed soup pot on the burner at around medium heat.
2. Cook the onion and bell pepper for around 4-5 minutes.
3. Blend in mushrooms and cook for around 4-5 minutes.
4. Blend in water and bay leaf and turn the heat at around high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook for around 10-15 minutes.
8. Blend in cooked chicken and turn the heat to around medium.
9. Cook for around 8-10 minutes.
10. Blend in thyme, salt, and pepper and enjoy right away.

### Nutritional Info:

Calories: 285 | Fats (g): 26.6 | Carbs (g): 5.2  
Protein (g): 31.9



10 mins.



45 mins.



4

## TURKEY & CABBAGE SOUP

### Ingredients Required:

- Extra-lean ground turkey – ¾ lb.
- Onions – ½ cup, cut up
- Celery stalk – 1, cut up
- Cabbage – 4 cups, cut up
- Medium-sized carrot – 1, peel removed & thinly sliced
- Tomatoes – 1 cup, cut up
- Water – 4 cups

### Procedure:

1. Sizzle a large-sized, anti-sticking pot on the burner at around medium heat.
2. Cook the ground turkey for around 4-5 minutes.
3. Put in onion and celery and cook for around 5 minutes.
4. Blend in cabbage and remnant ingredients and turn the heat at around high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook with the cover for around 30 minutes.
8. Enjoy right away.

### Nutritional Info:

Calories: 230 | Fats (g): 11.2 | Carbs (g): 10.6  
Protein (g): 18.8



15 mins.



1 hr.



8

## SALMON & ZUCCHINI SOUP

### Ingredients Required:

- Olive oil – 2 tbsp.
- Onions – ½ cup, cut up
- Celery – 1 cup, stalk, cut up
- Bell peppers – 1 cup, seeded & cut up
- Garlic cloves – 2, minced
- Water – 8 cups
- Zucchini – 2 lb., cut up
- Tomatoes – 5 cups, finely cut up
- Bay leaves – 2
- Dried thyme – ½ tsp., crushed
- Red pepper flakes – 1 tsp., crushed
- Salt & powdered black pepper – as desired
- Boneless & skinless salmon fillets – 8 (3-oz.)

### Procedure:

1. Sizzle oil in a large-sized soup pot on the burner at around medium heat.
2. Add the bell pepper, celery, and onion and cook for 4-5 minutes.
3. Put in water and turn the heat at around high.
4. Cook the mixture until boiling.
5. Blend in zucchini and remnant ingredients except for salmon and blend.
6. Again, cook the mixture until boiling.
7. Turn the heat to around low.
8. Cook with the cover for around 30 minutes.
9. Blend in salmon and cook for around 10-15 minutes.
10. Enjoy right away.

### Nutritional Info:

Calories: 229 | Fats (g): 8.5 | Carbs (g): 7.8  
Protein (g): 22.3



15 mins.



25 mins.



4

## SHRIMP SOUP

### Ingredients Required:

- Olive oil – 2 tsp.
- Onions – ½ cup, cut up
- Fresh mushrooms – 1½ cups, sliced
- Garlic cloves – 2, minced
- Water – 4 cups
- Shrimp – 1 lb., peeled & deveined
- Salt & powdered black pepper – as desired
- Fresh parsley – 2 tbsp., minced

### Procedure:

1. Sizzle oil in a Dutch oven on the burner at around medium heat.
2. Cook the onion, mushrooms, and garlic for around 5 minutes, stirring frequently.
3. Put in water and cook for around 12-15 minutes.
4. Put in shrimp, salt, and pepper and cook for around 4-5 minutes.
5. Blend in parsley and enjoy right away.

### Nutritional Info:

Calories: 281 | Fats (g): 10.6 | Carbs (g): 5.6  
Protein (g): 26.8

# Salads





10 mins.



## BERRIES & SPINACH SALAD

### Ingredients Required:

#### For the Salad:

- Fresh baby spinach – 8 cups
- Fresh strawberries – ¾ cup, hulled & sliced
- Fresh blueberries – ¾ cup
- Fresh blackberries – ½ cup
- Onions – ¼ cup, sliced
- Reduced-fat feta cheese – ¼ cup, crumbled

#### For the Dressing:

- Lemon juice – 2 tbsp., freshly squeezed
- Olive oil – 1 tbsp.
- Salt – as desired

#### Procedure:

1. For the salad: put the spinach, berries, onion, and feta into a salad dish and blend.
2. For the dressing: put the lemon juice and remnant ingredients into another small-sized basin and whisk to incorporate thoroughly.
3. Put the dressing over the salad and toss to incorporate thoroughly.
4. Enjoy right away.

#### Nutritional Info:

Calories: 170 | Fats (g): 9.2 | Carbs (g): 8.5  
Protein (g): 3.3



10 mins.



## APPLE & KALE SALAD

### Ingredients Required:

- Large-sized apples – 3, cored & sliced
- Fresh baby kale – 6 cups
- Olive oil – 2 tsp.
- Lemon juice – 2 tsp., freshly squeezed
- Salt & powdered black pepper – as desired

#### Procedure:

1. Put the apples and remnant ingredients into a salad dish and toss to incorporate thoroughly.
2. Enjoy right away.

#### Nutritional Info:

Calories: 218 | Fats (g): 11.1 | Carbs (g): 32.5  
Protein (g): 1.9



10 mins.

4

## TOMATO & GREENS SALAD

### Ingredients Required:

- Fresh baby greens – 4 cups
- Cherry tomatoes – 2 cups, halved
- Onions – ¼ cup, cut up
- Olive oil – 2 tsp.
- Lemon juice – 1 tbsp., freshly squeezed
- Salt & powdered black pepper – as desired

### Procedure:

1. Put the greens and remnant ingredients into a large-sized salad dish and toss to incorporate thoroughly.
2. Enjoy right away.

### Nutritional Info:

Calories: 90 | Fats (g): 7.3 | Carbs (g): 6.3  
Protein (g): 1.7



10 mins.

2

## ZUCCHINI & TOMATO SALAD

### Ingredients Required:

- Medium-sized zucchinis – 2, thinly sliced
- Tomatoes – 2 cups, sliced
- Olive oil – 2 tsp.
- Lime juice – 2 tbsp., freshly squeezed
- Salt & powdered black pepper – as desired

### Procedure:

1. Put the zucchini and remnant ingredients into a salad dish and gently toss to incorporate.
2. Enjoy right away.

### Nutritional Info:

Calories: 93 | Fats (g): 7.4 | Carbs (g): 6.9  
Protein (g): 2



10 mins.



## CUCUMBER & SPINACH SALAD

### Ingredients Required:

#### For the Dressing:

- Garlic clove – 1, minced
- Olive oil – 3 tsp.
- Lime juice – 2 tbsp., freshly squeezed
- Red pepper flakes – ¼ tsp., crushed
- Salt & powdered black pepper – as desired

#### For the Salad:

- Cucumbers – 2 cups, sliced
- Cherry tomatoes – 2 cups, halved
- Onions – 1 cup, thinly sliced
- Fresh mint leaves – ¼ cup
- Fresh spinach – 8 cups, torn

### Procedure:

1. For the dressing: put the garlic and remnant ingredients into a small-sized basin and whisk thoroughly.
2. For the salad: put the cucumber and remnant ingredients into a large-sized salad dish and blend to incorporate.
3. Put the dressing over the salad and gently toss to incorporate.
4. Enjoy right away.

### Nutritional Info:

Calories: 96 | Fats (g): 7.4 | Carbs (g): 7.4  
Protein (g): 2.3



10 mins.



## CHICKEN & CRANBERRY SALAD

### Ingredients Required:

- Cooked chicken breast – 3 cups, cut into bite-sized pieces
- Fresh cranberries – 1 cup
- Large-sized bell pepper – 1, seeded & cut up
- Celery stalks – 2, cut up
- Onions – ¼ cup, cut up
- Non-fat plain Greek yogurt – ¾ cup
- Salt & powdered black pepper – as desired
- Reduced-fat feta cheese – 4 oz., crumbled

### Procedure:

1. Put the chicken and remnant ingredients except for cheese into a large-sized salad dish and blend to incorporate thoroughly.
2. Cover the dish and refrigerate to chill for around 6-8 hours before enjoying.
3. Top with cheese and enjoy.

### Nutritional Info:

Calories: 296 | Fats (g): 14.6 | Carbs (g): 4.8  
Protein (g): 29.7



10 mins.



## CHICKEN & FRUIT SALAD

### Ingredients Required:

#### For the Vinaigrette:

- Apple cider vinegar – 2 tbsp.
- Olive oil – 2 tsp.
- Salt & powdered black pepper – as desired

#### For the Salad:

- Cooked chicken breast – 2 cups, cubed
- Lettuce – 8 cups, torn
- Large-sized apple – 1, peel removed, cored & cut up
- Fresh strawberries – 2 cups, hulled & sliced

### Procedure:

1. For the vinaigrette: put the vinegar and remnant ingredients into a small-sized basin and whisk thoroughly.
2. For the salad: put the chicken and remnant ingredients into a large-sized salad dish and blend to incorporate.
3. Place vinaigrette over chicken mixture and toss to incorporate.
4. Enjoy right away.

### Nutritional Info:

Calories: 268 | Fats (g): 10.7 | Carbs (g): 15.6  
Protein (g): 22.8



10 mins.



## SALMON SALAD

### Ingredients Required:

#### For the Dressing:

- Fresh dill – 2 tbsp., minced
- Olive oil – 2 tsp.
- Lime juice – 1 tbsp., freshly squeezed
- Salt & powdered black pepper – as desired

#### For the Salad:

- Cooked salmon – 12 oz., cut up
- Large-sized cucumbers – 2, sliced
- Tomatoes – 1 cup, cut up
- Fresh spinach – 6 cups, torn

### Procedure:

1. For the dressing: put the dill, oil, lime juice, salt, and pepper into a small-sized basin and whisk to incorporate thoroughly.
2. For the salad: put the salmon and remnant ingredients into a large-sized salad dish and blend to incorporate.
3. Place dressing over salad and toss to incorporate.
4. Enjoy right away.

### Nutritional Info:

Calories: 218 | Fats (g): 12.8 | Carbs (g): 9.8  
Protein (g): 19.5



10 mins.



5 mins.



6

## SCALLOP SALAD

### Ingredients Required:

#### For the Scallops:

- Olive oil – 2 tsp.
- Sea scallops – 1½ lb., side muscles removed
- Salt & powdered black pepper – as desired

#### For the Dressing:

- Non-fat plain Greek yogurt – ¼ cup
- Dijon mustard – 3 tbsp
- Salt & powdered black pepper – as desired

#### For the Salad:

- Medium-sized apples – 3, cored & sliced
- Cabbage – 2 cups, cut up
- Fresh baby arugula – 8 cups

### Procedure:

1. Sizzle oil into a large-sized, anti-sticking wok on the burner at around medium-high heat.
2. Blend in scallops, salt, and pepper and turn the heat at around high.
3. Cook for around 5 minutes, flipping once halfway through.
4. Transfer the scallops into a basin and set aside to cool.
5. For the dressing: put the yogurt and remnant ingredients into a basin and whisk to incorporate thoroughly.
6. For the salad: put the apples, cabbage, and arugula into a large-sized serving dish and blend.
7. Top with scallops and drizzle with dressing.
8. Enjoy right away.

### Nutritional Info:

Calories: 188 | Fats (g): 6 | Carbs (g): 20.3  
Protein (g): 15.3



15 mins.



7 mins.



4

## SHRIMP SALAD

### Ingredients Required:

#### For the Shrimp:

- Olive oil – 1 tsp.
- Shrimp – ¾ lb., peeled & deveined
- Garlic cloves – 2, minced
- Lemon juice – 1 tbsp., freshly squeezed
- Salt – as desired

#### For the Salad:

- Lettuce – 6 cups, torn
- Large-sized tomatoes – 2, cut up
- Onions – 1 cup, sliced
- Olive oil – 2 tsp.
- Salt & powdered black pepper – as desired

### Procedure:

1. Sizzle oil in a medium-sized wok on the burner at around medium-high heat.
2. Cook the shrimp for around 2 minutes.
3. Flip the shrimp and turn the heat to around medium-low.
4. Blend in garlic and salt and cook for around 2-3 minutes.
5. Blend in lemon juice and take it off the burner.
6. Set aside to cool thoroughly.
7. Put the shrimp and all salad ingredients into a large-sized salad dish and toss to incorporate.
8. Enjoy right away.


### Nutritional Info:

Calories: 263 | Fats (g): 8.7 | Carbs (g): 11.7  
Protein (g): 22.1

# Snacks





  
10 mins.

  
2

## STRAWBERRY SMOOTHIE

### **Ingredients Required:**

- Fresh strawberries – ½ cup, hulled
- Fresh basil leaves – 8-10
- Liquid stevia – 3-4 drops
- Non-fat plain Greek yogurt – ½ cup
- Non-fat milk – 1 cup
- Ice cubes – ¼ cup


### **Procedure:**

1. Put strawberries and remnant ingredients into an electric food mixer and process to form a smooth and creamy smoothie.
2. Enjoy right away.

### **Nutritional Info:**

Calories: 72 | Fats (g): 2.6 | Carbs (g): 6.1  
Protein (g): 6.5



  
10 mins.

  
2

## GREEN SMOOTHIE

### **Ingredients Required:**

- Small-sized zucchini – 1, peel removed & sliced
- Fresh spinach – ¾ cup, cut up
- Powdered cinnamon – 1 tsp.
- Liquid stevia – 4-6 drops
- Non-fat milk – 1½ cups
- Ice cubes – ½ cup


### **Procedure:**

1. Put zucchini and remnant ingredients into an electric food mixer and process to form a smooth and creamy smoothie.
2. Enjoy right away.

### **Nutritional Info:**

Calories: 45 | Fats (g): 2.8 | Carbs (g): 4.8  
Protein (g): 1.8



  
10 mins.

  
2

## BLACKBERRY YOGURT BOWL

### **Ingredients Required:**

- Non-fat plain Greek yogurt – ¾ cup
- Fresh blackberries – ½ cup
- Monk fruit sweetener – ¼ tsp.


### **Procedure:**

1. Put the yogurt, berries, and sweetener into a basin and lightly blend to incorporate.
2. Enjoy right away.

### **Nutritional Info:**

Calories: 66 | Fats (g): 0.1 | Carbs (g): 8.3  
Protein (g): 4.3



  
10 mins.

  
2

## STRAWBERRY CHEESE BOWL

### **Ingredients Required:**

- Part-skim ricotta cheese – ½ cup
- Fresh strawberries – ⅓ cup, hulled & sliced


### **Procedure:**

1. Put the cheese and strawberry slices into a basin and lightly blend to incorporate.
2. Enjoy right away.

### **Nutritional Info:**

Calories: 59 | Fats (g): 1.1 | Carbs (g): 3.8  
Protein (g): 5.3



  
10 mins.

  
2

## CHEESY TOMATO SLICES

### **Ingredients Required:**

- Medium-sized tomato – 1, cut into 4 slices
- Reduced-fat cottage cheese – ¼ cup
- Salt & powdered black pepper – as desired


### **Procedure:**

1. Arrange the tomato slices onto a plate.
2. Top each slice with cottage cheese and sprinkle with salt and pepper.
3. Enjoy right away.

### **Nutritional Info:**

Calories: 39 | Fats (g): 1.2 | Carbs (g): 2.5  
Protein (g): 3.2



  
10 mins.

  
4

## CHEESE & TOMATO BOWL

### **Ingredients Required:**

- Reduced-fat cottage cheese – 1 cup,
- Grape tomatoes – 1 cup, quartered
- Fresh dill – 2 tbsp., minced
- Salt & powdered black pepper – as desired


### **Procedure:**

1. Put the cottage cheese, tomatoes, dill, salt, pepper, and merge thoroughly.
2. Enjoy right away.

### **Nutritional Info:**

Calories: 65 | Fats (g): 1.3 | Carbs (g): 4  
Protein (g): 8.4



  
10 mins.

  
6

## BERRIES GAZPACHO

### **Ingredients Required:**

- Fresh strawberries – 2 cups, hulled & sliced
- Fresh raspberries – 2 cups
- Non-fat milk – 4 cups
- Organic vanilla extract – ½ tsp.


### **Procedure:**

1. Put the berries and remnant ingredients into an electric food processor and process to form a smooth mixture.
2. Cover the basin and refrigerate to chill for at least 2-3 hours before enjoying.

### **Nutritional Info:**

Calories: 64 | Fats (g): 2.7 | Carbs (g): 10  
Protein (g): 1.5



  
10 mins.

  
8

## AVOCADO GAZPACHO

### **Ingredients Required:**

- Large-sized avocados – 3, peel removed, pitted & cut up
- Fresh cilantro leaves – ½ cup
- Water – 3 cups
- Lemon juice – 2 tbsp., freshly squeezed
- Powdered cumin – 1 tsp.
- Cayenne pepper powder – ¼ tsp.

### **Procedure:**

1. Put the avocados and remnant ingredients into an electric blender and process to form a smooth mixture.
2. Transfer the soup into a large-sized basin.
3. Cover the basin and refrigerate to chill for at least 2-3 hours before enjoying.

### **Nutritional Info:**

Calories: 118 | Fats (g): 10 | Carbs (g): 6.7  
Protein (g): 1.1



15 mins.



25 mins.



8

## PESTO CARROT STICKS

### Ingredients Required:

#### For the Carrot Sticks:

- Olive oil baking spray
- Large-sized carrots – 6, peel removed & cut into 2-inch-long sticks

#### For the Pesto:

- Olive oil – 2 tbsp.
- Garlic clove – 1, diced
- Jalapeño pepper – ½, cut up
- Fresh basil – ½ cup, cut up
- Lime juice – ½ tbsp., freshly squeezed
- Powdered cumin – ½ tbsp.
- Salt & powdered black pepper – as desired

### Procedure:

1. For preheating: set your oven at 400 °F.
2. Lightly spray 2 large-sized baking trays with baking spray.
3. Divide the carrot sticks onto the baking trays and arrange in a single layer.
4. Spray the carrot sticks with the baking spray into an even layer.
5. Roast for around 18-20 minutes.
6. In the meantime, for the pesto: put the oil and remnant ingredients into an electric food processor and process to form a smooth mixture.
7. Take the carrot sticks from the oven and toss with pesto.
8. Roast for around 4-5 minutes more.
9. Take off from the oven and enjoy moderately hot.

### Nutritional Info:

Calories: 54 | Fats (g): 3.6 | Carbs (g): 5.6  
Protein (g): 0.5



10 mins.



30 mins.



4

## CAULIFLOWER POPPERS

### Ingredients Required:

- Olive oil baking spray
- Cauliflower florets – 4 cups
- Olive oil – 2 tsp.
- Red chili powder – ¼ tsp.
- Salt & powdered black pepper – as desired

### Procedure:

1. For preheating: set your oven at 450 °F.
2. Spray a roasting pan with baking spray.
3. Put the cauliflower florets and remnant ingredients into a basin and toss to incorporate.
4. Transfer the cauliflower mixture into the roasting pan and spread it in an even layer.
5. Roast for around 25-30 minutes.
6. Enjoy moderately hot.

### Nutritional Info:

Calories: 46 | Fats (g): 2.5 | Carbs (g): 5.4  
Protein (g): 2

# Desserts





  
10 mins.

  
6

## FROZEN VANILLA YOGURT

### Ingredients Required:

- Non-fat plain Greek yogurt – 3 cups
- Liquid stevia – 3-4 drops
- Organic vanilla extract – 1 tsp.

### Procedure:

1. Put the yogurt, stevia, and vanilla extract into a large-sized basin and blend to incorporate thoroughly.
2. After transferring the mixture to an ice cream maker, proceed as directed by the manufacturer.
3. Before serving, place the mixture in an airtight container and freeze it for 30 to 40 minutes.

### Nutritional Info:

Calories: 72 | Fats (g): 0.3 | Carbs (g): 5.1  
Protein (g): 12



  
10 mins.

  
4

## FROZEN STRAWBERRY TREAT

### Ingredients Required:

- Frozen strawberries – 3 cups
- Fresh mint leaves – 1 tbsp.
- Lime juice – 2 tbsp., freshly squeezed
- Liquid stevia – 3-4 drops
- Chilled water – ½ cup

### Procedure:

1. Put the strawberries and remnant ingredients into an electric blender and process to form a smooth mixture.
2. Transfer into serving dishes and enjoy right away.

### Nutritional Info:

Calories: 76 | Fats (g): 0.5 | Carbs (g): 6.7  
Protein (g): 1.1



  
15 mins.

  
4

## SPINACH & BASIL SORBET

### Ingredients Required:

- Fresh spinach – 3 cups, torn
- Fresh basil – 1 tbsp., leaves
- Medium-sized avocado – ½, peel removed, pitted & cut up
- Flaxseed meal – 1 tsp.
- Non-fat milk – ¾ cup
- Monk fruit sweetener – 2-3 tbsp.
- Organic vanilla extract – 1 tsp.
- Ice cubes – 1 cup

### Procedure:

1. Put the spinach and remnant ingredients into an electric blender and process to form a creamy and smooth mixture.
2. After transferring the mixture to an ice cream maker, proceed as directed by the manufacturer.
3. Before eating, move to an airtight container and freeze for at least four to five hours.

### Nutritional Info:

Calories: 166 | Fats (g): 16 | Carbs (g): 5.7  
Protein (g): 2.3



  
10 mins.

  
2

## STRAWBERRY RICOTTA SUNDAE

### Ingredients Required:

- Part-skim ricotta cheese – ½ cup
- Organic vanilla extract – 1 tsp.
- Lemon juice – 1 tsp., freshly squeezed
- Liquid stevia – 3-4 drops
- Fresh strawberries – ½ cup, hulled & sliced

### Procedure:

1. Put the ricotta cheese and remnant ingredients except for strawberries into a basin and whisk to form a smooth mixture.
2. Divide cheese mixture and strawberries into 4 portions.
3. Place 1 portion of cheese mixture into each serving glass.
4. Place 1 portion of strawberries over cheese mixture.
5. Top with remnant cheese mixture and enjoy right away.

### Nutritional Info:

Calories: 120 | Fats (g): 4 | Carbs (g): 6  
Protein (g): 7.1



  
10 mins.

  
4

## RICOTTA MOUSSE

### **Ingredients Required:**

- Part-skim ricotta cheese – 15 oz.
- Lemon zest – 1 tbsp., grated
- Organic lemon extract – 1 tbsp.
- Organic vanilla extract – 1 tbsp.
- Monk fruit sweetener – 2 tbsp.

### **Procedure:**

1. Put the ricotta cheese and remnant ingredients into an electric food processor and process to form a smooth mixture.
2. Enjoy right away.

### **Nutritional Info:**

Calories: 190 | Fats (g): 8.2 | Carbs (g): 9.6  
Protein (g): 0.2



  
10 mins.

  
4

## RASPBERRY MOUSSE

### **Ingredients Required:**

- Fresh raspberries – 2½ cups
- Monk fruit sweetener – ¼ cup
- Non-fat milk – ⅓ cup
- Lemon juice – 1 tbsp., freshly squeezed


### **Procedure:**

1. Put the raspberries and remnant ingredients into an electric food processor and process to form a smooth mixture.
2. Before serving, pour the mixture into serving glasses and chill in the refrigerator.

### **Nutritional Info:**

Calories: 44 | Fats (g): 0.8 | Carbs (g): 9.4  
Protein (g): 1



 15 mins.

 40 mins.

 6

## STRAWBERRY JELLY

### Ingredients Required:

- Fresh strawberries – 2 lb., hulled & sliced
- Water – ¼ cup
- Lemon juice – 1 tbsp., freshly squeezed

### Procedure:

1. Put the strawberries and water into a medium-sized pot on the burner at around low heat.
2. Cook for around 8-10 minutes, stirring from time to time.
3. Put in lemon juice and cook for around 30 minutes.
4. Take off from the burner and, through a fine-mesh sieve, strain the mixture into a basin by pressing with the back of a spoon.
5. Now, transfer the mixture into an electric blender and process to form a jelly-like texture.
6. Transfer into glass serving dishes and refrigerate for at least 1 hour before enjoying.

### Nutritional Info:

Calories: 119 | Fats (g): 1.5 | Carbs (g): 12.2  
Protein (g): 2.8



 10 mins.

 1½ mins.

 2

## CHEDDAR MUG CAKES

### Ingredients Required:

- Olive oil baking spray
- Egg whites – 6
- Monk fruit sweetener – 4 tsp.
- Flaxseed meal – ¼ cup
- Organic baking powder – 1 tbsp.
- Organic vanilla extract – ⅛ tsp.
- Reduced-fat cheddar cheese – ½ cup, shredded

### Procedure:

1. Spray two microwave-safe mugs with baking spray.
2. Put the egg whites and remnant ingredients into a basin and whisk to incorporate thoroughly.
3. Transfer the mixture into the mugs.
4. Microwave on High setting for around 1¼-1½ minutes.
5. Take off from microwave and set aside for around 5 minutes before enjoying.

### Nutritional Info:

Calories: 201 | Fats (g): 8.4 | Carbs (g): 6.7  
Protein (g): 20.7



10 mins.



2

## SWEET FRUITY BOWL

### Ingredients Required:

- Apples – 1 cup, peel removed, cored & cut up
- Fresh strawberries – ½ cup, hulled & sliced
- Fresh blueberries – ½ cup
- Fresh raspberries – ½ cup
- Monk fruit sweetener – 2 tbsp.
- Lemon juice – 1 tsp., freshly squeezed

### Procedure:

1. Put the fruit, monk fruit sweetener, and lemon juice into a serving dish and lightly toss to incorporate thoroughly.
2. Place fruit mixture into serving dishes and enjoy.

### Nutritional Info:

Calories: 75 | Fats (g): 1.2 | Carbs (g): 12.3  
Protein (g): 1.7



10 mins.



10 mins.



4

## CINNAMON PEACHES

### Ingredients Required:

- Olive oil baking spray
- Large-sized peaches – 2, halved & pitted
- Powdered cinnamon – ⅛ tsp.

### Procedure:

1. For preheating: set your grill to medium-high heat.
2. Spray the grill grate with baking spray.
3. Arrange the peach halves on the grill, cut side down.
4. Grill for 3-5 minutes per side.
5. Sprinkle with cinnamon and enjoy.

### Nutritional Info:

Calories: 30 | Fats (g): 0.2 | Carbs (g): 7.1  
Protein (g): 0.7

## CHAPTER 8: GROCERY LISTS & MEAL PREP BY WEEK

Weekly planning is the foundation of a successful 1200-calorie diet. Without structured grocery lists and reliable meal prep routines, it's easy to fall into the trap of last-minute decisions, skipped meals, or convenience foods that push you off plan. This chapter offers practical tips for building grocery lists that support clean, low-calorie eating, using affordable swaps, and maximizing your time through structured batch cooking.

### Affordable Swaps and Discount Shopping Tips

Healthy eating on a 1200-calorie plan doesn't have to be expensive. With some strategic planning and substitution choices, you can reduce your weekly grocery bill while still sticking closely to the guidelines of the program.

#### Protein Savings Strategies

- Choose canned tuna in water as a substitute for fresh fish. It has a long shelf life, is calorie-friendly, and provides lean protein for under \$1 per serving.
- Use frozen skinless chicken breasts or thighs instead of fresh cuts. They are typically more affordable, just as lean, and easier to portion and store.
- Buy eggs or egg whites in cartons in bulk. Eggs are a versatile, protein-rich food that can be used for breakfast, snacks, or meals.
- Purchase plain Greek yogurt in large tubs instead of single-serve containers to reduce the cost per ounce.

#### Budget-Friendly Vegetable Options

- Shop for seasonal produce at local markets, which is often fresher and cheaper than imported or off-season items.
- Choose frozen vegetables without sauces or seasoning. These are often more affordable than fresh, last longer, and maintain their nutritional value.
- Use cabbage, carrots, or onions as base vegetables. They are low-cost, long-lasting, and add bulk to meals.
- Replace bell peppers or asparagus with zucchini, mushrooms, or celery, which offer similar fibre benefits at a lower price point.

#### Low-Cost Carbohydrate Alternatives

- Use brown rice or rolled oats bought in bulk to save significantly on per-serving cost.
- Substitute cauliflower rice (homemade) for store-bought packs by finely chopping fresh cauliflower in a food processor.
- Swap whole grain wraps with large romaine lettuce leaves, which are calorie-free, cost-effective, and function as a wrap base.

#### Smart Shopping Tips

- Stick to a pre-written grocery list to avoid impulse buying.
- Buy in bulk where possible, portion and freeze items like chicken, ground turkey, or cooked grains.
- Choose store-brand or generic products if ingredients match national brands.
- Look for discount produce bins, where slightly blemished vegetables are still safe to eat and often half price.

### Sunday Batch Cooking Strategies

Meal prep doesn't need to be overwhelming. One weekly session, usually on a Sunday, can set you up for an entire week of compliant, stress-free eating. This process helps you avoid last-minute decisions, skip takeout, and reduce the daily mental load of preparing meals from scratch.

#### Step 1: Cook Proteins in Bulk

- Grill or bake 3-4 pounds of chicken breast, ground turkey, or tofu, seasoned simply with herbs, lemon juice, or salt-free spice blends.
- Divide into 3- to 4-ounce portions and store in airtight containers, labelled by date.
- Freeze half for midweek freshness and refrigerate the rest for the first three days.

**Step 2: Prepare Vegetables**

- Steam or roast large trays of non-starchy vegetables such as broccoli, cauliflower, mushrooms, zucchini, or cabbage.
- Store in individual serving containers (1 to 2 cups each) for quick meal assembly.
- Keep some raw options on hand, like cherry tomatoes, spinach, and cucumber, for salads and wraps.

**Step 3: Measure and Portion Grains**

- Cook 1 to 2 cups (uncooked) of brown rice, quinoa, or steel-cut oats.
- Divide into ½-cup servings and store in labelled containers.
- If using legumes (like lentils or black beans), limit to ¼ to ½ cup per serving and mix only with low-carb meals.

**Step 4: Pre-Pack Snacks and Extras**

- Pre-portion almonds, walnuts, or seeds into 100-calorie bags (roughly 5 to 6 pieces per serving).
- Separate yogurt into 6-oz containers and combine with a pre-measured fruit portion (like ½ cup berries) for quick grab-and-go options.
- Prepare 3-4 salad kits by layering lettuce, protein, and vegetables in jars or sealable bowls, add dressing only at the time of serving.

# CHAPTER 9: 4-WEEK MEAL PLANS & GROCERY LISTS

## Week 1: Meal Plan & Shopping List

### Week 1: Shopping List

#### **Poultry, Meat & Fish:**

- Chicken breasts – 4 (4 oz each)
- Turkey breast – 2 lb
- Ground turkey – 1¾ lb
- Ground beef – 1 lb
- Salmon fillets – 1 lb
- Cod fillets – 2 (4 oz each)
- Tilapia fillets – 4 (4 oz each)
- Sea scallops – 8 oz

#### **Dairy:**

- Egg whites – approximately 48
- Non-fat milk – approx. 10 cups
- Non-fat plain Greek yogurt – 1⅔ cups
- Part-skim ricotta cheese – ½ cup
- Reduced-fat feta cheese – 1 cup, crumbled
- Reduced-fat cottage cheese – 1¼ cups

#### **Fruit:**

- Fresh strawberries – 1½ cups
- Frozen strawberries – ½ cup
- Frozen blueberries – ½ cup
- Fresh blueberries – ½ cup
- Frozen raspberries – ½ cup
- Fresh raspberries – 1 cup
- Frozen blackberries – ½ cup
- Fresh blackberries – ½ cup
- Orange – 1 (zest needed)
- Apple – 1 medium
- Avocado – 3 large

#### **Vegetables & Fresh Herbs:**

- Spinach – 3½ cups fresh + 2 cups baby
- Kale – ½ cup chopped
- Arugula – 4 cups
- Mushrooms – ¼ cup + 1 cup sliced
- Bell pepper – 2 medium
- Cauliflower – 1 medium head (plus ¾ cup grated)
- Broccoli – 6 cups
- Zucchini – 2 medium + 1½ lb
- Eggplant – 1 large
- Cabbage – 2 heads
- Carrot – 6 large
- Celery – 1 cup chopped
- Tomato – 5 medium or 5 cups chopped
- Lettuce – 5 cups torn
- Onion – 5 medium
- Shallot – ⅓ cup finely chopped

- Scallion – 3
- Garlic – 16 cloves
- Ginger root – 1 (2-inch piece)
- Green chili – 1
- Pepperoni pepper – 1
- Jalapeño pepper – 1
- Lemon – about 3 (for 6 tbsp juice + zest)
- Lime – 1 (for 1 tbsp juice + zest)
- Chives – 1 tbsp
- Cilantro – ¼ cup
- Parsley – ¼ cup
- Thyme – 1 tbsp
- Dill – 2 tbsp
- Basil – ½ cup + 2 tbsp

#### **Seasoning & Dried Herbs:**

- Salt – as desired
- Black pepper – as desired
- Red pepper flakes – ¾ tsp
- Cayenne pepper powder – ½ tsp
- Red chili powder – ¼ tsp
- Ground cumin – 1½ tsp
- Ground coriander – 2 tsp
- Ground turmeric – 1 tsp
- Ground cinnamon – 1 tsp
- Lemon-pepper seasoning – 1 tsp
- Bay leaf – 1
- Dried parsley – ½ tsp
- Dried rosemary – ¼ tsp
- Dried oregano – ½ tsp
- Dried thyme – ½ tsp

#### **Extra:**

- Olive oil baking spray – for multiple uses
- Olive oil – approx. 10 tbsp
- Chia seeds – ¼ cup
- Quinoa (uncooked) – 1¾ cups
- Arrowroot starch – 1 tbsp
- Unsweetened protein powder – ¼ cup
- Monk fruit sweetener – several tsp
- Liquid stevia – ½ tsp + several drops
- Baking soda – ½ tsp
- Organic baking powder – ½ tsp
- Organic vanilla extract – ½ tsp
- Dijon mustard – 1 tbsp
- Tofu – 1 block (12 oz) firm

## Week 1: Meal Plan

Week 1	Breakfast	Lunch	Dinner	Snack	Total Calories
Day 1	Ricotta Pancakes Calories: 174	Beef Meatballs Calories: 273	Turkey & Veggie Casserole Calories: 256	Strawberry Smoothie Calories: 72	775
Day 2	Chicken Muffins Calories: 110	Veggies in Orange Sauce Calories: 135	Tilapia & Tomato Bake Calories: 246	Cauliflower Poppers Calories: 46	537
Day 3	Berries Smoothie Bowl Calories: 121	Salmon Burgers Calories: 300	Chicken & Zucchini Soup Calories: 256	Cheesy Tomato Slices Calories: 39	716
Day 4	Quinoa & Chia Bread Calories: 151	Tofu with Broccoli Calories: 174	Salmon Parcel Calories: 232	Pesto Carrot Sticks Calories: 54	611
Day 5	Mushroom & Egg White Scramble Calories: 110	Turkey Meatball Kabobs Calories: 276	Stuffed Chicken Breasts Calories: 223	Avocado Gazpacho Calories: 118	727
Day 6	Vanilla Chia Pudding Calories: 170	Egg Drop Soup Calories: 92	Garlicky Cod Calories: 293	Green Smoothie Calories: 45	600
Day 7	Chicken & Veggie Quiche Calories: 119	Scallop Salad Calories: 188	Turkey & Mushroom Stew Calories: 284	Blackberry Yogurt Bowl Calories: 66	657

## Week 2: Meal Plan & Shopping List

### Week 2: Shopping List

#### ***Poultry, Meat & Fish:***

- Chicken breasts – 4 (4 oz each)
- Chicken thighs – 4 (4 oz each)
- Ground chicken – 1 lb
- Turkey breast – 1 lb
- Ground turkey – 1¾ lb
- Ground beef – 1 lb
- Salmon fillets – 4 (4 oz each)
- Tuna (water-packed) – 1 (5 oz) can
- Prawns – 1½ lb (peeled & deveined)
- Shrimp – approx. ½ lb

#### ***Dairy:***

- Egg whites – approx. 40
- Non-fat milk – approx. 8 cups
- Non-fat plain Greek yogurt – 1½ cups
- Reduced-fat cottage cheese – 2½ cups
- Reduced-fat cheddar cheese – 3 oz
- Reduced-fat parmesan cheese – ½ cup grated
- Reduced-fat feta cheese – ½ cup crumbled
- Part-skim ricotta cheese – ½ cup

#### ***Fruit:***

- Fresh strawberries – 1½ cups
- Fresh blueberries – ½ cup
- Fresh raspberries – 1½ cups
- Apple – 1 medium
- Orange – 1 (juice and zest for sauce)
- Avocado – 3 large

#### ***Vegetables & Fresh Herbs:***

- Spinach – 2½ cups
- Arugula – 4 cups
- Bell pepper – 1½ cups chopped + ½ cup
- Yellow squash – 1 medium
- Zucchini – 3 medium + 1½ lb
- Asparagus – 1 bunch (for soup)
- Broccoli florets – 6 cups
- Cauliflower florets – 2 lb
- Cabbage – 2 medium heads
- Carrot – 2 cups julienned
- Celery – 1 cup chopped
- Tomato – 4 medium
- Lettuce – 6 cups torn
- Salad greens – 6 cups mixed
- Onion – 5 medium
- Scallion – 3
- Garlic – 14 cloves
- Ginger root – 1 (2-inch) piece
- Jalapeño pepper – 1
- Lime – 1 (juice)

- Lemon – approx. 3 (6 tbsp juice + zest)
- Parsley – ¼ cup
- Cilantro – ¼ cup
- Basil – ½ cup + 2 tbsp
- Rosemary – 1 tbsp

#### ***Seasoning & Dried Herbs:***

- Salt – as desired
- Black pepper – as desired
- Red pepper flakes – ¼ tsp
- Cayenne pepper powder – ½ tsp
- Red chili powder – ¼ tsp
- Paprika – 1 tsp
- Ground coriander – 1½ tsp
- Ground cumin – 1½ tsp
- Ground turmeric – 1 tsp
- Ground cinnamon – ½ tsp
- Curry powder – 2½ tbsp

#### ***Extra:***

- Olive oil baking spray – for multiple uses
- Olive oil – approx. 10 tbsp
- Whole-wheat flour – 1 cup
- Monk fruit sweetener – approx. 3 tsp
- Liquid stevia – ½ tsp + several drops
- Organic vanilla extract – ½ tsp
- Chia seeds – ½ cup + 2 tbsp
- Balsamic vinegar – 2 tbsp
- Dijon mustard – 1 tbsp

## Week 2: Meal Plan

Week 2	Breakfast	Lunch	Dinner	Snack	Total Calories
Day 1	Warm Fruity Cheese Bowl Calories: 332	Shrimp Salad Calories: 263	Turkey & Cabbage Soup Calories: 230	Cheese & Tomato Bowl Calories: 65	890
Day 2	Tuna Omelet Calories: 272	Asparagus Soup Calories: 120	Spiced Chicken Breasts Calories: 299	Green Smoothie Calories: 45	736
Day 3	Spinach Smoothie Bowl Calories: 217	Turkey Burgers Calories: 296	Sweet & Zesty Salmon Calories: 279	Blackberry Yogurt Bowl Calories: 66	858
Day 4	Vanilla Crepes Calories: 167	Chicken Meatballs Calories: 245	Turkey & Veggie Casserole Calories: 258	Cauliflower Poppers Calories: 46	716
Day 5	Tomato & Egg White Scramble Calories: 236	Veggie Noodles Combo Calories: 92	Chicken with Spinach Calories: 325	Strawberry Cheese Bowl Calories: 59	712
Day 6	Berry Chia Pudding Calories: 210	Beef Kofta Kebabs Calories: 177	Prawns & Cauliflower Curry Calories: 284	Pesto Carrot Sticks Calories: 54	725
Day 7	Chicken & Zucchini Frittata Calories: 161	Glazed Veggies with Apple Calories: 169	Turkey & Zucchini Curry Calories: 222	Berries Gazpacho Calories: 64	616

## Week 3: Meal Plan & Shopping List

### Week 3: Shopping List

#### **Poultry, Meat & Fish:**

- Chicken breasts – 4 (4 oz each)
- Chicken thighs – 4 (4 oz each)
- Turkey breast – 2 lb
- Ground turkey –  $\frac{3}{4}$  lb
- Ground beef – 2 lb
- Salmon fillets – 4 (4 oz each)
- Tilapia fillets – 4 (4 oz each)
- Cod fillets – 2 (4 oz each)
- Tuna (water-packed) – 2 (5 oz) cans

#### **Dairy:**

- Egg whites – approx. 40
- Non-fat milk – approx. 8 cups
- Non-fat plain Greek yogurt –  $1\frac{1}{2}$  cups
- Reduced-fat cottage cheese –  $2\frac{1}{2}$  cups
- Reduced-fat cheddar cheese – 3 oz
- Reduced-fat parmesan cheese –  $\frac{1}{2}$  cup grated
- Reduced-fat feta cheese –  $\frac{1}{2}$  cup crumbled
- Part-skim ricotta cheese –  $\frac{1}{2}$  cup

#### **Fruit:**

- Frozen blueberries –  $1\frac{1}{4}$  cups
- Fresh blueberries –  $\frac{1}{2}$  cup
- Fresh strawberries –  $1\frac{1}{3}$  cups
- Fresh blackberries –  $\frac{1}{2}$  cup
- Dried cranberries –  $\frac{1}{4}$  cup (for salad)
- Orange – 1 (zest or juice for salad)
- Avocado – 3 large

#### **Vegetables & Fresh Herbs:**

- Spinach –  $2\frac{1}{2}$  cups
- Kale –  $\frac{1}{2}$  cup chopped
- Arugula – 4 cups
- Bell pepper –  $1\frac{1}{4}$  cups
- Mushrooms –  $\frac{1}{4}$  cup + 1 cup sliced
- Cauliflower florets – 1 medium head +  $\frac{3}{4}$  cup finely grated
- Broccoli florets – 1 head
- Carrots – 1 cup julienned
- Celery – 1 cup chopped
- Tomatoes – 2 medium
- Grape tomatoes – 1 cup
- Lettuce – 4 cups torn
- Onion – 5 medium
- Scallions – 2
- Garlic – 8 cloves
- Ginger root – 1 (2-inch piece)
- Lemon – approx. 3 (6 tbsp juice + zest)
- Chives – 1 tbsp
- Parsley – 2 tbsp

- Cilantro –  $\frac{1}{4}$  cup
- Dried oregano –  $\frac{1}{2}$  tsp
- Fresh basil – 2 tbsp
- Dried thyme –  $\frac{1}{2}$  tsp
- Fresh rosemary – 1 tbsp

#### **Seasoning & Dried Herbs:**

- Salt – as desired
- Black pepper – as desired
- Red pepper flakes –  $\frac{1}{4}$  tsp
- Cayenne pepper powder –  $\frac{1}{2}$  tsp
- Red chili powder –  $\frac{1}{4}$  tsp
- Paprika –  $\frac{1}{2}$  tsp
- Ground cumin –  $1\frac{1}{2}$  tsp
- Ground coriander –  $1\frac{1}{2}$  tsp
- Ground turmeric – 1 tsp
- Bay leaf – 1
- Ground cinnamon –  $1\frac{1}{2}$  tsp
- Fresh dill – 2 tsp
- Dried oregano –  $\frac{1}{2}$  tsp
- Dried thyme –  $\frac{1}{2}$  tsp

#### **Extra:**

- Olive oil baking spray – for multiple uses
- Olive oil – approx. 10 tbsp
- Whole-wheat flour –  $1\frac{1}{2}$  cups
- Spelt flour – 4 cups
- Chickpea flour – 1 cup
- Arrowroot starch – 1 tbsp
- Sesame seeds –  $\frac{1}{4}$  cup
- Flaxseed meal –  $\frac{3}{4}$  cup
- Organic baking powder – 2 tsp
- Baking soda – 1 tsp
- Unsweetened protein powder –  $\frac{1}{4}$  cup
- Unsweetened applesauce –  $\frac{1}{3}$  cup
- Monk fruit sweetener – approx. 3 tsp
- Liquid stevia –  $\frac{1}{2}$  tsp + 3–4 drops
- Organic vanilla extract – 2 tsp
- Apple cider vinegar – 2 tbsp
- Light mayonnaise – 3 tbsp

### Week 3: Meal Plan

Week 3	Breakfast	Lunch	Dinner	Snack	Total Calories
Day 1	Mushroom & Egg White Scramble Calories: 110	Tuna Avocado Cups Calories: 306	Salmon & Zucchini Soup Calories: 229	Green Smoothie Calories: 45	690
Day 2	Flaxseed Porridge Calories: 298	Kale & Carrot Soup Calories: 140	Simple Chicken Breasts Calories: 212	Cheesy Tomato Slices Calories: 39	689
Day 3	Ricotta Pancakes Calories: 174	Turkey Meatball Kabobs Calories: 276	Parmesan Tilapia Calories: 214	Blackberry Yogurt Bowl Calories: 66	730
Day 4	Chicken & Veggie Quiche Calories: 119	Veggie Burgers Calories: 177	Turkey & Zucchini Curry Calories: 222	Strawberry Smoothie Calories: 72	590
Day 5	Sesame Seed Bread Calories: 239	Beef Meatballs Calories: 273	Chicken in Orange Sauce Calories: 300	Avocado Gazpacho Calories: 118	930
Day 6	Spinach Omelet Calories: 233	Gingered Veggie Comb0 Calories: 119	Rosemary Cod Calories: 275	Cauliflower Poppers Calories: 46	673
Day 7	Blueberry Muffins Calories: 132	Chicken & Cranberry Salad Calories: 296	Turkey & Mushroom Stew Calories: 284	Strawberry Cheese Bowl Calories: 59	771

## Week 4: Meal Plan & Shopping List

### Week 4: Shopping List

#### **Poultry, Meat & Fish:**

- Chicken breasts – 4 (4 oz each)
- Ground turkey – 1 lb
- Ground beef – 1 lb
- Salmon fillets – 4 (4 oz each)
- Tilapia fillets – 4 (4 oz each)
- Tuna (water-packed) – 1 (5 oz) can
- Shrimp – approx. ½ lb

#### **Dairy:**

- Egg whites – approx. 40
- Non-fat milk – approx. 9 cups
- Non-fat plain Greek yogurt – ¾ cup
- Goat cheese – ½ cup, crumbled
- Reduced-fat feta cheese – ½ cup
- Reduced-fat cheddar cheese – 3 oz, shredded
- Reduced-fat cottage cheese – 1¼ cups
- Part-skim ricotta cheese – ½ cup

#### **Fruit:**

- Fresh strawberries – 1 cup
- Fresh blueberries – ½ cup
- Fresh raspberries – 2 cups
- Fresh blackberries – 1 cup
- Apple – 2 medium

#### **Vegetables & Fresh Herbs:**

- Spinach – 2½ cups
- Kale – ½ cup chopped
- Watercress – optional (not in original recipes, substitute: baby spinach)
- Dandelion greens – optional (not in original recipes, not used)
- Arugula – 4 cups
- Zucchini – 2 medium + 1½ lb
- Cabbage – 2 medium heads
- Broccoli – 6 cups florets
- Cauliflower – 1 medium head + ¾ cup grated
- Mushrooms – 1 cup sliced
- Bell pepper – 2 medium
- Tomato – 4 medium
- Salad greens – 4 cups mixed
- Cucumber – not used in current recipes
- Onion – 6 medium
- Scallion – 2
- Garlic – 12 cloves
- Ginger root – 1 (2-inch piece)
- Serrano pepper – 1
- Pepperoni pepper – 1
- Jalapeño pepper – 1
- Lime – 1 (for juice)

- Lemon – approx. 3 (6 tbsp juice + zest)
- Cilantro – ¼ cup
- Basil – 2 tbsp
- Dill – 2 tbsp
- Thyme – 1 tbsp
- Rosemary – 1 tbsp

#### **Seasoning & Dried Herbs:**

- Salt – as desired
- Black pepper – as desired
- Red pepper flakes – ¼ tsp
- Cayenne pepper powder – ¼ tsp
- Red chili powder – ¼ tsp
- Ground coriander – 1½ tsp
- Ground cumin – 1½ tsp
- Ground turmeric – 1 tsp
- Curry powder – 2 tbsp
- Dried parsley – ½ tsp
- Dried rosemary – ½ tsp
- Dried oregano – ½ tsp

#### **Extra:**

- Olive oil baking spray – for multiple uses
- Olive oil – approx. 10 tbsp
- Whole-wheat flour – 1 cup
- Chia seeds – ½ cup
- Mustard seeds – ¾ tsp
- Monk fruit sweetener – 2 tsp
- Liquid stevia – ½ tsp + 3–4 drops
- Organic vanilla extract – ½ tsp
- Tofu – 1 (12 oz) block, firm

### Week 4: Meal Plan

Week 4	Breakfast	Lunch	Dinner	Snack	Total Calories
Day 1	Berries Smoothie Bowl Calories: 121	Beef Kofta Kebabs Calories: 177	Chicken with Broccoli Calories: 197	Blackberry Yogurt Bowl Calories: 66	561
Day 2	Chicken Muffins Calories: 103	Turkey Burgers Calories: 296	Lemony Tilapia Calories: 206	Berries Gazpacho Calories: 64	669
Day 3	Apple & Cauliflower Porridge Calories: 85	Tofu with Broccoli Calories: 174	Shrimp Soup Calories: 281	Pesto Carrot Sticks Calories: 54	594
Day 4	Vanilla Crepes Calories: 167	Chicken & Zucchini Kabobs Calories: 187	Chicken & Mushroom Curry Calories: 244	Cheese & Tomato Bowl Calories: 65	663
Day 5	Bell Pepper Frittata Calories: 183	Cabbage Curry Calories: 136	Salmon & Zucchini Casserole Calories: 208	Strawberry Cheese Bowl Calories: 59	586
Day 6	Vanilla Chia Pudding Calories: 170	Salmon Salad Calories: 218	Turkey & Veggie Casserole Calories: 258	Green Smoothie Calories: 45	691
Day 7	Tuna Omelet Calories: 272	Mixed Greens Soup Calories: 160	Stuffed Chicken Breasts Calories: 223	Cauliflower Poppers Calories: 46	701

# CHAPTER 10: STAYING ON TRACK LONG-TERM

Success on Dr. Nowzaradan's 1200-calorie plan is not just about losing weight; it's about learning how to stay disciplined long after the weight comes off. Long-term success requires continued awareness, emotional resilience, and practical strategies to stay accountable when motivation fades. This chapter offers tools for overcoming common roadblocks, resetting after setbacks, and staying mentally aligned with your health goals.

## How to Prevent Weight Loss Plateaus

Plateaus are a normal part of any weight loss journey and usually occur when your body adapts to your new calorie level or routine. They're not failures, they're a sign that it's time to adjust.

### Why Plateaus Happen

- Your calorie requirements fall as your body weight does, which may lessen the magnitude of your calorie deficit.
- Muscle loss (if protein or strength activity is inadequate) can lower metabolism.
- Repetitive meals, fluid retention, or untracked «extras» can result in a temporary halt in scale progress.

### How to Break a Plateau

- Double-check calorie accuracy by weighing portions again and re-reading labels, even small miscalculations add up.
- Reassess protein intake and aim for 90–100 grams daily, especially during a plateau, to preserve lean mass.
- Increase non-exercise movement (like walking, stretching, or standing) to burn more calories without triggering hunger.
- If following the plan precisely for 3-4 weeks without change, consider adjusting your intake to 1100-1150 calories for 3 to 5 days, then return to 1200 to reset metabolic response.

## Dealing with Emotional Eating

Emotional eating is one of the most common reasons for regaining lost weight. It's critical to recognize emotional triggers and separate true hunger from psychological urges.

### Common Triggers for Emotional Eating

- Boredom, stress, anxiety, loneliness, or reward-seeking behavior.
- External cues like food commercials, social pressure, or the smell of food in public spaces.
- Restrictive mindsets that lead to binge-restrict cycles when “perfect” eating is broken.

### Strategies to Manage Emotional Eating

- Before eating, ask: “Am I physically hungry or emotionally triggered?” Rate your hunger from 1 to 10.
- Replace the food impulse with a non-food coping activity like journaling, walking, calling a friend, or deep breathing.
- Create a «comfort kit» with healthy distractions: a book, herbal tea, scented lotion, or a playlist to shift your focus.
- If cravings persist, allow a planned, portioned snack (like 5 almonds or ½ apple) instead of letting the urge build into a binge.

## What to Do If You “Mess Up”

No one follows a plan perfectly forever. What matters most is how you respond the moment after, not the moment itself. Recovery and consistency are more powerful than perfection.

### Steps to Take After a Slip

- Do not skip your next meal to “make up for it.” This often leads to more hunger and less control later in the day.
- Drink a full glass of water, take a short walk, and get right back to your structured eating schedule.

- Log the food you ate honestly. Seeing it in writing can remove guilt and clarify the impact without exaggeration.
- Reflect on what triggered the moment, stress, fatigue, lack of preparation, and write down one thing you'll do differently next time.

### **Reframing the Setback**

- A single misstep does not erase weeks or months of discipline.
- Failing forward, recognizing the pattern, and adjusting your environment is a success.
- Restart your 1200-calorie day with the next meal. No punishment. No delay.

## **Practicing Mindful Eating and Slowing Down**

Mindful eating rewires how you respond to food, both physically and emotionally. Slowing down, paying attention, and engaging your senses helps reduce overeating and reconnect with your body's natural hunger cues.

### **What Mindful Eating Looks Like**

- Eating without screens, phones, or distractions, ideally at a table with a plate, not in the car or on the couch.
- Chewing each bite thoroughly, noticing textures, flavors, and satiety as they arise.
- Putting down your fork between bites to give your body time to register fullness.

### **How to Build Mindful Eating Habits**

- Start each meal by taking three deep breaths, shifting from autopilot to intention.
- Eat slowly enough that a meal takes at least 15 to 20 minutes to complete.
- Halfway through your meal, pause and ask, "Do I feel full or satisfied?" Adjust pace accordingly.
- Use smaller plates or bowls to naturally control portion sizes and avoid visual overeating.

## **Keeping Your Motivation Strong Over Time**

Motivation naturally fluctuates. Relying only on willpower is not sustainable. The goal is to build structure, identity, and systems that support the lifestyle, not just the diet.

### **Ways to Stay Motivated Long-Term**

- Set non-scale goals like improved mobility, better lab results, reduced joint pain, or fitting into a specific outfit.
- Take monthly progress photos and track body measurements, not just weight.
- Build a small reward system (non-food) like buying new workout clothes, skincare, or books after milestone achievements.
- Join an accountability group, connect with a coach, or use a tracking app that reminds you of your progress and goals.

### **Staying Connected to Your Why**

- Write your reason for starting this journey on a sticky note and place it on your fridge, mirror, or meal prep containers.
- Review your «before» stats weekly, weight, inches, or lab values, to appreciate how far you've come.
- Remind yourself often: Discipline, not motivation, sustains long-term transformation.

# CHAPTER 11: TRANSITIONING AFTER 30 DAYS

The 1200-calorie diet is not meant to be a permanent lifestyle; it is a clinical intervention designed to create a strong metabolic reset and structured weight loss foundation. Once you've completed 30 days of strict compliance, your body may be ready for gradual expansion in calories and variety. This chapter outlines how to transition safely into long-term maintenance without regaining weight or losing the structure that helped you succeed.

## When to Increase Calories

Calorie increases should only happen when the body has adapted to the 1200-calorie routine, weight loss has been consistent, and you've developed reliable habits around portion control, tracking, and meal timing.

### Signs You're Ready to Increase Calories

- You've followed the 1200-calorie plan strictly for at least 30 consecutive days.
- You've experienced steady weight loss of at least 6 to 10 pounds during that time.
- You no longer feel extreme hunger, sugar cravings, or fatigue throughout the day.
- You have consistently logged meals, tracked portions, and stayed within plan boundaries.
- You are not currently preparing for surgery, and your physician agrees with calorie reintroduction.

### How to Increase Calories Safely

- Increase intake slowly, add no more than 100 to 150 calories per week.
- Add calories primarily from protein and fibre-rich carbohydrates, not fats or processed items.
- Monitor your weight, hunger, mood, and energy levels after increasing intake. If weight rebounds quickly, slow the reintroduction pace.

## Adding Back Healthy Carbs or Fats Slowly

After 30 days of strict carbohydrate and fat control, your body is primed for controlled reintroduction. Adding back nutrient-dense options in measured amounts helps maintain metabolic control without reversing your progress.

### Guidelines for Reintroducing Carbohydrates

- Increase complex carbohydrates gradually by adding an additional ½ cup of cooked grains or one small serving of fruit per day.
- Choose low-glycemic options such as quinoa, barley, steel-cut oats, lentils, or green apples to prevent glucose spikes.
- Continue limiting carbohydrates to early meals (breakfast or lunch) to give your body time to burn them throughout the day.

### Guidelines for Reintroducing Fats

Add healthy fats in controlled servings such as:

- 1 extra teaspoon of olive oil
- 1 additional tablespoon of ground flaxseed
- ¼ more avocado per day
- Avoid bringing back full-fat cheese, creamy sauces, or processed dressings during the first phase of transition.

## Long-Term Maintenance Structure (1400-1600 Calories per Day)

Once you're stabilized post-transition, your long-term maintenance calorie range should reflect your weight, activity level, and health goals. For most individuals, 1400 to 1600 calories per day allows for continued weight management without fatigue or regression.

## Recommended Macronutrient Distribution

- Protein: 100-120 grams per day (30-35% of total intake)
- Carbohydrates: 100-130 grams per day, focused on complex, high-fibre sources
- Fats: 35-50 grams per day, from unsaturated and plant-based options

## Meal Breakdown Example (1600 Calories)

- Breakfast: 350-400 calories
- Lunch: 450-500 calories
- Dinner: 450-500 calories
- Snack: 150-200 calories, only if needed

## Reintroduction Strategy for Grains, Legumes, and Fats

If certain foods were avoided completely during the 1200-calorie phase, they can now be reintroduced with strict awareness to prevent inflammation, bloat, or rebound weight gain.

### Grains

- Reintroduce 1 new grain per week, starting with quinoa, barley, or steel-cut oats in ½ cup cooked portions.
- Avoid returning to white rice, white bread, or flour-based products during the first 4 weeks of transition.

### Legumes

- Start with ½ cup cooked lentils or black beans, once per day
- Pair legumes with lean protein and vegetables to slow digestion and stabilize blood sugar.

### Healthy Fats

- Add back one additional fat serving per day, such as 1 tsp olive oil, 5-6 almonds, or 1 tbsp chia seeds, and monitor satiety and digestion.
- Introduce one food group at a time for at least 3 days before adding another. This allows you to observe how your body responds without confusion or overlapping.

## Repeating the Plan When Needed

Some individuals may need to return to the 1200-calorie plan after a plateau or brief weight regain. Repeating the plan periodically can help re-establish discipline and promote additional fat loss.

### When to Repeat the 1200-Calorie Plan

- If weight has increased by more than 3-5 pounds within 2 to 3 weeks of transition.
- If you've lost structure, stopped tracking, or returned to unmeasured portions and inconsistent meals.
- If you're preparing for a new round of weight loss, medical clearance, or post-operative prep.
- If you feel mentally and physically ready to return to strict compliance.

### How to Repeat Safely

- Return to the original 1200-calorie structure outlined in Chapters 3 and 4.
- Begin by repeating 7 to 10 days of strict compliance before assessing continuation.
- Consult your doctor if you've experienced changes in medication, exercise level, or overall health since your last round.

# BONUS CHAPTER: SPECIALIZED SUPPORT AND LIFESTYLE ADAPTATIONS

While Dr. Nowzaradan's 1200-calorie diet is highly effective in its standard form, some individuals require specialized adjustments based on medical conditions, lifestyle limitations, or emotional factors. This bonus chapter offers real-world adaptations and support strategies for diabetics, plant-based eaters, frequent travelers, and those navigating financial or psychological challenges. Each section helps ensure the diet remains sustainable, flexible, and mentally supportive, regardless of your starting point.

## 1200-Calorie Diet for Diabetics

For individuals with type 2 diabetes or insulin resistance, the 1200-calorie plan offers a powerful tool for glycemic control. However, extra attention must be paid to carbohydrate timing, blood sugar monitoring, and medication interaction.

- Carbohydrates should be evenly distributed across meals, no more than 25–30 grams per meal.
- Prioritize high-fibre, low-glycemic carbohydrates such as quinoa, lentils, berries, and leafy greens.
- Eliminate all fruit juices, sweeteners (natural or artificial), and refined carbs, even in small amounts.
- Monitor blood sugar before and after meals in the first week to identify patterns and make insulin adjustments with your healthcare provider.
- Avoid skipping meals or delaying eating, as this can cause dangerous drops in blood glucose.

## Customizations for Plant-Based Dieters

Plant-based dieters can follow the 1200-calorie plan effectively by focusing on low-carb, high-protein plant foods and avoiding carb-heavy meat substitutes.

- Base meals on firm tofu, tempeh, seitan (if gluten-tolerant), and edamame to maintain protein intake.
- Use unsweetened protein powders (pea, soy, or rice-based) to meet daily protein targets without adding sugars or fats.
- Limit legumes to  $\frac{1}{4}$  to  $\frac{1}{2}$  cup per serving, and balance with low-carb vegetables to stay under carb limits.
- Use unsweetened almonds or soy milk, nutritional yeast, and ground flaxseed for healthy fat and B12 support.
- Avoid processed vegan items like mock meats, frozen entrees, or coconut oil-based dairy alternatives, which often contain excessive fats and starches.

## Dr. Now's Diet While Traveling or Dining Out

Whether for work, family, or lifestyle needs, travel should not derail your progress. With a few reliable strategies, you can stay within the calorie framework and maintain structure on the go.

- Pack portable proteins such as tuna pouches, hard-boiled eggs, protein bars (under 150 calories, no added sugar), or unsweetened shakes.
- Choose hotels with mini-fridges or microwaves to store prepped meals or frozen veggies.
- Use airport food courts or convenience stores to assemble quick meals: a boiled egg, a small salad, and plain yogurt can serve as a low-calorie combo.

## Dining Out Guidelines

- Order grilled proteins and double vegetable sides. Skip all the rice, potatoes, and bread.
- Request dressing and sauces on the side, limit to 1 tablespoon or less.
- Avoid creamy soups, battered items, or anything described as "crispy," "stuffed," or "smothered."
- Eat slowly, drink water before and during the meal, and stop at 80% fullness.

## Budgeting and Meal Planning on SNAP or EBT

Healthy eating can be done on a budget, even with limited resources. With smart choices, the 1200-calorie plan can fit within government assistance programs like SNAP or EBT.

## **Budget-Friendly Food Staples**

- Dry lentils, oats, brown rice, and frozen vegetables are low-cost, calorie-controlled staples that stretch over many meals.
- Purchase plain canned tuna, chicken, or beans in bulk to meet protein requirements affordably.
- Use whole eggs for versatile, protein-rich meals at a fraction of the cost of meat.
- Shop generic store brands, which often offer the same nutrition at lower prices.
- Use SNAP/EBT to buy bulk fruits and vegetables at local markets, often supported by state bonus programs (e.g., Double Up Food Bucks).

## **Planning Tips**

- Cook in bulk and freeze portioned meals to reduce food waste.
- Build meals around 2-3 low-cost base ingredients per week to reduce variety costs while still staying compliant.
- Track prices and rotate high-cost items (like avocado or Greek yogurt) to every other week.

## **Psychological Support for Food Addiction**

Emotional attachment to food is real. If eating has served as comfort, control, or escape, addressing psychological triggers is crucial for long-term success.

### **Signs of Emotional or Compulsive Eating**

- Eating in secret or feeling shame after meals.
- Cravings are triggered by emotion rather than hunger.
- All-or-nothing thinking (e.g., “I ate one thing off-plan, so I may as well give up.”)

### **Support Strategies**

- Think about collaborating with a counselor or therapist who focuses on food addiction or binge eating.
- Join online or in-person support groups, such as Overeaters Anonymous or cognitive behavioral therapy communities.
- Use a food-mood tracker to note emotional states before eating, helping you recognize non-hunger triggers.
- Practice urges surfing, a mindfulness technique where you observe cravings without reacting immediately.

## **Daily Affirmations and Mental Support**

Long-term success is not only physical, but also emotional and mental. Affirmations help reshape your internal dialogue and reinforce your identity as someone who follows through.

### **Examples of Daily Affirmations:**

- “I fuel my body with what it truly needs, not what my emotions crave.”
- “I don’t need to be perfect; I need to be consistent.”
- “Every decision I make brings me closer to my healthiest self.”
- “My progress is worth protecting.”
- “I can reset at any moment. One choice at a time.”

**Tip:** Read these aloud each morning, write them on sticky notes, or add them to your journal entries. The goal is to train your mindset to match your behaviour.

## CONCLUSION

The 1200-calorie plan offers more than weight loss, it provides structure, clarity, and long-term control over your health. By following a disciplined system built on high-protein, low-sugar, portioned meals, you eliminate guesswork and reduce the triggers that lead to overeating. In just 30 days, most individuals see measurable changes in weight, energy, and appetite. By 60 to 90 days, structured eating becomes second nature, physical transformation is visible, and cravings for processed food are significantly reduced.

What begins as a strict plan evolves into a sustainable way of living. Through routine, meal tracking, and intentional choices, you create habits that last. Whether transitioning into maintenance or restarting the plan after setbacks, your foundation remains the same: eat with purpose, stay consistent, and take ownership of your choices. This isn't just about food; it's about building lifelong discipline that leads to lasting freedom.