

The 30-Minute High-Protein Low-Carb Cookbook

90 Recipes with a 30-Day Meal Plan, Smart Shopping Lists, Keto and Diabetic-Friendly Meals, Muscle Support, Gluten-Free Options, and an Easy Prep Guide



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The Power of Protein and Simplicity

If you're holding this cookbook, you're probably curious about making a real change, not a quick fix, not a trend, but something that fits into your life and helps you feel better.

I wrote this book because I've been where you might be right now: tired of diets that leave you hungry, frustrated with meals that feel like a chore, and wondering if healthy eating has to be so complicated. The good news? It doesn't.

This cookbook is built around one powerful idea: **food should fuel you**, not wear you out. That's where **high-protein, low-carb meals** come in.

What is a High-Protein, Low-Carb Meal?

At its core, this way of eating focuses on the foods that keep you full, energized, and steady throughout the day. It means **lean proteins** like chicken, turkey, eggs, seafood, or tofu, paired with **non-starchy vegetables**, healthy fats, and just a **small amount of carbs**—enough to keep your body moving, but not so much that you crash after every meal.

Instead of a plate piled with bread, rice, or pasta, you'll see meals that feature grilled chicken with roasted vegetables, a tuna salad with avocado, or even a dessert made from protein-rich yogurt and berries. Simple, tasty, and effective.

Who Is This Style of Eating For?

This book is for anyone who wants to eat better without giving up satisfaction. Whether you're looking to:

- Lose weight
- Manage your blood sugar
- Build or maintain muscle
- Kick sugar cravings
- Or just feel more in control of your eating

...this approach works. It's flexible enough to fit into a busy life and balanced enough to stick with.

You don't need to be an athlete or a health expert. If you can chop a few veggies and follow a recipe, you can do this.

Why Does This Diet Work So Well?

Here's what I've found—and what many others discover, too:

- You stay **full longer** with protein, so you snack less.
- Fewer carbs mean **more steady energy** (no 3 p.m. crashes!).

- It's easier to stay on track, because the meals actually taste good.
- You're eating **real food**, not packaged diet products.

This book is more than a list of recipes—it's a toolkit. Inside, you'll find a full 30-day meal plan, simple weekly shopping lists, and various recipes that make high-protein, low-carb eating enjoyable and sustainable.

I'm glad you're here. Let's make this the start of something that works—for your schedule, your taste buds, and most importantly, **your goals**.

Chapter 1: Getting Started with High-Protein Low-Carb Eating

Changing how you eat can feel like a big step, but it doesn't have to be confusing or restrictive. This chapter will walk you through the basic building blocks of high-protein, low-carb eating so you can feel confident and excited to begin. Whether your goal is weight loss, more energy, better digestion, or just eating in a way that works long term, this approach can help you get there.

Let's start with the basics and build from there.

Understanding Macronutrients

All foods are made up of **macronutrients**—protein, carbohydrates, and fat—the nutrients your body needs in large amounts every day. Getting the right balance of these three is the foundation of healthy eating.

- **Protein** is the most important part of a high-protein, low-carb diet. It helps build and repair muscle, supports immune function, and keeps you full longer after meals.
- **Carbohydrates** are your body's fast energy source, but eating too many—especially from sugar, white bread, or processed foods—can lead to energy crashes and weight gain.
- **Fats** are essential too, but should come from healthy sources like nuts, seeds, avocado, and olive oil.

This diet focuses on **boosting protein, reducing sugar and refined carbs, and choosing healthy fats** in moderation.

Benefits of Protein: Energy, Metabolism & Staying Full

Protein is more than just a building block for muscle—it plays a key role in how you feel daily.

Here's what happens when you eat enough protein:

- You stay full longer after meals, so you're less likely to overeat or snack out of boredom.

- Your body burns more calories digesting protein (this is called the «thermic effect»), which helps support a faster metabolism.
- Your energy stays more stable, with fewer highs and lows throughout the day.
- It helps preserve muscle mass, which is especially important as we age or if we're losing weight.

In simple terms: protein helps you feel strong, satisfied, and in control.

Identifying Low-Carb, Nutrient-Rich Foods

So, what can you eat? Plenty! This is not a meat-only diet; you won't be starving. Here are some everyday foods that fit this plan:

Proteins:

- Chicken, turkey, eggs, salmon, tuna, shrimp, tofu, tempeh, cottage cheese, plain Greek yogurt

Low-carb vegetables:

- Spinach, zucchini, bell peppers, cauliflower, broccoli, cucumbers, asparagus, green beans

Healthy fats (use in moderation):

- Avocados, olive oil, nuts and seeds, flaxseed, chia seeds

Extras to enjoy occasionally:

- Low-sugar berries (like strawberries, blueberries)
- Unsweetened almond milk or coconut milk
- Herbs, spices, vinegar, mustard, and low-carb sauces

Avoid or limit: white bread, pasta, rice, potatoes, sugary snacks, sodas, and baked goods with refined flour.

Avoiding Common Pitfalls

It's easy to make mistakes when trying something new, but knowing what to watch out for makes a big difference.

Here are a few common traps and how to avoid them:

1. Going too low in calories:

Cutting carbs doesn't mean cutting food altogether. Make sure you're eating enough **protein and vegetables** to stay full.

2. Relying on “low-carb” packaged foods:

Many contain sugar alcohols or additives that can upset your stomach or stall progress. Whole foods are always better.

3. Not drinking enough water:

When you cut carbs, your body flushes out more water, so staying hydrated is crucial. Aim for at least 8–10 cups a day.

10 4. Giving up after one bad meal:

This is a lifestyle, not a race. If you eat something off-plan, don't stress—just get back on track with your next meal.

Meal Prep and Planning Basics

The secret to success? **Plan.** When healthy meals are ready, you're less likely to reach for quick, unhealthy options.

Start with these simple tips:

- Pick 2 or 3 proteins (like grilled chicken, turkey meatballs, or baked fish) and cook them in bulk
- Roast or steam a big tray of veggies to use all week
- Prepare snack options like hard-boiled eggs, hummus with cucumbers, or Greek yogurt
- Use containers to portion meals and store them in the fridge
- Keep ingredients like eggs, leafy greens, and frozen veggies stocked for fast meals

You don't have to prep for an entire week all at once—even preparing two meals ahead of time can make your week much smoother.

High-protein, low-carb eating is not about being perfect—it's about making better choices more often. By learning how to balance your plate, understanding what fills you up, and avoiding the most common mistakes, you're setting yourself up for success.

Take it one meal at a time. Use this book as your guide, your planner, and your inspiration. You're not just learning to cook—you're learning to fuel your body in a way that feels good and works long term.

Chapter 2: Breakfast



10 minutes



Individuals



20 minutes



Sausage & Bell Pepper Mini Quiche

A colorful and protein-rich breakfast bite featuring lean sausage and sweet bell peppers.

Ingredients:

- Eggs: 4 large | 8 oz | 225 g
- Lean sausage, cooked and crumbled: 3 oz | 85 g
- Red bell pepper, finely chopped: ¼ cup | 1.5 oz | 45 g
- Green onion, sliced: 2 tbsp | 0.5 oz | 15 g
- Milk (dairy or plant-based): 2 tbsp | 1 oz | 30 ml
- Garlic powder: ¼ tsp | 1 g
- Salt and black pepper: to taste
- Olive oil for greasing: 1 tsp | 5 ml

Cooking Instructions:

1. Preheat oven to 350°F (175°C). Lightly grease 4 muffin cups.
2. In a pan, cook sausage until browned and crumbled. Let cool.
3. Whisk eggs, milk, garlic powder, salt, and pepper in a bowl. Stir in sausage, bell pepper, and green onion.
4. Divide the mixture evenly into muffin cups.
5. Bake for 18-20 minutes until set.

Nutritional Value (Per Serving):

Calories: 310	Low Carbohydrates: 3 g
Healthy Fats: 21 g	Fiber: 0.8 g
Cholesterol: 320 mg	Sugar: 1 g
Sodium: 380 mg	Low Glycemic Index: Low
High-Protein: 23 g	






 10 minutes Individuals 10 minutes

Turkey and Zucchini Patties

Juicy and flavorful turkey patties combined with fresh zucchini and herbs, perfect for a high-protein low-carb breakfast.

Ingredients:

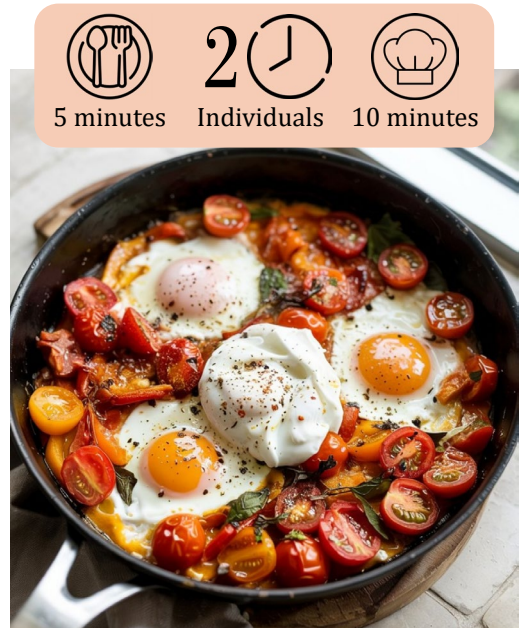
- Ground turkey: 6 oz | 170 g
- Zucchini, grated: ½ cup | 2 oz | 60 g
- Egg: 1 large | 2 oz | 55 g
- Dried herbs (oregano, thyme, or parsley): ½ tsp | 1 g
- Salt and black pepper: pinch

Cooking Instructions:

1. Mix ground turkey, grated zucchini, egg, herbs, salt, and pepper in a bowl until well combined.
2. Form the mixture into 4 small patties.
3. Heat a nonstick skillet over medium heat.
4. Cook patties on each side for 4-5 minutes until golden brown and cooked through.

Nutritional Value (Per Serving):

Calories: 220 **Low Carbohydrates:** 4 g
Healthy Fats: 16 g **Fiber:** 1 g
Cholesterol: 210 mg **Sugar:** 1 g
Sodium: 180 mg **Low Glycemic Index:** Low
High-Protein: 14 g






 5 minutes Individuals 10 minutes

One-Pan Eggs with Tomatoes, Peppers & Yogurt

A simple Mediterranean-style dish combining tender eggs, sautéed veggies, and a cooling spoon of yogurt.

Ingredients:

- Eggs: 4 large | 8 oz | 225 g
- Cherry tomatoes, halved: 1 cup | 6 oz | 170 g
- Bell pepper, diced: ½ cup | 2.5 oz | 75 g
- Olive oil (optional, for nonstick): 1 tsp | 5 ml
- Plain Greek yogurt (unsweetened): ¼ cup | 2 oz | 60 g
- Garlic powder: ¼ tsp | 1 g
- Salt and black pepper: pinch

Cooking Instructions:

1. Heat a nonstick skillet over medium heat. Add a tiny drizzle of olive oil if needed.
2. Cut the cherry tomatoes in half and sauté the diced peppers for 4 to 5 minutes, or until they are tender.
3. Create small wells in the veggies and crack eggs into each well.
4. Cook, covered, for 5 to 6 minutes, or until the yolks are still somewhat runny and the whites are set.
5. Season with salt, pepper, and garlic powder.

Nutritional Value (Per Serving):

Calories: 220 **Low Carbohydrates:** 4 g
Healthy Fats: 16 g **Fiber:** 1 g
Cholesterol: 210 mg **Sugar:** 1 g
Sodium: 180 mg **Low Glycemic Index:** Low
High-Protein: 14 g



5 minutes



Individuals



10 minutes



Tuna Veggie Scramble

A quick, savory scramble with canned tuna and colorful vegetables for a satisfying, protein-heavy start.

Ingredients:

- Eggs: 4 large | 8 oz | 225 g
- Canned tuna (in water), drained: 1 can | 5 oz | 140 g
- Zucchini, diced: ¼ medium | 1 oz | 30 g
- Cherry tomatoes, halved: ¼ cup | 2 oz | 60 g
- Olive oil: 1 tsp | 5 ml
- Garlic, minced: 1 clove | 3 g
- Fresh parsley, chopped: 1 tbsp | 0.2 oz | 5 g
- Salt and pepper: to taste

Cooking Instructions:

1. Heat olive oil in a nonstick skillet over medium heat. Add garlic, zucchini, and tomatoes. Cook for 3-4 minutes.
2. Add tuna and sauté for 1 minute.
3. Beat eggs with salt and pepper in a bowl, then pour into the skillet.
4. Stir occasionally and cook for 2-3 minutes until scrambled and fully cooked.
5. Garnish with chopped parsley and serve warm.

Nutritional Value (Per Serving):

Calories: 310	Low Carbohydrates: 5 g
Healthy Fats: 18 g	Fiber: 2 g
Cholesterol: 310 mg	Sugar: 2 g
Sodium: 270 mg	Low Glycemic Index: Low
High-Protein: 32 g	



10 minutes



Individuals



20 minutes



Bacon, Mushroom & Feta Mini Quiche

A Mediterranean-inspired twist with creamy feta crumbles and sautéed mushrooms.

Ingredients:

- Eggs: 4 large | 8 oz | 225 g
- Cooked bacon, chopped: 2 oz | 60 g
- Mushrooms, chopped: ½ cup | 2 oz | 60 g
- Feta cheese, crumbled: 1 oz | 30 g
- Parsley, chopped: 1 tbsp | 0.2 oz | 5 g
- Unsweetened almond milk: 2 tbsp | 1 oz | 30 ml
- Olive oil: 1 tsp | 5 ml (for cooking mushrooms)
- Olive oil (for greasing): 1 tsp | 5 ml
- Salt and pepper: to taste

Cooking Instructions:

1. Preheat oven to 350°F (175°C). Grease 4 muffin cups.
2. Sauté mushrooms in olive oil for 5-6 minutes. Set aside to cool.
3. Beat eggs with milk, salt, and pepper. Add mushrooms, bacon, parsley, and feta.
4. Spoon mixture into muffin tins and bake for 18-20 minutes.

Nutritional Value (Per Serving):

Calories: 300	Low Carbohydrates: 3 g
Healthy Fats: 21 g	Fiber: 0.8
Cholesterol: 340 mg	Sugar: 1 g
Sodium: 370 mg	Low Glycemic Index: Low
High-Protein: 23 g	






 5 minutes 2 Individuals 20 minutes

Spinach & Feta Egg Muffins

Fluffy baked egg muffins filled with fresh spinach and tangy feta—ideal for a protein-packed, low-carb start to your day.

Ingredients:

- Eggs: 4 large | 8 oz | 225 g
- Fresh spinach, chopped: 1 cup | 1 oz | 30 g
- Feta cheese, crumbled: ¼ cup | 1 oz | 30 g
- Milk (unsweetened almond or low-fat): 2 tbsp | 1 fl oz | 30 ml
- Olive oil (for greasing): 1 tsp | 0.17 fl oz | 5 ml
- Black pepper: pinch
- Garlic powder (optional): pinch

Cooking Instructions:

1. Preheat oven to 350°F (175°C). Lightly grease 4 muffin cups with olive oil.
2. In a bowl, whisk the eggs with milk, black pepper, and garlic powder.
3. Stir in chopped spinach and crumbled feta.
4. Divide the mixture evenly into the muffin cups.
5. Bake for 18-20 minutes or until the centers are set and tops are lightly golden.

Nutritional Value (Per Serving):

Calories: 220 **Low Carbohydrates:** 4 g
Healthy Fats: 16 g **Fiber:** 1 g
Cholesterol: 210 mg **Sugar:** 1 g
Sodium: 180 mg **Low Glycemic Index:** Low
High-Protein: 14 g






 5 minutes 2 Individuals 10 minutes

Ham and Veggie Frittata

A savory and filling frittata made with lean ham and fresh spinach—perfect for a quick high-protein breakfast.

Ingredients:

- Lean ham, diced: 4 oz | 115 g
- Eggs: 4 large | 8 oz | 230 g
- Fresh spinach, chopped: ½ cup | 0.5 oz | 15 g
- Olive oil (for sautéing): 1 tsp | 0.17 fl oz | 5 ml
- Black pepper: pinch

Cooking Instructions:

1. In a non-stick skillet, heat the olive oil over medium heat.
2. Sauté the diced ham for two minutes.
3. Cook the chopped spinach for a further one to two minutes, or until it wilts.
4. In a bowl, whisk the eggs with a pinch of black pepper.
5. Evenly distribute the eggs over the spinach and ham in the skillet.
6. Cook on low heat for about 5-6 minutes, or until the eggs are fully set.
7. Cut into wedges.

Nutritional Value (Per Serving):

Calories: 220 **Low Carbohydrates:** 4 g
Healthy Fats: 16 g **Fiber:** 1 g
Cholesterol: 210 mg **Sugar:** 1 g
Sodium: 180 mg **Low Glycemic Index:** Low
High-Protein: 14 g



5 minutes



Individuals

0 minutes
(plus chilling time)

Pumpkin Protein Pudding

A creamy and spiced protein-packed pudding that's perfect for a quick, low-carb breakfast or snack.

Ingredients:

- Pumpkin puree: ½ cup | 4 oz | 115 g
- Greek yogurt (plain, low-fat): ½ cup | 4 oz | 115 g
- Protein powder (unflavored or vanilla): 1 tbsp | 0.5 oz | 15 g
- Ground cinnamon: ¼ tsp | 0.5 g

Cooking Instructions:

1. Combine pumpkin puree, Greek yogurt, and protein powder in a medium bowl.
2. Stir well until smooth and creamy.
3. Add cinnamon and mix again.
4. Divide into two small bowls or jars.
5. Chill in the refrigerator for at least 30 minutes before serving.

Nutritional Value (Per Serving):

Calories: 220 **Low Carbohydrates:** 4 g
Healthy Fats: 16 g **Fiber:** 1 g
Cholesterol: 210 mg **Sugar:** 1 g
Sodium: 180 mg **Low Glycemic Index:** Low
High-Protein: 14 g



5 minutes



Individuals



0 minutes



Cottage Cheese & Chocolate Berry Crunch Bowl

A creamy, protein-rich bowl layered with tangy raspberries, crunchy nuts, and rich dark chocolate—ideal for a satisfying low-carb treat or energizing snack.

Ingredients:

- Cottage cheese (full-fat or low-fat): 1 cup | 8 oz | 225 g
- Raspberries (fresh or frozen): ¼ cup | 1.5 oz | 45 g
- Unsweetened cocoa nibs or 90% dark chocolate shavings: 1 tbsp | 0.5 oz | 14 g
- Chopped almonds or walnuts: 2 tbsp | 1 oz | 28 g
- Chia seeds or flaxseed meal: 1 tbsp | 0.4 oz | 10 g
- Cinnamon (optional): pinch
- Vanilla extract (optional): ¼ tsp | 1.25 ml

Cooking Instructions:

1. Divide the cottage cheese evenly into two serving bowls.
2. Sprinkle raspberries on top of each bowl.
3. Add chopped nuts, cocoa nibs or chocolate shavings, and chia or flaxseed.
4. If desired, dust with cinnamon and add a drop of vanilla for extra flavor.

Nutritional Value (Per Serving):

Calories: 290 **Low Carbohydrates:** 7 g
Healthy Fats: 18 g **Fiber:** 3 g
Cholesterol: 25 mg **Sugar:** 3 g (from berries)
Sodium: 180 mg **Low Glycemic Index:** Low
High-Protein: 20 g



5 minutes



Individuals



10 minutes



Bacon and Mushroom Skillet

A savory skillet with sautéed mushrooms and lean turkey bacon—light in saturated fat and rich in protein.

Ingredients (for 2 servings):

- Low-sodium turkey bacon: 4 strips | 3 oz | 85 g
- Mushrooms, sliced: 1 cup | 3 oz | 85 g
- Olive oil: 1 tsp | 0.17 fl oz | 5 ml
- Fresh parsley (optional): 1 tbsp | 2 g
- Black pepper: pinch

Cooking Instructions:

1. In a skillet, heat the olive oil over medium heat.
2. Cook the turkey bacon until both sides are browned.
3. Remove the bacon and sauté the mushrooms in the same pan for 3-4 minutes.
4. Return bacon to the skillet, season with pepper, and cook briefly.
5. Sprinkle with parsley.

Nutritional Value (Per Serving):

Calories: 180
Healthy Fats: 10 g
Cholesterol: 35 mg
Sodium: 330 mg
High-Protein: 18 g

Low Carbohydrates: 3 g
Fiber: 1 g
Sugar: 1 g
Low Glycemic Index: Low



5 minutes



Individuals



10 minutes



Broccoli & Cheddar Omelet

A balanced, protein-rich omelet made with steamed broccoli and reduced-fat cheddar for a lighter, satisfying meal.

Ingredients (for 2 servings):

- Eggs: 4 large | 8 oz | 230 g
- Steamed broccoli, chopped: ½ cup | 2 oz | 60 g
- Reduced-fat cheddar cheese: ¼ cup | 1 oz | 30 g
- Olive oil: 1 tsp | 0.17 fl oz | 5 ml
- Black pepper: pinch

Cooking Instructions:

1. Whisk eggs in a bowl with a pinch of pepper.
2. Heat oil in a non-stick pan and pour in eggs.
3. Cook for 1-2 minutes, then add broccoli and cheese to one side.
4. Fold the omelet and cook for another minute.
5. Slice.

Nutritional Value (Per Serving):

Calories: 220
Healthy Fats: 16 g
Cholesterol: 210 mg
Sodium: 180 mg
High-Protein: 14 g

Low Carbohydrates: 4 g
Fiber: 1 g
Sugar: 1 g
Low Glycemic Index: Low



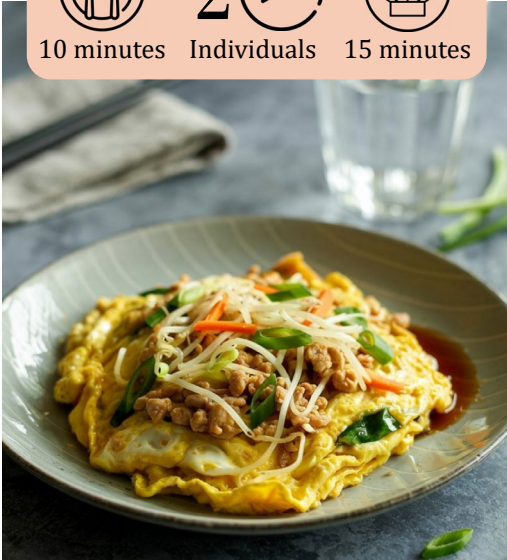
10 minutes



Individuals



15 minutes



Egg Foo Yung (High-Protein Chinese Omelet)

A protein-rich, savory omelet filled with vegetables and lean meat, inspired by the classic Chinese-American dish.

Ingredients:

- Eggs: 4 large | 8 oz | 225 g
- Lean ground beef or chicken (cooked): 3 oz | 85 g
- Bean sprouts: ½ cup | 2 oz | 60 g
- Green onion, chopped: 2 tbsp | 0.5 oz | 15 g
- Carrot, grated: ¼ medium | 1 oz | 30 g
- Garlic, minced: 1 clove | 3 g
- Low-sodium soy sauce: 1 tsp | 5 ml
- Sesame oil (optional): ½ tsp | 2.5 ml
- Olive oil (for cooking): 1 tsp | 5 ml
- Salt and black pepper: to taste

For the optional sauce:

- Low-sodium chicken broth: ¼ cup | 2 oz | 60 ml
- Cornstarch: 1/2 tsp | 2 g
- Low-sodium soy sauce: 1 tsp | 5 ml

Cooking Instructions:

1. Whisk together eggs, soy sauce, sesame oil (if using), salt, and pepper in a large bowl. Stir in cooked meat, bean sprouts, green onion, grated carrot, and garlic.
2. Heat olive oil in a nonstick skillet over medium heat. Pour half the mixture into the pan to form a thick omelet.
3. Cook for 3-4 minutes on one side until golden brown, then carefully flip and cook another 2-3 minutes. Repeat with the remaining mixture.
4. (Optional) Heat chicken broth and soy sauce in a small saucepan to make the sauce. Stir in cornstarch mixed with a splash of water, and simmer until slightly thickened.

Nutritional Value (Per Serving):

Calories: 310	Low Carbohydrates: 6 g
Healthy Fats: 20 g	Fiber: 2 g
Cholesterol: 350 mg	Sugar: 3 g
Sodium: 220 mg	Low Glycemic Index: Low
High-Protein: 26 g	



10 minutes



Individuals



15 minutes



Easy Protein Pancakes

Wholesome post-workout pancakes made with oats, banana, and protein powder—perfect for a filling, high-protein breakfast.

Ingredients:

- Banana, ripe: 1 medium | 4 oz | 115 g
- Rolled oats: 2.5 oz | 75 g
- Eggs: 3 large | 6 oz | 170 g
- Milk (dairy, oat, almond, or soy): 2 tbsp | 1 oz | 30 ml
- Protein powder (whey, pea, etc.): 2 tbsp | 1 oz | 30 g
- Baking powder: 1 tbsp | 0.5 oz | 15 g
- Cinnamon: pinch
- Oil for frying (optional): 1 tsp | 5 ml
- Toppings: nut butter, berries, sliced banana, or a drizzle of maple syrup (optional)

Cooking Instructions:

1. Combine banana, oats, eggs, milk, protein powder, baking powder, and cinnamon in a blender. Blend for 1-2 minutes until smooth and oats are fully broken down.
2. Heat a nonstick pan over medium heat and lightly grease with oil if needed.
3. Pour 2-3 small rounds of batter into the pan, leaving space between each.
4. Cook for 1-2 minutes until bubbles form and edges begin to firm. Flip and cook another 1 minute until golden and set.
5. Keep cooked pancakes warm in a low oven while repeating with remaining batter.

Nutritional Value (Per Serving):

Calories: 310	Low Carbohydrates: 22 g
Healthy Fats: 16 g	
Cholesterol: 210 mg	Fiber: 4 g
Sodium: 280 mg	Sugar: 6 g
High-Protein: 21 g	Low Glycemic Index: Low



5 minutes



Individuals



10 minutes



High-Protein Scrambled Eggs with Ground Beef and Vegetables

A hearty, protein-packed breakfast combining eggs, lean ground beef, and a colorful mix of vegetables—perfect for a fulfilling, nutritious start to your day.

Ingredients (for 2 servings):

- Eggs: 4 large | 8 oz | 225 g
- Ground beef (lean, 90% lean): 3 oz | 85 g
- Olive oil: 1 tsp | 5 ml
- Onion, diced: ¼ medium | 1 oz | 30 g
- Bell pepper, diced: ¼ medium | 1 oz | 30 g
- Zucchini, diced: ¼ medium | 1 oz | 30 g
- Garlic, minced: 1 clove | 3 g
- Salt: pinch
- Black pepper: pinch
- Optional: hot sauce or salsa for serving

Cooking Instructions:

1. Heat olive oil in a skillet over medium heat. Add diced onion, bell pepper, zucchini, and garlic. Sauté for 3-4 minutes until softened and fragrant.
2. Add ground beef to the pan, breaking it up with a spoon. Cook for 4-5 minutes until browned and fully cooked.
3. Whisk the eggs in a bowl with a dash of salt and pepper. Add the eggs to the pan containing the steak and vegetables.
4. Cook until eggs are scrambled and cooked through, stirring periodically, 2 to 3 minutes.

Nutritional Value (Per Serving):

Calories: 280
Healthy Fats: 18 g
Cholesterol: 370 mg
Sodium: 180 mg
High-Protein: 24 g

Low Carbohydrates: 4 g
Fiber: 1 g
Sugar: 2 g
Low Glycemic Index: Low



10 minutes



Individuals



15 minutes



Ricotta, Tomato & Spinach Frittata

A light and fluffy frittata with creamy ricotta, fresh spinach, and juicy tomatoes—packed with protein and perfect for a nourishing low-carb breakfast.

Ingredients (for 2 servings):

- Eggs: 4 large | 8 oz | 225 g
- Ricotta cheese (low-fat): ¼ cup | 2 oz | 60 g
- Fresh spinach, chopped: 1 cup | 1 oz | 30 g
- Cherry tomatoes, halved: ½ cup | 3 oz | 90 g
- Olive oil: 1 tsp | 0.17 fl oz | 5 ml
- Onion, diced: ¼ medium | 1 oz | 30 g
- Garlic, minced: 1 clove | 0.1 oz | 3 g
- Salt: pinch
- Black pepper: pinch
- Fresh basil, chopped (optional): 1 tbsp | 0.07 oz | 2 g

Cooking Instructions:

1. Preheat oven to 350°F (175°C).
2. In an oven-safe skillet, heat olive oil over medium. Sauté onion and garlic for 2-3 minutes until soft.
3. Add spinach and cook for 2 minutes, stirring until wilted.
4. In a bowl, whisk eggs with ricotta, salt, and pepper.
5. Stir the cherry tomatoes into the skillet, then pour the egg mixture.
6. Gently stir to distribute ingredients evenly.
7. Cook on the stove for 2-3 minutes until the edges begin to set.
8. Transfer to the oven and bake for 8-10 minutes until set and lightly golden.
9. Remove from oven, garnish with basil (if using).

Nutritional Value (Per Serving):

Calories: 310
Healthy Fats: 20 g
Cholesterol: 350 mg
Sodium: 220 mg
High-Protein: 26 g

Low Carbohydrates: 6 g
Fiber: 2 g
Sugar: 3 g
Low Glycemic Index: Low

Chapter 3: Main Dishes



Meat



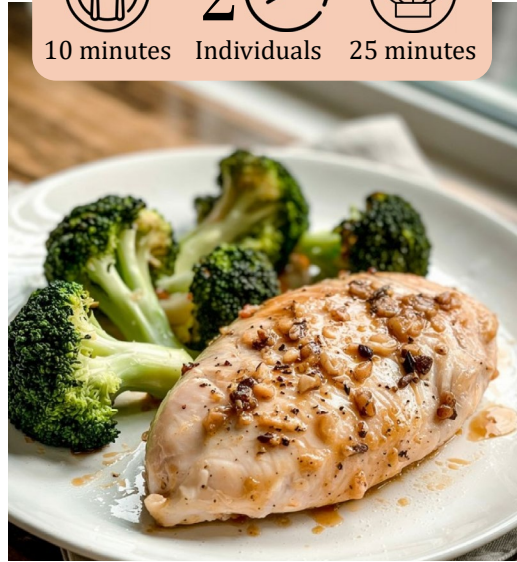
10 minutes



Individuals



25 minutes



Baked Garlic Butter Chicken Breast with Steamed Broccoli

A lean, high-protein entrée baked with rich ghee and garlic, served with a side of tender steamed broccoli for added fiber and nutrients.

Ingredients (for 2 servings):

- Chicken breast: 10 oz | 280 g
- Ghee: 1 tbsp | 15 g
- Garlic, minced: 2 cloves | 6 g
- Salt and black pepper: to taste
- Broccoli florets: 1.5 cups | 5 oz | 150 g

Cooking Instructions:

1. Set the oven temperature to 375°F (190°C).
2. Rub chicken breasts with ghee, minced garlic, salt, and pepper. Place in a baking dish and bake for 25 minutes or until the internal temperature reaches 165°F (75°C).
3. While the chicken bakes, steam broccoli for 6-8 minutes until bright green and fork-tender.

Nutritional Value (Per Serving):

Calories: 330

Healthy Fats: 20 g

Cholesterol: 95 mg

Sodium: 180 mg

High-Protein: 30 g

Low Carbohydrates: 5 g

Fiber: 2.5 g

Sugar: 2 g

Low Glycemic Index: Low



Mediterranean Turkey-Stuffed Peppers with Cucumber-Tomato Salad



15 minutes



Individuals



25 minutes

Juicy turkey-stuffed peppers with Mediterranean flavors, complemented by a light cucumber and tomato salad for a refreshing, healthy meal.

Ingredients:

Ingredients (For Stuffed Peppers):

- Ground turkey: 10 oz | 280 g
- Bell peppers (green or yellow): 2 large
- Olive oil: 1 tbsp | 15 ml
- Onion, chopped: ¼ medium | 1 oz | 30 g
- Garlic, minced: 1 clove | 3 g
- Zucchini, diced: ½ medium | 3 oz | 85 g
- Fresh basil, chopped: 1 tbsp | 2 g
- Fresh oregano, chopped: 1 tsp | 1 g
- Salt and black pepper: to taste

Ingredients (For Cucumber-Tomato Salad):

- Cucumber, diced: 1 medium | 6 oz | 170 g
- Cherry tomatoes, halved: ½ cup | 2.5 oz | 70 g
- Red onion, finely chopped: 2 tbsp | 1 oz | 30 g
- Olive oil: 1 tbsp | 15 ml
- Apple cider vinegar: 1 tbsp | 15 ml
- Fresh parsley, chopped: 1 tbsp | 2 g
- Salt and black pepper: to taste

Cooking Instructions:

1. Preheat oven to 375°F (190°C). Cut the tops off the bell peppers and remove seeds.
2. Heat olive oil in a pan over medium heat. Add onion and garlic, sauté for 2-3 minutes.
3. Add ground turkey to the pan, cook until browned, and break it apart with a spoon. Stir in zucchini, basil, oregano, salt, and pepper. Cook for 5-7 minutes until zucchini is tender.
4. Stuff the bell peppers with the turkey mixture and place them on a baking sheet.
5. Bake for 20-25 minutes until the peppers are tender and the filling is fully cooked.
6. While the peppers bake, make the salad. Combine diced cucumber, cherry tomatoes, red onion, olive oil, apple cider vinegar, parsley, salt, and pepper in a bowl. Toss to combine.

Nutritional Value (Per Serving):

Calories: 360

Healthy Fats: 15 g

Cholesterol: 95 mg

Sodium: 470 mg

Low Carbohydrates: 18 g

High-Protein: 33 g

Fiber: 4 g

Sugar: 11 g

Low Glycemic Index: Low



10 minutes



Individuals



30 minutes



Garlic Herb Chicken Thighs with Roasted Zucchini Spears

A savory, high-protein main dish featuring juicy baked chicken thighs with fragrant herbs and a side of tender roasted zucchini.

Ingredients (for 2 servings):

- Chicken thighs (bone-in, skin-on): 1 lb | 450 g
- Garlic, minced: 2 cloves | 6 g
- Fresh rosemary and thyme, chopped: 1 tbsp | 4 g
- Zucchini, cut into spears: 1 medium | 7 oz | 200 g
- Olive oil: 1 tbsp | 15 ml
- Salt and black pepper: to taste

Cooking Instructions:

1. Preheat oven to 375°F (190°C).
2. Rub chicken thighs with minced garlic, chopped herbs, 2 tsp olive oil, salt, and pepper. Place on one side of a baking tray.
3. Toss zucchini spears with remaining olive oil and a pinch of salt. Arrange on the other side of the tray.
4. Bake for 30 minutes until chicken is golden and fully cooked, and zucchini is tender and lightly browned.

Nutritional Value (Per Serving):

Calories: 420 **Low Carbohydrates:** 4 g
Healthy Fats: 30 g **Fiber:** 1.2 g
Cholesterol: 140 mg **Sugar:** 2 g
Sodium: 210 mg **Low Glycemic Index:** Low
High-Protein: 32 g



10 minutes



Individuals



20 minutes



Duck Breast with Arugula and Avocado Salad

Rich and flavorful duck breast paired with a peppery arugula salad, creamy avocado, and a zesty lemon dressing for a balanced low-carb dish.

Ingredients:

- Duck breast (skin removed): 10 oz | 280 g
- Bay leaf: 1
- Arugula: 2 cups | 1.5 oz | 45 g
- Avocado, sliced: ½ medium | 3 oz | 85 g
- Lemon juice: 1 tbsp | 15 ml
- Olive oil: 1 tbsp | 15 ml
- Salt and black pepper: to taste

Cooking Instructions:

1. Add the duck breast and bay leaf to a boil in a pot. Reduce heat and simmer for 15-20 minutes until the duck is fully cooked.
2. While the duck is cooking, prepare the salad. Combine arugula, sliced avocado, lemon juice, olive oil, salt, and pepper in a bowl. Toss gently to combine.
3. Once the duck is cooked, remove it from the pot and slice it thinly.

Nutritional Value (Per Serving):

Calories: 380 **Low Carbohydrates:** 7 g
Healthy Fats: 28 g **Fiber:** 5 g
Cholesterol: 95 mg **Sugar:** 2 g
Sodium: 320 mg **Low Glycemic Index:** Low
High-Protein: 28 g



Pickle-Topped Cheeseburger Casserole with Crunchy Lettuce Salad



15 minutes



Individuals



20 minutes

A cheesy, savory keto casserole topped with tangy dill pickles, served with a refreshing crisp lettuce salad for a balanced, low-carb meal.

Ingredients:

Ingredients (For Casserole):

- Ground beef: 10 oz | 280 g
- Pickles, chopped: 2 tbsp | 1 oz | 30 g
- Onion powder: ½ tsp | 1 g
- Garlic powder: ½ tsp | 1 g
- Cream cheese: 2 oz | 60 g
- Mozzarella cheese, shredded: ½ cup | 2 oz | 60 g
- Egg: 1 large
- Mustard: 1 tsp | 5 ml
- Salt and black pepper: to taste

Ingredients (For Crunchy Lettuce Salad):

- Romaine lettuce, chopped: 1.5 cups | 3 oz | 85 g
- Cherry tomatoes, halved: ½ cup | 2.5 oz | 70 g
- Cucumber, sliced: ½ medium | 3 oz | 85 g
- Olive oil: 1 tbsp | 15 ml
- Apple cider vinegar: 1 tbsp | 15 ml
- Salt and black pepper: to taste

Cooking Instructions:

1. Preheat oven to 375°F (190°C).
2. In a skillet over medium heat, brown the ground beef with garlic powder, onion powder, salt, and pepper, breaking it apart as it cooks.
3. Stir in cream cheese and mustard until fully combined and smooth. Remove from heat.
4. Transfer the beef mixture to a small baking dish.
5. Beat the egg and pour it over the beef mixture evenly. Top with shredded mozzarella cheese.
6. Sprinkle chopped pickles evenly over the top.
7. Bake for 20 minutes, or until cheese is golden and bubbly.
8. While the casserole bakes, prepare the salad: combine romaine lettuce, cherry tomatoes, and cucumber. Drizzle with olive oil and apple cider vinegar, season with salt and pepper, and toss to coat.

Nutritional Value (Per Serving):

Calories: 390
Healthy Fats: 24 g
Cholesterol: 85 mg
Sodium: 540 mg

Low Carbohydrates: 14 g **Sugar:** 5 g
High-Protein: 30 g **Low Glycemic Index:** Low
Fiber: 5 g



10 minutes



Individuals



60 minutes



Boiled Beef Shank with Wilted Kale and Olive Oil Drizzle

A hearty, collagen-rich main dish featuring tender boiled beef shank, served with garlicky sautéed kale for added fiber and antioxidants.

Ingredients:

- Beef shank: 1 lb | 450 g
- Fresh thyme: 2 sprigs
- Salt and pepper: to taste
- Kale, chopped: 2 cups | 3 oz | 90 g
- Olive oil: 1 tbsp | 15 ml
- Garlic, minced: 1 clove | 3 g

Cooking Instructions:

1. In a large pot, place the beef shank and cover with water. Add fresh thyme, salt, and pepper. Bring to a boil, then reduce to a simmer and cook covered for 60 minutes or until meat is fork-tender.
2. Meanwhile, heat olive oil in a skillet over medium heat. Sauté garlic for 30 seconds, then add chopped kale and cook for 2-3 minutes until wilted.
3. Plate the beef shank with sautéed kale on the side. Drizzle with garlic-infused olive oil and garnish with a few fresh thyme leaves if desired.

Nutritional Value (Per Serving):

Calories: 390 **Low Carbohydrates:** 4 g
Healthy Fats: 24 g **Fiber:** 2 g
Cholesterol: 105 mg **Sugar:** 1 g
Sodium: 160 mg **Low Glycemic Index:** Low
High-Protein: 35 g



10 minutes



Individuals



15 minutes



Ground Turkey Patties with Avocado and Romaine Lettuce Wraps

Savory turkey patties served in crisp romaine lettuce leaves, topped with creamy avocado for a fresh, low-carb meal.

Ingredients:

- Ground turkey: 10 oz | 280 g
- Garlic powder: ½ tsp | 1 g
- Dried oregano: ½ tsp | 1 g
- Salt and pepper: to taste
- Avocado, sliced: ½ medium | 2.5 oz | 70 g
- Romaine lettuce leaves: 4 large

Cooking Instructions:

1. Mix the ground turkey with garlic powder, dried oregano, salt, and pepper in a bowl. Shape into 4 patties.
2. Heat a nonstick skillet over medium heat. Cook the patties for 6-7 minutes on each side or until fully cooked and browned on both sides.

Nutritional Value (Per Serving):

Calories: 350 **Low Carbohydrates:** 6 g
Healthy Fats: 22 g **Fiber:** 6 g
Cholesterol: 85 mg **Sugar:** 1 g
Sodium: 270 mg **Low Glycemic Index:** Low
High-Protein: 32 g



10 minutes



Individuals



25 minutes



Baked Lamb Chops with Rosemary and Sautéed Spinach

Succulent lamb chops infused with fragrant rosemary, paired with warm, garlicky sautéed spinach for a nutrient-packed, low-carb meal.

Ingredients (for 2 servings):

- Lamb chops: 10 oz | 280 g
- Fresh rosemary, chopped: 1 tbsp | 3 g
- Garlic, minced: 2 cloves | 6 g
- Olive oil: 1 tbsp | 15 ml
- Salt and black pepper: to taste
- Baby spinach: 2 cups | 3 oz | 90 g

Cooking Instructions:

1. Preheat the oven to 375°F (190°C). Rub the lamb chops with chopped rosemary, half the garlic, olive oil, salt, and pepper.
2. Place lamb chops on a baking sheet and bake for 20-25 minutes, or until cooked to your preferred doneness (medium-rare to medium is recommended).
3. While the lamb is baking, heat a nonstick skillet over medium heat. Add the remaining garlic and sauté for 1-2 minutes until fragrant.
4. Add spinach to the skillet and cook for 2-3 minutes until wilted. Season with salt and pepper to taste.

Nutritional Value (Per Serving):

Calories: 450 **Low Carbohydrates:** 5 g
Healthy Fats: 30 g **Fiber:** 4 g
Cholesterol: 85 mg **Sugar:** 1 g
Sodium: 300 mg **Low Glycemic Index:** Low
High-Protein: 35 g



10 minutes



Individuals



30 minutes



Lemon-Poached Chicken with Cauliflower-Parmesan Mash

Tender, citrus-infused chicken drumsticks paired with creamy, cheesy cauliflower mash for a light and comforting low-carb dinner.

Ingredients (for 2 servings):

- Chicken drumsticks: 1 lb | 450 g
- Lemon slices: 3
- Bay leaf: 1
- Salt and black pepper: to taste
- Water: enough to cover
- Cauliflower florets: 2 cups | 8 oz | 225 g
- Grated Parmesan cheese: 2 tbsp | 1 oz | 30 g
- Salt and black pepper: to taste

Cooking Instructions:

1. In a deep saucepan, add chicken drumsticks, lemon slices, bay leaf, salt, and enough water to cover the chicken.
2. Bring to a gentle boil, then reduce to low and simmer for 25-30 minutes until chicken is fully cooked and tender.
3. While the chicken cooks, steam the cauliflower florets until soft (about 10-12 minutes).
4. Transfer to a food processor or use a masher to blend with Parmesan cheese, salt, and pepper until smooth and creamy.
5. Remove chicken from broth and discard lemon and bay leaf.
6. Serve drumsticks over a scoop of cauliflower-Parmesan mash.
7. Spoon a little poaching broth over the top if desired for extra moisture and flavor.

Nutritional Value (Per Serving):

Calories: 365 **Low Carbohydrates:** 6 g
Healthy Fats: 22 g **Fiber:** 2 g
Cholesterol: 115 mg **Sugar:** 1 g
Sodium: 420 mg **Low Glycemic Index:** Low
High-Protein: 34 g



5 minutes



Individuals



15 minutes



Pan-Seared Ribeye Steak with Zucchini Ribbons

A juicy, flavorful ribeye steak paired with lightly sautéed zucchini ribbons, offering a savory and balanced low-carb meal.

Ingredients:

- Ribeye steak: 12 oz | 340 g
- Olive oil: 1 tbsp | 15 ml
- Garlic powder: ½ tsp | 1 g
- Salt and black pepper: to taste
- Zucchini: 1 large | 7 oz | 200 g
- Lemon zest: ½ tsp | 1 g

Cooking Instructions:

1. Season the ribeye steak with garlic powder, salt, and pepper on both sides. Heat olive oil in a pan over medium-high heat. Sear the steak for 4-5 minutes per side for medium doneness (adjust time for desired doneness). Remove the steak from the pan and let it rest for 5 minutes.
2. Using a vegetable peeler, slice the zucchini into thin ribbons. In the same pan, sauté the zucchini ribbons in the remaining steak drippings for 2 minutes until tender.
3. Finish by topping the zucchini with lemon zest for a fresh, zesty touch.

Nutritional Value (Per Serving):

Calories: 500 **Low Carbohydrates:** 7 g
Healthy Fats: 36 g **Fiber:** 3 g
Cholesterol: 115 mg **Sugar:** 3 g
Sodium: 300 mg **Low Glycemic Index:** Low
High-Protein: 42 g

Fish & Seafood



10 minutes



Individuals



15 minutes



Steamed Cod with Zucchini and Dill with Arugula-Cucumber Salad

Light and flaky cod paired with fresh zucchini and dill, served alongside a peppery arugula and cucumber salad for a refreshing low-carb plate.

Ingredients (for 2 servings):

- Cod fillets: 10 oz | 280 g
- Zucchini, sliced: 1 medium | 6 oz | 170 g
- Fresh dill, chopped: 1 tbsp | 2 g
- Lemon juice: 1 tbsp | 15 ml
- Garlic, minced: 1 clove | 3 g
- Salt and black pepper: to taste

Ingredients (For Arugula-Cucumber Salad):

- Arugula: 2 cups | 2 oz | 60 g
- Cucumber, thinly sliced: ½ large | 3 oz | 85 g
- Olive oil: 1 tbsp | 15 ml
- Apple cider vinegar: 1 tbsp | 15 ml
- Salt and black pepper: to taste

Cooking Instructions:

1. In a steamer basket, layer zucchini slices on the bottom and place cod fillets on top. Sprinkle with garlic, dill, salt, and pepper.
2. Steam over medium heat for 10-12 minutes until cod is opaque and flakes easily.
3. Drizzle lemon juice over the cod and zucchini just before serving.
4. While steaming, prepare the salad: toss arugula and cucumber with olive oil and vinegar.

Nutritional Value (Per Serving):

Calories: 230 **Low Carbohydrates:** 9 g
Healthy Fats: 8 g **Fiber:** 3 g
Cholesterol: 65 mg **Sugar:** 3 g
Sodium: 420 mg **Low Glycemic Index:** Low
High-Protein: 28 g



10 minutes



Individuals



15 minutes



Baked Tilapia with Steamed Broccoli and Lemon with Avocado-Radish Salad

Delicately baked tilapia with vibrant steamed broccoli and lemon, served alongside a creamy avocado and crisp radish salad for a light, low-carb dish.

Ingredients:

- Tilapia fillets: 10 oz | 280 g
- Broccoli florets: 2 cups | 6 oz | 170 g
- Lemon juice: 1 tbsp | 15 ml
- Garlic powder: ½ tsp | 1 g
- Fresh parsley, chopped: 1 tbsp | 2 g
- Salt and black pepper: to taste

Ingredients (For Avocado-Radish Salad):

- Avocado, diced: 1 medium | 6 oz | 170 g
- Radishes, thinly sliced: ½ cup | 2 oz | 60 g
- Lettuce or baby greens: 2 cups | 2 oz | 60 g
- Olive oil: 1 tbsp | 15 ml
- Lemon juice: 1 tbsp | 15 ml
- Salt and black pepper: to taste

Cooking Instructions:

1. Preheat oven to 375°F (190°C).
2. Place tilapia fillets in a baking dish. Season with garlic powder, salt, pepper, and parsley, and drizzle with lemon juice.
3. Bake for 12-15 minutes or until the fish flakes easily.
4. Meanwhile, steam broccoli for 4-5 minutes until just tender. Season lightly.
5. Combine avocado, radishes, and greens in a bowl for the salad.
6. Toss with olive oil and lemon juice.

Nutritional Value (Per Serving):

Calories: 280
Healthy Fats: 14 g
Cholesterol: 85 mg
Sodium: 400 mg
High-Protein: 30 g

Low Carbohydrates: 8 g
Fiber: 2 g
Sugar: 3 g
Low Glycemic Index: Low



10 minutes



Individuals



10 minutes



Grilled Shrimp with Zucchini Ribbons and Lemon with Spinach-Pepper Salad

Juicy grilled shrimp over tender zucchini ribbons, paired with a fresh spinach and sweet bell pepper salad.

Ingredients:

- Shrimp, peeled and deveined: 10 oz | 280 g
- Zucchini, spiralized or peeled into ribbons: 1 medium | 6 oz | 170 g
- Lemon juice: 1 tbsp | 15 ml
- Olive oil: 1 tsp | 5 ml
- Garlic powder: ½ tsp | 1 g
- Salt and black pepper: to taste

Ingredients (For Spinach-Pepper Salad):

- Fresh spinach: 2 cups | 2 oz | 60 g
- Red bell pepper, sliced: ½ medium | 3 oz | 85 g
- Olive oil: 1 tbsp | 15 ml
- Red wine vinegar: 1 tbsp | 15 ml
- Salt and black pepper: to taste

Cooking Instructions:

1. Toss shrimp with olive oil, garlic powder, salt, and pepper in a bowl.
2. Sear or grill for two to three minutes on each side.
3. Steam or sauté zucchini ribbons for 2-3 minutes.
4. Drizzle with lemon juice.
5. Put the bell pepper and spinach in a basin.
6. Add vinegar and oil and toss.

Nutritional Value (Per Serving):

Calories: 290
Healthy Fats: 15 g
Cholesterol: 175 mg
Sodium: 420 mg
High-Protein: 32 g

Low Carbohydrates: 9 g
Fiber: 2 g
Sugar: 4 g
Low Glycemic Index: Low



15 minutes



Individuals



25 minutes



Herbed Baked Cod with Roasted Baby Potatoes, Mushrooms & Zucchini

Oven-roasted cod paired with seasoned baby potatoes, earthy mushrooms, and tender zucchini for a wholesome low-carb plate.

Ingredients (for 2 servings):

- Cod fillets: 10 oz | 280 g
- Baby potatoes, halved: 5 oz | 140 g
- Cremini mushrooms, sliced: 4 oz | 115 g
- Zucchini, sliced into half moons: 1 medium | 6 oz | 170 g
- Garlic, minced: 2 cloves | 6 g
- Olive oil: 1 tbsp | 15 ml
- Fresh rosemary, chopped: 1 tsp | 1 g
- Fresh thyme, chopped: 1 tsp | 1 g
- Lemon juice: 1 tbsp | 15 ml
- Salt and black pepper: to taste

Cooking Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss potatoes, mushrooms, and zucchini with half the olive oil, garlic, rosemary, and thyme. Spread on a baking sheet and roast for 15 minutes.
3. Season cod with salt, pepper, and lemon juice. Place on top of the vegetables and drizzle with the remaining olive oil.
4. Roast for another 10-12 minutes until the fish is flaky.

Nutritional Value (Per Serving):

Calories: 410
High-Protein: 35 g
Cholesterol: 65 mg
Sodium: 430 mg
Healthy Fats: 17 g

Low Carbohydrates: 15 g
Fiber: 3 g
Sugar: 3 g
Low Glycemic Index: Low



10 minutes



Individuals



20 minutes



Salmon with Spinach and Lemon with Cucumber-Dill Salad

Oven-baked salmon on a bed of steamed spinach with lemon, paired with a cooling cucumber and dill salad for a bright, low-carb meal.

Ingredients (for 2 servings):

- Salmon fillets: 10 oz | 280 g
- Fresh spinach: 3 cups | 6 oz | 170 g
- Lemon zest and juice: 1 tbsp | 15 ml
- Fresh parsley, chopped: 1 tbsp | 2 g
- Salt and black pepper: to taste

Ingredients (For Cucumber-Dill Salad):

- Cucumber, sliced: 1 small | 4 oz | 115 g
- Fresh dill, chopped: 1 tsp | 1 g
- Apple cider vinegar: 1 tsp | 5 ml

Cooking Instructions:

1. Preheat oven to 375°F (190°C).
2. Place salmon fillets on a parchment-lined baking tray. Season with salt, pepper, lemon zest, and half the lemon juice.
3. Bake for 15-18 minutes, until salmon flakes easily with a fork.
4. While salmon bakes, steam spinach in a covered pan over medium heat for 3-4 minutes until wilted. Drain any excess water and season lightly with salt.
5. Combine spinach with the remaining lemon juice and chopped parsley just before serving.
6. For the salad, toss sliced cucumber with dill and apple cider vinegar. Let it sit for 5 minutes to marinate.

Nutritional Value (Per Serving):

Calories: 280
Healthy Fats: 14 g
Cholesterol: 85 mg
Sodium: 400 mg
High-Protein: 30 g

Low Carbohydrates: 8 g
Fiber: 2 g
Sugar: 3 g
Low Glycemic Index: Low



10 minutes



Individuals



15 minutes



Garlic Parmesan Crusted Tilapia with Steamed Asparagus and Lemon Arugula Salad

Crunchy, cheesy tilapia with tender asparagus, served with a zesty arugula salad for a balanced low-carb dinner.

Ingredients (for 2 servings):

- Tilapia fillets: 10 oz | 280 g
- Grated Parmesan: 3 tbsp | 18 g
- Garlic, minced: 2 cloves | 6 g
- Almond flour: 2 tbsp | 14 g
- Egg, beaten: 1 large | 50 g
- Asparagus spears, trimmed: 8 oz | 225 g
- Salt and black pepper: to taste
- Olive oil spray: light coating

Ingredients (For Arugula Salad):

- Arugula: 2 cups | 2 oz | 60 g
- Lemon juice: 1 tbsp | 15 ml
- Olive oil: 1 tbsp | 15 ml
- Salt and pepper: to taste

Cooking Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and spray lightly with oil.
2. Mix Parmesan, almond flour, garlic, salt, and pepper in a bowl.
3. Dip tilapia in egg, then coat in the Parmesan mixture. Place on a baking sheet.
4. Add asparagus on the side, spray with oil, and sprinkle with salt.
5. The tilapia should be brown and flake easily after 15 minutes of baking.
6. Add salt, pepper, lemon juice, and olive oil to the arugula.

Nutritional Value (Per Serving):

Calories: 310 **Low Carbohydrates:** 9 g
Healthy Fats: 17 g **Fiber:** 2 g
Cholesterol: 95 mg **Sugar:** 2 g
Sodium: 420 mg **Low Glycemic Index:** Low
High-Protein: 34 g



10 minutes



Individuals



20 minutes



Mussels with White Beans and Roasted Cherry Tomatoes with Baby Spinach Salad

Steamed mussels with creamy white beans and sweet roasted tomatoes, paired with a fresh spinach salad for a vibrant, protein-packed meal.

Ingredients (for 2 servings):

- Mussels, cleaned: 1.5 lb | 680 g
- Cooked white beans (cannellini or navy beans): ½ cup | 4 oz | 115 g
- Cherry tomatoes, halved: 1 cup | 5 oz | 140 g
- Garlic, minced: 2 cloves | 6 g
- Olive oil: 1 tbsp | 15 ml
- Dry white wine or broth: ¼ cup | 60 ml
- Fresh parsley, chopped: 1 tbsp | 2 g
- Salt and black pepper: to taste

Ingredients (For Spinach Salad):

- Baby spinach: 2 cups | 2 oz | 60 g
- Lemon juice: 1 tbsp | 15 ml
- Olive oil: 1 tbsp | 15 ml
- Salt and pepper: to taste

Cooking Instructions:

1. Roast cherry tomatoes at 375°F (190°C) for 15 minutes with olive oil and garlic.
2. In a deep pot, heat white wine/broth. Add mussels, cover, and steam for 5-7 minutes until they open.
3. Stir in roasted tomatoes and beans. Simmer for 2-3 more minutes.
4. Toss spinach with lemon juice, olive oil, salt, and pepper.

Nutritional Value (Per Serving):

Calories: 390 **Low Carbohydrates:** 10 g
Healthy Fats: 20 g **Fiber:** 3 g
Cholesterol: 55 mg **Sugar:** 3 g
Sodium: 480 mg **Low Glycemic Index:** Low
High-Protein: 35 g

Turkish Seared Tuna with Herb Chickpea Salad & Roasted Cauliflower



15 minutes



Individuals



10 minutes

Seared tuna seasoned with warm Turkish spices, paired with a light chickpea-herb salad and roasted cauliflower for a vibrant, low-carb plate.

Ingredients:

Ingredients (For Seared Tuna):

- Tuna steaks: 10 oz | 280 g
- Paprika: ½ tsp | 1 g
- Ground cumin: ½ tsp | 1 g
- Ground coriander: ¼ tsp | 0.5 g
- Olive oil: 1 tbsp | 15 ml
- Salt and black pepper: to taste
- Lemon wedges: for serving

Ingredients (For Chickpea Salad):

- Cooked chickpeas, drained: ½ cup | 4 oz | 115 g
- Fresh parsley, chopped: 2 tbsp | 4 g

- Cucumber, diced: ½ medium | 3 oz | 85 g
- Red onion, finely chopped: 1 tbsp | 10 g
- Lemon juice: 1 tbsp | 15 ml
- Olive oil: 1 tbsp | 15 ml
- Salt and pepper: to taste

Ingredients (For Roasted Cauliflower):

- Cauliflower florets: 1 ½ cups | 6 oz | 170 g
- Olive oil: 1 tbsp | 15 ml
- Ground sumac or smoked paprika (optional): ¼ tsp | 0.5 g
- Salt and pepper: to taste

Cooking Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower with olive oil, salt, pepper, and optional sumac.
3. Roast for 20-25 minutes until golden and tender.
4. Combine chickpeas, parsley, cucumber, onion, lemon juice, olive oil, salt, and pepper in a bowl.
5. Toss and chill while preparing the tuna.
6. Pat the tuna dry. Rub with paprika, cumin, coriander, salt, and pepper.
7. Heat olive oil in a pan over medium-high heat.
8. Sear the tuna for 2 minutes per side for medium-rare or longer if preferred.

Nutritional Value (Per Serving):

Calories: 435

Healthy Fats: 22 g

Cholesterol: 60 mg

Sodium: 410 mg

Low Carbohydrates: 16 g

High-Protein: 38 g

Fiber: 4 g

Sugar: 3 g

Low Glycemic Index: Low



10 minutes



Individuals



15 minutes



Baked Trout with Pesto and Zucchini Noodles

Flaky trout fillets with a rich pesto coating, served atop tender sautéed zucchini noodles for a light, flavorful dish.

Ingredients (for 2 servings):

- Trout fillets: 10 oz | 280 g
- Basil pesto: 2 tbsp | 30 g
- Zucchini, spiralized: 2 medium | 10 oz | 280 g
- Olive oil: 1 tbsp | 15 ml
- Garlic powder: ½ tsp | 1 g
- Salt and black pepper: to taste

Cooking Instructions:

1. Preheat oven to 375°F (190°C).
2. Place trout fillets in a dish and coat with pesto. Bake for 12-15 minutes.
3. In a skillet, heat olive oil, add zucchini noodles, season with garlic, salt, and pepper, and sauté for 3-4 minutes.

Nutritional Value (Per Serving):

Calories: 360 **Low Carbohydrates:** 8 g
Healthy Fats: 20 g **Fiber:** 2 g
Cholesterol: 88 mg **Sugar:** 3 g
Sodium: 405 mg **Low Glycemic Index:** Low
High-Protein: 31 g



10 minutes



Individuals



15 minutes



Pan-Seared Halibut with Creamed Corn & Spinach

Delicately crisp halibut served over creamy sweet corn and wilted spinach for a light and nourishing low-carb plate.

Ingredients (for 2 servings):

- Halibut fillets: 10 oz | 280 g
- Fresh baby spinach: 2 cups | 2 oz | 60 g
- Fresh corn kernels (from 1 cob or frozen): ½ cup | 4 oz | 115 g
- Unsweetened almond milk: 1/4 cup | 60 ml
- Garlic, minced: 1 clove | 3 g
- Olive oil: 1 tbsp | 15 ml
- Chopped chives or parsley: 1 tbsp | 2 g
- Salt and black pepper: to taste

Cooking Instructions:

1. Pat halibut fillets dry and season with salt and pepper.
2. In a skillet over medium heat, warm olive oil and sear halibut for 3-4 minutes per side until golden and cooked. Set aside.
3. In the same skillet, sauté garlic for 1 minute, then add corn and almond milk. Simmer for 3-4 minutes.
4. Stir in spinach and cook until wilted and the mixture thickens slightly. Season to taste.

Nutritional Value (Per Serving):

Calories: 370 **Low Carbohydrates:** 8 g
Healthy Fats: 18 g **Fiber:** 2 g
Cholesterol: 60 mg **Sugar:** 3 g
Sodium: 410 mg **Low Glycemic Index:** Low
High-Protein: 34 g



Ricotta-Stuffed Portobello Mushrooms with Garlic Green Beans & Radish-Cucumber Salad



15 minutes

2
Individuals

20 minutes

Baked portobello mushrooms filled with herbed ricotta and Parmesan, paired with sautéed garlic green beans and a crisp radish-cucumber salad for a fresh, low-carb plate.

Ingredients:

Ingredients (For Stuffed Mushrooms):

- Portobello mushrooms, stems removed: 2 large | 7 oz | 200 g
- Ricotta cheese (low-fat): ½ cup | 4 oz | 115 g
- Grated Parmesan cheese: 2 tbsp | 0.5 oz | 15 g
- Fresh parsley, chopped: 1 tbsp | 2 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 1 tbsp | 15 ml
- Salt and black pepper: to taste

Ingredients (For Garlic Green Beans):

- Green beans, trimmed: 1 ½ cups | 6 oz | 170 g

- Olive oil: 1 tbsp | 15 ml
- Garlic, thinly sliced: 1 clove | 3 g
- Salt and pepper: to taste

Ingredients (For Radish-Cucumber Salad):

- Radishes, thinly sliced: 4 medium | 2 oz | 60 g
- Cucumber, sliced: ½ medium | 3 oz | 85 g
- Fresh dill, chopped: 1 tbsp | 2 g
- Lemon juice: 1 tbsp | 15 ml
- Olive oil: 1 tbsp | 15 ml
- Salt and pepper: to taste

Cooking Instructions:

1. Preheat oven to 375°F (190°C).
2. Brush mushroom caps with olive oil and place on a baking sheet.
3. Mix ricotta, Parmesan, parsley, garlic, salt, and pepper in a bowl.
4. Fill mushroom caps with the ricotta mixture and bake for 18-20 minutes until golden.
5. Meanwhile, heat olive oil in a pan over medium heat. Add garlic and green beans, sautéing for 5-6 minutes until crisp-tender.
6. Combine radishes, cucumber, dill, lemon juice, olive oil, salt, and pepper in a small bowl.

Nutritional Value (Per Serving):

Calories: 340
Healthy Fats: 22 g
Cholesterol: 35 mg
Sodium: 370 mg

Low Carbohydrates: 13 g
High-Protein: 21 g
Fiber: 3 g

Sugar: 4 g
Low Glycemic Index: Low



Tofu Steaks with Chimichurri & Zucchini Ribbons



15 minutes



2 Individuals



15 minutes

Grilled tofu steaks topped with vibrant homemade chimichurri, served alongside tender zucchini ribbons for a flavorful, high-protein vegan meal.

Ingredients:

Ingredients (For Tofu Steaks):

- Firm tofu (pressed and sliced): 10 oz | 280 g
- Olive oil: 1 tbsp | 15 ml
- Salt and black pepper: to taste
- Smoked paprika (optional): 1/4 tsp | 0.5 g

Ingredients (For Chimichurri):

- Fresh parsley (finely chopped): ½ cup | 15 g
- Fresh oregano (or ½ tsp dried): 1 tbsp | 1 g
- Garlic (minced): 1 clove | ½ tsp | 2.5 g

- Red wine vinegar: 1 tbsp | 15 ml
- Olive oil: 1 tbsp | 15 ml
- Red pepper flakes (optional): pinch
- Salt: 1/8 tsp | 0.5 g

Ingredients (For Zucchini Ribbons):

- Zucchini (spiralized or shaved into ribbons): 2 medium | 14 oz | 400 g
- Olive oil: 1 tbsp | 15 ml
- Lemon zest: ½ tsp | 1 g
- Salt and black pepper: to taste

Cooking Instructions:

1. Preheat a grill pan or skillet over medium-high heat.
2. Brush tofu slices with olive oil and season with salt, pepper, and optional smoked paprika.
3. Grill tofu for 3-4 minutes per side until golden with grill marks. Set aside.
4. Whisk together parsley, oregano, garlic, vinegar, olive oil, red pepper flakes, and salt in a small bowl to make the chimichurri.
5. Heat olive oil in a skillet over medium heat. Add zucchini ribbons, lemon zest, salt, and pepper. Sauté for 2-3 minutes until just tender.

Nutritional Value (Per Serving):

Calories: 360
Healthy Fats: 24 g
Cholesterol: 0 mg
Sodium: 300 mg

Low Carbohydrates: 14 g
High-Protein: 24 g
Fiber: 4 g

Sugar: 3 g
Low Glycemic Index: Low



10 minutes



Individuals



20 minutes



Broccoli & Cheddar Egg Muffins

Mini baked frittatas filled with fluffy eggs, fresh broccoli, and sharp cheddar for a quick and energizing low-carb breakfast.

Ingredients (for 2 servings):

- Large eggs: 4 | 7 oz | 200 g
- Broccoli florets (finely chopped): 1 cup | 3.5 oz | 100 g
- Sharp cheddar cheese (shredded): ½ cup | 2 oz | 60 g
- Unsweetened almond milk (or dairy-free milk): 2 tbsp | 30 ml
- Green onion (sliced): 2 tbsp | 8 g
- Olive oil (for greasing): 1 tsp | 5 ml
- Salt and black pepper: to taste

Cooking Instructions:

1. Preheat oven to 375°F (190°C). Lightly grease 6 muffin cups with olive oil or use silicone liners.
2. Steam or microwave broccoli for 2 minutes until slightly tender, then cool.
3. Whisk eggs, almond milk, salt, and pepper in a bowl until combined.
4. Divide broccoli, cheddar, and green onions evenly among muffin cups.
5. Pour egg mixture over vegetables until cups are nearly full.
6. Bake for 18-20 minutes until muffins are set and golden on top.

Nutritional Value (Per Serving):

Calories: 290	Low Carbohydrates: 6 g
Healthy Fats: 19 g	Fiber: 2 g
Cholesterol: 370 mg	Sugar: 2 g
Sodium: 310 mg	Low Glycemic Index: Low
High-Protein: 22 g	



15 minutes



Individuals



35 minutes



Roasted Eggplant Boats with Lentil Walnut Filling

Tender roasted eggplant halves filled with a hearty, protein-rich blend of lentils, toasted walnuts, and fresh herbs.

Ingredients (for 2 servings):

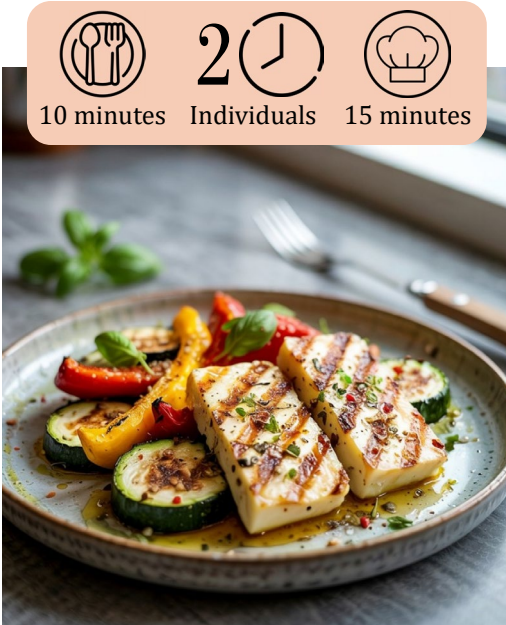
- Eggplant (halved lengthwise): 1 large | 1.1 lb | 500 g
- Cooked lentils: 1 cup | 6 oz | 180 g
- Walnuts (chopped): ¼ cup | 1 oz | 30 g
- Fresh parsley (chopped): 2 tbsp | 4 g
- Garlic (minced): 1 clove | 1/2 tsp | 2.5 g
- Olive oil: 1 tbsp | 0.5 fl oz | 15 ml
- Lemon juice: 1 tbsp | 0.5 fl oz | 15 ml
- Salt and black pepper: to taste
- Smoked paprika or cumin (optional): ¼ tsp | 0.5 g

Cooking Instructions:

1. Preheat oven to 400°F (200°C).
2. Brush eggplant halves with half the olive oil, season with salt and pepper, and place cut sides on a baking tray. Roast for 25-30 minutes until tender.
3. Meanwhile, stirring frequently, toast chopped walnuts in a dry skillet over medium heat for 3-4 minutes.
4. Combine cooked lentils, toasted walnuts, parsley, garlic, lemon juice, remaining olive oil, and optional paprika or cumin in a bowl. Mix well.
5. Scoop some eggplant flesh (optional for more room), then fill each half with the lentil mixture.

Nutritional Value (Per Serving):

Calories: 410	Low Carbohydrates: 22 g
Healthy Fats: 24 g	Fiber: 7 g
Cholesterol: 0 mg	Sugar: 5 g
Sodium: 280 mg	Low Glycemic Index: Low
High-Protein: 17 g	



Grilled Halloumi with Roasted Zucchini & Bell Peppers

Savor the golden sear of halloumi alongside caramelized zucchini and sweet bell peppers for a bold, protein-rich, low-carb vegetarian plate.

Ingredients (for 2 servings):

- Halloumi cheese, sliced: 7 oz | 200 g
- Olive oil: 1 tbsp | 15 ml
- Dried oregano: ½ tsp | 1 g
- Black pepper: to taste

Ingredients (For Roasted Vegetables):

- Zucchini, sliced: 1 medium | 6 oz | 170 g
- Red bell pepper, sliced: 1 medium | 5 oz | 140 g
- Yellow bell pepper, sliced: 1 medium | 5 oz | 140 g
- Olive oil: 1 tbsp | 15 ml
- Garlic powder: ¼ tsp | 0.5 g
- Salt and pepper: to taste
- Fresh basil or parsley (optional): for garnish

Cooking Instructions:

1. Preheat oven to 400°F (200°C).
2. Add salt, pepper, garlic powder, and olive oil to the bell peppers and zucchini.
3. Spread vegetables on a baking sheet and roast for 15-18 minutes until slightly caramelized.
4. Slices of halloumi should be brushed with olive oil after being patted dry.
5. Season with black pepper and oregano.
6. Heat a grill pan or skillet over medium-high heat. Grill halloumi for 2-3 minutes per side until golden brown.

Nutritional Value (Per Serving):

Calories: 410
Healthy Fats: 30 g
Cholesterol: 45 mg
Sodium: 520 mg
High-Protein: 24 g

Low Carbohydrates: 12 g
Fiber: 3 g
Sugar: 5 g
Low Glycemic Index: Low



Tofu Stir-Fry with Broccoli & Snap Peas

Golden tofu cubes stir-fried with crisp broccoli and snap peas, tossed in a light soy-ginger glaze for a protein-packed, low-carb vegetarian dish.

Ingredients (for 2 servings):

- Extra-firm tofu, cubed: 10 oz | 280 g
- Broccoli florets: 1 ½ cups | 6 oz | 170 g
- Snap peas, trimmed: 1 cup | 4 oz | 115 g
- Garlic, minced: 2 cloves | 6 g
- Fresh ginger, grated: 1 tsp | 5 g
- Soy sauce (low sodium): 2 tbsp | 30 ml
- Rice vinegar: 1 tbsp | 15 ml
- Sesame oil (optional): ½ tbsp | 7 ml
- Olive oil (for cooking): 1 tbsp | 15 ml
- Salt and pepper: to taste
- Green onion, sliced (optional): for garnish
- Sesame seeds (optional): 1 tsp | 3 g

Cooking Instructions:

1. To remove moisture, press the tofu between paper towels for ten minutes, then cube it.
2. In a large pan, heat the olive oil over medium-high heat.
3. Cook the tofu cubes for 6 to 8 minutes, flipping them over until they are brown on all sides. Take out and put aside.
4. Ginger and garlic should be sautéed for 30 seconds in the same pan.
5. Add snap peas and broccoli. Stir-fry until crisp-tender, 4 to 5 minutes.
6. Put the tofu back in the pan. Add rice vinegar, sesame oil (if using), and soy sauce.
7. Toss everything together until evenly coated and heated, about 2-3 minutes.

Nutritional Value (Per Serving):

Calories: 380
Healthy Fats: 24 g
Cholesterol: 0 mg
Sodium: 480 mg
High-Protein: 28 g

Low Carbohydrates: 14 g
Fiber: 4 g
Sugar: 4 g
Low Glycemic Index: Low



10 minutes



Individuals



10 minutes



Cauliflower Rice Stir-Fry with Edamame

A vibrant stir-fry made with cauliflower rice, protein-packed edamame, and crisp vegetables tossed in a light soy-ginger sauce.

Ingredients:

- Cauliflower rice: 3 cups | 12 oz | 340 g
- Shelled edamame (cooked): 1 cup | 5 oz | 140 g
- Carrot, julienned: 1 medium | 3 oz | 85 g
- Red bell pepper, sliced: 1 small | 3 oz | 85 g
- Green onion, chopped: 2 tbsp | 8 g
- Garlic, minced: 2 cloves | 6 g
- Fresh ginger, grated: 1 tsp | 5 g
- Low-sodium soy sauce: 2 tbsp | 30 ml
- Rice vinegar: 1 tbsp | 15 ml
- Sesame oil (optional): ½ tbsp | 7 ml
- Olive oil (for cooking): 1 tbsp | 15 ml
- Salt and black pepper: to taste

Cooking Instructions:

1. In a large skillet, heat the olive oil over medium heat.
2. Sauté the ginger and garlic for 30 seconds to make them aromatic.
3. Stir-fry the bell pepper and carrots for two to three minutes.
4. Add edamame and cauliflower rice. Stir well to combine.
5. If using, add sesame oil, rice vinegar, and soy sauce. Cook, stirring occasionally, until the cauliflower is gently browned and the veggies are soft, 5 to 6 minutes.

Nutritional Value (Per Serving):

Calories: 360
 Healthy Fats: 20 g
 Cholesterol: 0 mg
 Sodium: 440 mg
 High-Protein: 26 g

Low Carbohydrates: 18 g
 Fiber: 5
 Sugar: 4 g
 Low Glycemic Index: Low



15 minutes



Individuals



40 minutes



Spaghetti Squash with White Beans & Spinach

Tender roasted spaghetti squash tossed with sautéed garlic spinach and creamy white beans for a hearty, high-protein vegetarian dish.

Ingredients:

- Spaghetti squash (halved, seeds removed): 1 small | 2 lb | 900 g
- Cooked white beans (cannellini or navy): 1 cup | 6 oz | 170 g
- Fresh spinach (chopped): 2 cups | 2 oz | 60 g
- Garlic (minced): 2 cloves | 1 tsp | 5 g
- Olive oil: 1 tbsp | 15 ml
- Lemon juice: 1 tbsp | 15 ml
- Salt and black pepper: to taste
- Crushed red pepper (optional): pinch
- Fresh parsley (for garnish): 1 tbsp | 4 g

Cooking Instructions:

1. Preheat oven to 400°F (200°C). Place spaghetti squash halves, cut side down, on a baking sheet. Roast for 35-40 minutes or until tender.
2. While squash is roasting, heat olive oil in a skillet over medium heat.
3. Add garlic and cook for 1 minute until fragrant. Add spinach and sauté until wilted.
4. Stir in white beans, lemon juice, salt, pepper, and crushed red pepper (if using). Cook for 2-3 minutes until heated through.
5. Once the squash is done, let it cool slightly. Use a fork to scrape out strands into a bowl.
6. Toss the squash with the spinach and bean mixture.

Nutritional Value (Per Serving):

Calories: 340
 Healthy Fats: 14 g
 Cholesterol: 0 mg
 Sodium: 320 mg
 High-Protein: 18 g

Low Carbohydrates: 20 g
 Fiber: 5 g
 Sugar: 4 g
 Low Glycemic Index: Low



15 minutes



Individuals



15 minutes



Greek-Style Veggie Skewers with Halloumi & Herb Dressing

Grilled halloumi paired with colorful vegetables and a zesty herb dressing for a Mediterranean-inspired low-carb plate.

Ingredients (for 2 servings):

- Halloumi cheese (cubed): 6 oz | 170 g
- Zucchini (sliced thick): 1 medium | 6 oz | 170 g
- Bell peppers (any color, cut into squares): 1 large | 6 oz | 170 g
- Button mushrooms (whole or halved): 1 cup | 4 oz | 115 g
- Red onion (cut into chunks): 1 small | 3 oz | 85 g
- Olive oil: 1 tbsp | 15 ml
- Dried oregano: ½ tsp | 0.5 g
- Salt and black pepper: to taste
- Skewers: 4 wooden or metal

Ingredients (For Herb Dressing):

- Lemon juice: 1 tbsp | 15 ml
- Olive oil: 1 tbsp | 15 ml
- Fresh parsley (chopped): 2 tbsp | 4 g
- Garlic (minced): 1 small clove | ½ tsp | 2.5 g
- Salt and pepper: to taste

Cooking Instructions:

1. Turn the heat up to medium-high on a grill or grill pan.
2. Thread halloumi, zucchini, bell peppers, mushrooms, and red onion onto skewers.
3. Brush with olive oil and sprinkle with oregano, salt, and pepper.
4. Grill the vegetables on skewers for 10 to 12 minutes, rotating them every so often, until they are soft and have grill marks.
5. In the meantime, prepare the dressing by whisking together the lemon juice, olive oil, parsley, garlic, salt, and pepper.

Nutritional Value (Per Serving):

Calories: 385
Healthy Fats: 28 g
Cholesterol: 30 mg
Sodium: 510 mg
High-Protein: 21 g

Low Carbohydrates: 14 g
Fiber: 4 g
Sugar: 5 g
Low Glycemic Index: Low



15 minutes



Individuals



15 minutes



Kale & Quinoa Patties with Tahini Drizzle

Crispy vegan patties made with kale, quinoa, and flaxseed, served warm with a creamy tahini-lemon drizzle.

Ingredients (for 2 servings):

- Kale (chopped): 2 cups | 4 oz | 120 g
- Cooked quinoa: 1 cup | 6 oz | 180 g
- Ground flaxseed: 2 tbsp | 0.5 oz | 14 g
- Chickpea flour (or oat flour): 2 tbsp | 0.75 oz | 20 g
- Garlic (minced): 1 clove | ½ tsp | 2.5 g
- Water: 2 tbsp | 1 fl oz | 30 ml
- Salt and black pepper: to taste
- Olive oil (for pan-searing): 1 tbsp | 0.5 fl oz | 15 ml

Ingredients (For Tahini Drizzle):

- Tahini: 2 tbsp | 1 oz | 30 g
- Lemon juice: 1 tbsp | 0.5 fl oz | 15 ml
- Water: 2 tbsp | 1 fl oz | 30 ml
- Salt: pinch

Cooking Instructions:

1. Combine chopped kale, cooked quinoa, flaxseed, chickpea flour, garlic, water, salt, and pepper in a bowl. Mix and let sit for 5 minutes.
2. Form the mixture into 4 equal patties.
3. Heat olive oil in a non-stick skillet over medium heat. Cook patties for 3-4 minutes per side until golden brown.
4. Whisk tahini, lemon juice, water, and salt in a small bowl until smooth.

Nutritional Value (Per Serving):

Calories: 390
Healthy Fats: 26 g
Cholesterol: 0 mg
Sodium: 310 mg
High-Protein: 19 g

Low Carbohydrates: 20 g
Fiber: 5 g
Sugar: 2 g
Low Glycemic Index: Low

Chapter 4: Soups



10 minutes



Individuals



20 minutes



Spicy Tofu & Bok Choy Soup

Hot chili-garlic broth surrounds tender tofu and crisp bok choy for a bold, high-protein vegan soup.

Ingredients (for 2 servings):

- Firm tofu (cubed): 8 oz | 225 g
- Bok choy (sliced): 2 cups | 4 oz | 120 g
- Garlic (minced): 2 cloves | 1 tsp | 5 g
- Chili paste (e.g., sambal oelek): 1 tbsp | 0.5 oz | 15 g
- Low-sodium vegetable broth: 3 cups | 24 fl oz | 720 ml
- Soy sauce (low sodium): 1 tbsp | 0.5 fl oz | 15 ml
- Sesame oil (toasted): 1 tsp | 0.17 fl oz | 5 ml
- Green onions (sliced, for garnish): 2 tbsp | 10 g
- Lime juice (optional): 1 tbsp | 0.5 fl oz | 15 ml

Cooking Instructions:

1. Heat sesame oil in a pot over medium heat. Sauté garlic for 1 minute until aromatic.
2. Stir in chili paste and cook for 30 seconds.
3. Pour in vegetable broth and soy sauce. Bring to a simmer.
4. Add tofu cubes and simmer for 6-7 minutes.
5. Add bok choy and cook for another 4-5 minutes until wilted.

Nutritional Value (Per Serving):

Calories: 225	Low Carbohydrates: 9 g
Healthy Fats: 11 g	Fiber: 3 g
Cholesterol: 0 mg	Sugar: 2 g
Sodium: 420 mg	Low Glycemic Index: Low
High-Protein: 17 g	



10 minutes



Individuals



25 minutes



Thai-Inspired Tempeh Soup

Nutty tempeh in a fragrant coconut-lime broth with lemongrass and fresh spinach for a hearty, high-protein vegan soup.

Ingredients:

- Tempeh (cubed): 8 oz | 225 g
- Coconut milk (unsweetened): 1 cup | 8 fl oz | 240 ml
- Vegetable broth (low-sodium): 2 cups | 16 fl oz | 480 ml
- Lemongrass (bruised and chopped): 1 stalk | 1 oz | 30 g
- Lime juice (fresh): 2 tbsp | 1 fl oz | 30 ml
- Fresh spinach (roughly chopped): 2 cups | 2 oz | 60 g
- Garlic (minced): 1 clove | ½ tsp | 2.5 g
- Ginger (grated): 1 tsp | 0.2 oz | 5 g
- Coconut oil (optional): 1 tsp | 0.17 fl oz | 5 ml
- Salt: to taste
- Chili flakes (optional): pinch

Cooking Instructions:

1. In a medium pot, heat coconut oil (if using) over medium heat. Sauté garlic and ginger for 1-2 minutes.
2. Add lemongrass and cook for another minute.
3. Pour in coconut milk and vegetable broth. Bring to a gentle simmer.
4. Add cubed tempeh and simmer uncovered for 10-12 minutes until tempeh softens slightly.
5. Stir in spinach and lime juice. Simmer for 2-3 more minutes until spinach wilts.
6. Before serving, remove the lemongrass pieces.

Nutritional Value (Per Serving):

Calories: 340
Healthy Fats: 22 g
Cholesterol: 0 mg
Sodium: 360 mg
High-Protein: 18 g

Low Carbohydrates: 12 g
Fiber: 4 g
Sugar: 3 g
Low Glycemic Index: Low



10 minutes



Individuals



25 minutes



Chicken Alfredo Soup

Creamy cauliflower and shredded chicken come together in a rich, low-carb soup with all the indulgent flavors of Alfredo sauce.

Ingredients:

- Shredded chicken breast (cooked): 10 oz | 280 g
- Cauliflower florets (chopped): 1 cup | 4.2 oz | 120 g
- Chicken broth (low-sodium): 2 cups | 16 fl oz | 480 ml
- Almond milk (unsweetened): 1 cup | 8 fl oz | 240 ml
- Garlic (minced): 1 clove | ½ tsp | 2.5 g
- Onion powder: ½ tsp | 1 g
- Nutritional yeast or parmesan (grated): 2 tbsp | 0.5 oz | 15 g
- Olive oil (optional): 1 tsp | 0.17 fl oz | 5 ml
- Salt and pepper: to taste
- Low-carb garlic bread (made with almond or coconut flour)

Cooking Instructions:

1. If used, warm the olive oil in a medium pot over medium heat. Garlic should be aromatic after one minute of sautéing.
2. Add the onion powder and diced cauliflower. Cook for a further two to three minutes after stirring to coat.
3. Pour in chicken broth and bring to a boil. Reduce heat and simmer for 10-12 minutes until cauliflower is tender.
4. Blend the soup right in the pot with an immersion blender until it's smooth, or use a blender and then pour it back into the pot.
5. Stir in almond milk, shredded chicken, and nutritional yeast or parmesan. Simmer for 5-7 more minutes until hot and creamy.

Nutritional Value (Per Serving):

Calories: 310
Healthy Fats: 15 g
Cholesterol: 85 mg
Sodium: 370 mg
High-Protein: 35 g

Low Carbohydrates: 8 g
Fiber: 2 g
Sugar: 2 g
Low Glycemic Index: Low



15 minutes



Individuals



25 minutes



Beef & Zucchini Noodle Soup

Tender strips of beef simmered in a rich bone broth with spiralized zucchini and a hint of spice for a hearty, high-protein, low-carb meal.

Ingredients:

- Beef sirloin (thinly sliced): 10 oz | 280 g
- Zucchini noodles (spiralized): 2 cups | 6.3 oz | 180 g
- Beef bone broth (unsalted): 3 cups | 24 fl oz | 720 ml
- Garlic (minced): 2 cloves | 1 tsp | 5 g
- Chili flakes (optional): ¼ tsp | 0.5 g
- Olive oil: 1 tsp | 0.17 fl oz | 5 ml
- Salt and black pepper: to taste
- Fresh parsley or scallions (for garnish): 1 tbsp | 4 g

Cooking Instructions:

1. Heat olive oil in a medium pot over medium heat. Add garlic and sauté for 1 minute until fragrant.
2. Add sliced beef and cook for 3-4 minutes until browned but not fully cooked.
3. Pour in bone broth and bring to a gentle boil. Reduce heat and simmer for 10 minutes.
4. Add zucchini noodles and cook for 3-4 minutes until just tender.
5. Season with salt, pepper, and chili flakes if using.

Nutritional Value (Per Serving):

Calories: 340	Low Carbohydrates: 8 g
Healthy Fats: 18 g	Fiber: 2 g
Cholesterol: 85 mg	Sugar: 3 g
Sodium: 360 mg	Low Glycemic Index: Low
High-Protein: 35 g	



10 minutes



Individuals



30 minutes



Lentil & Kale Soup

Earthy lentils simmered with nutrient-rich kale in a savory, satisfying vegetable broth for a wholesome plant-based meal.

Ingredients:

- Cooked lentils: 1 cup | 6 oz | 180 g
- Kale (chopped): 2 cups | 4.2 oz | 120 g
- Yellow onion (diced): 1 small | 3.5 oz | 100 g
- Vegetable broth (unsalted): 3 cups | 24 fl oz | 720 ml
- Garlic (minced): 2 cloves | 1 tsp | 5 g
- Olive oil: 1 tbsp | 0.5 fl oz | 15 ml
- Lemon juice: 1 tbsp | 0.5 fl oz | 15 ml
- Salt and black pepper: to taste
- Dried thyme or oregano (optional): ¼ tsp | 0.5 g

Cooking Instructions:

1. In a medium pot, heat the olive oil over medium heat. Cook for 4 to 5 minutes, or until the onion is tender and transparent, after adding the diced onion.
2. Add garlic and cook for 1 minute more.
3. Stir in chopped kale and sauté until slightly wilted, about 2 minutes.
4. Pour in the veggie broth after adding the cooked lentils. Bring to a boil, then simmer for 20 minutes on low heat.
5. Add lemon juice, salt, pepper, and any herbs, and stir to season.

Nutritional Value (Per Serving):

Calories: 290	Low Carbohydrates: 26 g
Healthy Fats: 10 g	Fiber: 6 g
Cholesterol: 0 mg	Sugar: 4 g
Sodium: 340 mg	Low Glycemic Index: Low
High-Protein: 17 g	



10 minutes



Individuals



25 minutes



Creamy Chicken & Spinach Soup

Shredded chicken and fresh spinach simmered in a silky almond milk broth with garlic and herbs for a soothing, high-protein low-carb meal.

Ingredients (for 2 servings):

- Chicken breast (boneless, skinless): 10 oz | 280 g
- Fresh spinach (chopped): 2 cups | 2 oz | 60 g
- Unsweetened almond milk: 2 cups | 16 fl oz | 480 ml
- Garlic (minced): 2 cloves | 1 tsp | 5 g
- Onion (diced): ½ medium | 2.5 oz | 70 g
- Olive oil: 1 tbsp | 0.5 fl oz | 15 ml
- Fresh thyme (optional): 1 tsp | 1 g
- Salt and black pepper: to taste
- Lemon juice (optional): 1 tbsp | 0.5 fl oz | 15 ml

Cooking Instructions:

1. Heat olive oil in a medium saucepan over medium heat. Add diced onion and sauté for 3-4 minutes until softened.
2. Add garlic and cook for another 1 minute until fragrant.
3. Add chicken breast and enough water to cover (about 2 cups). Bring to a boil, then reduce heat and simmer for 12-15 minutes or until chicken is fully cooked.
4. Remove chicken, shred it with two forks, and return to the pot.
5. Pour almond milk, then add spinach, thyme, salt, and pepper. Simmer gently for 5-7 minutes until spinach is wilted and soup is creamy.
6. Stir in lemon juice if using.

Nutritional Value (Per Serving):

Calories: 360	Low Carbohydrates: 7 g
Healthy Fats: 18 g	Fiber: 2 g
Cholesterol: 85 mg	Sugar: 1 g
Sodium: 300 mg	Low Glycemic Index: Low
High-Protein: 38 g	



10 minutes



Individuals



15 minutes



Egg Drop Soup with Tofu

Delicate egg ribbons swirl through a savory vegetable broth with tender tofu cubes and scallions for a comforting, high-protein, low-carb soup.

Ingredients (for 2 servings):

- Eggs (lightly beaten): 3 large | 5.3 oz | 150 g
- Soft tofu (cubed): ½ cup | 4.2 oz | 120 g
- Low-sodium vegetable broth: 3 cups | 24 fl oz | 720 ml
- Scallions (thinly sliced): 2 tbsp | 10 g
- Sesame oil: 1 tsp | 0.17 fl oz | 5 ml
- Cornstarch (optional, for slight thickening): 1 tsp | 0.15 oz | 4 g
- Water (to mix cornstarch): 2 tbsp | 1 fl oz | 30 ml
- Salt and white pepper: to taste

Cooking Instructions:

1. In a small bowl, mix cornstarch and water to create a slurry (optional for thickness). Set aside.
2. In a medium saucepan, bring vegetable broth to a gentle boil. Stir in tofu and simmer for 2-3 minutes.
3. Slowly pour the beaten eggs in a thin stream while gently stirring the broth in one direction to form egg ribbons.
4. Stir in the cornstarch slurry if using, and cook for 1-2 more minutes until slightly thickened.
5. Add sesame oil, sliced scallions, salt, and white pepper. Stir gently and remove from the heat.

Nutritional Value (Per Serving):

Calories: 170	Low Carbohydrates: 6 g
Healthy Fats: 9 g	Fiber: 1 g
Cholesterol: 210 mg	Sugar: 1 g
Sodium: 420 mg	Low Glycemic Index: Low
High-Protein: 14 g	



10 minutes



Individuals



20 minutes



Shrimp Coconut Soup

Juicy shrimp simmered with mushrooms and zucchini in a fragrant coconut-lime broth for a rich, high-protein low-carb meal.

Ingredients:

- Shrimp (peeled and deveined): 10 oz | 280 g
- Coconut milk (unsweetened, light): 1 cup | 8 fl oz | 240 ml
- Lime juice (fresh): 2 tbsp | 1 fl oz | 30 ml
- Mushrooms (sliced): 1 cup | 3 oz | 85 g
- Zucchini (sliced): 1 cup | 4 oz | 115 g
- Vegetable broth (low sodium): 2 cups | 16 fl oz | 480 ml
- Garlic (minced): 2 cloves | 1 tsp | 5 g
- Ginger (grated): 1 tsp | 2 g
- Olive oil: 1 tbsp | 0.5 fl oz | 15 ml
- Salt and pepper: to taste
- Fresh cilantro or basil (for garnish): 1 tbsp | 4 g

Cooking Instructions:

1. In a medium pot, heat olive oil over medium heat. Add garlic and ginger and sauté for 1-2 minutes until fragrant.
2. Add mushrooms and zucchini, cook for 3-4 minutes until slightly softened.
3. Pour in coconut milk and vegetable broth. Bring to a gentle simmer.
4. Add shrimp and cook for 4-6 minutes until pink and cooked.
5. Stir in lime juice, salt, and pepper. Simmer for 2 more minutes.

Nutritional Value (Per Serving):

Calories: 360
Healthy Fats: 22 g
Cholesterol: 180 mg
Sodium: 390 mg
High-Protein: 28 g

Low Carbohydrates: 12 g
Fiber: 3 g
Sugar: 4 g
Low Glycemic Index: Low



10 minutes



Individuals



25 minutes



Salmon Chowder

Flaky salmon, tender vegetables, and fresh dill in a creamy almond milk broth for a satisfying high-protein low-carb soup.

Ingredients:

- Cooked salmon (flaked): 10 oz | 280 g
- Almond milk (unsweetened): 1 ½ cups | 12 fl oz | 360 ml
- Celery (chopped): 1 cup | 3.5 oz | 100 g
- Onion (chopped): ½ cup | 2.5 oz | 70 g
- Garlic (minced): 1 clove | 1/2 tsp | 2.5 g
- Olive oil: 1 tbsp | 0.5 fl oz | 15 ml
- Fresh dill (chopped): 1 tbsp | 4 g
- Vegetable broth (low sodium): 1 cup | 8 fl oz | 240 ml
- Salt and black pepper: to taste
- Optional: lemon zest or juice for brightness

Optional Bread:

- Almond flour bread (to serve): 2 slices | 2 oz | 60 g

Cooking Instructions:

1. In a medium pot, heat olive oil over medium heat. Add onion, celery, and garlic. Sauté for 5-6 minutes until soft.
2. Pour in almond milk and vegetable broth. Bring to a gentle simmer.
3. Add flaked cooked salmon and chopped dill. Stir and let simmer for another 10 minutes.
4. To taste, add salt, pepper, and optional lemon juice or zest.

Nutritional Value (Per Serving):

Calories: 390
Healthy Fats: 24 g
Cholesterol: 70 mg
Sodium: 350 mg
High-Protein: 32 g

Low Carbohydrates: 10 g
Fiber: 2 g
Sugar: 3 g
Low Glycemic Index: Low



10 minutes



Individuals



30 minutes



Beef & Cabbage Goulash Soup

A warming, paprika-scented soup featuring ground beef and tender cabbage in a savory broth for a high-protein, low-carb meal.

Ingredients (for 2 servings):

- Ground beef (lean): 10 oz | 280 g
- Green cabbage (shredded): 3 cups | 6 oz | 170 g
- Onion (chopped): ½ cup | 2.5 oz | 70 g
- Garlic (minced): 2 cloves | 1 tsp | 5 g
- Smoked paprika: 1 tsp | 2 g
- Caraway seeds (optional): ¼ tsp | 0.5 g
- Olive oil: 1 tbsp | 0.5 fl oz | 15 ml
- Beef or vegetable broth (low sodium): 3 cups | 24 fl oz | 720 ml
- Tomato paste (no added sugar): 1 tbsp | 0.5 oz | 15 g
- Salt and black pepper: to taste
- Fresh parsley (chopped, for garnish): 1 tbsp | 4 g

Cooking Instructions:

1. In a large pot, heat olive oil over medium heat. Add onion and garlic; sauté for 4-5 minutes until translucent.
2. Using a spoon, break up the ground beef while it cooks until it turns brown.
3. Add tomato paste, optional caraway seeds, and smoked paprika and stir. Cook until aromatic, about 1 minute.
4. Add shredded cabbage and pour in the broth. Stir well.
5. Bring to a boil, then reduce heat and simmer for 20-25 minutes until cabbage is tender.

Nutritional Value (Per Serving):

Calories: 410
Healthy Fats: 26 g
Cholesterol: 70 mg
Sodium: 340 mg
High-Protein: 30 g

Low Carbohydrates: 12 g
Fiber: 4 g
Sugar: 5 g
Low Glycemic Index: Low

Chapter 5: Salads





5 minutes



Individuals



10 minutes



Roast Duck and Spinach Salad

A flavorful and satisfying salad with tender roast duck, fresh spinach, and a tangy, low-carb dressing.

Ingredients (for 2 servings):

- Cooked duck breast, sliced: 6 oz | 170 g
- Baby spinach: 2 cups | 60 g
- Red onion, thinly sliced: ¼ small | 0.5 oz | 15 g
- Olive oil: 1 tbsp | 15 ml
- Balsamic vinegar: 1 tsp | 5 ml
- Sea salt: pinch
- Black pepper: to taste

Optional Dressing:

- Greek yogurt (plain, unsweetened): 2 tbsp | 1 oz | 30 g
- Dijon mustard: 1 tsp | 5 g
- Apple cider vinegar: 1 tsp | 5 ml
- Olive oil: 1 tbsp | 15 ml
- Salt and pepper: to taste

Cooking Instructions:

1. Arrange the baby spinach in two salad bowls.
2. Layer the sliced duck breast on top of the spinach.
3. Add the red onion slices over the duck and spinach.
4. Whisk together the olive oil, balsamic vinegar, sea salt, and black pepper in a small bowl.
5. Drizzle the dressing over the salad and toss gently to combine.
6. If using the optional dressing, mix Greek yogurt, Dijon mustard, apple cider vinegar, olive oil, salt, and pepper in a small bowl. Drizzle over the salad and toss.

Nutritional Value (Per Serving):

Calories: 350
Healthy Fats: 24 g
Cholesterol: 75 mg
Sodium: 220 mg
High-Protein: 32 g

Low Carbohydrates: 5 g
Fiber: 3 g
Sugar: 2 g
Low Glycemic Index: Low



5 minutes



Individuals



10 minutes



Chicken, Egg, and Dill Salad

A protein-packed, refreshing salad combining shredded chicken, hard-boiled eggs, and crunchy celery, all tossed in a light lemon-dill dressing for a satisfying low-carb meal.

Ingredients (for 2 servings):

- Cooked chicken breast (shredded): 5 oz | 140 g
- Hard-boiled egg (chopped): 1 large | 2 oz | 57 g
- Celery (diced): 1 stalk | 1.5 oz | 45 g
- Fresh dill (chopped): 1 tbsp | 3 g
- Olive oil: 1 tbsp | 15 ml
- Lemon juice: 1 tbsp | 15 ml
- Salt: pinch
- Black pepper: to taste

Optional Dressing:

- Greek yogurt (plain, unsweetened): 2 tbsp | 1 oz | 30 g
- Dijon mustard: 1 tsp | 5 g
- Apple cider vinegar: 1 tsp | 5 ml
- Salt and pepper: to taste

Cooking Instructions:

1. Combine the shredded chicken, chopped hard-boiled egg, diced celery, and fresh dill in a medium bowl.
2. Drizzle the olive oil and lemon juice over the mixture and toss to combine.
3. Season with salt and black pepper to taste.
4. Whisk together the Greek yogurt, Dijon mustard, apple cider vinegar, salt, and pepper for the optional dressing. Drizzle over the salad and toss gently.

Nutritional Value (Per Serving):

Calories: 280
Healthy Fats: 18 g
Cholesterol: 180 mg
Sodium: 220 mg
High-Protein: 32 g

Low Carbohydrates: 3 g
Fiber: 2 g
Sugar: 1 g
Low Glycemic Index: Low



5 minutes



Individuals



5 minutes



Salmon and Kale Salad

A nutrient-dense salad featuring flaky salmon and hearty kale, topped with pumpkin seeds for added crunch and healthy fats.

Ingredients:

- Cooked salmon (flaked): 6 oz | 170 g
- Kale (chopped): 2 cups | 60 g
- Olive oil: 1 tbsp | 15 ml
- Lemon juice: 1 tbsp | 15 ml
- Pumpkin seeds: 1 tbsp | 10 g
- Sea salt: pinch

Yogurt Dressing:

- Greek yogurt (unsweetened): 2 tbsp | 30 g
- Lemon juice: 1 tsp | 5 ml
- Garlic powder: ¼ tsp | 1 g
- Salt and pepper: to taste

Cooking Instructions:

1. In a large bowl, combine the flaked salmon and chopped kale.
2. Whisk together Greek yogurt, lemon juice, garlic powder, salt, and pepper in a small bowl to create the yogurt dressing.
3. Drizzle the yogurt dressing over the salmon and kale mixture. Toss gently to combine.
4. Sprinkle pumpkin seeds and a pinch of sea salt on top before serving.

Nutritional Value (Per Serving):

Calories: 310
Healthy Fats: 20 g
Cholesterol: 75 mg
Sodium: 280 mg
High-Protein: 35 g

Low Carbohydrates: 6 g
Fiber: 4 g
Sugar: 2 g
Low Glycemic Index: Low



5 minutes



Individuals



5 minutes



Shrimp and Avocado Salad

A light and refreshing salad with tender shrimp, creamy avocado, and a tangy vinaigrette, perfect for a high-protein, low-carb diet.

Ingredients:

- Cooked shrimp (peeled): 6 oz | 170 g
- Avocado (diced): 1 medium | 6 oz | 170 g
- Cucumber (sliced): ½ medium | 3 oz | 85 g
- Red onion (thinly sliced): ¼ small | 0.5 oz | 15 g
- Olive oil: 1 tbsp | 15 ml
- Lime juice: 1 tbsp | 15 ml
- Fresh cilantro: 1 tbsp | 4 g

Vinaigrette Dressing:

- Olive oil: 2 tbsp | 30 ml
- Apple cider vinegar: 1 tbsp | 15 ml
- Dijon mustard: 1 tsp | 5 g
- Garlic powder: ¼ tsp | 1 g
- Salt and pepper: to taste

Cooking Instructions:

1. Combine the cooked shrimp, diced avocado, sliced cucumber, and red onion in a large bowl.
2. Whisk together olive oil, apple cider vinegar, Dijon mustard, garlic powder, salt, and pepper in a small bowl to make the vinaigrette dressing.
3. Drizzle the vinaigrette over the salad and toss gently to combine.

Nutritional Value (Per Serving):

Calories: 350
Healthy Fats: 24 g
Cholesterol: 170 mg
Sodium: 280 mg
High-Protein: 30 g

Low Carbohydrates: 12 g
Fiber: 7 g
Sugar: 2 g
Low Glycemic Index: Low



10 minutes



Individuals



15 minutes



Grilled Tofu & Zucchini with Creamy Tahini Dressing

Smoky grilled tofu and zucchini slices served with a tangy, nutty tahini dressing—great as a warm entrée or chilled salad-style bowl.

Ingredients:

- Extra-firm tofu, pressed and sliced: 1 cup | 7 oz | 200 g
- Zucchini, sliced into rounds or strips: 1 cup | 4 oz | 115 g
- Olive oil (for grilling): 1 tbsp | 15 ml
- Salt and black pepper: to taste
- Tahini: 1 tbsp | 0.7 oz | 20 g
- Lemon juice: 1 tbsp | 15 ml
- Garlic, minced: 1 clove | 0.1 oz | 3 g
- Water (to thin): 1 tbsp | 15 ml
- Paprika: pinch

Cooking Instructions:

1. Preheat a grill or grill pan over medium-high heat.
2. Lightly brush tofu and zucchini slices with olive oil. Season with salt and pepper.
3. Grill tofu for about 3-4 minutes per side until golden grill marks appear. Grill zucchini for 2-3 minutes per side until tender and slightly charred. Set aside.
4. In a small bowl, whisk together tahini, lemon juice, minced garlic, water, and paprika until smooth and creamy.
5. Arrange grilled tofu and zucchini on a plate or bowl. Drizzle with tahini dressing.

Nutritional Value (Per Serving):

Calories: 310 **Low Carbohydrates:** 10 g
Healthy Fats: 22 g **Fiber:** 3 g
Cholesterol: 0 mg **Sugar:** 3 g sugar
Sodium: 320 mg **Low Glycemic Index:** Low
High-Protein: 18 g



5 minutes



Individuals



10 minutes



Pork Tenderloin and Cabbage Slaw

A satisfying combination of tender pork slices paired with a tangy cabbage slaw, dressed with olive oil, apple cider vinegar, and mustard for a refreshing, high-protein, low-carb meal.

Ingredients:

- Cooked pork tenderloin (sliced): 6 oz | 170 g
- Green cabbage (shredded): 1 cup | 90 g
- Carrot (shredded): 1 small | 2 oz | 60 g
- Olive oil: 1 tbsp | 15 ml
- Apple cider vinegar: 1 tbsp | 15 ml
- Mustard: 1 tsp | 5 g

Cooking Instructions:

1. Slice the cooked pork tenderloin into thin pieces.
2. In a medium bowl, combine the shredded cabbage and carrot.
3. Whisk together the olive oil, apple cider vinegar, and mustard in a small bowl.
4. Drizzle the dressing over the cabbage and carrot mixture, tossing to coat evenly.

Nutritional Value (Per Serving):

Calories: 270 **Low Carbohydrates:** 9 g
Healthy Fats: 16 g **Fiber:** 4 g
Cholesterol: 70 mg **Sugar:** 5 g
Sodium: 250 mg **Low Glycemic Index:** Low
High-Protein: 27 g



 5 minutes
  2 Individuals
  10 minutes

Beef Taco Salad (No Shell)

A satisfying, low-carb taco salad featuring seasoned ground beef, fresh veggies, and creamy avocado, all topped with a zesty lime dressing for a flavorful, high-protein meal.

Ingredients (for 2 servings):

- Ground beef (90% lean, cooked): 6 oz | 170 g
- Iceberg lettuce (shredded): 2 cups | 60 g
- Avocado (diced): ½ medium | 3 oz | 85 g
- Tomato (diced): ½ medium | 2 oz | 60 g
- Olive oil: 1 tbsp | 15 ml
- Lime juice: 1 tbsp | 15 ml
- Cumin: pinch
- Chili powder: pinch

Cooking Instructions:

1. Heat the cooked ground beef in a skillet over medium heat until warm.
2. Combine the shredded iceberg lettuce, diced avocado, and diced tomato in a large bowl.
3. Drizzle olive oil and lime juice, then sprinkle with cumin and chili powder.
4. Toss the salad to combine, then top with the warm ground beef.

Nutritional Value (Per Serving):

Calories: 340 **Low Carbohydrates:** 9 g
Healthy Fats: 22 g **Fiber:** 7 g
Cholesterol: 75 mg **Sugar:** 3 g
Sodium: 230 mg **Low Glycemic Index:** Low
High-Protein: 30 g



 5 minutes
  2 Individuals
  5 minutes

Turkey Bacon and Romaine Salad

A light and delicious salad with crisp romaine lettuce, creamy avocado, juicy cherry tomatoes, and savory turkey bacon, topped with a simple balsamic dressing.

Ingredients (for 2 servings):

- Turkey bacon (cooked and chopped): 4 slices | 4 oz | 115 g
- Romaine lettuce (chopped): 2 cups | 60 g
- Cherry tomatoes (halved): ½ cup | 75 g
- Avocado (diced): ½ medium | 3 oz | 85 g
- Olive oil: 1 tbsp | 15 ml
- Balsamic vinegar: 1 tsp | 5 ml

Cooking Instructions:

1. Combine chopped romaine lettuce, halved cherry tomatoes, and diced avocado in a large bowl.
2. Add the cooked turkey bacon and toss gently to mix.
3. Drizzle olive oil and balsamic vinegar over the salad, then toss to coat evenly.

Nutritional Value (Per Serving):

Calories: 310 **Low Carbohydrates:** 9 g
Healthy Fats: 24 g **Fiber:** 7 g
Cholesterol: 25 mg **Sugar:** 2 g
Sodium: 460 mg **Low Glycemic Index:** Low
High-Protein: 21 g



5 minutes



Individuals



5 minutes



Lamb and Herb Salad

A vibrant salad featuring tender slices of lamb, fresh arugula, and a fragrant mix of herbs, topped with a zesty dressing for extra flavor.

Ingredients:

- Cooked lamb slices (lean): 6 oz | 170 g
- Arugula: 2 cups | 60 g
- Parsley (chopped): 1 tbsp | 3 g
- Mint (chopped): 1 tbsp | 3 g
- Red onion (thinly sliced): ¼ small | 0.5 oz | 15 g
- Olive oil: 1 tbsp | 15 ml
- Lemon juice: 1 tbsp | 15 ml

Allowed Dressing:

- Olive oil: 2 tbsp | 30 ml
- Apple cider vinegar: 1 tbsp | 15 ml
- Dijon mustard: 1 tsp | 5 g
- Salt and pepper: to taste

Cooking Instructions:

1. Arrange arugula on a plate or in a bowl.
2. Layer with cooked lamb slices, chopped parsley, mint, and red onion.
3. Whisk together the olive oil, apple cider vinegar, Dijon mustard, salt, and pepper in a small bowl.
4. Drizzle the dressing over the salad and toss gently to combine.

Nutritional Value (Per Serving):

Calories: 380	Low Carbohydrates: 8 g
Healthy Fats: 27 g	Fiber: 4 g
Cholesterol: 80 mg	Sugar: 3 g
Sodium: 150 mg	Low Glycemic Index: Low
High-Protein: 31 g	



5 minutes



Individuals



5 minutes



Chicken and Broccoli Salad

A protein-packed salad with lean chicken, steamed broccoli, and a creamy yogurt dressing for a refreshing and healthy meal.

Ingredients:

- Cooked chicken breast (chopped): 6 oz | 170 g
- Steamed broccoli florets: 1 cup | 90 g
- Red onion (thinly sliced): ¼ small | 0.5 oz | 15 g
- Olive oil: 1 tbsp | 15 ml
- Apple cider vinegar: 1 tbsp | 15 ml
- Black pepper: pinch

Yogurt Dressing:

- Greek yogurt (unsweetened): 2 tbsp | 30 g
- Lemon juice: 1 tsp | 5 ml
- Dijon mustard: ½ tsp | 2.5 g
- Garlic powder: ¼ tsp | 1 g
- Salt and pepper: to taste

Cooking Instructions:

1. Combine the chopped chicken, steamed broccoli, and sliced red onion in a bowl.
2. Whisk together Greek yogurt, lemon juice, Dijon mustard, garlic powder, salt, and pepper in a small bowl to create the yogurt dressing.
3. Drizzle the dressing over the salad and toss gently to combine.

Nutritional Value (Per Serving):

Calories: 270	Low Carbohydrates: 8 g
Healthy Fats: 16 g	Fiber: 3 g
Cholesterol: 80 mg	Sugar: 3 g
Sodium: 180 mg	Low Glycemic Index: Low
High-Protein: 35 g	

Chapter 6: Snacks & Bites



10 minutes



Individuals



15 minutes



Grilled Tofu Cubes with Garlic Dip

Savory grilled tofu cubes marinated in soy sauce and served with a fresh garlic-parsley dip for a protein-rich, plant-based snack.

Ingredients (for 2 servings):

- Firm tofu (cubed): 8 oz | 225 g
- Soy sauce (low-sodium): 1 tbsp | 0.5 fl oz | 15 ml
- Garlic (minced): 1 clove | 0.1 oz | 3 g
- Fresh parsley (finely chopped): 1 tbsp | 0.1 oz | 3 g
- Water: 1 tbsp | 0.5 fl oz | 15 ml
- Lemon juice (optional): 1 tsp | 0.17 fl oz | 5 ml
- Salt: to taste

Cooking Instructions:

1. Cut the tofu into bite-sized chunks after patting it dry.
2. Combine the tofu and soy sauce in a bowl and allow it to marinate for five to ten minutes.
3. A non-stick grill pan should be preheated at medium heat.
4. Grill tofu cubes on each side for 2-3 minutes until golden and crisp.
5. Meanwhile, combine garlic, parsley, water, and lemon juice (if using) in a small bowl to make the dip. Add salt to taste.

Nutritional Value (Per Serving):

Calories: 310**Healthy Fats:** 18 g**Cholesterol:** 0 mg**Sodium:** 370 mg**High-Protein:** 22 g**Low Carbohydrates:** 7 g**Fiber:** 2 g**Sugar:** 1 g**Low Glycemic Index:** Low



10 minutes



Individuals



10 minutes



Boiled Egg Guacamole Bites

Creamy avocado and zesty lime nestled in hard-boiled egg halves—an energizing, high-protein, low-carb snack.

Ingredients (for 2 servings):

- Hard-boiled eggs: 3 large | 5.3 oz | 150 g
- Avocado (ripe): ½ piece | 3.5 oz | 100 g
- Lime juice (fresh): 1 tsp | 0.17 fl oz | 5 ml
- Salt: to taste
- Black pepper (optional): pinch

Cooking Instructions:

1. Cut the hard-boiled eggs in half, then scoop out the yolks and place them in a bowl.
2. To the yolks, add the avocado, lime juice, salt, and pepper (if using).
3. Mash until smooth and creamy.
4. Return the mixture to the egg whites with an equal spoon.

Nutritional Value (Per Serving):

Calories: 240
Healthy Fats: 18 g
Cholesterol: 280 mg
Sodium: 200 mg
High-Protein: 14 g
Low Carbohydrates: 4 g
Fiber: 3 g
Sugar: 1 g
Low Glycemic Index: Low



5 minutes



Individuals



0 minutes



Beef Jerky Bites with Cheese Cubes

A no-fuss, protein-packed snack featuring savory beef jerky and creamy cheese cubes with a touch of thyme.

Ingredients (for 2 servings):

- Beef jerky (sugar-free): 4 oz | 113 g
- Low-carb cheese (cubed): 2 oz | 56 g
- Dried thyme: 1 tsp | 0.1 oz | 2 g

Cooking Instructions:

1. Cut the cheese into bite-sized cubes.
2. Tear or cut the beef jerky into small pieces.
3. Arrange jerky and cheese cubes on a plate or mix in a bowl.
4. Sprinkle with dried thyme and gently toss to coat.

Nutritional Value (Per Serving):

Calories: 260
Healthy Fats: 15 g
Cholesterol: 45 mg
Sodium: 620 mg
High-Protein: 28 g
Low Carbohydrates: 2 g
Fiber: 0 g
Sugar: 1 g
Low Glycemic Index: Low



5 minutes



Individuals



0 minutes



Almond Butter Celery Sticks

Crunchy celery paired with creamy almond butter and a hint of cinnamon for a satisfying, low-carb high-protein bite.

Ingredients:

- Celery sticks: 4 medium | 4 oz | 113 g
- Almond butter (unsweetened): 2 tbsp | 1.1 oz | 32 g
- Ground cinnamon: for sprinkling

Cooking Instructions:

1. Clean the celery sticks and trim them.
2. Evenly distribute almond butter into each stick's middle groove.
3. Add a small pinch of ground cinnamon.

Nutritional Value (Per Serving):

Calories: 140
Healthy Fats: 11 g
Cholesterol: 0 mg
Sodium: 90 mg
High-Protein: 4 g

Low Carbohydrates: 5 g
Fiber: 2 g
Sugar: 1 g
Low Glycemic Index: Low



10 minutes



Individuals



20 minutes



Chicken Zucchini Poppers

Juicy chicken bites packed with grated zucchini and garlic—oven-baked for a clean, protein-rich snack.

Ingredients:

- Ground chicken: 8 oz | 225 g
- Zucchini (grated and squeezed): 1 cup | 5 oz | 140 g
- Egg: 1 large | 1.8 oz | 50 g
- Almond flour: 2 tbsp | 0.5 oz | 14 g
- Garlic powder: 1 tsp | 0.1 oz | 2 g
- Salt and pepper: to taste

Cooking Instructions:

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Combine ground chicken, grated zucchini (squeeze out excess moisture), egg, almond flour, garlic powder, salt, and pepper in a bowl.
3. Mix thoroughly until combined.
4. Scoop tablespoon-sized portions and form them into small poppers.
5. Place on the baking sheet and bake for 18-20 minutes, flipping halfway, until golden and cooked through.

Nutritional Value (Per Serving):

Calories: 260
Healthy Fats: 12 g
Cholesterol: 105 mg
Sodium: 310 mg
High-Protein: 32 g

Low Carbohydrates: 6 g
Fiber: 2 g
Sugar: 1 g
Low Glycemic Index: Low



10 minutes



Individuals



5 minutes



Shrimp Avocado Cups

Zesty shrimp salad served in creamy avocado halves for a refreshing and protein-packed snack.

Ingredients (for 2 servings):

- Cooked shrimp (chopped): 6 oz | 170 g
- Avocado (halved and pitted): 1 medium | 7 oz | 200 g
- Lime juice: 1 tbsp | 0.5 fl oz | 15 ml
- Cilantro (chopped): 1 tbsp | 0.1 oz | 2 g
- Salt and pepper: to taste

Cooking Instructions:

1. Mix shrimp, lime juice, chopped cilantro, salt, and pepper in a bowl.
2. Scoop a little flesh from each avocado half to make room, then mix that flesh into the shrimp mixture.
3. Spoon the shrimp mixture into the avocado halves.

Nutritional Value (Per Serving):

Calories: 280	Low Carbohydrates: 7 g
Healthy Fats: 17 g	Fiber: 4 g
Cholesterol: 145 mg	Sugar: 1 g
Sodium: 320 mg	Low Glycemic Index: Low
High-Protein: 24 g	



10 minutes



Individuals



0 minutes



Crab-Stuffed Mini Bell Peppers

Sweet mini bell peppers filled with creamy crab salad for a colorful, protein-rich snack.

Ingredients (for 2 servings):

- Cooked lump crab meat: 6 oz | 170 g
- Mini bell peppers (halved and deseeded): 4 medium | 6 oz | 170 g
- Mayonnaise (avocado-based): 1 tbsp | 0.5 oz | 15 g
- Lemon juice: 1 tsp | 0.17 oz | 5 ml
- Dill (chopped): 1 tsp | 0.05 oz | 1.5 g
- Salt and pepper: to taste

Cooking Instructions:

1. Mix crab, mayo, lemon juice, dill, salt, and pepper in a bowl.
2. Spoon the crab mixture into halved mini bell peppers.

Nutritional Value (Per Serving):

Calories: 190	Low Carbohydrates: 6 g
Healthy Fats: 9 g	Fiber: 2 g
Cholesterol: 70 mg	Sugar: 3 g
Sodium: 340 mg	Low Glycemic Index: Low
High-Protein: 24 g	



10 minutes



Individuals



15 minutes



Bacon & Cheddar Eggplant Bites with Chive Garnish

Crispy eggplant rounds topped with smoky bacon, melted cheddar, and fresh green onion—an easy, cheesy, low-carb bite ideal for snacks or light meals.

Ingredients (for 2 servings):

- Eggplant (sliced into ½-inch rounds): 1 medium | 10 oz | 280 g
- Olive oil (for roasting): 1 tbsp | 15 ml
- Cheddar cheese, shredded: ½ cup | 2 oz | 60 g
- Cooked bacon, crumbled: 3 slices | 1.5 oz | 43 g
- Green onion or chives, finely sliced: 1 tbsp | 0.2 oz | 5 g
- Garlic powder: ¼ tsp | 0.03 oz | 1 g
- Salt and pepper: to taste

Cooking Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Lightly brush both sides of the eggplant slices with olive oil and season with salt, pepper, and garlic powder.
3. Arrange eggplant slices in a single layer on the baking sheet and roast for 10-12 minutes, flipping once halfway through, until tender and slightly golden.
4. Remove from the oven. Top each eggplant round with shredded cheddar cheese and crumbled bacon.
5. Return to oven and bake for another 3-5 minutes or until the cheese is melted and bubbly.
6. Sprinkle green onions or chives over the hot bites before serving.

Nutritional Value (Per Serving):

Calories: 320 **Low Carbohydrates:** 6 g
Healthy Fats: 24 g **Fiber:** 3 g
Cholesterol: 45 mg **Sugar:** 3 g
Sodium: 400 mg **Low Glycemic Index:** Low
High-Protein: 15 g



10 minutes



Individuals



20 minutes



Prosciutto, Spinach & Ricotta Egg Cups

Elegant and creamy with a salty punch — brunch-worthy bites that are perfect warm or cold.

Ingredients (for 2 servings):

- Eggs: 4 large | 8 oz | 225 g
- Spinach (lightly steamed and chopped): ½ cup | 2 oz | 60 g
- Ricotta cheese: 2 tbsp | 1 oz | 30 g
- Thin prosciutto slices: 2 slices | 1 oz | 28 g
- Black pepper: to taste

Cooking Instructions:

1. Preheat oven to 375°F (190°C) and lightly grease 4 muffin cups.
2. Line each muffin cup with half a slice of prosciutto, pressing to form a base and up the sides.
3. In a mixing bowl, whisk together the eggs, steamed spinach, ricotta, and black pepper until combined.
4. Divide the egg mixture evenly among the prosciutto-lined cups.
5. Bake for 18-20 minutes, or until the egg is set and the tops are puffed and lightly golden.
6. Let cool slightly before removing from the muffin tin.

Nutritional Value (Per Serving):

Calories: 280 **Low Carbohydrates:** 3 g
Healthy Fats: 18 g **Fiber:** 1 g
Cholesterol: 220 mg **Sugar:** 1 g
Sodium: 430 mg **Low Glycemic Index:** Low
High-Protein: 22 g



5 minutes



Individuals



0 minutes



Beef and Pickle Roll-Ups

Tender roast beef wrapped around crisp dill pickles with a tangy mustard kick—an ultra-low-carb, high-protein snack.

Ingredients:

- Roast beef slices: 6 oz | 170 g
- Dill pickles (whole or spears): 2 pieces | 2.5 oz | 70 g
- Mustard (dijon or yellow): 1 tbsp | 0.5 oz | 15 g

Cooking Instructions:

1. Lay roast beef slices flat on a clean surface.
2. Spread a thin layer of mustard over each slice.
3. Roll tightly with one pickle or spear at the edge of each slice.

Nutritional Value (Per Serving):

Calories: 210
Healthy Fats: 10 g
Cholesterol: 55 mg
Sodium: 620 mg
High-Protein: 24 g

Low Carbohydrates: 3 g
Fiber: 1 g
Sugar: 1 g
Low Glycemic Index: Low



10 minutes



Individuals



10 minutes



Mini Salmon Patties

Crispy on the outside and tender inside, these mini salmon patties pack protein, omega-3s, and flavor in every bite.

Ingredients:

- Canned salmon (drained): 6 oz | 170 g
- Egg: 1 large | 1.8 oz | 50 g
- Almond flour: 2 tbsp | 0.5 oz | 14 g
- Fresh parsley (chopped): 1 tbsp | 0.2 oz | 5 g
- Salt: to taste
- Black pepper: to taste

Cooking Instructions:

1. Mix the salmon, egg, almond flour, and parsley in a medium bowl. Season with salt and pepper.
2. Shape the mixture into small patties (about 6 total).
3. Heat a non-stick skillet over medium heat.
4. Cook patties on each side for 3-4 minutes until golden brown and firm.

Nutritional Value (Per Serving):

Calories: 290
Healthy Fats: 18 g
Cholesterol: 95 mg
Sodium: 380 mg
High-Protein: 27 g

Low Carbohydrates: 2 g
Fiber: 1 g
Sugar: 0 g
Low Glycemic Index: Low

Chapter 7: Sauces



5 minutes



2 Individuals



0 minutes



Creamy Horseradish Sauce

Bold, tangy, and excellent with beef or roasted root veggies.

Ingredients:

- Sour cream or Greek yogurt:
¼ cup | 2 oz | 60 g
- Prepared horseradish (no sugar):
1 tbsp | 0.5 oz | 15 g
- Dijon mustard: 1 tsp | 0.17 oz | 5 g
- Lemon juice: 1 tsp | 0.17 fl oz | 5 ml
- Salt and pepper: to taste

Cooking Instructions:

1. Mix sour cream (or Greek yogurt), horseradish, mustard, and lemon juice in a small bowl.
2. Stir until smooth and fully combined.
3. Add salt and pepper to taste.

Nutritional Value (Per Serving):

Calories: 65

Healthy Fats: 5 g

Cholesterol: 10 mg

Sodium: 110 mg

Fiber: 0 g

Sugar: 1 g

Low Carbohydrates: 2 g

Minimal Protein: 2 g

Low Glycemic Index: Low



5 minutes



Individuals



0 minutes



Creamy Sun-Dried Tomato Sauce

Savory and rich with Mediterranean flair, ideal as a dip or drizzle for meats and vegetables.

Ingredients:

- Sun-dried tomatoes (oil-packed, drained): 1 oz | 28 g
- Greek yogurt (unsweetened): ¼ cup | 2 oz | 60 g
- Garlic (minced): 1 clove | 0.1 oz | 3 g
- Lemon juice: 1 tbsp | 0.5 fl oz | 15 ml
- Olive oil: 1 tbsp | 0.5 fl oz | 15 ml
- Salt: to taste

Cooking Instructions:

1. Add sun-dried tomatoes, Greek yogurt, garlic, lemon juice, olive oil, and a pinch of salt to a blender or food processor.
2. Blend until creamy and smooth.

Nutritional Value (Per Serving):

Calories: 120 **Low Carbohydrates:** 4 g
Healthy Fats: 10 g **Fiber:** 1 g
Cholesterol: 2 mg **Sugar:** 2 g
Sodium: 160 mg **Low Glycemic Index:** Low
High-Protein: 4 g



5 minutes



Individuals



5 minutes



Coconut Curry Dipping Sauce

Rich and warming—ideal with chicken or shrimp skewers.

Ingredients:

- Full-fat canned coconut milk: ½ cup | 4 fl oz | 120 ml
- Yellow curry powder: 1 tsp | 0.1 oz | 2 g
- Garlic (minced): 1 clove | 0.1 oz | 3 g
- Lime juice: 1 tbsp | 0.5 fl oz | 15 ml
- Salt: to taste

Cooking Instructions:

1. Add coconut milk, garlic, and curry powder to a small saucepan over medium heat.
2. Stir and simmer for 3-5 minutes until slightly thickened.
3. Remove from heat and stir in lime juice and salt to taste.

Nutritional Value (Per Serving):

Calories: 130 **Low Carbohydrates:** 3 g
Healthy Fats: 13 g **Fiber:** 1 g
Cholesterol: 0 mg **Sugar:** 1 g
Sodium: 110 mg **Low Glycemic Index:** Low
Moderate Protein: 1 g



 5 minutes
  2 Individuals
  0 minutes

Zesty Lime Cilantro Sauce

Vibrant, tangy, and loaded with herbs for seafood or grilled meats.

Ingredients (for 2 servings):

- Fresh cilantro (chopped): ½ cup | 0.3 oz | 8 g
- Lime juice (fresh): 2 tbsp | 1 fl oz | 30 ml
- Olive oil: 2 tbsp | 1 fl oz | 30 ml
- Garlic (minced): 1 clove | 0.1 oz | 3 g
- Salt and pepper: to taste

Cooking Instructions:

1. Add cilantro, lime juice, olive oil, and garlic to a blender or food processor.
2. Blend until smooth or slightly chunky, as desired.
3. Season with salt and pepper to taste.

Nutritional Value (Per Serving):

Calories: 130 **Low Carbohydrates:** 2 g
Healthy Fats: 14 g **Minimal Protein:** 0.5 g
Cholesterol: 0 mg **Fiber:** 0.5 g
Sodium: 60 mg **Sugar:** 0.5 g
Low Glycemic Index: Low



 5 minutes
  2 Individuals
  0 minutes

Basil Spinach Pesto (No Cheese)

Cheesy taste without dairy, perfect on meats or roasted veggies.

Ingredients (for 2 servings):

- Fresh basil (chopped): ½ cup | 0.3 oz | 8 g
- Baby spinach: ¼ cup | 0.25 oz | 7 g
- Almonds or walnuts: 2 tbsp | 0.6 oz | 17 g
- Garlic (minced): 1 clove | 0.1 oz | 3 g
- Olive oil: 2 tbsp | 1 fl oz | 30 ml
- Lemon juice (fresh): 1 tbsp | 0.5 fl oz | 15 ml
- Salt: to taste

Cooking Instructions:

1. Combine basil, spinach, nuts, garlic, lemon juice, and olive oil in a food processor.
2. Blend until smooth or textured, as preferred.
3. Add salt to taste and pulse to combine.

Nutritional Value (Per Serving):

Calories: 180 **Low Carbohydrates:** 4 g
Healthy Fats: 18 g **Minimal Protein:** 3 g
Cholesterol: 0 mg **Fiber:** 1 g
Sodium: 55 mg **Sugar:** 0.5 g
Low Glycemic Index: Low

Chapter 8: Desserts



5 minutes



Individuals



0 minutes



Ricotta Protein Mousse

A creamy, zesty mousse that's high in protein and naturally sweetened.

Ingredients:

- Ricotta cheese: ½ cup | 4 oz | 120 g
- Vanilla protein powder: 1 scoop | 0.75 oz | 21 g
- Lemon zest: ½ tsp | 0.1 g
- Stevia: to taste (optional)

Cooking Instructions:

1. In a bowl, combine the ricotta cheese and vanilla protein powder.
2. Add the lemon zest and stevia (if using), then mix thoroughly until smooth and well combined.
3. Taste and adjust sweetness with additional stevia if desired.
4. Divide the mousse between two bowls and refrigerate for 15-20 minutes to chill and set.

Nutritional Value (Per Serving):

Calories: 180	Low Carbohydrates: 5 g
Healthy Fats: 10 g	Fiber: 1 g
Cholesterol: 40 mg	Sugar: 1 g
Sodium: 90 mg	Low Glycemic Index: Low
High-Protein: 22 g	



5 minutes



2 Individuals



15 minutes

Berry Protein Jello

A refreshing and protein-packed dessert with the sweet taste of mixed berries.

Ingredients (for 2 servings):

- Unflavored gelatin: 1 packet | 0.25 oz | 7 g
- Water: 1/2 cup | 4 fl oz | 120 ml
- Mixed berries (fresh or frozen): 1/2 cup | 2.5 oz | 70 g
- Vanilla protein powder: 1 scoop | 0.75 oz | 21 g

Cooking Instructions:

1. Heat the water over low heat in a small saucepan until it is warm, but not boiling.
2. Sprinkle the unflavored gelatin over the warm water and stir until it dissolves completely.
3. Remove from heat and stir in the vanilla protein powder until fully combined.
4. Add the mixed berries and gently stir.
5. Pour the mixture into two small containers or molds.
6. Refrigerate for at least 1-2 hours, or until the jello has fully set.

Nutritional Value (Per Serving):

Calories: 120 **Low Carbohydrates:** 6 g
Healthy Fats: 1 g **Fiber:** 3 g
Cholesterol: 10 mg **Sugar:** 4 g
Sodium: 30 mg **Low Glycemic Index:** Low
High-Protein: 15 g



10 minutes



2 Individuals



20 minutes

Pumpkin Protein Bars

A cozy, protein-packed treat with the rich flavors of pumpkin spice.

Ingredients (for 2 servings):

- Pumpkin puree: 1/2 cup | 4 oz | 120 g
- Almond flour: 2 tbsp | 1 oz | 28 g
- Protein powder: 1 scoop | 0.75 oz | 21 g
- Egg: 1 | 1.8 oz | 50 g
- Pumpkin spice: 1/2 tsp | 0.05 oz | 1.5 g

Cooking Instructions:

1. Preheat the oven to 350°F (175°C) and line a small baking dish with parchment paper.
2. Whisk together the pumpkin puree, egg, and protein powder in a medium bowl.
3. Add the almond flour and pumpkin spice and mix until well combined.
4. Pour the batter into the prepared baking dish and smooth the top.
5. Bake for 18-20 minutes, or until a toothpick inserted in the center comes clean.
6. Let the bars cool in the dish for a few minutes before transferring to a wire rack to cool completely.
7. Cut into bars.

Nutritional Value (Per Serving):

Calories: 180 **Low Carbohydrates:** 8 g
Healthy Fats: 8 g **Fiber:** 2 g
Cholesterol: 70 mg **Sugar:** 3 g
Sodium: 100 mg **Low Glycemic Index:** Low
High-Protein: 16 g



5 minutes



Individuals



0 minutes



Ice Cream

A creamy, protein-packed frozen treat that's perfect for satisfying your sweet cravings.

Ingredients (for 2 servings):

- Frozen banana: 1 | 5 oz | 140 g
- Protein powder: 2 scoops | 1.5 oz | 42 g
- Almond milk: ½ cup | 4 fl oz | 120 ml
- Peanut butter: 2 tsp | 0.33 oz | 10 g

Cooking Instructions:

1. Combine the frozen banana, protein powder, almond milk, and peanut butter in a blender.
2. Blend until smooth and creamy, adding more almond milk to reach your desired consistency.
3. Divide the mixture between two bowls or glasses.
4. Optionally, freeze for an additional 10 minutes for a firmer texture.

Nutritional Value (Per Serving):

Calories: 160	Low Carbohydrates: 15 g
Healthy Fats: 7 g	Fiber: 3 g
Cholesterol: 0 mg	Sugar: 8 g
Sodium: 90 mg	Low Glycemic Index: Low
High-Protein: 18 g	



10 minutes



Individuals



0 minutes



Keto Tiramisu Cups

A rich, creamy, and indulgent keto-friendly twist on the classic Italian dessert.

Ingredients (for 2 servings):

- Mascarpone: 4 oz | 115 g
- Heavy cream: ¼ cup | 2 fl oz | 60 ml
- Coffee (brewed): 1 tbsp | 0.5 fl oz | 15 ml
- Vanilla protein powder:
1 scoop | 0.8 oz | 23 g
- Cocoa powder (for dusting):
1 tsp | 0.05 oz | 1.5 g

Cooking Instructions:

1. Whisk together mascarpone, heavy cream, coffee, and vanilla protein powder in a medium bowl until smooth and fully combined.
2. Spoon the mixture evenly into two serving cups or glasses.
3. Refrigerate for at least 30 minutes to allow the flavors to meld and the mixture to firm up.

Nutritional Value (Per Serving):

Calories: 280	Low Carbohydrates: 4 g
Healthy Fats: 23 g	Fiber: 2 g
Cholesterol: 60 mg	Sugar: 2 g
Sodium: 95 mg	Low Glycemic Index: Low
High-Protein: 15 g	



10 minutes



Individuals



15 minutes



Brownies

A rich and fudgy protein-packed dessert to satisfy your chocolate cravings.

Ingredients:

- Egg: 1 | 1.8 oz | 50 g
- Almond flour: 2 tbsp | 0.5 oz | 14 g
- Cocoa powder: 1 tbsp | 0.05 oz | 3 g
- Chocolate protein powder: 1 scoop | 0.8 oz | 23 g
- Almond milk: 2 tbsp | 1 fl oz | 30 ml
- Baking powder: ¼ tsp | 0.04 oz | 1 g

Cooking Instructions:

1. Preheat the oven to 350°F (175°C) and line a small baking dish (around 4x4 inches) with parchment paper.
2. In a mixing bowl, whisk together the egg, almond flour, cocoa powder, chocolate protein powder, almond milk, and baking powder until fully combined and smooth.
3. Pour the brownie batter into the prepared baking dish and spread it evenly.
4. Bake for 12-15 minutes, or until a toothpick inserted into the center comes clean.

Nutritional Value (Per Serving):

Calories: 160 **Low Carbohydrates:** 4 g
Healthy Fats: 10 g **Fiber:** 3 g
Cholesterol: 35 mg **Sugar:** 1 g
Sodium: 150 mg **Low Glycemic Index:** Low
High-Protein: 15 g



5 minutes



Individuals



0 minutes



Avocado Vanilla Mousse

A creamy, rich mousse with a hint of vanilla, packed with healthy fats and protein.

Ingredients:

- Avocado: 1 medium | 6 oz | 170 g
- Vanilla extract: 1 tsp | 0.17 fl oz | 5 ml
- Stevia: to taste
- Protein powder (vanilla or unflavored): 1 scoop | 0.8 oz | 23 g
- Almond milk: 2 tbsp | 1 fl oz | 30 ml

Cooking Instructions:

1. Combine the avocado, vanilla extract, stevia, protein powder, and almond milk in a blender or food processor.
2. Blend until smooth and creamy. Add more almond milk if needed to reach your desired consistency.
3. Spoon the mousse into two small bowls or glasses.
4. Refrigerate for 30 minutes to allow the mousse to firm up and chill.

Nutritional Value (Per Serving):

Calories: 240 **Low Carbohydrates:** 6 g
Healthy Fats: 21 g **Fiber:** 4 g
Cholesterol: 0 mg **Sugar:** 1 g
Sodium: 85 mg **Low Glycemic Index:** Low
High-Protein: 15 g



5 minutes



Individuals



0 minutes



Carrot Cake Protein Balls

A delicious, protein-packed snack with the flavor of carrot cake—perfect for a low-carb diet.

Ingredients:

- Grated carrot: ¼ cup | 1.5 oz | 40 g
- Almond flour: 2 tbsp | 0.5 oz | 14 g
- Protein powder (your choice of flavor): 1 scoop | 0.75 oz | 21 g
- Cinnamon: ½ tsp | 0.05 oz | 1 g
- Nutmeg: pinch | 0.02 oz | 0.5 g

Cooking Instructions:

1. Combine grated carrot, almond flour, protein powder, cinnamon, and nutmeg in a small bowl.
2. Mix thoroughly until well combined.
3. Roll the mixture into 4 small balls.
4. Chill in the fridge for 10-15 minutes to firm up.

Nutritional Value (Per Serving):

Calories: 180 **Low Carbohydrates:** 4 g
Healthy Fats: 10 g **Fiber:** 2 g
Cholesterol: 40 mg **Sugar:** 3 g
Sodium: 120 mg **Low Glycemic Index:** Low
High-Protein: 15 g



5 minutes



Individuals



5 minutes



Protein Pancake Bites

Mini protein-packed pancakes, perfect for a quick snack or breakfast.

Ingredients:

- Almond flour: ¼ cup | 1 oz | 28 g
- Egg: 1 | 1.8 oz | 50 g
- Protein powder (your choice of flavor): 1 scoop | 0.75 oz | 21 g
- Almond milk (unsweetened): 2 tbsp | 1 fl oz | 30 ml
- Baking powder: ¼ tsp | 0.03 oz | 1 g

Cooking Instructions:

1. In a mixing bowl, whisk almond flour, egg, protein powder, almond milk, and baking powder until smooth.
2. Heat a non-stick pan over medium heat and lightly grease with cooking spray or a small amount of oil.
3. Pour spoonfuls of the pancake batter into the pan to form small bites. Cook for 1-2 minutes per side until golden brown and firm.
4. Remove from the pan.

Nutritional Value (Per Serving):

Calories: 210 **Low Carbohydrates:** 6 g
Healthy Fats: 14 g **Fiber:** 2 g
Cholesterol: 55 mg **Sugar:** 1 g
Sodium: 170 mg **Low Glycemic Index:** Low
High-Protein: 18 g



Peanut Butter Chocolate Cups

Rich, creamy, and protein-packed with a delicious sugar-free chocolate coating.

Ingredients:

- Sugar-free dark chocolate: 2 oz | 56 g
- Peanut butter: 2 tbsp | 1 oz | 28 g
- Protein powder: 1 scoop | 0.75 oz | 21 g

Cooking Instructions:

1. Melt the sugar-free dark chocolate in a heatproof bowl over a double boiler or in the microwave (in 20-second intervals, stirring in between).
2. Mix the peanut butter and protein powder together in a separate small bowl until smooth.
3. Line a small muffin tin with paper liners or grease with a little cooking spray.
4. Spoon a small amount of melted chocolate into the bottom of each cup and spread to cover the bottom.
5. Add a dollop of the peanut butter mixture on top of the chocolate.
6. Cover the peanut butter layer with the remaining melted chocolate.
7. Refrigerate the cups for 1-2 hours, or until they have fully set.

Nutritional Value (Per Serving):

Calories: 230	Low Carbohydrates: 6 g
Healthy Fats: 18 g	Fiber: 3 g
Cholesterol: 20 mg	Sugar: 2 g
Sodium: 120 mg	Low Glycemic Index: Low
High-Protein: 14 g	

Chapter 9: 30-Day High-Protein Low-Carb Meal Plan



DAY 1

	<i>Calories</i>
BREAKFAST Spinach & Feta Egg Muffins	220
MAIN DISH 1 (MEAT) Garlic Herb Chicken Thighs	420
MAIN DISH 2 (FISH) Salmon Chowder	390
SOUP Creamy Chicken & Spinach Soup	360
SALAD Arugula-Cucumber Salad	60
SNACK Eggplant Pizza Bites	310
DESSERT Carrot Cake Protein Balls	180
<i>Total</i>	1,940

DAY 2

	<i>Calories</i>
BREAKFAST Ham and Veggie Frittata	220
MAIN DISH 1 (MEAT) Ground Turkey Patties	350
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Chicken Alfredo Soup	310
SALAD Spinach-Pepper Salad	70
SNACK Grilled Tofu Cubes w/ Garlic Dip	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,840

DAY 3

	<i>Calories</i>
BREAKFAST Protein Pancake Bites	290
MAIN DISH 1 (MEAT) Boiled Beef Shank w/ Kale	390
MAIN DISH 2 (FISH) Salmon Chowder	390
SOUP Thai Tempeh Soup	340
SALAD Cucumber-Dill Salad	60
SNACK Eggplant Pizza Bites	310
DESSERT Protein Pudding	220
<i>Total</i>	2,000

DAY 4

	<i>Calories</i>
BREAKFAST High-Protein Scrambled Eggs	350
MAIN DISH 1 (MEAT) Baked Lamb Chops w/ Spinach	420
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Chicken Alfredo Soup	310
SALAD Lettuce Salad	60
SNACK Tofu Garlic Dip	310
DESSERT Carrot Cake Protein Balls	180
<i>Total</i>	1,990

DAY 5

	<i>Calories</i>
BREAKFAST Ricotta, Tomato & Spinach Frittata	300
MAIN DISH 1 (MEAT) Garlic Butter Chicken Breast	330
MAIN DISH 2 (FISH) Salmon Chowder	390
SOUP Beef & Cabbage Goulash Soup	410
SALAD Tomato-Cucumber Salad	70
SNACK Eggplant Pizza Bites	310
DESSERT Protein Pancake Bites	290
<i>Total</i>	2,100

DAY 7

	<i>Calories</i>
BREAKFAST Bacon Mushroom Feta Mini Quiche	300
MAIN DISH 1 (MEAT) Garlic Herb Chicken Thighs	420
MAIN DISH 2 (FISH) Thai Tempeh Soup	340
SOUP Chicken Alfredo Soup	310
SALAD Arugula-Cucumber Salad	60
SNACK Eggplant Pizza Bites	310
DESSERT Carrot Cake Protein Balls	180
<i>Total</i>	1,920

DAY 6

	<i>Calories</i>
BREAKFAST Cottage Cheese Bowl w/ Berries	220
MAIN DISH 1 (MEAT) Ground Turkey Patties	350
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Spicy Tofu & Bok Choy Soup	225
SALAD Avocado-Tomato Salad	65
SNACK Grilled Tofu Cubes	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,750

DAY 8

	<i>Calories</i>
BREAKFAST Sausage Bell Pepper Mini Quiche	310
MAIN DISH 1 (MEAT) Ground Turkey Lettuce Wraps	350
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Creamy Chicken Spinach Soup	360
SALAD Spinach-Pepper Salad	70
SNACK Tofu Garlic Dip	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,980

DAY 9

	<i>Calories</i>
BREAKFAST Turkey and Zucchini Patties	220
MAIN DISH 1 (MEAT) Garlic Butter Chicken Breast	330
MAIN DISH 2 (FISH) Salmon Chowder	390
SOUP Thai Tempeh Soup	340
SALAD Tomato-Cucumber Salad	70
SNACK Eggplant Pizza Bites	310
DESSERT Protein Pancake Bites	290
<i>Total</i>	1,950

DAY 11

	<i>Calories</i>
BREAKFAST Ham and Veggie Frittata	220
MAIN DISH 1 (MEAT) Garlic Herb Chicken Thighs	420
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Salmon Chowder	390
SALAD Lettuce Salad	60
SNACK Eggplant Pizza Bites	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,980

DAY 10

	<i>Calories</i>
BREAKFAST Spinach & Feta Egg Muffins	220
MAIN DISH 1 (MEAT) Boiled Beef Shank w/ Kale	390
MAIN DISH 2 (FISH) Thai Tempeh Soup	340
SOUP Chicken Alfredo Soup	310
SALAD Arugula-Cucumber Salad	60
SNACK Tofu Garlic Dip	310
DESSERT Carrot Cake Protein Balls	180
<i>Total</i>	1,810

DAY 12

	<i>Calories</i>
BREAKFAST Protein Pancake Bites	290
MAIN DISH 1 (MEAT) Ground Turkey Patties	350
MAIN DISH 2 (FISH) Thai Tempeh Soup	340
SOUP Creamy Chicken Spinach Soup	360
SALAD Spinach-Pepper Salad	70
SNACK Grilled Tofu Cubes	310
DESSERT Protein Pudding	220
<i>Total</i>	1,940

DAY 13

	<i>Calories</i>
BREAKFAST High-Protein Scrambled Eggs	350
MAIN DISH 1 (MEAT) Baked Lamb Chops w/ Spinach	420
MAIN DISH 2 (FISH) Thai Tempeh Soup	340
SOUP Chicken Alfredo Soup	310
SALAD Cucumber-Dill Salad	60
SNACK Tofu Garlic Dip	310
DESSERT Protein Pancake Bites	290
<i>Total</i>	2,080

DAY 15

	<i>Calories</i>
BREAKFAST Cottage Cheese Bowl w/ Berries	220
MAIN DISH 1 (MEAT) Ground Turkey Patties	350
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Spicy Tofu & Bok Choy Soup	225
SALAD Arugula-Cucumber Salad	60
SNACK Eggplant Pizza Bites	310
DESSERT Protein Pudding	220
<i>Total</i>	1,745

DAY 14

	<i>Calories</i>
BREAKFAST Ricotta, Tomato & Spinach Frittata	300
MAIN DISH 1 (MEAT) Garlic Butter Chicken Breast	330
MAIN DISH 2 (FISH) Salmon Chowder	390
SOUP Creamy Chicken & Spinach Soup	360
SALAD Tomato-Cucumber Salad	70
SNACK Grilled Tofu Cubes	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,980

DAY 16

	<i>Calories</i>
BREAKFAST Bacon Mushroom Feta Mini Quiche	300
MAIN DISH 1 (MEAT) Garlic Herb Chicken Thighs	420
MAIN DISH 2 (FISH) Thai Tempeh Soup	340
SOUP Chicken Alfredo Soup	310
SALAD Spinach-Pepper Salad	70
SNACK Eggplant Pizza Bites	310
DESSERT Carrot Cake Protein Balls	180
<i>Total</i>	1,930

DAY 17

	<i>Calories</i>
BREAKFAST Sausage Bell Pepper Mini Quiche	310
MAIN DISH 1 (MEAT) Ground Turkey Lettuce Wraps	350
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Creamy Chicken Spinach Soup	360
SALAD Tomato-Cucumber Salad	70
SNACK Tofu Garlic Dip	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,980

DAY 19

	<i>Calories</i>
BREAKFAST Spinach & Feta Egg Muffins	220
MAIN DISH 1 (MEAT) Boiled Beef Shank w/ Kale	390
MAIN DISH 2 (FISH) Thai Tempeh Soup	340
SOUP Chicken Alfredo Soup	310
SALAD Lettuce Salad	60
SNACK Tofu Garlic Dip	310
DESSERT Carrot Cake Protein Balls	180
<i>Total</i>	1,810

DAY 18

	<i>Calories</i>
BREAKFAST Turkey and Zucchini Patties	220
MAIN DISH 1 (MEAT) Garlic Butter Chicken Breast	330
MAIN DISH 2 (FISH) Salmon Chowder	390
SOUP Spicy Tofu & Bok Choy Soup	225
SALAD Cucumber-Dill Salad	60
SNACK Eggplant Pizza Bites	310
DESSERT Protein Pancake Bites	290
<i>Total</i>	1,820

DAY 20

	<i>Calories</i>
BREAKFAST Ham and Veggie Frittata	220
MAIN DISH 1 (MEAT) Garlic Herb Chicken Thighs	420
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Salmon Chowder	390
SALAD Arugula-Cucumber Salad	60
SNACK Eggplant Pizza Bites	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,980

DAY 21

	<i>Calories</i>
BREAKFAST Protein Pancake Bites	290
MAIN DISH 1 (MEAT) Ground Turkey Patties	350
MAIN DISH 2 (FISH) Thai Tempeh Soup	340
SOUP Creamy Chicken Spinach Soup	360
SALAD Spinach-Pepper Salad	70
SNACK Grilled Tofu Cubes	310
DESSERT Protein Pudding	220
<i>Total</i>	1,940

DAY 23

	<i>Calories</i>
BREAKFAST Ricotta, Tomato & Spinach Frittata	300
MAIN DISH 1 (MEAT) Garlic Butter Chicken Breast	330
MAIN DISH 2 (FISH) Salmon Chowder	390
SOUP Creamy Chicken & Spinach Soup	360
SALAD Cucumber-Dill Salad	60
SNACK Grilled Tofu Cubes	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,970

DAY 22

	<i>Calories</i>
BREAKFAST High-Protein Scrambled Eggs	350
MAIN DISH 1 (MEAT) Baked Lamb Chops w/ Spinach	420
MAIN DISH 2 (FISH) Thai Tempeh Soup	340
SOUP Chicken Alfredo Soup	310
SALAD Tomato-Cucumber Salad	70
SNACK Tofu Garlic Dip	310
DESSERT Protein Pancake Bites	290
<i>Total</i>	2,090

DAY 24

	<i>Calories</i>
BREAKFAST Cottage Cheese Bowl w/ Berries	220
MAIN DISH 1 (MEAT) Ground Turkey Patties	350
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Spicy Tofu & Bok Choy Soup	225
SALAD Lettuce Salad	60
SNACK Eggplant Pizza Bites	310
DESSERT Protein Pudding	220
<i>Total</i>	1,745

DAY 25

	<i>Calories</i>
BREAKFAST Bacon Mushroom Feta Mini Quiche	300
MAIN DISH 1 (MEAT) Garlic Herb Chicken Thighs	420
MAIN DISH 2 (FISH) Thai Tempeh Soup	340
SOUP Chicken Alfredo Soup	310
SALAD Arugula-Cucumber Salad	60
SNACK Eggplant Pizza Bites	310
DESSERT Carrot Cake Protein Balls	180
<i>Total</i>	1,920

DAY 27

	<i>Calories</i>
BREAKFAST Turkey and Zucchini Patties	220
MAIN DISH 1 (MEAT) Garlic Butter Chicken Breast	330
MAIN DISH 2 (FISH) Salmon Chowder	390
SOUP Spicy Tofu & Bok Choy Soup	225
SALAD Tomato-Cucumber Salad	70
SNACK Eggplant Pizza Bites	310
DESSERT Protein Pancake Bites	290
<i>Total</i>	1,835

DAY 26

	<i>Calories</i>
BREAKFAST Sausage Bell Pepper Mini Quiche	310
MAIN DISH 1 (MEAT) Ground Turkey Lettuce Wraps	350
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Creamy Chicken Spinach Soup	360
SALAD Spinach-Pepper Salad	70
SNACK Tofu Garlic Dip	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,980

DAY 28

	<i>Calories</i>
BREAKFAST Spinach & Feta Egg Muffins	220
MAIN DISH 1 (MEAT) Boiled Beef Shank w/ Kale	390
MAIN DISH 2 (FISH) Thai Tempeh Soup	340
SOUP Chicken Alfredo Soup	310
SALAD Cucumber-Dill Salad	60
SNACK Tofu Garlic Dip	310
DESSERT Carrot Cake Protein Balls	180
<i>Total</i>	1,810

DAY 29

	<i>Calories</i>
BREAKFAST Ham and Veggie Frittata	220
MAIN DISH 1 (MEAT) Garlic Herb Chicken Thighs	420
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Salmon Chowder	390
SALAD Lettuce Salad	60
SNACK Eggplant Pizza Bites	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,980

DAY 30

	<i>Calories</i>
BREAKFAST Ricotta, Tomato & Spinach Frittata	300
MAIN DISH 1 (MEAT) Baked Lamb Chops w/ Spinach	420
MAIN DISH 2 (FISH) Shrimp Coconut Soup	360
SOUP Chicken Alfredo Soup	310
SALAD Spinach-Pepper Salad	70
SNACK Eggplant Pizza Bites	310
DESSERT Pumpkin Protein Pudding	220
<i>Total</i>	1,990

HOW TO TAILOR A MEAL PLAN TO YOUR GOALS

The plan in this book is universal, but the result depends on how you apply it. Here's how to easily adjust it to your goals:

Weight Loss

- Reduce fats, especially added fats (butter, cheese, nuts) – but don't eliminate them.
- Listen to your appetite, not your watch – eat until you feel slightly full.
- Avoid desserts and “just snacks,” especially late at night.
- Drink more water – at least 2 liters daily, especially in the first 5-7 days.
- Add low-intensity activity: walking, climbing stairs, 15 minutes of exercise – this will enhance the effect.

Weight Maintenance

- Eat all meals from the plan without restrictions on fats and snacks.
- Maintain regularity: 3 meals + 1 snack – this gives stable energy.
- Vary your recipes to create a rhythm you don't get bored with.

Gaining Muscle Mass

- Increase protein by 20-30 g daily (for example, 1 egg + a serving of cottage cheese or protein).
- Add complex carbohydrates: quinoa, chickpeas, beans, sweet potatoes – 1 daily serving.
- Eat 4-5 times daily, including 30-60 minutes after training.
- Smoothies, protein, + nut butter – a great way to increase calories without overeating.

Advice: don't change everything at once. Make 1-2 adjustments, observe how you feel and the results. It is not a diet – it is a strategy for real life.

WEEK 1 SHOPPING LIST (Days 1-7)

Protein & Dairy

- Eggs: 28 large | 56 oz | 1,580 g
- Chicken breast (boneless): 2.5 lb | 40 oz | 1,130 g
- Chicken thighs (bone-in): 2 lb | 32 oz | 900 g
- Ground turkey: 2 lb | 32 oz | 900 g
- Beef shank: 1 lb | 16 oz | 450 g
- Turkey bacon: 6 oz | 170 g
- Lamb chops: 10 oz | 280 g
- Salmon (fillet or chowder): 4.5 lb | 72 oz | 2,040 g
- Shrimp (peeled): 1.5 lb | 24 oz | 680 g
- Cottage cheese, low-fat: 1 cup | 8 oz | 230 g
- Ricotta cheese: ½ cup | 4 oz | 115 g
- Feta cheese: ½ cup | 2 oz | 60 g
- Greek yogurt (plain, low-fat): 1 cup | 8 oz | 230 g
- Protein powder (chocolate & vanilla): 4 scoops | ~3.2 oz | 90 g

Vegetables

- Spinach (fresh): 10 cups | ~10 oz | 300 g
- Zucchini: 4 medium | ~28 oz | 800 g
- Broccoli: 3 cups | 15 oz | 430 g
- Bell peppers (any): 4 large | 24 oz | 680 g
- Onion: 2 large | 12 oz | 340 g
- Kale (chopped): 2 cups | 3 oz | 90 g
- Carrot: 2 medium | 6 oz | 170 g
- Cauliflower florets: 4 cups | 14 oz | 400 g
- Garlic: 1 bulb | ~2 oz | 60 g
- Mushrooms (sliced): 1 cup | 3 oz | 85 g

Pantry

- Almond flour: 4 tbsp | 1 oz | 28 g
- Cocoa powder: 2 tbsp | 0.1 oz | 6 g
- Stevia: to taste
- Flaxseed (ground): 2 tbsp | 0.5 oz | 15 g
- Olive oil: ~12 tbsp | 6 fl oz | 180 ml
- Baking powder: ½ tsp | 0.08 oz | 2 g
- Bay leaf: 2
- Seasonings (salt, black pepper, oregano, thyme, garlic powder): as needed

Fats & Extras

- Avocado: 2 medium | 12 oz | 340 g
- Almond milk (unsweetened): 1.5 cups | 12 fl oz | 360 ml
- Ghee (or substitute butter): 1 tbsp | 0.5 oz | 15 g

WEEK 2 SHOPPING LIST (Days 8-14)

Protein & Dairy

- Eggs: 28 large | 56 oz | 1,580 g
- Chicken breast: 1.5 lb | 24 oz | 680 g
- Chicken drumsticks: 2 lb | 32 oz | 900 g
- Ground turkey: 1.5 lb | 24 oz | 680 g
- Ground beef (lean): 1 lb | 16 oz | 450 g
- Tuna steaks: 10 oz | 280 g
- Tilapia: 2 fillets | 20 oz | 570 g
- Halibut: 2 fillets | 20 oz | 570 g
- Shrimp: 10 oz | 280 g
- Mussels: 1.5 lb | 680 g
- Lamb chops: 10 oz | 280 g
- Feta cheese: ¼ cup | 1 oz | 30 g
- Ricotta cheese: ¼ cup | 2 oz | 60 g
- Cottage cheese: 1 cup | 8 oz | 230 g
- Cream cheese: 2 oz | 60 g
- Mozzarella cheese (shredded): ½ cup | 2 oz | 60 g
- Greek yogurt (plain): ½ cup | 4 oz | 115 g
- Protein powder: 3-4 scoops | ~3 oz | 85 g

Vegetables

- Spinach (fresh): 6 cups | 6 oz | 170 g
- Zucchini: 4 medium | 28 oz | 800 g
- Broccoli: 2 cups | 10 oz | 280 g
- Cauliflower florets: 2 cups | 7 oz | 200 g
- Bell peppers: 3 medium | 18 oz | 510 g
- Mushrooms (sliced): 1 cup | 3 oz | 85 g
- Onion: 2 large | 12 oz | 340 g
- Cherry tomatoes: 2 cups | 10 oz | 280 g
- Cucumber: 1 large | 6 oz | 170 g
- Arugula: 2 cups | 2 oz | 60 g
- Kale: 2 cups | 3 oz | 90 g
- Green beans: 1.5 cups | 6 oz | 170 g
- Lettuce or baby greens: 2 cups | 2 oz | 60 g
- Garlic: 1 bulb | ~2 oz | 60 g

Pantry

- Almond flour: 2 tbsp | 14 g
- Chia or flaxseed: 2 tbsp | 15 g
- Olive oil: ~10 tbsp | 5 fl oz | 150 ml
- Apple cider vinegar: 3 tbsp | 45 ml
- Soy sauce (low-sodium): 2 tbsp | 30 ml
- Spices (paprika, cumin, thyme, oregano, garlic powder): as needed
- Dijon or yellow mustard: 1 tsp | 5 ml

Fats & Extras

- Avocado: 2 medium | 12 oz | 340 g
- Almond milk (unsweetened): 1 cup | 8 fl oz | 240 ml
- Lemon juice: 3 tbsp | 45 ml
- Pickles: 2 tbsp | 1 oz | 30 g

WEEK 3 SHOPPING LIST (Days 15-21)

Protein & Dairy

- Eggs: 28 large | 56 oz | 1,580 g
- Chicken breast or thighs: 2 lb | 32 oz | 900 g
- Ground turkey: 1.5 lb | 24 oz | 680 g
- Ground beef (lean): 1 lb | 16 oz | 450 g
- Lamb chops: 10 oz | 280 g
- Tilapia: 2 fillets | 20 oz | 570 g
- Trout: 10 oz | 280 g
- Cod: 10 oz | 280 g
- Shrimp: 10 oz | 280 g
- Tuna (canned in water): 1 can | 5 oz | 140 g
- Mussels: 1.5 lb | 680 g
- Ricotta cheese (low-fat): ¼ cup | 2 oz | 60 g
- Cottage cheese: 1 cup | 8 oz | 230 g
- Parmesan cheese: 3 tbsp | 1 oz | 30 g
- Greek yogurt: ½ cup | 4 oz | 115 g
- Protein powder: ~3 scoops | 2.5 oz | 75 g

Vegetables

- Spinach (fresh): 6 cups | 6 oz | 170 g
- Zucchini: 4 medium | 28 oz | 800 g
- Cauliflower florets: 2 cups | 7 oz | 200 g
- Cherry tomatoes: 1.5 cups | 7 oz | 200 g
- Bell peppers (any): 3 large | 18 oz | 510 g
- Onion: 2 medium | 10 oz | 280 g
- Kale: 2 cups | 3 oz | 90 g
- Green beans: 1.5 cups | 6 oz | 170 g
- Arugula: 2 cups | 2 oz | 60 g
- Baby spinach: 2 cups | 2 oz | 60 g
- Avocado: 2 medium | 12 oz | 340 g
- Garlic: 1 bulb | ~2 oz | 60 g

Pantry

- Almond flour: 3 tbsp | 1.5 oz | 45 g
- Canned beans (white): 1 cup | 6 oz | 170 g
- Olive oil: ~10 tbsp | 5 fl oz | 150 ml
- Apple cider vinegar: 2 tbsp | 30 ml
- Baking powder: ½ tsp | 2 g
- Soy sauce (low sodium): 2 tbsp | 30 ml

Fats & Extras

- Avocado: 2 medium | 12 oz | 340 g
- Almond milk (unsweetened):
1 cup | 8 fl oz | 240 ml
- Lemon juice: 2 tbsp | 30 ml

WEEK 4 SHOPPING LIST (Days 22-30)

Protein & Dairy

- Eggs: 28 large | 56 oz | 1,580 g
- Chicken breast: 2 lb | 32 oz | 900 g
- Ground turkey: 1.5 lb | 24 oz | 680 g
- Ground beef (lean): 1 lb | 16 oz | 450 g
- Lamb chops: 10 oz | 280 g
- Salmon: 2 fillets | 20 oz | 570 g
- Shrimp: 10 oz | 280 g
- Cod: 10 oz | 280 g
- Tuna (canned): 1 can | 5 oz | 140 g
- Ricotta cheese: ½ cup | 4 oz | 115 g
- Cottage cheese: 1 cup | 8 oz | 230 g
- Feta cheese: ¼ cup | 1 oz | 30 g
- Greek yogurt: ½ cup | 4 oz | 115 g
- Protein powder: 3 scoops | ~2.5 oz | 75 g

Vegetables

- Spinach (fresh): 8 cups | 8 oz | 230 g
- Zucchini: 4 medium | 28 oz | 800 g
- Broccoli: 2 cups | 10 oz | 280 g
- Bell peppers: 3 large | 18 oz | 510 g
- Onion: 2 large | 12 oz | 340 g
- Cherry tomatoes: 1.5 cups | 7 oz | 200 g
- Cucumber: 1 large | 6 oz | 170 g
- Arugula: 2 cups | 2 oz | 60 g
- Kale: 2 cups | 3 oz | 90 g
- Garlic: 1 bulb | ~2 oz | 60 g

Pantry

- Almond flour: 3 tbsp | 1.5 oz | 45 g
- Olive oil: ~10 tbsp | 5 fl oz | 150 ml
- Apple cider vinegar: 2 tbsp | 30 ml
- Spices (salt, pepper, oregano, thyme, garlic powder): as needed
- Soy sauce (low sodium): 2 tbsp | 30 ml

Fats & Extras

- Avocado: 2 medium | 12 oz | 340 g
- Almond milk (unsweetened):
1 cup | 8 fl oz | 240 ml
- Lemon juice: 2 tbsp | 30 ml

“Success doesn’t come from what you do occasionally. It comes from what you do consistently.”

Starting a healthy eating plan is exciting, but keeping it going? That’s where the real magic (and challenge) happens. Whether following the DASH diet, a high-protein low-carb plan, or just trying to eat better overall, this chapter will help you stay on track for the long haul. Let’s explore how to stay consistent, bounce back from setbacks, and adapt your plan to suit your changing goals.

Build a Strong, Supportive Mindset

Your mindset is like the engine of your success. If it’s in good shape, you’ll keep moving—even on tough days.

Try these tools to strengthen your mindset:

- **Start with your “why.”** Ask yourself: Why do I want to get healthier? Maybe it’s to have more energy, reduce medications, or feel better in your clothes. Write it down and keep it somewhere visible.
- **Focus on progress, not perfection.** Slipped up and ate a donut? No big deal. One meal doesn’t undo all your hard work. What matters most is what you do next.
- **Celebrate small wins.** Did you pack your lunch all week? Drink more water today? Those are victories! Acknowledge them and be proud.
- **Visualize success.** Spend one minute a day imagining how you’ll feel in your stronger, healthier body. Visualization boosts motivation and focus.

Consistency Beats Intensity

You don’t need to be perfect—you need to be steady.

- **Create simple routines.** Set regular times for meals, prep, or workouts. When something becomes a habit, it requires less mental effort.
- **Plan ahead.** Take 10 minutes each weekend to plan your meals or grocery list. Preparation prevents random choices later.
- **Use visual trackers.** Whether it’s a calendar, app, or sticky notes on your fridge, seeing your progress helps build momentum.
- **Keep your environment supportive.** Stock your kitchen with healthy staples and remove tempting junk food when possible.

Remember: one healthy meal every day for a year is 365 chances to nourish your body.

Handle Setbacks Like a Pro

Everyone has off days. The difference between short-term and long-term success is how you respond to them.

- **Learn from slip-ups.** Instead of beating yourself up, ask: What triggered this? Was I stressed, rushed, or tired? Then create a plan to handle it better next time.
- **Avoid all-or-nothing thinking.** One unhealthy choice doesn't mean your day (or week!) is ruined. One salad doesn't make you healthy—but neither does one slice of cake make you unhealthy.
- **Talk to yourself like a friend.** If you wouldn't say it to someone you love, don't say it to yourself. Be kind and encouraging.

Setbacks aren't the opposite of success—they're part of the journey.

Adjust Your Plan for Your Goals

Your goals might change over time, and that's perfectly okay. What works for weight loss might not be the same for building muscle or maintaining a healthy lifestyle.

Here's how to shift gears when needed:

- **For weight loss:** Focus on lean proteins, non-starchy vegetables, and portion control. Track your meals for awareness, and limit added sugars and processed carbs.
- **For muscle gain:** Increase protein intake, add strength training, and ensure you're getting enough calories—especially from healthy fats and slow-digesting carbs.
- **For maintenance:** Aim for balance. Keep your healthy habits but allow occasional treats. Keep moving your body, and stay mindful without being restrictive.

Regardless of your goal, hydration, sleep, and stress management are huge in long-term health. Don't overlook them!

Make It a Lifestyle, Not a Sprint

Sustainable success comes from building habits you can stick to, not from temporary extremes. Set realistic goals. Be kind to yourself. Make space for joy and flexibility. The healthier path isn't always the fastest—it's the one you can walk daily.

Quick Takeaways

- Define your “why”
- Build consistent routines
- Celebrate progress over perfection
- Learn from setbacks, don't fear them
- Adjust your approach as your goals evolve

Quick-Reference Checklist: Long-Term Success Tips

Mindset Tools

- I know why I want to be healthier
- I focus on progress, not perfection
- I celebrate small wins regularly
- I spend 1 minute daily visualizing success

Staying Consistent

- I follow simple daily or weekly routines
- I plan meals or snacks in advance
- I track progress visually (journal, app, or calendar)
- My kitchen supports my goals (healthy food available)

Dealing With Setbacks

- I learn from slip-ups without guilt
- I avoid all-or-nothing thinking
- I talk to myself like a friend
- I bounce back by choosing the next best action

Adapting to Your Goals

- I adjust my plan based on my current goal:
 - Weight loss: low sugar, portion control, high-protein
 - Muscle gain: more calories, strength training, protein
 - Maintenance: balanced, flexible, mindful eating
- I also focus on hydration, sleep, and stress daily

Success Reminders

- It's a lifestyle, not a temporary fix
- Consistency > Perfection
- I give myself permission to adjust and grow

You've Got This!

You've made it to the end of this cookbook—and that's something to celebrate! Whether you're just starting your high-protein, low-carb journey or looking to refresh your routine, this book was designed with you in mind.

What makes this cookbook different? You'll find full recipe breakdowns using US and European measurements—no need for tricky conversions. Each dish is written in a way that beginners can follow easily, so even if you're not a seasoned cook, you can still make meals that taste amazing. Plus, you'll find a wide mix of options: poultry, meat, fish, vegetarian dishes, sauces, snacks, and desserts—all balanced and designed to keep things exciting and satisfying.

But this isn't just a diet—it's a lifestyle. A long-term, doable way of eating that helps you stay full, energized, and on track with your goals. It's not about strict rules or cutting everything out. It's about building better habits, one meal at a time.

To keep the momentum going, here are some fun bonus ideas:

- **Try a 7-Day Protein Challenge**—commit to hitting your protein goals each day for a week.
- **Track Your Favorites**—start a simple list or notebook of the recipes you love most.
- **Make Seasonal Swaps**—change up veggies or spices based on what's fresh or in season.
- **Cook with Others**—share your creations with family or post your meals online. You might inspire someone else!

Setbacks might happen, and routines might shift, but now you have the tools to stay grounded. Keep things simple. Be kind to yourself. Keep learning and experimenting. Over time, you'll go from needing structure to building real confidence in the kitchen and your health choices.

This isn't just a cookbook. It's your guide to making high-protein, low-carb eating work for your life. So, keep going, keep growing—and enjoy every bite of the journey.