

The Complete Diabetic Cookbook For Seniors

100+ Days of Easy, Healthy, Low-Carb Recipes and
a 30-Day Meal Plan to Manage Type 2 Diabetes,
Support Blood Sugar Control Without Giving Up
Taste

Nora Hopkins

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Table of Contents

UNDERSTANDING DIABETES.....	9
TYPE 1 DIABETES.....	9
TYPE 2 DIABETES.....	9
WHY MANAGING BLOOD SUGAR MATTERS.....	10
HIDDEN SUGAR SOURCES TO AVOID	11
SMART SWEETENING CHOICES	12
PORTION CONTROL GUIDANCE FOR SENIORS.....	12
MAKE-AHEAD & STORAGE TIPS.....	13
BREAKFAST RECIPES	14
<i>Avocado Toast with Poached Egg.....</i>	<i>14</i>
<i>Spinach and Mushroom Egg Scramble</i>	<i>14</i>
<i>Cinnamon Oatmeal with Berries.....</i>	<i>15</i>
<i>Veggie Egg Muffins.....</i>	<i>15</i>
<i>Cottage Cheese Protein Pancakes</i>	<i>16</i>
<i>Turkey & Cheese Breakfast Roll-Ups</i>	<i>16</i>
<i>Overnight Chia Pudding with Almond & Berries</i>	<i>17</i>
<i>Apple Cinnamon Greek Yogurt Parfait.....</i>	<i>17</i>
<i>Baked Blueberry Oatmeal Cups.....</i>	<i>18</i>
<i>Turkey Bacon & Veggie Breakfast Bowl.....</i>	<i>18</i>
<i>Almond Flour Waffles</i>	<i>19</i>
<i>Veggie Frittata with Cheese.....</i>	<i>20</i>
<i>Fluffy Low-Carb Pancakes</i>	<i>20</i>
<i>Breakfast Burrito with Whole-Wheat Tortilla</i>	<i>21</i>
<i>Diabetic-Friendly French Toast</i>	<i>21</i>
<i>Warm Apple Pie Oatmeal</i>	<i>22</i>
<i>Egg & Veggie Breakfast Sandwich</i>	<i>22</i>
<i>Almond Butter Breakfast Muffins.....</i>	<i>23</i>
<i>Tomato & Egg Breakfast.....</i>	<i>23</i>
<i>Cottage Cheese Power Bowl.....</i>	<i>24</i>
<i>Egg White & Veggie Scramble.....</i>	<i>24</i>
<i>Egg & Spinach Wraps.....</i>	<i>25</i>
<i>Baked Cinnamon Donuts (Low-Carb).....</i>	<i>25</i>
<i>Smoked Salmon & Cream Cheese Wrap.....</i>	<i>26</i>
<i>Spinach & Feta Egg Bake.....</i>	<i>26</i>
<i>Turkey & Veggie Breakfast Hash.....</i>	<i>27</i>
<i>Low-Carb Breakfast Casserole with Broccoli & Cheese</i>	<i>27</i>
<i>Chicken, Spinach & Mozzarella Melt</i>	<i>28</i>
<i>Ham & Egg Cloud Sandwich (No Bread)</i>	<i>28</i>

<i>Broccoli & Egg Omelette</i>	29
SNACKS	30
<i>Roasted Spiced Chickpeas</i>	30
<i>Cheese & Turkey Roll-Ups</i>	30
<i>Cucumber Hummus Bites</i>	31
<i>Strawberry Oat Smoothie</i>	31
<i>Greek Yogurt Parfait with Berries</i>	32
<i>Apple Cinnamon Peanut Slices</i>	32
<i>Peanut Butter Energy Balls (No Bake)</i>	33
<i>Baked Zucchini Chips</i>	33
<i>Tuna Lettuce Wraps</i>	34
<i>Cottage Cheese & Veggie Dip</i>	34
<i>Avocado Deviled Eggs</i>	35
<i>Mini Turkey Muffins</i>	35
<i>Baked Cheese Crisp</i>	36
<i>Mini Guacamole Cups</i>	36
<i>Smoked Salmon Cucumber Rolls</i>	37
<i>Egg Salad Lettuce Cups</i>	37
<i>Turkey Bacon Bites</i>	38
<i>Roasted Spinach Almonds</i>	38
<i>Chicken Salad Celery Sticks</i>	39
<i>Cauliflower Tots</i>	39
<i>Spicy Roasted Walnuts</i>	40
<i>Cheese Stuffed Mushrooms</i>	40
<i>Almond Butter Protein Bites (No Sugar)</i>	41
<i>Herb-Roasted Mixed Nuts</i>	41
<i>Crispy Kale Chips</i>	42
<i>Parmesan Cauliflower Bites</i>	42
<i>Chocolate Protein Smoothie</i>	43
<i>Almond Coconut Clusters (No Sugar)</i>	43
<i>Chocolate Almond Energy Bites</i>	44
<i>No Bake Peanut Butter Oat Bars</i>	44
SALADS	45
<i>Avocado Chicken Salad</i>	45
<i>Spinach & Strawberry Salad with Feta</i>	45
<i>Tuna & Egg Salad Bowl</i>	46
<i>Greek Salad with Grilled Chicken</i>	46
<i>Smoked Salmon & Arugula Salad</i>	47
<i>Mediterranean Chickpea & Cucumber Salad</i>	47
<i>Classic Cob Salad (Low-Carb Version)</i>	48
<i>Spinach & Egg Salad with Dijon Dressing</i>	48
<i>Chicken Caesar Salad (Low-Carb)</i>	49
<i>Shrimp & Avocado Salad</i>	49
<i>Crab & Cucumber Salad</i>	50

<i>Salmon & Cucumber Yogurt Salad</i>	50
<i>Green Onions & Cucumber Yogurt Salad</i>	51
<i>Grilled Tofu & Broccoli Salad</i>	51
<i>Roasted Eggplant & Feta Salad</i>	52
<i>Lentil & Spinach Power Salad</i>	52
<i>Turkey & Avocado Protein Salad</i>	53
<i>Steak & Arugula Salad with Balsamic Glaze</i>	53
<i>Chicken & Veggie Crunch Salad</i>	54
<i>Mozzarella & Tomato, Basil (Caprese Twist)</i>	54
<i>Cucumber, Cheese & Olive Salad</i>	55
<i>Tuna & Avocado Power Salad</i>	55
<i>Spinach & Almond Salad with Citrus Dressing</i>	56
<i>Broccoli & Cauliflower Crunch Salad</i>	56
SOUPS	57
<i>Chicken & Cauliflower Rice Soup</i>	57
<i>Creamy Broccoli Cheddar Soup (Low-Carb)</i>	57
<i>Tomato Basil Soup (No Sugar Added)</i>	58
<i>Spinach & Mushroom Soup</i>	58
<i>Creamy Avocado & Zucchini Soup</i>	59
<i>Turkey & Vegetable Soup</i>	59
<i>Creamy Mushroom Soup</i>	60
<i>Lentil & Spinach Soup</i>	60
<i>Beef & Cauliflower Stew</i>	61
<i>Hearty Chicken Vegetable Soup</i>	61
<i>Creamy Pumpkin Soup (Low-Carb)</i>	62
<i>Creamy Shrimp Chowder (Low-Carb)</i>	62
<i>White Bean Soup</i>	63
<i>Cauliflower Cheese Soup (Low-Carb Comfort Bowl)</i>	63
<i>Turkey Chili Soup (Low-Carb & High Protein)</i>	64
<i>Tomato Chicken Soup (Low-Sodium & Low-Carb)</i>	64
<i>Beef & Wild Rice Stew</i>	65
<i>Low-Carb Red Bean Chili</i>	65
FISH AND SEAFOOD	66
<i>Baked Lemon Garlic Salmon</i>	66
<i>Garlic Butter Shrimp & Spinach Skillet</i>	66
<i>Grilled Tilapia with Herbs</i>	67
<i>Lemon Pepper Baked Cod</i>	67
<i>Creamy Garlic Butter Scallops</i>	68
<i>Shrimp & Vegetable Stir-Fry</i>	68
<i>Creamy Salmon Chowder (Low-Carb Version)</i>	69
<i>Baked Halibut with Cherry Tomatoes</i>	69
<i>Cajun Grilled Shrimp Skewers</i>	70
<i>Mediterranean Baked Salmon</i>	70
RED MEAT	71

<i>Garlic-Herb Grilled Steak</i>	71
<i>Beef & Mushroom Lettuce Wraps</i>	71
<i>Spicy Beef Chili (No Beans)</i>	72
<i>Beef Stir-Fry with Broccoli</i>	72
<i>Beef & Cauliflower Rice Bowl</i>	73
<i>Stuffed Bell Peppers (Low-Carb Style)</i>	73
<i>Cheesy Beef Zucchini Casserole</i>	74
<i>Bunless Beef Burgers with Avocado</i>	74
<i>Beef & Spinach Egg Scramble</i>	75
<i>Low-Carb Beef Stroganoff</i>	75
<i>Low-Carb Meatloaf</i>	76
<i>Spicy Beef Taco Skillet (Lettuce Wrap Option)</i>	76
<i>Pepper Steak Stir-Fry</i>	77
<i>Beef & Spinach Stuffed Mushrooms</i>	77
<i>Beef & Eggplant Casserole</i>	78
<i>Beef & Asparagus Stir-Fry</i>	78
<i>Korean Beef Lettuce Wraps</i>	79
<i>Beef & Cauliflower Skillet</i>	79
POULTRY	80
<i>Lemon Garlic Chicken Breast</i>	80
<i>Lemon-Dill Turkey Meatballs</i>	80
<i>Garlic Herb Roasted Chicken Thighs with Asparagus</i>	81
<i>Bacon-Wrapped Chicken Tenders</i>	81
<i>Turkey Zucchini Patties</i>	82
<i>Chicken & Cauliflower Rice Bowl</i>	82
<i>Chicken & Broccoli Stir-Fry</i>	83
<i>Spicy Chicken Lettuce Wraps</i>	83
<i>Garlic Butter Cutlets</i>	84
<i>Coconut Curry Chicken</i>	84
<i>Low-Carb Chicken Chili (No Beans)</i>	85
<i>Oven-Roasted Herb Chicken Thighs</i>	85
DESSERTS	86
<i>Chocolate Peanut Butter Fat Bombs</i>	86
<i>Low-Carb Chocolate Avocado Mousse</i>	86
<i>Coconut Chia Pudding</i>	87
<i>Lemon Ricotta Mousse</i>	87
<i>Baked Cinnamon Apples</i>	88
<i>Strawberry Cream Cheese Fat Bombs</i>	88
<i>Vanilla Chia Almond Pudding</i>	89
<i>Sugar-Free Chocolate Bar with Nuts</i>	89
<i>No-Bake Cheesecake Cups</i>	90
<i>Berry Yogurt Popsicles</i>	90
<i>Chocolate Zucchini Muffins (Low-Carb)</i>	91
<i>Mini Ricotta Cheesecakes</i>	91

<i>Sugar-Free Chocolate Pudding</i>	92
<i>Apple Cinnamon Yogurt Bowl</i>	92
<i>Coconut Almond Bar</i>	93
<i>Avocado Chocolate Truffles</i>	93
<i>Sugar-Free Chocolate Panna Cotta</i>	94
<i>Coconut Cream Mousse</i>	94
<i>Baked Cinnamon Pears</i>	95
<i>Chocolate Almond Fudge (Low-Carb)</i>	95
<i>Strawberry Ricotta Delight</i>	96
<i>Sugar-Free Lemon Bars</i>	96
<i>Chocolate Peanut Butter Cups (No Sugar)</i>	97
<i>Vanilla Bean Protein Pudding</i>	97
30-DAY MEAL PLAN	98
ABOUT THE AUTHOR	102

The Complete Diabetic Cookbook for Seniors

100+ Days of Easy, Healthy, Low-Carb Recipes and a 30-Day Meal Plan to Manage Type 2 Diabetes, Support Blood Sugar Control Without Giving Up Taste

Introduction

Living with diabetes doesn't mean giving up delicious food—it means learning to cook smarter, eat mindfully, and choose ingredients that nourish your body while keeping your blood sugar balanced.

This cookbook was created specifically for seniors and individuals seeking **simple, wholesome, and satisfying meals** that are gentle on the digestive system, rich in nutrients, and full of flavor. Inside, you'll find more than 100 recipes designed to help you **manage diabetes naturally**, using **low-carb, fiber-rich ingredients** and **healthy fats** that stabilize glucose levels, boost energy, and support overall wellness.

Each recipe uses **easy-to-find ingredients**, **clear step-by-step directions**, and **practical tips** for portion control, meal prep, and storage. Whether you're cooking for yourself or your family, these meals are designed to be nutritious, comforting, and full of flavor—so you never feel deprived.

You'll also find a **30-day meal plan** to help you take the guesswork out of what to eat and when, guiding you toward consistent, blood-sugar-friendly eating habits.

Understanding Diabetes

Diabetes is a long-term condition that affects how your body turns food into energy. Most of the food we eat is broken down into sugar (also called glucose) and released into the bloodstream. When blood sugar rises, the pancreas releases insulin, a hormone that helps sugar move from the blood into the body's cells, where it's used for energy.

When someone has diabetes, this process doesn't work properly. Either the body doesn't make enough insulin, can't use it effectively, or both. Over time, high blood sugar levels can cause serious health problems—but with the right diet, regular activity, and good medical care, diabetes can be well-managed.

Type 1 Diabetes

Type 1 diabetes is an **autoimmune condition**. This means the body's immune system mistakenly attacks and destroys the insulin-producing cells in the pancreas. As a result, people with Type 1 diabetes produce **little to no insulin** and need **daily insulin injections or an insulin pump** to control their blood sugar.

It usually appears in **childhood or young adulthood**, but it can develop at any age. Type 1 diabetes is not caused by diet or lifestyle, and currently, it cannot be prevented.

However, with proper insulin therapy, meal planning, and monitoring, people with Type 1 diabetes can live full, healthy lives.

Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes, especially among adults and seniors. In this condition, the body either fails to produce enough insulin or can't use insulin effectively (a condition known as insulin resistance). This causes sugar to accumulate in the bloodstream instead of being utilized for energy.

Type 2 diabetes often develops gradually and is influenced by factors such as:

- Family history of diabetes
- Being overweight or inactive

- Unhealthy eating habits
- Age (especially over 45)
- High blood pressure or cholesterol

Unlike Type 1 diabetes, Type 2 can often be managed—and sometimes even reversed—with lifestyle changes, such as eating a balanced, low-carb diet, maintaining a healthy weight, and staying physically active. Some people may also require oral medications or insulin to manage their blood sugar levels effectively.

Why Managing Blood Sugar Matters

Keeping blood sugar within a healthy range prevents complications like:

- Heart disease and stroke
- Nerve damage (neuropathy)
- Vision problems or blindness
- Kidney disease
- Slow wound healing

The good news is that simple daily choices make a big difference. Nutritious meals, portion control, and regular physical activity can help you feel better, have more energy, and protect your long-term health.

The Benefits of Low-Carb, Fiber-Rich Foods

Low-carb, high-fiber foods are the foundation of a diabetic-friendly lifestyle. They help:

- **Stabilize blood sugar levels** by slowing carbohydrate absorption.
- **Promote heart health** by lowering cholesterol and triglycerides.
- **Support digestion** and prevent constipation, a common issue in older adults.

- Increase satiety, reduce hunger, and support healthy weight management.
- Maintain steady energy, avoiding post-meal fatigue or sugar crashes.

Some of the best low-carb, high-fiber foods include **leafy greens, broccoli, beans, lentils, avocado, nuts, seeds**, and small portions of **whole grains** like quinoa or barley.

Using Fresh, Seasonal Ingredients

Choosing **fresh, seasonal ingredients** enhances flavor and nutrition while keeping your meals exciting year-round:

Spring: Leafy greens, asparagus, strawberries, radishes

Summer: Tomatoes, cucumbers, zucchini, herbs, and berries

Fall: Cauliflower, Brussels sprouts, apples (in moderation), pumpkin

Winter: Cabbage, kale, carrots, and citrus fruits. When choosing fruits and veggies, look for bright colors and firm textures—signs of freshness and nutrient density. Fresh produce naturally contains less sodium, less sugar, and more antioxidants, making it ideal for blood sugar management.

Hidden Sugar Sources to Avoid

Even foods marketed as “healthy” can hide sugars that raise glucose levels. Avoid or limit:

- Sweetened yogurts and flavored oatmeal
- Bottled salad dressings and sauces
- Ketchup, BBQ sauce, and store-bought soups
- Breakfast cereals and granola
- “Low-fat” or “light” packaged foods
- Fruit juices and smoothies

- Canned fruits in syrup or heavy juice

Check labels for hidden sugars under names like **maltose, dextrose, fructose, sucrose, corn syrup, barley malt, rice syrup, or agave nectar.**

Smart Sweetening Choices

All desserts here use **diabetic-safe sweeteners** such as **stevia, monk fruit, or erythritol.** These natural alternatives provide sweetness without spiking blood sugar levels or adding empty calories. When substituting, always start with small amounts — these sweeteners are often **sweeter than sugar!**

Replacing refined flour and sugar with **nut flours, chia seeds, berries, and yogurt** not only lowers the carb count but also adds **fiber, vitamins, and healthy fats.** These nutrients help **slow digestion, prevent blood sugar spikes,** and support overall heart and digestive health — key for seniors managing diabetes.

Portion Control Guidance for Seniors

As we age, metabolism slows down, meaning we may need fewer calories but more nutrients. Portion control helps prevent overeating and supports healthy blood sugar levels.

Tips for Smart Portions:

- Use **smaller plates** to control portions visually.
- **How to fill your plate:** Half your plate with non-starchy vegetables, one-quarter with lean protein, and one-quarter with healthy fats or complex carbs.
- Eat slowly to give your body time to signal when you're full.
- Avoid eating directly from packages or containers.
- Stay hydrated—sometimes thirst can be mistaken for hunger.

Make-Ahead & Storage Tips

- **Chilled desserts** (like puddings and mousse) last **up to 3 days** in the refrigerator.
- **Baked goods** (cookies, muffins, bars) - store in containers at room temperature for 2–3 days or freeze **for up to 2 months**.
- **Fat bombs or truffles** are best kept **refrigerated or frozen** to maintain texture and freshness.

Pro tip: Freeze single portions in small containers so you can enjoy a ready-to-go sweet treat any time — portion-controlled and perfectly fresh!


To make it easier to stick with a diabetic-friendly diet, prepare meals in advance.

- **Batch-cook proteins**, such as chicken, tofu, or eggs, for the week.
- **Chop vegetables** ahead and store them in airtight containers.
- Use **glass meal-prep containers** with compartments for portion control.
- Store salads in **mason jars** (with dressing on the bottom and greens on top) to keep them fresh for up to 3 days.
- **Freeze soups, stews, or casseroles** in single servings for easy reheating.
- Always **label and date** containers for safe storage.

Meal prep saves time, reduces stress, and turns healthy eating into a consistent habit.

BREAKFAST RECIPES

Avocado Toast with Poached Egg

 Prep time: 5 min

 Cook Time: 3 min

 Servings: 1

Ingredients

- 1 slice whole-grain bread
- ½ ripe avocado, mashed
- 1 large egg
- ½ teaspoon lemon juice
- Salt, pepper, and red pepper flakes (optional) to taste

Preparation

1. Toast bread to desired crispness.
2. Spread mashed avocado mixed with lemon juice on toast.
3. Poach an egg in simmering water for 3 - 4 minutes.
4. Place egg on toast, season with salt, pepper, and red pepper flakes.

Nutrition (per serving): 240 calories, 18g carbs, 10g protein, 15g fat, 5g fiber, 2g sugar

Spinach and Mushroom Egg Scramble

 Prep time: 5 min

 Cook Time: 5 min

 Servings: 2

Ingredients

- 4 large eggs
- ½ cup sliced mushrooms
- 1 cup baby spinach
- 1 tablespoon olive oil
- Salt and black pepper to taste

Preparation

1. Heat olive oil in a skillet over medium heat.
2. Add mushrooms and cook for 3 minutes until tender.
3. Stir in the spinach and cook until it has wilted.
4. Add the beaten eggs and stir until they are softly scrambled. Season to taste.

Nutrition (per serving): 180 calories, 3g carbs, 12g protein, 13g fat, 1g fiber, 2g sugar

Cinnamon Oatmeal with Berries

 Prep time: 5 min

 Cook Time: 5 min

 Servings: 2

Ingredients

- 1 cup old-fashioned rolled oats
- 2 cups unsweetened almond milk (or low-fat milk)
- ½ teaspoon ground cinnamon (or Ceylon cinnamon)
- ½ cup fresh blueberries
- ½ cup sliced strawberries
- 1 stevia (optional)

Preparation


1. Bring almond milk to a boil in a medium saucepan.
2. Stir in oats and cinnamon, reduce the heat, and simmer for 5 minutes.
3. Remove from heat, stir in berries and sweetener.
4. Serve warm.

Nutrition (per serving): 210 calories, 32g carbs, 6g protein, 6g fat, 5g fiber, 7g sugar

Veggie Egg Muffins

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 3 (6 muffins)

Ingredients

- 6 large eggs
- ½ cup chopped spinach
- ¼ cup diced bell peppers
- ¼ cup chopped onion
- ¼ cup shredded low-fat cheddar cheese
- Salt and pepper to taste

Preparation


1. Preheat oven to 350°F (176°C) and lightly grease a 6-cup muffin tin.
2. Whisk eggs, add salt and pepper to a bowl.
3. Stir in spinach, bell pepper, onion, and cheese.
4. Then pour the mixture into muffin cups and bake for 18–20 minutes, or until set

Nutrition (per serving): 190 calories, 3g carbs, 13g protein, 13g fat, 1g fiber, 2g sugar

Cottage Cheese Protein Pancakes

 Prep time: 5 min

 Cook Time: 8 min

 Servings: 2 (4 pancakes)

Ingredients

- ½ cup low-fat cottage cheese
- 2 large eggs
- ¼ cup old-fashioned oats
- ½ teaspoon baking powder
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract
- Cooking spray or olive oil

Preparation

1. Blend all ingredients until smooth.
2. Heat a skillet over medium heat and coat it with cooking spray. Pour ¼ cup of batter for each pancake; cook for 2–3 minutes per side, until golden.
3. Serve with fresh berries or sugar-free syrup.

Nutrition (per serving): 220 calories, 14g carbs, 20g protein, 8g fat, 2g fiber, 4g sugar

Turkey & Cheese Breakfast Roll-Ups

 Prep time: 5 min

 Cook Time: 3 min

 Servings: 2

Ingredients

- 4 slices low-sodium turkey breast
- 2 slices reduced-fat Swiss cheese
- 1 teaspoon olive oil or cooking spray
- ¼ teaspoon black pepper
- Optional: fresh spinach or tomato slices

Preparation

1. Lay turkey slices flat and top each with half a slice of cheese.
2. Add spinach or tomato if desired, then roll tightly.
3. Heat a skillet with olive oil and cook roll-ups for 2–3 minutes until the cheese melts.
4. Serve warm.

Nutrition (per serving): 170 calories, 2g carbs, 24g protein, 7g fat, 0g fiber, 1g sugar

Overnight Chia Pudding with Almond & Berries

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 2 tablespoons chia seeds
- 1 cup unsweetened almond milk
- ½ teaspoon vanilla extract
- ½ cup mixed berries (blueberries, raspberries, strawberries)
- 1 tablespoon chopped almonds
- Stevia to taste (optional)

Preparation

1. Combine chia seeds, almond milk, and vanilla; stir until well blended.
2. Cover and refrigerate for at least 4 hours (preferably overnight).
3. Stir again before serving and top with berries and almonds.

Nutrition (per serving): 190 calories, 15g carbs, 5g protein, 11g fat, 7g fiber, 5g sugar

Apple Cinnamon Greek Yogurt Parfait

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 1

Ingredients

- ¾ cup plain nonfat Greek yogurt
- ½ small apple, diced
- 1 tablespoon chopped walnuts
- 1 tablespoon sugar-free maple syrup or stevia equivalent
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract

Preparation


1. In a small bowl, combine yogurt, vanilla, and cinnamon.
2. Layer half the yogurt, apples, and walnuts in a glass.
3. Repeat layers, drizzle with sugar-free syrup, and serve.

Nutrition (per serving): 180 calories, 18g carbs, 16g protein, 6g fat, 3g fiber, 9g sugar

Baked Blueberry Oatmeal Cups

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 3 (6 cups)

Ingredients

- 1 ½ cup old-fashioned oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 cup unsweetened almond milk
- 1 large egg
- 2 tablespoons stevia equivalent
- ½ cup fresh blueberries
- 1 teaspoon vanilla extract

Preparation

1. Preheat oven to 350°F (176°C) and line a 6-cup muffin tin with liners.
2. Mix oats, baking powder, and cinnamon in a bowl.
3. In another bowl, whisk milk, egg, honey, and vanilla. Combine mixtures.
4. Fold in the blueberries, then pour the mixture into muffin cups and bake for 25 minutes, or until firm.

Nutrition (per 2 cups): 210 calories, 28g carbs, 7g protein, 8g fat, 4g fiber, 8g sugar

Turkey Bacon & Veggie Breakfast Bowl

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- 4 slices of turkey bacon
- 2 large eggs
- 1 cup chopped spinach
- ½ cup diced tomatoes
- ¼ cup shredded low-fat cheese
- 1 tablespoon olive oil
- Salt and pepper to taste

Preparation


1. Cook turkey bacon until crisp, then set it aside.
2. In the same skillet, add olive oil, spinach, and tomatoes; sauté 2–3 minutes.
3. Push the veggies aside, add the eggs, and scramble them gently.
4. Chop the bacon, mix everything together, top with cheese, and serve warm.

Nutrition (per serving): 250 calories, 5g carbs, 20g protein, 17g fat, 2g fiber, 2g sugar

Almond Flour Waffles

 Prep time: 5 min

 Cook Time: 6 min

 Servings: 2 (4 waffles)

Ingredients

- 1 cup almond flour
- 2 large eggs
- 2 tablespoons unsweetened almond milk
- 1 teaspoon baking powder
- ½ teaspoon vanilla extract
- Cooking spray

Preparation

1. Preheat a standard waffle iron and spray it with cooking oil or cooking spray.
2. Whisk together eggs, almond milk, and vanilla.
3. Stir in almond flour and baking powder until smooth.
4. Pour the batter into the waffle iron and cook for 3–4 minutes, until golden brown.

Nutrition (per serving): 230 calories, 7g carbs, 18g protein, 3g fat, 5g fiber, 2g sugar

Veggie Frittata with Cheese

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 4

Ingredients


- 6 large eggs
- ½ cup diced zucchini
- ½ cup chopped bell pepper
- ¼ cup diced onion
- ¼ cup shredded mozzarella cheese
- 1 tablespoon olive oil
- Salt and pepper to taste

Preparation


1. Preheat oven to 350°F (176°C).
2. Heat olive oil in an oven-safe skillet. Sauté the onion, pepper, and zucchini for 4–5 minutes.
3. Whisk the eggs with salt and pepper, then pour over the vegetables.
4. Sprinkle the cheese on top and bake for 15 minutes, or until set.

Nutrition (per serving): 190 calories, 4g carbs, 13g protein, 13g fat, 1g fiber, 2g sugar

Fluffy Low-Carb Pancakes

 Prep time: 5 min

 Cook Time: 10 min

 Servings: 2 (4 pancakes)

Ingredients

- ¾ cup almond flour
- 2 large eggs
- 2 tablespoons unsweetened almond milk
- ½ teaspoon baking powder
- ½ teaspoon vanilla extract
- Cooking spray or butter for the skillet

Preparation

1. Mix all ingredients until smooth.
2. Preheat a skillet over medium heat; grease with butter or spray.
3. Pour ¼ cup of batter per pancake and cook for 2–3 minutes on each side, until golden brown.
4. Serve warm with sugar-free syrup or berries.

Nutrition (per serving): 220 calories, 8g carbs, 11g protein, 17g fat, 3g fiber, 2g sugar

Breakfast Burrito with Whole-Wheat Tortilla

 Prep time: 8 min

 Cook Time: 5 min

 Servings: 1

Ingredients

- 1 whole-wheat tortilla (8-inch)
- 2 large eggs, beaten
- ¼ cup black beans, drained
- 2 tablespoons shredded low-fat cheese
- 1 tablespoon salsa
- 1 teaspoon olive oil

Preparation

1. Heat olive oil in a skillet; scramble eggs until they are cooked through.
2. Warm tortilla, then layer eggs, beans, cheese, and salsa.
3. Roll up burrito-style and serve immediately.

Nutrition (per serving): 270 calories, 22g carbs, 18g protein, 13g fat, 5g fiber, 3g sugar

Diabetic-Friendly French Toast

 Prep time: 5 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- 2 slices whole-grain bread
- 2 large eggs
- ¼ cup unsweetened almond milk
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- 1 teaspoon butter for the skillet

Preparation

1. In a bowl, whisk together the eggs, almond milk, cinnamon, and vanilla extract.
2. Dip each bread slice into the mixture, ensuring both sides are coated. Melt butter in a skillet over medium heat. Cook each slice for 2 to 3 minutes per side until golden brown.
3. Serve with fresh berries or a sugar-free syrup as desired.

Nutrition (per serving): 220 calories, 18g carbs, 13g protein, 10g fat, 4g fiber, 4g sugar

Warm Apple Pie Oatmeal

 Prep time: 5 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- 1 cup old-fashioned oats
- 2 cups water or unsweetened almond milk
- ½ small apple, diced
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- 1 teaspoon stevia or sugar-free sweetener

Preparation

1. Bring the milk or water to a boil in a saucepan.
2. Add oats, diced apple, cinnamon, and vanilla; reduce the heat and simmer 5–7 minutes.
3. Stir occasionally until thickened.
4. Sweeten to taste and serve warm.

Nutrition (per serving): 210 calories, 35g carbs, 6g protein, 5g fat, 5g fiber, 7g sugar

Egg & Veggie Breakfast Sandwich

 Prep time: 5 min

 Cook Time: 5 min

 Servings: 1

Ingredients

- 1 whole-grain English muffin, split and toasted
- 1 large egg
- 1 tablespoon olive oil or butter substitute
- 1 slice of tomato
- 2 spinach leaves
- 1 tablespoon shredded low-fat cheese

Preparation


1. Cook the egg to the desired doneness.
2. Place spinach and tomato on the muffin bottom, then add the cooked egg and cheese.
3. Cover with the remaining muffin half and serve while warm.

Nutrition (per serving): 240 calories, 23g carbs, 13g protein, 11g fat, 4g fiber, 3g sugar

Almond Butter Breakfast Muffins

 Prep time: 10 min

 Cook Time: 18 min

 Servings: 3 (6 muffins)

Ingredients

- 1 cup almond flour
- 2 tablespoons almond butter
- 2 large eggs
- 2 tablespoons unsweetened almond milk
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- Stevia or sugar-free sweetener

Preparation

1. Preheat oven to 350°F (176°C) and line a 6-cup muffin tin.
2. Whisk together eggs, almond butter, milk, and vanilla.
3. Add almond flour, baking powder, cinnamon, and sweetener; mix until well combined.
4. Pour the mixture into muffin cups and bake for 18 minutes, or until firm.

Nutrition (per 2 muffins): 210 calories, 6g carbs, 9g protein, 17g fat, 3g fiber, 1g sugar

Tomato & Egg Breakfast

 Prep time: 5 min

 Cook Time: 7 min

 Servings: 1

Ingredients

- 2 large eggs
- ¼ cup diced onions
- 1 big diced tomato
- 3 teaspoons olive oil or butter
- 1 teaspoon minced cilantro
- Salt and pepper to taste

Preparation

5. Heat oil in a skillet. Sauté the onion over medium heat until it becomes golden.
6. Add the tomato and sauté for 2-3 minutes.
7. Crack the eggs on top and cook over low heat until the desired doneness is reached.
8. Add salt and pepper to taste. Optionally, garnish with minced cilantro.

Nutrition (per serving): 260 calories, 3g carbs, 19g protein, 18g fat, 3g fiber, 1g sugar

Cottage Cheese Power Bowl

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 1

Ingredients

- ½ cup low-fat cottage cheese
- ¼ cup sliced strawberries
- ¼ cup blueberries
- 1 tablespoon chopped walnuts
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract

Preparation

1. Combine cottage cheese, vanilla extract, and cinnamon in a bowl.
2. Add the sliced strawberries, blueberries, and chopped walnuts on top of the mixture.
3. Serve immediately, or refrigerate for 30 minutes to achieve a firmer texture.

Nutrition (per serving): 200 calories, 14g carbs, 18g protein, 8g fat, 2g fiber, 6g sugar

Egg White & Veggie Scramble

 Prep time: 5 min

 Cook Time: 7 min

 Servings: 2

Ingredients


- 6 large egg whites
- ½ cup diced bell pepper
- ¼ cup chopped onion
- ½ cup baby spinach
- 1 tablespoon olive oil
- Salt and black pepper to taste

Preparation


1. Heat olive oil in a nonstick skillet over medium heat.
2. Sauté peppers and onion for 3–4 minutes until soft.
3. Add spinach and egg whites; cook until just set.
4. Season to taste and serve warm.

Nutrition (per serving): 120 calories, 4g carbs, 17g protein, 4g fat, 1g fiber, 2g sugar

Egg & Spinach Wraps

 Prep time: 5 min

 Cook Time: 8 min

 Servings: 2 (2 wraps)

Ingredients

- 2 large eggs
- ¼ cup chopped spinach
- 1 tablespoon olive oil
- Salt and pepper to taste

Preparation

1. Heat oil in a small skillet over medium heat.
2. Whisk the eggs and spinach, then pour the mixture into the skillet.
3. Cook 3–4 minutes per side until set.
4. Roll up or serve flat with optional salsa.

Nutrition (per serving): 130 calories, 2g carbs, 10g protein, 9g fat, 1g fiber, 0g sugar

Baked Cinnamon Donuts (Low-Carb)

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 6 donuts

Ingredients


- 1 cup almond flour
- 2 large eggs
- 2 tablespoons melted butter
- ¼ cup unsweetened almond milk
- ½ teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 tablespoon stevia or sugar-free sweetener

Preparation

1. Set the oven to 325°F (162°C) and prepare a 6-cavity donut pan by greasing it.
2. Combine all ingredients in a mixing bowl and stir until the mixture is smooth.
3. Spoon the batter into the pan and bake for 14–15 minutes, or until firm.
4. Cool completely before removing.

Nutrition (per serving): 150 calories, 5g carbs, 6g protein, 12g fat, 2g fiber, 1g sugar

Smoked Salmon & Cream Cheese Wrap

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 1

Ingredients

- 1 low-carb tortilla (6-8 inch/15-20 cm)
- 2 slices smoked salmon
- ¼ small cucumber, thinly sliced
- 2 tablespoons light cream cheese
- 1 tablespoon chopped red onion
- 1 teaspoon capers (optional)

Preparation

4. Spread cream cheese evenly on the tortilla.
5. Layer smoked salmon, cucumber, onion, and capers.
6. Roll tightly and slice in half. Serve chilled or at room temperature.

Nutrition (per serving): 270 calories, 9g carbs, 20g protein, 17g fat, 2g fiber, 2g sugar

Spinach & Feta Egg Bake

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 6 large eggs
- 1 cup chopped spinach (fresh or frozen, thawed)
- ¼ cup crumbled feta cheese
- ¼ cup diced onion
- ½ teaspoon black pepper
- ½ teaspoon garlic powder

Preparation

1. Preheat oven to 350°F (176°C) and grease a small baking dish.
2. Whisk eggs with pepper and garlic powder.
3. Stir in spinach, feta, and onion.
4. Pour the mixture into the dish and bake for 25 minutes, or until the top is golden and the center is set.

Nutrition (per serving): 150 calories, 3g carbs, 11g protein, 10g fat, 1g fiber, 2g sugar

Turkey & Veggie Breakfast Hash

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 3

Ingredients

- ½ pound (226 grams) lean ground turkey
- ½ cup diced zucchini
- ½ cup diced bell pepper
- ¼ cup chopped onion
- 1 tablespoon olive oil
- ½ teaspoon paprika
- Salt and pepper to taste

Preparation

1. Heat olive oil in a skillet over medium heat.
2. Add turkey and cook until browned, about 6–7 minutes.
3. Stir in vegetables, paprika, salt, and pepper.
4. Cook for another 6–8 minutes, or until the veggies are tender.

Nutrition (per serving): 220 calories, 6g carbs, 23g protein, 11g fat, 2g fiber, 3g sugar

Low-Carb Breakfast Casserole with Broccoli & Cheese

 Prep time: 10 min

 Cook Time: 35 min

 Servings: 6

Ingredients

- 8 large eggs
- 1½ cups chopped broccoli florets (fresh or frozen)
- ½ cup shredded cheddar cheese
- ¼ cup chopped onion
- 1 teaspoon olive oil
- Salt and pepper to taste

Preparation

1. Preheat oven to 350°F (176°C) and lightly grease a casserole dish.
2. Sauté onion and broccoli in olive oil until tender (about 5 minutes)
3. Whisk eggs, salt, and pepper in a bowl; add cheese and veggies.
4. Pour into a dish and bake 30–35 minutes until golden and firm.

Nutrition (per serving): 190 calories, 4g carbs, 14g protein, 13g fat, 2g fiber, 2g sugar

Chicken, Spinach & Mozzarella Melt

 Prep time: 5 min

 Cook Time: 6 min

 Servings: 1

Ingredients

- 2 slices low-carb whole-grain bread
- 2 slices rotisserie chicken breast (low-sodium)
- ¼ cup baby spinach
- 1 slice part-skim mozzarella cheese
- 1 teaspoon olive oil or butter

Preparation

1. Heat a skillet over medium heat; lightly butter one side of each bread slice.
2. Layer chicken, spinach, and cheese between slices.
3. Grill each side for 2–3 minutes until golden and the cheese melts.
4. Slice diagonally and serve warm.

Nutrition (per serving): 310 calories, 18g carbs, 27g protein, 14g fat, 3g fiber, 2g sugar

Ham & Egg Cloud Sandwich (No Bread)

 Prep time: 5 min

 Cook Time: 10 min

 Servings: 1

Ingredients

- 2 large eggs
- 2 thin slices of deli ham
- 1 tablespoon shredded cheddar cheese
- Salt and black pepper to taste

Preparation

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Separate egg whites and yolks; beat whites until stiff peaks form.
3. Spoon whites into two mounds, create a small dent, and bake 3 minutes.
4. Add the yolks to the centers, sprinkle with cheese, and bake for another 3–4 minutes.
5. Use ham slices as the “bread” to sandwich the egg clouds

Nutrition (per serving): 210 calories, 2g carbs, 20g protein, 13g fat, 0g fiber, 1g sugar

Broccoli & Egg Omelette

 Prep time: 5 min

 Cook Time: 4 min

 Servings: 2

Ingredients

- 4 large eggs
- ½ cup chopped broccoli
- 2 tablespoons olive oil
- Salt and black pepper to taste.

Preparation

1. Heat olive oil in a skillet over medium heat.
2. Add broccoli and cook for 2 minutes until wilted.
3. Add beaten eggs and season to taste.
4. Place the pan over low heat and cover with a lid for 2 minutes.

Nutrition (per serving): 180 calories, 3g carbs, 12g protein, 13g fat, 1g fiber, 2g sugar

SNACKS

Roasted Spiced Chickpeas

 Prep time: 5 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 1 (15 oz/425grams) can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon cumin
- Pinch of salt

Preparation


1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Toss chickpeas with olive oil and seasonings.
3. Spread evenly and roast 25 minutes, stirring halfway through, until crispy.

Nutrition (per serving): 140 calories, 16g carbs, 5g protein, 6g fat, 4g fiber, 1g sugar

Cheese & Turkey Roll-Ups

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 2 (4 roll-ups)

Ingredients

- 4 slices low-sodium turkey breast
- 2 slices reduced-fat cheese (Swiss or Havarti), halved
- 1 teaspoon mustard (optional)

Preparation


1. Spread a thin layer of mustard on each slice of turkey.
2. Place half a cheese slice on top and roll tightly.
3. Secure with toothpicks and chill in the refrigerator before serving.

Nutrition (per serving): 150 calories, 2g carbs, 20g protein, 7g fat, 0g fiber, 1g sugar

Cucumber Hummus Bites

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2 (8 bites)

Ingredients

- 1 small cucumber, sliced into 8 rounds
- ¼ cup hummus
- 1 tablespoon chopped fresh parsley
- Paprika for garnish

Preparation


1. Arrange the cucumber rounds on a serving plate.
2. Place one teaspoon of hummus on each cucumber round.
3. Sprinkle the cucumber rounds with chopped parsley and a dash of paprika.

Nutrition (per serving): 100 calories, 9g carbs, 3g protein, 6g fat, 2g fiber, 2g sugar

Strawberry Oat Smoothie

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 1 cup strawberries
- ½ cup rolled oats
- 1 cup unsweetened almond milk
- ½ teaspoon cinnamon (optional)
- 1 tablespoon ground flaxseed
- ½ teaspoon vanilla extract
- Ice cubes (optional)

Preparation

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.
3. Add ice for a thicker texture if desired and serve immediately.

Nutrition (per serving): 210 calories, 28g carbs, 6g protein, 6g fat, 5g fiber, 8g sugar

Greek Yogurt Parfait with Berries

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 1

Ingredients

- ¾ cup plain nonfat Greek yogurt
- ¼ cup fresh blueberries
- ¼ cup fresh strawberries, sliced
- 1 tablespoon chopped almonds
- ½ teaspoon cinnamon or stevia (optional)

Preparation

1. Layer yogurt, berries, and almonds in a glass.
2. Sprinkle cinnamon or stevia on top.
3. Serve immediately or chill for 30 minutes.

Nutrition (per serving): 190 calories, 17g carbs, 18g protein, 5g fat, 3g fiber, 10g sugar

Apple Cinnamon Peanut Slices

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 1 medium apple, cored and sliced
- 2 tablespoons natural peanut butter
- ¼ teaspoon cinnamon

Preparation

1. Spread peanut butter on each apple slice.
2. Sprinkle cinnamon over the top.
3. Serve immediately for a crunchy, sweet snack.

Nutrition (per serving): 165 calories, 14g carbs, 4g protein, 11g fat, 3g fiber, 9g sugar

Peanut Butter Energy Balls (No Bake)

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 4 (8 balls)

Ingredients

- ½ cup natural peanut butter
- ½ cup old-fashioned oats
- 1 tablespoon chia seeds
- 1 tablespoon sugar-free maple syrup or honey substitute
- ¼ teaspoon vanilla extract

Preparation

1. Mix all the ingredients in a bowl until they are sticky and well combined.
2. Roll into 8 small balls.
3. Chill 30 minutes before serving.

Nutrition (per serving-2 balls): 180 calories, 13g carbs, 7g protein, 11g fat, 3g fiber, 3g sugar

Baked Zucchini Chips

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 2 medium zucchinis, thinly sliced
- 1 tablespoon olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- Pinch of salt

Preparation


1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Combine the zucchini slices with olive oil, garlic powder, paprika, and salt. Toss until evenly coated.
3. Arrange the coated zucchini slices in a single layer on the prepared baking sheet. Bake for 25 minutes or until crisp.

Nutrition (per serving): 90 calories, 5g carbs, 2g protein, 7g fat, 1g fiber, 3g sugar

Tuna Lettuce Wraps

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 2 (4 wraps)

Ingredients

1. 1 can (½ cup) tuna in water, drained
- 1 tablespoon light mayonnaise
- 1 teaspoon Dijon mustard
- 4 large romaine or butter lettuce leaves
- 1 tablespoon chopped celery
- 1 teaspoon lemon juice

Preparation

1. In a bowl, mix tuna, mayo, mustard, celery, and lemon juice.
2. Spoon mixture into lettuce leaves and roll up tightly.
3. Serve immediately or refrigerate for up to 2 hours.

Nutrition (per serving): 145 calories, 2g carbs, 21g protein, 6g fat, 0g fiber, 1g sugar

Cottage Cheese & Veggie Dip

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- ½ cup low-fat cottage cheese
- ¼ cup finely chopped cucumber
- 2 tablespoons diced red bell pepper
- 1 teaspoon dill
- Salt and pepper to taste

Preparation

1. Combine cottage cheese, cucumber, pepper, and dill in a bowl.
2. Mix well, season to taste, and chill 15 minutes.
3. Serve with raw veggie sticks or whole-grain crackers.

Nutrition (per serving): 100 calories, 5g carbs, 12g protein, 3g fat, 1g fiber, 3g sugar

Avocado Deviled Eggs

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 4 halves (2 servings)

Ingredients

- 2 large eggs
- ½ ripe avocado
- 1 teaspoon lime juice
- Salt and pepper to taste
- Pinch of paprika (optional)

Preparation


1. Hard-boil eggs (place in boiling water for 10 minutes), then cool and peel.
2. Cut eggs in half and scoop yolks into a bowl.
3. Combine the yolks with avocado, lime juice, salt, and pepper, then mash until smooth.
4. Fill the egg white halves with the yolk mixture and garnish with paprika.

Nutrition (per serving): 130 calories, 3g carbs, 7g protein, 10g fat, 2g fiber, 1g sugar

Mini Turkey Muffins

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 3 (6 mini muffins)

Ingredients

- ½ lb lean ground turkey
- ¼ cup finely chopped onion
- 1 tablespoon almond flour
- 1 egg white
- ¼ teaspoon garlic powder
- Pinch of salt and pepper

Preparation


1. Preheat oven to 375°F (190°C) and grease a mini muffin tin.
2. Combine all ingredients in a bowl; mix well.
3. Spoon mixture evenly into muffin cups.
4. Bake 20 minutes or until internal temperature reaches 165°F (73°C)

Nutrition (per serving): 145 calories, 1g carbs, 20g protein, 6g fat, 0g fiber, 0g sugar

Baked Cheese Crisp

 Prep time: 5 min

 Cook Time: 8 min

 Servings: 2 (6 crisps)

Ingredients

- ½ cup shredded Parmesan or cheddar cheese
- ¼ teaspoon garlic powder (optional)
- Pinch of paprika

Preparation


1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Drop tablespoon-size mounds of cheese onto the sheet and flatten slightly.
3. Sprinkle with garlic powder and paprika.
4. Bake 7–8 minutes or until golden and crispy. Cool before serving.

Nutrition (per serving): 120 calories, 1g carbs, 9g protein, 9g fat, 0g fiber, 0g sugar

Mini Guacamole Cups

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 3 (6 mini cups)

Ingredients

- 1 medium ripe avocado
- 1 teaspoon lime juice
- ¼ cup diced tomato
- 1 tablespoon minced red onion
- 6 mini bell pepper halves or cucumber cups
- Salt to taste

Preparation

1. Mash avocado in a bowl and mix with lime juice, tomato, and onion.
2. Season with salt and stir well.
3. Spoon mixture into bell pepper halves or cucumber cups.

Nutrition (per serving): 130 calories, 6g carbs, 2g protein, 11g fat, 3g fiber, 1g sugar

Smoked Salmon Cucumber Rolls

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2 (8 rolls)

Ingredients

- 4-5 slices smoked salmon
- 1 large cucumber, sliced thin lengthwise
- 2 tablespoons light cream cheese
- 1 teaspoon lemon juice
- 1 tablespoon chopped dill

Preparation


1. Spread cream cheese on cucumber slices
2. Top with a piece of smoked salmon, drizzle lemon juice, and sprinkle dill.
3. Roll up tightly and secure with toothpicks.

Nutrition (per serving): 150 calories, 3g carbs, 16g protein, 8g fat, 0g fiber, 2g sugar

Egg Salad Lettuce Cups

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2 (4 lettuce cups)

Ingredients

- 2 hard-boiled eggs, chopped
- 1 tablespoon light mayonnaise
- 1 teaspoon Dijon mustard
- 4 romaine lettuce leaves
- Salt and pepper to taste

Preparation

1. Combine eggs, mayo, mustard, salt, and pepper in a small bowl.
2. Spoon mixture into lettuce leaves.
3. Serve chilled for a crisp, creamy snack.

Nutrition (per serving): 120 calories, 2g carbs, 8g protein, 9g fat, 0g fiber, 1g sugar

Turkey Bacon Bites

 Prep time: 5 min

 Cook Time: 10 min

 Servings: 2 (8 bites)

Ingredients

- 4 slices of turkey bacon, cut in half
- 8 small cubes of avocado or cherry tomatoes
- Toothpicks

Preparation

1. Preheat oven to 400°F (204°C).
2. Wrap each avocado cube or tomato with half a bacon slice; secure with a toothpick.
3. Bake for 10 minutes, or until the bacon is crisp.

Nutrition (per serving): 120 calories, 1g carbs, 9g protein, 9g fat, 0g fiber, 0g sugar

Roasted Spinach Almonds

 Prep time: 5 min

 Cook Time: 12 min

 Servings: 4

Ingredients

- 1 cup raw almonds
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika
- ¼ teaspoon chili powder
- Pinch of salt

Preparation


1. Preheat oven to 375°F (190°C) and line a baking sheet with foil.
2. Toss almonds with olive oil and spices.
3. Roast 12 minutes, stirring once halfway through.

Nutrition (per serving): 170 calories, 6g carbs, 6g protein, 15g fat, 3g fiber, 1g sugar

Chicken Salad Celery Sticks

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2 (6 celery sticks)

Ingredients

1. ½ cup cooked shredded chicken breast
- 1 tablespoon light mayonnaise
- ½ teaspoon Dijon mustard
- 6 celery sticks
- Salt and pepper to taste

Preparation


1. Mix chicken, mayonnaise, mustard, salt, and pepper in a bowl.
2. Spoon mixture evenly into celery sticks
3. Serve immediately or chill for later.

Nutrition (per serving): 130 calories, 2g carbs, 15g protein, 7g fat, 1g fiber, 1g sugar

Cauliflower Tots

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 2 (10 tots)

Ingredients


- 1 cup cooked cauliflower rice
- ¼ cup shredded Parmesan cheese
- 1 egg
- 1 tablespoon almond flour
- ¼ teaspoon garlic powder

Preparation

1. Set the oven to 400°F (204°C). Prepare a baking sheet by lining it with parchment paper.
2. Mix all ingredients in a bowl and shape into small tots.
3. Bake for 20 minutes or until the tots are golden brown. Turn the tots halfway through the baking time.

Nutrition (per serving): 110 calories, 5g carbs, 9g protein, 6g fat, 2g fiber, 1g sugar

Spicy Roasted Walnuts

 Prep time: 5 min

 Cook Time: 10 min

 Servings: 4

Ingredients

- 1 cup raw walnuts
- 1 tablespoon olive oil
- ¼ teaspoon cayenne pepper
- ¼ teaspoon smoked paprika
- Pinch of salt

Preparation


1. Preheat oven to 375°F (190°C).
2. Combine the walnuts with olive oil, cayenne pepper, smoked paprika, and salt, ensuring even coating.
3. Arrange the coated walnuts in a single layer on a baking sheet. Roast for 10 minutes, stirring once at the five-minute mark.

Nutrition (per serving): 190 calories, 4g carbs, 4g protein, 18g fat, 2g fiber, 0g sugar

Cheese Stuffed Mushrooms

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 2 (8 mushrooms)

Ingredients

- 8 medium white mushrooms, stems removed
- ¼ cup shredded mozzarella or Parmesan cheese
- 1 tablespoon cream cheese
- ¼ teaspoon garlic powder

Preparation


1. Preheat the oven to 375°F (190°C) and line a baking dish with aluminum foil.
2. Combine the cheeses with garlic powder and fill each mushroom cap with the mixture.
3. Bake for 15 minutes or until the cheese has melted and the tops are golden brown.

Nutrition (per serving): 120 calories, 3g carbs, 8g protein, 9g fat, 1g fiber, 0g sugar

Almond Butter Protein Bites (No Sugar)

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 4 (8 bites)

Ingredients

- ½ cup natural almond butter
- ¼ cup almond flour
- 1 tablespoon chia seeds
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract

Preparation

1. Combine all ingredients in a bowl and mix until a uniform dough forms.
2. Divide the dough into eight equal portions, shape each into a ball, and refrigerate for 30 minutes.
3. Store the chilled dough balls in an airtight container for up to five days.

Nutrition (per serving-2 bites): 190 calories, 4g carbs, 6g protein, 17g fat, 3g fiber, 0g sugar

Herb-Roasted Mixed Nuts

 Prep time: 5 min

 Cook Time: 12 min

 Servings: 4

Ingredients

- 1 cup mixed raw nuts (almonds, walnuts, cashews, pecans)
- 1 tablespoon olive oil
- ½ teaspoon dried rosemary
- ¼ teaspoon garlic powder
- Pinch of salt

Preparation

1. Preheat oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Toss nuts with olive oil and seasonings.
3. Spread evenly and roast 12 minutes, stirring halfway.

Nutrition (per serving): 220 calories, 6g carbs, 6g protein, 18g fat, 2g fiber, 0g sugar

Crispy Kale Chips

 Prep time: 5 min

 Cook Time: 15 min

 Servings: 4

Ingredients

- 1 bunch kale, washed and torn into bite-size pieces
- 1 tablespoon olive oil
- Pinch of salt
- ¼ teaspoon garlic powder (optional)

Preparation


1. Preheat oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Toss kale with olive oil and seasonings.
3. Spread in a single layer and bake for 12–15 minutes, or until crisp.

Nutrition (per serving): 70 calories, 4g carbs, 3g protein, 5g fat, 2g fiber, 0g sugar

Parmesan Cauliflower Bites

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 2 (10 bites)

Ingredients

- 2 cups cauliflower florets, finely chopped
- ¼ cup shredded Parmesan cheese
- 1 egg
- ¼ teaspoon garlic powder
- Pinch of black pepper

Preparation

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper. Mix all ingredients in a bowl and form small bite-sized patties.
2. Bake 20 minutes or until golden brown and firm.

Nutrition (per serving): 120 calories, 5g carbs, 9g protein, 7g fat, 2g fiber, 0g sugar

Chocolate Protein Smoothie

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 1

Ingredients

- 1 scoop chocolate protein powder (sugar-free)
- 1 cup unsweetener almond milk
- 1 tablespoon natural peanut butter
- ½ small banana (for creaminess)
- Ice cubes as needed

Preparation

1. Add all ingredients to a blender.
2. Blend on high until smooth and creamy.
3. Serve immediately.

Nutrition (per serving): 230 calories, 12g carbs, 26g protein, 9g fat, 3g fiber, 5g sugar

Almond Coconut Clusters (No Sugar)

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 4 (8 clusters)

Ingredients

- ½ cup unsweetened shredded coconut
- ½ cup sliced almonds
- 2 tablespoons melted coconut oil
- ½ teaspoon vanilla extract

Preparation


1. In a bowl, mix coconut, almonds, oil, and vanilla until coated.
2. Spoon mixture into clusters on parchment paper.
3. Chill 30 minutes or until firm.

Nutrition (per serving-2 clusters): 170 calories, 5g carbs, 3g protein, 16g fat, 3g fiber, 0g sugar

Chocolate Almond Energy Bites

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 6 (12 bites)

Ingredients

- ½ cup almond butter (unsweetened, no sugar added)
- 2 tbsp cocoa powder (unsweetened)
- 2 tbsp ground flaxseed or chia seeds
- ¼ cup unsweetened shredded coconut
- 1 tsp stevia/erythritol
- 1 tsp vanilla extract, pinch of salt

Preparation

1. In a medium bowl, combine almond butter, cocoa powder, flaxseed, coconut, sweetener, vanilla, and salt.
2. Mix until well combined — the texture should be slightly sticky.
3. Shape the mixture into 1-inch balls.
4. Chill for 15 minutes to firm up, if desired.
5. Store in an airtight container in the fridge for up to 5 days

Nutrition (per serving-2 bites): 150 calories, 5g carbs, 5g protein, 8g fat, 5g fiber, 0g sugar

No Bake Peanut Butter Oat Bars

 Prep time: 10 min

 Cook Time: 0 min (chill 1 hour)

 Servings: 8 bars

Ingredients

- 1 cup old-fashioned oats
- ½ cup natural peanut butter
- 2 tablespoons sugar-free syrup
- 1 tablespoon ground flaxseed
- ½ teaspoon vanilla extract

Preparation

1. In a bowl, mix peanut butter, syrup, and vanilla until smooth.
2. Add oats and flaxseed; stir to combine.
3. Press mixture into a parchment-lined dish and refrigerate 1 hour.
4. Cut into bars and store in the fridge.

Nutrition (per serving): 170 calories, 12g carbs, 6g protein, 11g fat, 2g fiber, 4g sugar

SALADS

Avocado Chicken Salad

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 1 ½ cups cooked chicken breast, diced
- 1 ripe avocado, diced
- 1 tablespoon lime juice
- 1 tablespoon olive oil
- 1 tablespoon chopped cilantro
- Salt and pepper to taste

Preparation

1. Place the chicken, avocado, and cilantro in a mixing bowl.
2. Add the lime juice, olive oil, salt, and pepper to the bowl.
3. Gently toss the ingredients to combine, then serve immediately.

Nutrition (per serving): 290 calories, 5g carbs, 27g protein, 18g fat, 4g fiber, 0g sugar

Spinach & Strawberry Salad with Feta

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 3 cups baby spinach leaves
- ½ cup sliced strawberries
- ¼ cup crumbled feta cheese
- 1 tablespoon chopped walnuts
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar

Preparation

1. Place spinach in a bowl. Add strawberries, feta cheese, and walnuts on top.
2. Drizzle olive oil and balsamic vinegar over the salad just before serving.

Nutrition (per serving): 190 calories, 8g carbs, 6g protein, 15g fat, 2g fiber, 5g sugar

Tuna & Egg Salad Bowl

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- 1 can (5 oz/140 grams) tuna in water, drained
- 2 hard-boiled eggs, chopped
- 1 tablespoon light mayonnaise
- 1 tablespoon chopped celery
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice

Preparation

1. Combine tuna, eggs, celery, mayonnaise, mustard, and lemon juice in a mixing bowl.
2. Season the mixture with salt and pepper to taste. Serve over lettuce or as a standalone dish.

Nutrition (per serving): 210 calories, 2g carbs, 24g protein, 11g fat, 0g fiber, 1g sugar

Greek Salad with Grilled Chicken

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- 2 cups chopped romaine lettuce
- ½ cup cherry tomatoes, halved
- ¼ cup sliced cucumber
- ¼ cup crumbled feta cheese
- 4 oz grilled chicken breast, sliced
- 1 tablespoon olive oil
- 1 teaspoon red wine vinegar
- ¼ teaspoon oregano

Preparation

1. Toss lettuce, tomato, cucumber, and feta in a bowl.
2. Top with grilled chicken.
3. Drizzle with olive oil and vinegar, and sprinkle with oregano.

Nutrition (per serving): 140 calories, 16g carbs, 5g protein, 6g fat, 4g fiber, 1g sugar

Smoked Salmon & Arugula Salad

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 2 cups arugula
- 2 oz (56 grams) smoked salmon, sliced
- ½ avocado, diced
- 1 tablespoon capers (optional)
- 1 teaspoon olive oil
- 1 teaspoon lemon juice

Preparation

1. Arrange arugula in a bowl, then add smoked salmon, avocado, and capers on top.
2. Drizzle olive oil and lemon juice over the ingredients immediately before serving.

Nutrition (per serving): 210 calories, 4g carbs, 19g protein, 14g fat, 3g fiber, 0g sugar

Mediterranean Chickpea & Cucumber Salad

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- ½ cup canned chickpeas, drained and rinsed
- 1 cup diced cucumber
- ½ cup cherry tomatoes, halved
- 2 tablespoons chopped red onion
- 1 tablespoon olive oil
- 1 teaspoon lemon juice

- Salt, pepper, and parsley to taste

Preparation

1. Combine chickpeas, cucumber, tomatoes, and onion in a bowl.
2. Drizzle with olive oil, lemon juice, and season with salt, pepper, and parsley.
3. Toss and serve chilled.

Nutrition (per serving): 180 calories, 15g carbs, 6g protein, 9g fat, 4g fiber, 3g sugar

Classic Cob Salad (Low-Carb Version)

 Prep time: 15 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- 2 cups chopped romaine lettuce
- 2 hard-boiled eggs, chopped
- 4 oz (110 grams) grilled chicken breast, diced
- 2 slices cooked bacon, crumbled
- ¼ avocado, diced
- 1 tablespoon blue cheese, crumbled
- 1 tablespoon olive oil
- 1 teaspoon red wine vinegar

Preparation

1. Arrange lettuce on plates and top with eggs, chicken, bacon, avocado, and blue cheese.
2. Drizzle with olive oil and red wine vinegar before serving.

Nutrition (per serving): 350 calories, 6g carbs, 32g protein, 22g fat, 3g fiber, 1g sugar

Spinach & Egg Salad with Dijon Dressing

 Prep time: 10 min

 Cook Time: 5 min

 Servings: 2

Ingredients

- 2 cups fresh spinach
- 2 hard-boiled eggs, sliced
- 1 teaspoon olive oil
- 1 teaspoon Dijon mustard
- ½ teaspoon lemon juice
- Salt and pepper to taste

Preparation

1. Combine olive oil, mustard, lemon juice, salt, and pepper, and whisk until a uniform dressing forms.
2. Toss fresh spinach leaves with the prepared dressing. Then, arrange sliced eggs on top and serve the salad immediately.

Nutrition (per serving): 180 calories, 3g carbs, 12g protein, 13g fat, 1g fiber, 1g sugar

Chicken Caesar Salad (Low-Carb)

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- 2 cups chopped romaine lettuce
- 4 oz grilled chicken breast, sliced
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon olive oil
- 1 teaspoon lemon juice
- ½ teaspoon anchovy paste (optional)
- Salt and pepper to taste

Preparation

1. Toss lettuce with olive oil, lemon juice, anchovy paste, salt, and pepper.
2. Top with grilled chicken and sprinkle Parmesan.
3. Serve immediately.

Nutrition (per serving): 260 calories, 4g carbs, 27g protein, 15g fat, 1g fiber, 1g sugar

Shrimp & Avocado Salad

 Prep time: 10 min

 Cook Time: 5 min

 Servings: 2

Ingredients

- 1 cup cooked shrimp, peeled and deveined
- 1 ripe avocado, diced
- 2 cups mixed greens
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt, pepper, and paprika to taste

Preparation

1. In a bowl, toss shrimp, avocado, and greens.
2. Drizzle with olive oil and lemon juice.
3. Season with salt, pepper, and paprika before serving.

Nutrition (per serving): 280 calories, 5g carbs, 27g protein, 17g fat, 3g fiber, 1g sugar

Crab & Cucumber Salad

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- ¾ cup lump crab meat
- 1 cup diced cucumber
- 1 tablespoon mayonnaise (light or avocado-based)
- 1 teaspoon lemon juice
- ½ teaspoon Dijon mustard
- Chopped dill and salt to taste

Preparation

1. Combine crab, cucumber, mayo, mustard, lemon juice, and dill in a bowl.
2. Mix gently and chill for 10 minutes before serving.

Nutrition (per serving): 190 calories, 4g carbs, 22g protein, 9g fat, 1g fiber, 2g sugar

Salmon & Cucumber Yogurt Salad

 Prep time: 10 min

 Cook Time: 5 min

 Servings: 2

Ingredients

- 4 oz (110 grams) cooked salmon, flaked
- 1 cup sliced cucumber
- ¼ cup plain Greek yogurt
- 1 teaspoon lemon juice
- 1 teaspoon fresh dill
- Salt and pepper to taste

Preparation

1. Combine yogurt, lemon juice, dill, salt, and pepper in a bowl.
2. Add cucumber and flaked salmon.
3. Mix gently and serve chilled.

Nutrition (per serving): 210 calories, 3g carbs, 23g protein, 11g fat, 0g fiber, 2g sugar

Green Onions & Cucumber Yogurt Salad

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- ½ bunch green onions, chopped
- 1 cup sliced cucumber
- ½ cup plain Greek yogurt
- 1 egg, hard-boiled
- 4 tablespoons sour cream (low-fat)
- 1 teaspoon fresh dill
- Salt and pepper to taste

Preparation

1. Combine yogurt, sour cream, dill, salt, and pepper in a bowl.
2. Add cucumber, green onions, and sliced egg.
3. Mix gently and serve chilled.

Nutrition (per serving): 110 calories, 8g carbs, 10g protein, 5g fat, 1g fiber, 2g sugar

Grilled Tofu & Broccoli Salad

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- 6 oz (170 grams) firm tofu, cubed
- 1 cup broccoli florets, steamed
- 2 tablespoons olive oil
- 1 teaspoon soy sauce (low-sodium)
- 1 teaspoon sesame seeds
- 1 teaspoon rice vinegar

Preparation

1. Grill the tofu cubes for 5–7 minutes, until they are golden brown.
2. Combine broccoli and tofu in a bowl.
3. Drizzle with olive oil, soy sauce, and vinegar.
4. Sprinkle sesame seeds before serving.

Nutrition (per serving): 230 calories, 7g carbs, 15g protein, 16g fat, 3g fiber, 2g sugar

Roasted Eggplant & Feta Salad

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 2

Ingredients

- 1 small eggplant, cubed
- 2 tablespoons olive oil
- ¼ cup crumbled feta cheese
- 1 teaspoon lemon juice
- 1 tablespoon chopped parsley
- Salt and pepper to taste

Preparation

1. Coat eggplant cubes with olive oil and roast at 400°F (204°C) for 20 minutes.
2. Allow eggplant to cool slightly, then mix with feta cheese, lemon juice, and parsley.
3. Season to taste and serve either warm or at room temperature.

Nutrition (per serving): 180 calories, 10g carbs, 5g protein, 13g fat, 4g fiber, 5g sugar

Lentil & Spinach Power Salad

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 2

Ingredients

- ½ cup cooked green lentils
- 2 cups baby spinach
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 tablespoon diced red onion
- 1 tablespoon chopped parsley

Preparation

1. Combine lentils, spinach, onion, and parsley in a bowl.
2. Drizzle with olive oil and lemon juice.
3. Toss well and serve chilled.

Nutrition (per serving): 190 calories, 16g carbs, 10g protein, 8g fat, 5g fiber, 1g sugar

Turkey & Avocado Protein Salad

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 1 cup cooked turkey breast, diced
- ½ avocado, diced
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 tablespoon chopped green onion
- Salt and pepper to taste

Preparation

1. Place the turkey, avocado, and green onion in a mixing bowl.
2. Add the olive oil and lemon juice to the bowl.
3. Season with salt and pepper, toss the ingredients gently, and serve immediately.

Nutrition (per serving): 250 calories, 4g carbs, 27g protein, 14g fat, 3g fiber, 0g sugar

Steak & Arugula Salad with Balsamic Glaze

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- 6 oz (170 grams) lean sirloin steak
- 2 cups arugula
- ¼ cup cherry tomatoes, halved
- 1 tablespoon olive oil
- 1 teaspoon balsamic vinegar
- Salt, pepper, and garlic powder to taste

Preparation

1. Grill the steak for 4–5 minutes per side, then slice it thinly.
2. Toss arugula and tomatoes with olive oil and balsamic vinegar.
3. Top with sliced steak and season to taste.

Nutrition (per serving): 290 calories, 6g carbs, 29g protein, 17g fat, 2g fiber, 3g sugar

Chicken & Veggie Crunch Salad

 Prep time: 10 min

 Cook Time: 5 min

 Servings: 2

Ingredients

- 1 cup cooked chicken breast, shredded
- ½ cup shredded cabbage
- ¼ cup grated carrot
- 1 tablespoon olive oil
- 1 teaspoon apple cider vinegar
- Salt and pepper to taste

Preparation

1. In a bowl, combine cabbage, carrot, and chicken.
2. Drizzle with olive oil and apple cider vinegar.
3. Toss and season with salt and pepper.

Nutrition (per serving): 210 calories, 7g carbs, 25g protein, 10g fat, 2g fiber, 3g sugar

Mozzarella & Tomato, Basil (Caprese Twist)

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 4 oz (113 grams) fresh mozzarella, sliced
- 1 cup cherry tomatoes, halves
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh basil
- 1 teaspoon balsamic vinegar
- Salt and pepper to taste

Preparation

1. Arrange the mozzarella and tomatoes on a plate.
2. Drizzle with olive oil and balsamic vinegar.
3. Sprinkle basil, salt, and pepper before serving.

Nutrition (per serving): 230 calories, 6g carbs, 12g protein, 18g fat, 1g fiber, 4g sugar

Cucumber, Cheese & Olive Salad

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 1 cup sliced cucumber
- ¼ cup black olives, sliced
- ¼ cup diced feta or Havarti cheese
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- ½ teaspoon oregano

Preparation

1. Combine cucumber, olives, and cheese in a bowl.
2. Add olive oil, lemon juice, and oregano.
3. Toss gently and serve chilled.

Nutrition (per serving): 200 calories, 5g carbs, 8g protein, 17g fat, 2g fiber, 1g sugar

Tuna & Avocado Power Salad

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 1 (5 oz/ 140 grams) can tuna in water, drained
- ½ avocado, diced
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 tablespoon chopped celery
- Salt and pepper to taste

Preparation

1. In a bowl, mix tuna, avocado, celery, lemon juice, and olive oil.
2. Season with salt and pepper.
3. Serve over lettuce or eat as is.

Nutrition (per serving): 240 calories, 3g carbs, 25g protein, 14g fat, 2g fiber, 0g sugar

Spinach & Almond Salad with Citrus Dressing

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 2 cups baby spinach
- ¼ cup sliced almonds
- 1 tablespoon olive oil
- 1 teaspoon orange juice (freshly squeezed)
- ½ teaspoon apple cider vinegar

Preparation

1. Combine spinach and almonds in a large bowl.
2. Whisk together the oil, orange juice, and vinegar for the dressing.
3. Toss salad and serve immediately.

Nutrition (per serving): 190 calories, 5g carbs, 5g protein, 16g fat, 2g fiber, 2g sugar

Broccoli & Cauliflower Crunch Salad

 Prep time: 10 min

 Cook Time: 5 min

 Servings: 2

Ingredients

- 1 cup chopped broccoli florets
- 1 cup chopped cauliflower florets
- 1 tablespoon light mayonnaise
- 1 teaspoon apple cider vinegar
- 1 tablespoon sunflower seeds

Preparation

1. Lightly steam broccoli and cauliflower for 3–4 minutes, then cool.
2. Toss with mayo, vinegar, and sunflower seeds.
3. Chill for 10 minutes before serving.

Nutrition (per serving): 170 calories, 8g carbs, 6g protein, 12g fat, 3g fiber, 3g sugar

SOUPS

Chicken & Cauliflower Rice Soup

 Prep time: 15 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 1 tbsp olive oil
- 1 cup cooked shredded chicken breast
- 1 cup cauliflower rice
- 1 small carrot, diced
- 4 cups low-sodium chicken broth
- ½ tsp thyme
- ½ tsp garlic powder; salt and pepper to taste

Preparation

1. Heat oil in a large pot. Sauté the carrot for 3-4 minutes.
2. Add broth, thyme, garlic, and cauliflower rice. Simmer for 15 minutes.
3. Stir in the chicken. Heat until warmed through. Season to taste.

Nutrition (per serving): 155 calories, 6g carbs, 20g protein, 5g fat, 2g fiber, 2g sugar

Creamy Broccoli Cheddar Soup (Low-Carb)

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 4

Ingredients

- 4 cups fresh broccoli florets
- 1 cup shredded sharp cheddar cheese
- 1 cup unsweetened almond milk
- 1 cup low-sodium chicken broth
- 1 tbsp olive oil
- 1 clove garlic, minced
- Salt and black pepper to taste

Preparation

1. Heat olive oil in a pot over medium heat, and sauté garlic for 1 minute.
2. Add broccoli and broth, simmer 10 minutes until tender.
3. Stir in almond milk and cheese until smooth.
4. Blend half of the soup for creaminess, season to taste, and serve warm

Nutrition (per serving): 185 calories, 8g carbs, 10g protein, 13g fat, 3g fiber, 3g sugar

Tomato Basil Soup (No Sugar Added)

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- 1 small onion, chopped
- 3 cups diced tomatoes (fresh or canned, no sugar added)
- 2 cups low-sodium vegetable broth
- 2 tbsp tomato paste
- ¼ cup fresh basil leaves, chopped

- Salt and pepper to taste

Preparation

1. Heat olive oil in a saucepan and sauté the onion until it becomes translucent.
2. Add tomatoes, broth, and tomato paste; simmer 20 minutes.
3. Stir in basil and blend until smooth. Season and serve warm.

Nutrition (per serving): 130 calories, 10g carbs, 3g protein, 8g fat, 2g fiber, 4g sugar

Spinach & Mushroom Soup

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- 1 cup sliced mushrooms
- 4 cups fresh spinach
- 4 cups low-sodium vegetable broth
- ½ cup diced onion
- ½ tsp garlic powder

- Salt and pepper to taste

Preparation

1. Heat oil in a pot and sauté the onion and mushrooms for 5 minutes.
2. Add broth, garlic powder, and spinach. Simmer 10–15 minutes.
3. Serve hot or blend slightly for a creamier texture.

Nutrition (per serving): 90 calories, 6g carbs, 4g protein, 5g fat, 2g fiber, 2g sugar

Creamy Avocado & Zucchini Soup



Prep time: 10 min



Cook Time: 15 min



Servings: 4

Ingredients

- 2 tbsp olive oil
- 2 medium zucchinis, chopped
- 1 ripe avocado, peeled and pitted
- 3 cups low-sodium vegetable broth
- 1 clove garlic, minced
- ½ tsp lemon juice

- Salt and pepper to taste

Preparation

1. Heat olive oil and sauté garlic for 1 minute.
2. Add zucchini and broth. Simmer for approximately 10 minutes, or until the zucchini is tender and soft.
3. Incorporate avocado and lemon juice. Blend the mixture until it becomes creamy and smooth.
4. Serve the soup either warm or chilled, according to preference.

Nutrition (per serving): 190 calories, 8g carbs, 4g protein, 16g fat, 4g fiber, 2g sugar

Turkey & Vegetable Soup



Prep time: 15 min



Cook Time: 25 min



Servings: 4

Ingredients

- 1 tbsp olive oil
- 1 lb (450 grams) lean ground turkey
- 1 cup chopped zucchini
- 1 cup chopped celery
- 1 small onion, chopped
- 1 cup diced tomatoes (no added sugar)
- 4 cups low-sodium chicken broth
- ½ tsp dried oregano; salt

Preparation

1. Heat oil in a large pot and cook the turkey until browned.
2. Add onion, celery, and zucchini; cook 5 minutes.
3. Stir in tomatoes, broth, and oregano; simmer 20 minutes.
4. Season with salt and pepper, then serve hot.

Nutrition (per serving): 210 calories, 9g carbs, 26g protein, 8g fat, 3g fiber, 4g sugar

Creamy Mushroom Soup

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- 2 cups sliced mushrooms (white or cremini)
- 1 small onion, chopped
- 2 cups low-sodium chicken or vegetable broth
- ½ cup unsweetened almond milk
- 1 clove garlic, minced
- ½ tsp thyme; salt and pepper to taste

Preparation

1. Sauté mushrooms, onion, and garlic in olive oil until they are soft.
2. Add broth and thyme; simmer for 10 minutes
3. Stir in almond milk, blend until smooth, and reheat gently.
4. Serve warm with fresh parsley if desired.

Nutrition (per serving): 145 calories, 7g carbs, 5g protein, 11g fat, 2g fiber, 3g sugar

Lentil & Spinach Soup

 Prep time: 10 min

 Cook Time: 30 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- ½ cup dry green or brown lentils (rinsed)
- 3 cups low-sodium vegetable broth
- 1 cup fresh spinach
- 1 small carrot, diced
- ½ tsp cumin; salt and black pepper to taste

Preparation

1. Heat olive oil; sauté carrot for 3 minutes.
2. Add lentils, broth, and cumin; simmer 25 minutes.
3. Stir in spinach to wilt and season to taste.

Nutrition (per serving): 190 calories, 22g carbs, 10g protein, 5g fat, 7g fiber, 3g sugar

Beef & Cauliflower Stew



Prep time: 15 min



Cook Time: 45 min



Servings: 4

Ingredients

- 3 tbsp olive oil
- ½ lb (226 grams) lean beef stew meat, cut into cubes
- 1 cup chopped cauliflower
- 1 small onion, chopped
- ½ celery stalk, chopped
- 3 cups low-sodium beef broth
- ½ tsp rosemary; salt and pepper to taste

Preparation

1. Brown beef in olive oil for 5 minutes.
2. Add onion, celery, and cauliflower; cook 5 minutes.
3. Pour in the broth, add the rosemary, and simmer for 30–35 minutes, or until tender.
4. Season and serve hot.

Nutrition (per serving): 240 calories, 8g carbs, 26g protein, 12g fat, 2g fiber, 2g sugar

Hearty Chicken Vegetable Soup



Prep time: 15 min



Cook Time: 30 min



Servings: 4

Ingredients

- 2 tbsp olive oil
- 1 cup cooked chicken breast, shredded
- 1 small onion, chopped
- ½ celery stalk, chopped
- 1 small carrot, diced
- 4 cups low-sodium chicken broth
- ½ tsp dried parsley; salt and pepper to taste

Preparation

1. Heat olive oil in a large pot; sauté onion, celery, and carrot for 5 minutes.
2. Add broth and parsley; simmer 20 minutes.
3. Stir in chicken and heat through. Season to taste.

Nutrition (per serving): 180 calories, 10g carbs, 22g protein, 6g fat, 3g fiber, 4g sugar

Creamy Pumpkin Soup (Low-Carb)

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- 1 small onion, chopped
- 2 cups pumpkin purée (unsweetened)
- 3 cups low-sodium vegetable broth
- ½ cup unsweetened almond milk
- ½ tsp ground ginger
- ¼ tsp cinnamon

- Salt and pepper to taste

Preparation

1. Sauté the onion in olive oil until soft.
2. Stir in pumpkin, broth, ginger, and cinnamon. Simmer 15 minutes.
3. Blend until smooth, stir in almond milk, and reheat gently.

Nutrition (per serving): 140 calories, 10g carbs, 3g protein, 9g fat, 3g fiber, 3g sugar

Creamy Shrimp Chowder (Low-Carb)

 Prep time: 15 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- ½ lb (226 grams) raw shrimp, peeled and deveined
- 1 small onion, chopped
- ½ small celery stalk, chopped
- 3 cups low-sodium seafood or chicken broth
- ½ cup unsweetened coconut milk
- ½ cup cauliflower florets, chopped

- Salt and pepper to taste

Preparation

1. Heat oil; sauté the onion and celery until they are soft.
2. Add broth and cauliflower; simmer 10 minutes.
3. Stir in shrimp and coconut milk; cook until shrimp turn pink.
4. Season and serve warm.

Nutrition (per serving): 220 calories, 8g carbs, 22g protein, 11g fat, 2g fiber, 2g sugar

White Bean Soup

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- 1 cup canned white beans (rinsed and drained)
- 1 small carrot, diced
- 4 cups low-sodium vegetable broth
- 1 clove garlic, minced
- ½ tsp oregano; salt and pepper to taste

Preparation

1. Heat the oil; sauté the carrots and garlic for 3 minutes.
2. Add beans, broth, and oregano; simmer 20 minutes.
3. Serve warm, drizzled with olive oil if desired.

Nutrition (per serving): 190 calories, 16g carbs, 8g protein, 8g fat, 3g fiber, 3g sugar

Cauliflower Cheese Soup (Low-Carb Comfort Bowl)

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- 1 small onion, chopped
- 4 cups cauliflower florets
- 3 cups low-sodium chicken broth
- ½ cup unsweetened almond milk
- ½ cup shredded sharp cheddar cheese
- Salt and black pepper to taste

Preparation

1. Sauté the onion in olive oil for three minutes.
2. Add the cauliflower and broth. Simmer for fifteen minutes or until tender.
3. Blend the mixture until smooth. Stir in the almond milk and cheese.
4. Heat gently until the cheese melts. Season to taste and serve.

Nutrition (per serving): 190 calories, 9g carbs, 10g protein, 13g fat, 3g fiber, 3g sugar

Turkey Chili Soup (Low-Carb & High Protein)

 Prep time: 15 min

 Cook Time: 30 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- ½ lb lean ground turkey
- 1 small onion, chopped
- 1 small bell pepper, chopped
- 1 cup diced tomatoes (no sugar added)
- 2 cups low-sodium chicken broth
- 1 tsp chili powder
- ½ tsp cumin; salt and pepper to taste

Preparation

1. Heat olive oil; cook turkey until browned.
2. Add onion and pepper; cook 5 minutes.
3. Stir in tomatoes, broth, and spices; simmer 20 minutes.

Nutrition (per serving): 220 calories, 10g carbs, 28g protein, 8g fat, 3g fiber, 4g sugar

Tomato Chicken Soup (Low-Sodium & Low-Carb)

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- 1 small onion, chopped
- 1 garlic clove, minced
- 2 cups diced tomatoes (no added sugar)
- 3 cups low-sodium chicken broth
- 1 cup cooked shredded chicken
- ½ tsp basil
- Salt and pepper to taste

Preparation

1. Sauté onion and garlic in olive oil for 3 minutes.
2. Add tomatoes, broth, basil, and chicken.
3. Simmer 20 minutes and season before serving.

Nutrition (per serving): 180 calories, 9g carbs, 21g protein, 7g fat, 2g fiber, 3g sugar

Beef & Wild Rice Stew

 Prep time: 15 min

 Cook Time: 45 min

 Servings: 4

Ingredients

- 3 tbsp olive oil
- ½ lb (226 grams) lean beef stew meat, cut into cubes
- ½ cup chopped tomato
- ½ small onion, chopped
- ½ cup chopped red bell pepper
- 4 cups low-sodium beef broth
- ⅓ cup wild rice (rinsed)
- ½ tsp rosemary; salt and pepper to taste

Preparation

1. Brown beef in olive oil for 5 minutes.
2. Add onion, tomato, and bell pepper; cook 5 minutes.
3. Pour in the broth, add the wild rice and rosemary, and simmer for 30–35 minutes, or until tender. Season and serve hot.

Nutrition (per serving): 240 calories, 8g carbs, 26g protein, 12g fat, 3g fiber, 2g sugar

Low-Carb Red Bean Chili

 Prep time: 10 min

 Cook Time: 30 min

 Servings: 4

Ingredients

- 3 tbsp olive oil
- 1 cup lean ground turkey or beef
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- 1 cup canned red kidney beans, rinsed and drained (low-sodium)
- 1 cup diced tomatoes, no added sugar
- 2 cups low-sodium chicken or vegetable broth
- 1 tsp chili powder
- ½ tsp ground cumin
- ¼ tsp paprika; salt and pepper to taste

Preparation

1. Heat olive oil in a large pot over medium heat. Add onion and bell pepper; sauté for 3–4 minutes until soft.
2. Add ground turkey or beef; cook until browned, breaking it apart with a spoon as needed.
3. Stir in tomatoes, beans, broth, and seasonings.
4. Reduce the heat, then simmer, uncovered, for 20 minutes, until the mixture has thickened and flavors blend.


Nutrition (per serving): 250 calories, 18g carbs, 27g protein, 8g fat, 6g fiber, 4g sugar

FISH AND SEAFOOD

Baked Lemon Garlic Salmon

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 2

Ingredients

- 2 salmon fillets
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- ½ tsp paprika
- Salt and black pepper to taste
- 2 lemon slices (for garnish)

Preparation

1. Preheat the oven to 400°F (204°C). Line a baking sheet with aluminum foil or parchment paper.
2. Arrange the salmon fillets on the prepared baking sheet. Drizzle with olive oil and lemon juice.
3. Evenly sprinkle minced garlic, paprika, salt, and black pepper over the salmon.
4. Bake for 12 to 15 minutes or until the salmon flakes easily with a fork.

Nutrition (per serving): 260 calories, 1g carbs, 27g protein, 16g fat, 0g fiber, 0g sugar

Garlic Butter Shrimp & Spinach Skillet

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 4

Ingredients

- 1 lb (453 grams) large shrimp, peeled and deveined
- 2 tbsp butter
- 2 cloves garlic, minced
- 3 cups baby spinach
- 1 tbsp lemon juice; salt and pepper to taste

Preparation

1. Heat butter in a skillet over medium heat until fully melted. Add garlic and sauté for 30 seconds.
2. Add shrimp and cook for 3 minutes on each side. Then add spinach and lemon, and cook until the spinach is tender and wilted.

Nutrition (per serving): 210 calories, 3g carbs, 25g protein, 11g fat, 1g fiber, 1g sugar

Grilled Tilapia with Herbs

 Prep time: 10 min

 Cook Time: 8 min

 Servings: 2

Ingredients

- 2 tilapia fillets
- 1 tbsp olive oil
- 1 tsp dried parsley
- ½ tsp paprika
- ½ tsp garlic powder
- Salt and pepper to taste

Preparation

1. Coat tilapia fillets with olive oil and evenly distribute selected seasonings.
2. Grill the fillets over medium heat for 3 to 4 minutes on each side until the flesh becomes opaque.

Nutrition (per serving): 180 calories, 1g carbs, 30g protein, 6g fat, 0g fiber, 0g sugar

Lemon Pepper Baked Cod

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 2

Ingredients

- 2 cod fillets
- 1 tbsp olive oil
- 1 tsp lemon pepper seasoning
- ½ lemon, sliced
- 1 tbsp chopped parsley

Preparation

1. Preheat oven to 375°F (190°C). Place cod in a baking dish.
2. Brush with olive oil, sprinkle lemon pepper, and top with lemon slices.
3. Bake for 18–20 minutes, or until flaky. Garnish with parsley.

Nutrition (per serving): 195 calories, 2g carbs, 34g protein, 6g fat, 0g fiber, 0g sugar

Creamy Garlic Butter Scallops

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 4

Ingredients

- ½ lb (226 grams) sea scallops
- 2 tbsp butter
- 2 cloves garlic, minced
- ¼ cup heavy cream
- 1 tbsp grated Parmesan cheese
- Salt and pepper to taste

Preparation

1. Ensure scallops are thoroughly dried, then season evenly with salt and pepper.
2. Melt butter in a skillet over medium-high heat. Sear scallops for 2-3 minutes on each side.
3. Add garlic, cream, and Parmesan to the skillet. Cook for 1-2 minutes, or until the sauce has thickened slightly.

Nutrition (per serving): 260 calories, 4g carbs, 25g protein, 14g fat, 0g fiber, 1g sugar

Shrimp & Vegetable Stir-Fry

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- ½ lb (226 grams) large shrimp, peeled and deveined
- 2 tbsp olive oil
- 1 cup broccoli florets
- ½ cup sliced bell pepper
- ½ cup zucchini, sliced
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame oil (optional)
- 1 garlic clove, minced

Preparation

1. Heat olive oil in a skillet or wok.
2. Add garlic and vegetables; stir-fry 3–4 minutes.
3. Add shrimp and cook 3–4 minutes until pink.
4. Stir in soy sauce and sesame oil (optional); cook 1 minute.

Nutrition (per serving): 210 calories, 7g carbs, 28g protein, 8g fat, 2g fiber, 3g sugar

Creamy Salmon Chowder (Low-Carb Version)

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 2 tbsp olive oil
- ½ small onion, chopped
- 1 celery stalk, diced
- 1 cup chopped cauliflower (instead of potatoes)
- 3 cups low-sodium fish or chicken broth
- ½ cup unsweetened almond milk
- ½ lb (226 grams) cooked salmon chunks
- ½ tsp dill; salt and pepper to taste

Preparation

1. Heat oil in a pan. Sauté onion and celery for 3 minutes.
2. Add cauliflower and broth. Simmer for 15 minutes.
3. Stir in almond milk, salmon, and dill. Continue heating for 5 minutes.

Nutrition (per serving): 240 calories, 8g carbs, 28g protein, 10g fat, 2g fiber, 3g sugar

Baked Halibut with Cherry Tomatoes

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 4

Ingredients

- 4 halibut fillets
- 1 cup cherry tomatoes, halved
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Salt and pepper to taste

Preparation


1. Preheat oven to 375°F (190°C).
2. Place fish and tomatoes on a baking dish; drizzle with olive oil.
3. Sprinkle garlic, seasoning, salt, and pepper.
4. Bake for 18–20 minutes until fish is opaque.

Nutrition (per serving): 220 calories, 4g carbs, 35g protein, 8g fat, 1g fiber, 2g sugar

Cajun Grilled Shrimp Skewers

 Prep time: 10 min

 Cook Time: 8 min

 Servings: 2

Ingredients

- ½ lb (226 grams) large shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 tsp Cajun seasoning
- ½ tsp paprika
- ½ tsp garlic powder
- 1 tbsp lemon juice

Preparation

1. Combine shrimp with olive oil, Cajun seasoning, paprika, and garlic powder, ensuring even coating.
2. Arrange the coated shrimp onto skewers in a single layer.
3. Grill the skewered shrimp over medium heat for 3 to 4 minutes per side until they become opaque.
4. Drizzle lemon juice over the shrimp immediately before serving.

Nutrition (per serving): 200 calories, 2g carbs, 30g protein, 8g fat, 0g fiber, 1g sugar

Mediterranean Baked Salmon

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 2

Ingredients

- 2 salmon fillets
- 1 tbsp olive oil
- ½ cup cherry tomatoes, halved
- ¼ cup chopped black olives
- 1 tbsp capers
- 1 tsp dried oregano; salt and pepper to taste

Preparation

1. Preheat the oven to 375°F (190°C).
2. Arrange the salmon in a baking dish. Add tomatoes, olives, capers, and drizzle with olive oil.
3. Season with oregano, salt, and pepper.
4. Bake for 18 to 20 minutes, or until the salmon flakes easily.

Nutrition (per serving): 285 calories, 3g carbs, 29g protein, 18g fat, 1g fiber, 1g sugar

RED MEAT

Garlic-Herb Grilled Steak

 Prep time: 10 min

 Cook Time: 12 min

 Servings: 3

Ingredients

- 1 lb (453 grams) sirloin steak
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried rosemary
- 1 tsp black pepper
- Salt to taste

Preparation

1. Mix olive oil, garlic, rosemary, and pepper thoroughly. Apply the mixture evenly to the surface of the steak.
2. Grill the steak over medium-high heat for 5 to 6 minutes on each side or until the preferred level of doneness is achieved.
3. Allow the steak to rest for 5 minutes before slicing.

Nutrition (per serving): 310 calories, 1g carbs, 34g protein, 19g fat, 0g fiber, 0g sugar

Beef & Mushroom Lettuce Wraps

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 2

Ingredients

- ½ lb (226 grams) lean ground beef (90% lean)
- 1 cup chopped mushrooms
- 1 tbsp soy sauce (low-sodium)
- 1 tsp sesame oil
- 1 head butter lettuce, leaves separated

Preparation

1. Sauté the beef in a skillet until it is browned. Add mushrooms and cook until soft.
2. Stir in soy sauce and sesame oil.
3. Spoon the mixture into lettuce leaves and roll them up.

Nutrition (per serving): 220 calories, 4g carbs, 27g protein, 10g fat, 2g fiber, 2g sugar

Spicy Beef Chili (No Beans)

 Prep time: 10 min

 Cook Time: 40 min

 Servings: 3

Ingredients

- ½ lb (226 grams) lean ground beef
- 1 cup chopped tomatoes
- ½ cup diced bell pepper
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- Salt to taste

Preparation

1. Brown beef in a pot; drain excess fat.
2. Add tomatoes, pepper, and spices.
3. Simmer for 30–35 minutes, until the mixture is thick.

Nutrition (per serving): 250 calories, 6g carbs, 28g protein, 12g fat, 2g fiber, 3g sugar

Beef Stir-Fry with Broccoli

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 4

Ingredients

- ½ lb (226 grams) flank steak, sliced thin
- 2 cups broccoli florets
- 2 tbsp soy sauce (low-sodium)
- 1 tbsp olive oil
- 1 tsp grated ginger
- Salt to taste

Preparation

1. Heat oil; sear beef for 2–3 minutes.
2. Add the broccoli, soy sauce, and ginger, then cook until the broccoli is tender-crisp.

Nutrition (per serving): 270 calories, 7g carbs, 31g protein, 13g fat, 2g fiber, 2g sugar

Beef & Cauliflower Rice Bowl

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 2

Ingredients

- ½ lb (226 grams) lean ground beef
- 3 cups cauliflower rice
- 1 small onion, chopped
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt to taste

Preparation

1. Sauté the beef and onion until they are browned.
2. Add cauliflower rice and garlic powder.
3. Stir 5–7 minutes until tender.

Nutrition (per serving): 290 calories, 8g carbs, 28g protein, 16g fat, 3g fiber, 3g sugar

Stuffed Bell Peppers (Low-Carb Style)

 Prep time: 15 min

 Cook Time: 30 min

 Servings: 4

Ingredients

- 4 bell peppers, halved and seeded
- 1 lb (453 grams) ground beef
- ½ cup diced tomato
- ½ cup shredded mozzarella
- 1 tsp oregano
- Salt to taste

Preparation

1. Cook the beef with tomatoes and oregano for 5 minutes.
2. Fill pepper halves and top with cheese.
3. Bake at 375°F (190°C) for 25–30 minutes.

Nutrition (per serving): 310 calories, 9g carbs, 30g protein, 17g fat, 3g fiber, 4g sugar

Cheesy Beef Zucchini Casserole

 Prep time: 15 min

 Cook Time: 25 min

 Servings: 3

Ingredients

- ½ lb (226 grams) ground beef
- 1 cup sliced zucchini
- ½ cup shredded cheddar
- 1 egg
- 1 tsp garlic powder
- Salt to taste

Preparation

1. Cook the beef until browned.
2. Layer beef, zucchini, and cheese in a baking dish.
3. Whisk the egg with garlic powder; then pour it over.
4. Bake at 375°F (190°C) for 25 minutes.

Nutrition (per serving): 320 calories, 6g carbs, 28g protein, 19g fat, 2g fiber, 2g sugar

Bunless Beef Burgers with Avocado

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- ½ lb (226 grams) ground beef
- 1 avocado, sliced
- ½ tsp salt
- ½ tsp pepper
- Lettuce leaves for wrapping

Preparation

1. Shape the ground beef into uniform patties and season each with salt and pepper.
2. Cook the patties on a grill or in a pan over medium heat for 4-5 minutes per side.
3. Serve the cooked patties wrapped in lettuce leaves, accompanied by slices of avocado.

Nutrition (per serving): 340 calories, 5g carbs, 29g protein, 23g fat, 3g fiber, 1g sugar

Beef & Spinach Egg Scramble

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- ¼ lb (112 grams) ground beef
- 2 large eggs
- 1 cup spinach
- 1 tbsp olive oil
- Salt and pepper to taste

Preparation

1. Brown the beef, then drain the fat.
2. Add spinach and cook until wilted. Season with salt and pepper.
3. Stir in the beaten eggs and cook until set.

Nutrition (per serving): 280 calories, 3g carbs, 26g protein, 18g fat, 1g fiber, 1g sugar

Low-Carb Beef Stroganoff

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 2

Ingredients

- ½ lb (226 grams) beef sirloin, sliced thin
- 1 cup mushrooms, sliced
- 1 small onion, chopped
- ½ cup sour cream (full-fat)
- 1 cup beef broth
- 1 tsp paprika
- 1 tbsp olive oil

Preparation

1. Heat oil; sauté beef until browned. Remove beef.
2. Cook the onion and mushrooms for 5 minutes.
3. Return beef; add broth and paprika. Simmer 10 minutes.
4. Stir in sour cream before serving.

Nutrition (per serving): 340 calories, 7g carbs, 32g protein, 20g fat, 2g fiber, 3g sugar

Low-Carb Meatloaf

 Prep time: 15 min

 Cook Time: 50 min

 Servings: 5

Ingredients

- 1 lb (453 grams) lean ground beef
- 1 egg
- ¼ cup almond flour
- ½ cup chopped onion
- ½ cup sugar-free ketchup
- 1 tsp garlic powder
- Salt and pepper to taste

Preparation

1. Preheat oven to 375°F (190°C). Mix all ingredients; shape into a loaf.
2. Bake for 45–50 minutes, or until cooked through.
3. Let rest 5 minutes before slicing.

Nutrition (per serving): 290 calories, 6g carbs, 28g protein, 16g fat, 2g fiber, 3g sugar

Spicy Beef Taco Skillet (Lettuce Wrap Option)

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 2

Ingredients

- ½ lb (226 grams) ground beef
- 1 tbsp olive oil
- 1 small onion, chopped
- 1 tsp chili powder
- ½ tsp cumin
- ½ cup diced tomato
- Salt to taste

Preparation

1. Heat oil; sauté the onion for 2 minutes. Add beef and cook until browned.
2. Stir in tomato, chili powder, and cumin; simmer 5 minutes.
3. Serve in lettuce leaves.

Nutrition (per serving): 240 calories, 5g carbs, 27g protein, 13g fat, 2g fiber, 2g sugar

Pepper Steak Stir-Fry

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 2

Ingredients

- ½ lb (226 grams) flank steak, thinly sliced
- 1 bell pepper, sliced
- 1 small onion, sliced
- 1 tbsp soy sauce (low-sodium)
- 1 tsp sesame oil or olive oil
- 1 tsp ginger, minced
- 1 tbsp olive oil

Preparation

1. Heat olive oil; stir-fry the steak for 2–3 minutes.
2. Add peppers, onion, and ginger; cook 5 minutes.
3. Stir in soy sauce and sesame oil or olive oil; cook 4–5 more minutes.

Nutrition (per serving): 270 calories, 8g carbs, 31g protein, 13g fat, 2g fiber, 3g sugar

Beef & Spinach Stuffed Mushrooms

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 4

Ingredients

- ½ lb (226 grams) ground beef
- 6 large mushrooms, stems removed
- ½ cup spinach, chopped
- ¼ cup shredded cheddar
- 1 tsp garlic powder

Preparation

1. Preheat oven to 375°F (190°C).
2. Brown the beef; stir in the spinach and garlic over medium heat.
3. Stuff mushroom caps with beef mixture; top with cheese.
4. Bake the stuffed mushrooms for 15–20 minutes, or until the cheese has melted.

Nutrition (per serving): 260 calories, 6g carbs, 28g protein, 15g fat, 3g fiber, 2g sugar

Beef & Eggplant Casserole

 Prep time: 15 min

 Cook Time: 30 min

 Servings: 2

Ingredients

- ½ lb (226 grams) ground beef
- 1 medium eggplant, diced
- 1 cup sugar-free tomato sauce
- ½ cup shredded mozzarella
- 1 tsp oregano
- Salt and pepper to taste

Preparation


1. Brown the beef; then stir in the eggplant and sauce.
2. Simmer for 10 minutes and add the seasonings.
3. Transfer the mixture to a baking dish, sprinkle with cheese, and bake for 15 minutes.

Nutrition (per serving): 300 calories, 9g carbs, 29g protein, 17g fat, 3g fiber, 4g sugar

Beef & Asparagus Stir-Fry

 Prep time: 10 min

 Cook Time: 12 min

 Servings: 2

Ingredients

- ½ lb (226 grams) flank steak, thinly sliced
- 1 cup of asparagus, cut into 2-inch pieces
- 2 tbsp olive oil
- 1 tsp soy sauce (low-sodium)
- 1 tsp garlic, minced
- Salt to taste

Preparation

1. Heat oil; stir-fry the beef for 2–3 minutes.
2. Add asparagus and garlic; cook 5–6 minutes.
3. Add soy sauce and salt as needed; toss and serve.

Nutrition (per serving): 270 calories, 6g carbs, 32g protein, 12g fat, 3g fiber, 2g sugar

Korean Beef Lettuce Wraps

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 2

Ingredients

- ½ lb (226 grams) ground beef
- 2 tbsp soy sauce (low-sodium)
- 1 tsp sesame oil
- 1 tsp garlic, minced
- Lettuce leaves for wrapping

Preparation

1. Brown beef with garlic over medium heat; drain off excess fat.
2. Stir in soy sauce and sesame oil.
3. Serve in lettuce leaves.

Nutrition (per serving): 230 calories, 3g carbs, 27g protein, 13g fat, 1g fiber, 1g sugar

Beef & Cauliflower Skillet

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 4

Ingredients

- 1 lb lean ground beef
- 3 cups cauliflower florets
- 1 small onion, chopped
- 1 tbsp olive oil
- ½ tsp paprika

Preparation

1. Heat the oil and sauté the onion for 3 minutes.
2. Add the beef, brown it thoroughly, and drain the fat.
3. Add the cauliflower and paprika, then cook for 10-12 minutes, or until tender.

Nutrition (per serving): 280 calories, 9g carbs, 28g protein, 16g fat, 3g fiber, 3g sugar

POULTRY

Lemon Garlic Chicken Breast

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 4

Ingredients

- 4 boneless, skinless chicken breasts (about 1 ½ lbs/ 680 grams)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 garlic cloves, minced
- ½ tsp black pepper
- ¼ tsp salt

Preparation


1. Mix the oil, lemon juice, garlic, pepper, and salt thoroughly.
2. Allow the chicken to marinate for at least 15 minutes.
3. Grill the chicken for 6 to 7 minutes on each side or until the internal temperature reaches 165°F (74°C).

Nutrition (per serving): 230 calories, 2g carbs, 35g protein, 9g fat, 0g fiber, 0g sugar

Lemon-Dill Turkey Meatballs

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 4 (12 meatballs)

Ingredients

- 1 lb (453 grams) lean ground turkey
- 1 egg
- 2 tbsp almond flour
- 1 tsp dried dill
- 1 tsp lemon zest
- ½ tsp garlic powder

Preparation


1. Preheat oven to 375°F (190°C). Mix all ingredients and shape into 12 meatballs.
2. Place on a parchment-lined baking sheet and bake for 20 minutes.

Nutrition (per serving): 240 calories, 3g carbs, 31g protein, 11g fat, 1g fiber, 1g sugar

Garlic Herb Roasted Chicken Thighs with Asparagus

 Prep time: 15 min

 Cook Time: 30-35 min

 Servings: 4

Ingredients

- 4 bone-in, skin-on chicken thighs (about 6 ounces each)
- 1 pound fresh asparagus, trimmed
- 2 tbsps olive oil
- 2 cloves garlic, minced
- 1 tsp dried Italian seasoning
- 1/2 tsp kosher salt
- 1/4 tsp black pepper

Preparation


1. Preheat oven to 400°F (200°C).
2. Pat chicken thighs dry with paper towels. In a small bowl, combine olive oil, minced garlic, Italian seasoning, salt, and pepper.
3. Place chicken thighs on one side of a baking sheet. Rub the garlic-herb mixture all over the chicken.
4. Toss the trimmed asparagus with 1 tablespoon of the remaining herb mixture (or just a drizzle of olive oil, salt, and pepper) and spread it out on the other side of the baking sheet.
5. Roast for 30-35 min, or until the chicken is cooked through (internal temperature reaches 165°F / 74°C) and the asparagus is tender-crisp. Serve with lemon wedges, if desired.

Nutrition (per serving): 380 calories, 5g carbs, 35g protein, 25g fat, 2g fiber, 2g sugar

Bacon-Wrapped Chicken Tenders

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 2 (4 tenders)

Ingredients

- ½ lb (226 grams) chicken tenders
- 4 strips of turkey bacon
- ½ tbsp paprika
- ½ tsp black pepper and salt to taste

Preparation

1. Preheat oven to 400°F (200°C). Wrap each tender with bacon.
2. Place on a baking sheet and sprinkle with paprika, salt, and pepper. Bake 25 min or until bacon is crisp.

Nutrition (per serving): 290 calories, 3g carbs, 32g protein, 16g fat, 1g fiber, 2g sugar

Turkey Zucchini Patties

 Prep time: 15 min

 Cook Time: 20 min

 Servings: 2

Ingredients

- ½ lb (226 grams) lean ground turkey
- 1 egg
- 2 tbsp almond flour
- 1 tsp dried dill
- 1 zucchini, grated
- ½ tsp garlic powder and salt to taste
- 6 tbsp olive or avocado oil

Preparation

1. Grate the zucchini, then add garlic powder and salt. Let it sit for 10 minutes, then squeeze and drain the excess liquid.
2. Add the remaining ingredients and mix until thoroughly combined. Shape the mixture into medium-sized patties.
3. Heat oil in a pan. Cook each patty on medium heat until both sides are golden brown.
4. Serve the patties with sour cream if desired.

Nutrition (per serving): 240 calories, 3g carbs, 31g protein, 11g fat, 2g fiber, 1g sugar

Chicken & Cauliflower Rice Bowl

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 2

Ingredients

- ½ lb (226 grams) chicken breast, diced
- 3 cups cauliflower rice
- 3 tbsp olive or avocado oil
- 1 tsp soy sauce (low-sodium)
- 1 tsp garlic powder

Preparation

1. Heat the oil; sauté the chicken until it is cooked through.
2. Add the cauliflower rice, soy sauce, and garlic powder. Cook for 5 minutes over medium heat.

Nutrition (per serving): 260 calories, 7g carbs, 34g protein, 10g fat, 3g fiber, 2g sugar

Chicken & Broccoli Stir-Fry

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 2

Ingredients

- ½ lb (226 grams) chicken breast, sliced thin
- 2 cups broccoli florets
- 2 tbsp olive oil or avocado oil
- 1 tbsp soy sauce (low-sodium)
- 1 tsp grated ginger
- Salt to taste

Preparation


1. Heat the oil; cook the chicken for 5 minutes over medium heat.
2. Add broccoli, soy sauce, and ginger; stir-fry until tender-crisp. Add salt to taste.

Nutrition (per serving): 250 calories, 8g carbs, 33g protein, 10g fat, 3g fiber, 3g sugar

Spicy Chicken Lettuce Wraps

 Prep time: 10 min

 Cook Time: 15 min

 Servings: 2

Ingredients

- ½ lb (226 grams) ground chicken
- 1 tbsp olive oil
- 1 tbsp soy sauce (low-sodium)
- 1 tsp chili paste
- 1 tsp garlic, minced
- 1 head butter lettuce
- Salt to taste

Preparation

1. Cook ground chicken with garlic and oil until browned.
2. Stir in soy sauce and chili paste; cook 3 minutes.
3. Serve in lettuce cups.

Nutrition (per serving): 210 calories, 4g carbs, 26g protein, 10g fat, 2g fiber, 2g sugar

Garlic Butter Cutlets

 Prep time: 10 min

 Cook Time: 12 min

 Servings: 2

Ingredients

- ½ lb (226 grams) turkey breast cutlets
- 2 tbsp butter
- 2 garlic cloves, minced
- 1 tsp parsley, chopped
- Salt and pepper to taste

Preparation

1. Melt the butter in a skillet and add the garlic.
2. Cook the turkey for 4-5 minutes on each side, turning it occasionally. Season with salt and pepper.
3. Sprinkle parsley over the turkey before serving.

Nutrition (per serving): 220 calories, 1g carbs, 33g protein, 9g fat, 0g fiber, 0g sugar

Coconut Curry Chicken

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 1 lb (453grams) chicken thighs
- 1 can of coconut milk
- 2 tbsp curry paste
- 1 cup spinach

Preparation

1. Sear the chicken until browned, then incorporate the curry paste.
2. Stir in coconut milk and simmer for 15 minutes.
3. Add spinach and stir until wilted.

Nutrition (per serving): 320 calories, 6g carbs, 24g protein, 22g fat, 2g fiber, 2g sugar

Low-Carb Chicken Chili (No Beans)

 Prep time: 10 min

 Cook Time: 30 min

 Servings: 2

Ingredients

- ½ lb (226 grams) ground chicken
- 1 cup chopped tomatoes
- ½ cup diced bell peppers
- 1 small onion, chopped
- 2 tbsp olive oil
- 1 tsp chili powder
- ½ tsp cumin
- Salt and pepper to taste

Preparation

1. Heat oil in a pot and cook the chicken until browned.
2. Add onion, peppers, tomatoes, and spices; stir 2-3 minutes.
3. Simmer 25–30 minutes until thickened.

Nutrition (per serving): 260 calories, 8g carbs, 32g protein, 10g fat, 2g fiber, 3g sugar

Oven-Roasted Herb Chicken Thighs

 Prep time: 10 min

 Cook Time: 35 min

 Servings: 4

Ingredients

- 4 chicken thighs, bone-in, skin-on
- 2 tbsp olive oil
- 1 tsp rosemary
- 1 tsp thyme
- Salt and pepper to taste

Preparation

1. Preheat oven to 400°F (200°C).
2. Coat the chicken evenly with olive oil, selected herbs, salt, and pepper.
3. Bake the chicken for 35 minutes or until its internal temperature reaches 165°F (74°C).

Nutrition (per serving): 320 calories, 1g carbs, 28g protein, 22g fat, 0g fiber, 0g sugar

DESSERTS

Chocolate Peanut Butter Fat Bombs

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 12 balls

Ingredients

- ½ cup natural peanut butter
- 2 tbsp cocoa powder
- 2 tbsp coconut oil
- 2 tbsp erythritol or stevia equivalent

Preparation

1. Melt peanut butter and coconut oil, mix with cocoa and sweetener.
2. Chill for 30 minutes, roll into balls.

Nutrition (per serving): 100 calories, 3g carbs, 2g protein, 9g fat, 1g fiber, 1g sugar

Low-Carb Chocolate Avocado Mousse

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 4

Ingredients

- 2 ripe avocados
- 3 tbsp unsweetened cocoa powder
- ¼ cup unsweetened almond milk
- 2 tbsp erythritol or stevia sweetener
- ½ tsp vanilla extract

Preparation

1. Combine all ingredients and blend until a uniform, smooth consistency is achieved.
2. Refrigerate the mixture for 30 minutes prior to serving.

Nutrition (per serving): 190 calories, 9g carbs, 3g protein, 15g fat, 3g fiber, 2g sugar

Coconut Chia Pudding

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 4

Ingredients

- 1½ cups unsweetened coconut milk
- ¼ cup chia seeds
- 1 tsp vanilla extract
- Stevia sweetener to taste

Preparation

1. Combine ingredients in a jar and shake well.
2. Chill at least 4 hours until thickened.

Nutrition (per serving): 160 calories, 7g carbs, 4g protein, 12g fat, 5g fiber, 1g sugar

Lemon Ricotta Mousse

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 4

Ingredients

- 1 cup ricotta cheese
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tbsp erythritol or stevia sweetener
- ½ tsp vanilla extract

Preparation

1. Whisk ricotta, lemon juice, zest, vanilla extract, and sweetener until smooth.
2. Chill for 20 minutes and serve.

Nutrition (per serving): 150 calories, 4g carbs, 10g protein, 10g fat, 0g fiber, 2g sugar

Baked Cinnamon Apples

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 4

Ingredients

- 2 medium apples, sliced
- 1 tsp cinnamon
- 1 tsp coconut oil
- 1 tsp lemon juice

Preparation


1. Combine apple slices with cinnamon, oil, and lemon juice, ensuring even coating.
2. Bake the prepared apple slices at 375°F (190°C) for 25 minutes.

Nutrition (per serving): 100 calories, 15g carbs, 0g protein, 2g fat, 3g fiber, 9g sugar

Strawberry Cream Cheese Fat Bombs

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 12 balls

Ingredients

- 4 oz cream cheese, softened
- 2 tbsp unsweetened freeze-dried strawberry powder
- 2 tbsp unsalted butter
- 1 tbsp erythritol or stevia sweetener

Preparation

1. Combine all ingredients and stir until the mixture is smooth.
2. Shape the mixture into balls and refrigerate for 30 minutes.

Nutrition (per serving): 80 calories, 2g carbs, 1g protein, 7g fat, 0g fiber, 1g sugar

Vanilla Chia Almond Pudding

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 4

Ingredients

- 1½ cups unsweetened almond milk
- ¼ cup chia seeds
- ½ tsp vanilla extract
- Stevia or monk fruit to taste

Preparation


1. Place all ingredients in a jar and shake thoroughly to ensure even mixing.
2. Refrigerate the mixture for 2 hours or until it reaches the desired thickness.

Nutrition (per serving): 140 calories, 6g carbs, 4g protein, 9g fat, 4g fiber, 1g sugar

Sugar-Free Chocolate Bar with Nuts

 Prep time: 10 min

 Cook Time: 10 min

 Servings: 10 pieces

Ingredients

- 6 oz (170 g) sugar-free dark chocolate (85% or higher)
- ¼ cup almonds, chopped
- 1 tbsp coconut oil

Preparation

1. Combine chocolate and coconut oil, then melt the mixture until smooth.
2. Incorporate nuts into the melted mixture, spread it in a thin layer on parchment paper, and refrigerate until solid.

Nutrition (per serving): 130 calories, 6g carbs, 2g protein, 11g fat, 2g fiber, 1g sugar

No-Bake Cheesecake Cups

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 6

Ingredients

- 8 oz cream cheese, softened
- ¼ cup heavy cream
- 1 tsp vanilla extract
- 2 tbsp erythritol or monk fruit sweetener
- Fresh berries for topping

Preparation

1. Combine cream cheese, cream, vanilla, and sweetener. Beat the mixture until it is smooth.
2. Transfer the mixture into individual cups, add berries on top, and refrigerate for one hour.

Nutrition (per serving): 210 calories, 6g carbs, 4g protein, 19g fat, 1g fiber, 3g sugar

Berry Yogurt Popsicles

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 6 pops

Ingredients

- 1 cup Greek yogurt (plain)
- ½ cup mixed berries (fresh or frozen)
- 1 tsp vanilla extract
- 2 tbsp erythritol

Preparation


1. Blend all ingredients until smooth.
2. Transfer the blended mixture into popsicle molds and freeze for at least 3 hours.

Nutrition (per serving): 70 calories, 3g carbs, 6g protein, 2g fat, 1g fiber, 4g sugar

Chocolate Zucchini Muffins (Low-Carb)

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 8 muffins

Ingredients

- 1 cup almond flour
- 1 cup grated zucchini (squeezed, dry)
- 2 tbsp unsweetened cocoa powder
- 2 eggs
- 2 tbsp erythritol
- 1 tsp baking powder

Preparation


1. Preheat oven to 350°F (176°C).
2. Combine all ingredients and mix thoroughly until a smooth consistency is achieved.
3. Transfer the mixture into a muffin tin and bake for 20 minutes.

Nutrition (per serving): 120 calories, 6g carbs, 5g protein, 9g fat, 2g fiber, 1g sugar

Mini Ricotta Cheesecakes

 Prep time: 10 min

 Cook Time: 25 min

 Servings: 6 mini cakes

Ingredients

- 1 cup ricotta cheese
- 1 egg
- 2 tbsp erythritol or monk fruit sweetener
- ½ tsp vanilla extract

Preparation

1. Preheat oven to 325°F (160°C).
2. Mix all the ingredients, then pour them into a lined muffin tin.
3. Bake 25 minutes and chill before serving.

Nutrition (per serving): 140 calories, 4g carbs, 8g protein, 9g fat, 0g fiber, 2g sugar

Sugar-Free Chocolate Pudding

 Prep time: 10 min

 Cook Time: 5 min

 Servings: 4

Ingredients


- 2 cups unsweetened almond milk
- 2 tbsp unsweetened cocoa powder
- 2 tbsp cornstarch
- 2 tbsp erythritol

Preparation

1. Whisk all the ingredients in a saucepan over medium heat until the mixture thickens.
2. Pour into bowls and chill before serving.

Nutrition (per serving): 90 calories, 9g carbs, 2g protein, 5g fat, 2g fiber, 2g sugar

Apple Cinnamon Yogurt Bowl

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 1 cup Greek yogurt (plain)
- ½ apple, diced
- ¼ tsp cinnamon
- Stevia or monk fruit sweetener to taste

Preparation


1. Mix yogurt, apple, cinnamon, and sweetener.
2. Serve immediately or chill 10 minutes.

Nutrition (per serving): 120 calories, 10g carbs, 10g protein, 4g fat, 2g fiber, 5g sugar

Coconut Almond Bar

 Prep time: 10 min

 Cook Time: 5 min

 Servings: 10 pieces

Ingredients

- 6 oz (170 g) sugar-free white chocolate
- ¼ cup toasted almonds
- 2 tbsp unsweetened coconut flakes

Preparation

1. Melt the chocolate, then stir in the almonds and coconut flakes.
2. Spread on parchment paper and chill until firm.

Nutrition (per serving): 120 calories, 4g carbs, 2g protein, 10g fat, 1g fiber, 1g sugar

Avocado Chocolate Truffles

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 1 truffles

Ingredients

- 1 ripe avocado
- 3 tbsp unsweetened cocoa powder
- 2 tbsp erythritol or stevia sweetener
- 1 tsp vanilla extract

Preparation

1. Mash avocado and mix with the remaining ingredients until smooth.
2. Roll into balls and chill for 1 hour.

Nutrition (per serving): 80 calories, 5g carbs, 1g protein, 6g fat, 2g fiber, 1g sugar

Sugar-Free Chocolate Panna Cotta

 Prep time: 10 min

 Cook Time: 5 min

 Servings: 4

Ingredients

- 1 cup heavy cream
- 1 cup unsweetened almond milk
- 2 tbsp unsweetened cocoa powder
- 2 tbsp erythritol or stevia sweetener
- 1 tsp gelatin powder or ½ tsp agar agar powder

Preparation

1. Combine almond milk, heavy cream, cocoa powder, and sweetener in a saucepan. Heat the mixture until it is warm.
2. Add gelatin to the warm mixture, whisk thoroughly, and pour the mixture into serving cups.
3. Chill for 2 hours until set

Nutrition (per serving): 160 calories, 5g carbs, 3g protein, 14g fat, 1g fiber, 1g sugar

Coconut Cream Mousse

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 4

Ingredients

- 1 cup coconut cream
- 1 tbsp unsweetened shredded coconut
- 1 tbsp erythritol or stevia sweetener
- ½ tsp vanilla extract

Preparation

1. Whip the coconut cream until it reaches a fluffy consistency.
2. Incorporate the remaining ingredients and refrigerate the mixture for 1 hour.

Nutrition (per serving): 190 calories, 5g carbs, 2g protein, 18g fat, 2g fiber, 1g sugar

Baked Cinnamon Pears

 Prep time: 10 min

 Cook Time: 20 min

 Servings: 4

Ingredients

- 2 medium pears, halved and cored
- 1 tbsp butter, melted
- ½ tsp cinnamon
- 1 tsp lemon juice

Preparation


1. Preheat oven to 375°F (190°C).
2. Brush pears with butter and lemon juice, sprinkle with cinnamon, and bake 20 minutes.

Nutrition (per serving): 110 calories, 15g carbs, 1g protein, 4g fat, 3g fiber, 9g sugar

Chocolate Almond Fudge (Low-Carb)

 Prep time: 10 min

 Cook Time: 0 min

 Servings: 12 squares

Ingredients

- ½ cup almond butter
- ¼ cup coconut oil
- 2 tbsp cocoa powder
- 2 tbsp erythritol or stevia sweetener

Preparation

1. Melt almond butter and coconut oil.
2. Stir in cocoa powder and sweetener.
3. Pour into a lined pan, and chill 1 hour.

Nutrition (per serving): 120 calories, 3g carbs, 3g protein, 11g fat, 1g fiber, 1g sugar

Strawberry Ricotta Delight

 Prep time: 5 min

 Cook Time: 0 min

 Servings: 2

Ingredients

- 1 cup ricotta cheese
- ½ cup fresh strawberries, chopped
- ½ tsp vanilla extract
- Stevia sweetener to taste

Preparation

1. Mix ricotta with vanilla extract and sweetener.
2. Top with strawberries and serve.

Nutrition (per serving): 130 calories, 7g carbs, 9g protein, 7g fat, 1g fiber, 2g sugar

Sugar-Free Lemon Bars

 Prep time: 15 min

 Cook Time: 25 min

 Servings: 8 bars

Ingredients

- 1 cup almond flour
- ¼ cup butter, melted
- 3 eggs
- 2 tbsp lemon juice
- 2 tbsp erythritol or stevia sweetener

Preparation

1. Preheat oven to 350°F (176°C).
2. Mix almond flour and butter; press the mixture into the pan, and bake for 10 minutes.
3. Whisk together the eggs, lemon juice, and erythritol sweetener; pour the mixture over the crust and bake for 15 minutes.

Nutrition (per serving): 130 calories, 5g carbs, 4g protein, 11g fat, 1g fiber, 1g sugar

Chocolate Peanut Butter Cups (No Sugar)



Prep time: 10 min



Cook Time: 0 min



Servings: 8 cups

Ingredients

- 6 oz (170 grams) sugar-free dark chocolate
- 4 tbsp peanut butter (unsweetened)

Preparation

1. Melt the chocolate and spoon 1 tsp into paper liners.
2. Add peanut butter, cover with more chocolate, and chill 30 minutes.

Nutrition (per serving-1 cup): 120 calories, 5g carbs, 3g protein, 9g fat, 1g fiber, 1g sugar

Vanilla Bean Protein Pudding



Prep time: 5 min



Cook Time: 0 min



Servings: 4

Ingredients

- 2 cups unsweetened almond milk
- 1 scoop vanilla protein powder
- 2 tbsp chia seeds
- ½ tsp vanilla extract

Preparation

1. Combine all ingredients in a bowl and whisk well.
2. Chill 1 hour until thickened.

Nutrition (per serving): 150 calories, 6g carbs, 16g protein, 6g fat, 3g fiber, 2g sugar

30-Day Meal Plan

	Breakfast	Lunch	Dinner	Snack
Day 1	Spinach Mushroom Egg Scramble	Garlic-Herb Grilled Steak	Chicken & Cauliflower Rice Soup <i>Avocado Chicken Salad</i>	Roasted Spiced Chickpeas
Day 2	Avocado Toast with Poached Egg	Baked Lemon Garlic Salmon	Turkey Zucchini Patties <i>Green Onions & Cucumber Yogurt Salad</i>	Cheese and Turkey Roll-Ups
Day 3	Cinnamon Oatmeal with Berries	Beef Stir-Fry with Broccoli	Creamy Shrimp Chowder <i>Chicken & Veggie Crunch Salad</i>	Cucumber Hummus Bites
Day 4	Veggie Egg Muffins	Lemon Garlic Chicken Breast	Lentil & Spinach Soup <i>Turkey & Avocado Protein Salad</i>	Strawberry Oat Smoothie
Day 5	Cottage Cheese Protein Pancakes	Mediterranean Baked Salmon	Creamy Mushroom Soup <i>Shrimp & Avocado Salad</i>	Greek Yogurt Parfait with Berries
Day 6	Turkey & Cheese Breakfast Roll-Ups	Chicken & Cauliflower Rice Bowl	White Bean Soup <i>Chicken Caesar Salad</i>	Apple Cinnamon Peanut Slices
Day 7	Overnight Chia Pudding with Almond & Berries	Stuffed Bell Peppers	Turkey & Vegetable soup <i>Smoked Salmon & Arugula Salad</i>	Peanut Butter Energy Balls

Day 8	Baked Blueberry Oatmeal Cups	Shrimp & Vegetable Stir-Fry	Tomato Chicken Soup <i>Grilled Tofu & Broccoli Salad</i>	Baked Zucchini Chips
Day 9	Apple Cinnamon Greek Yogurt Parfait	Beef & Cauliflower Rice Bowl	Creamy Broccoli Cheddar Soup <i>Crab & Cucumber Salad</i>	Tuna Lettuce Wraps
Day 10	Turkey Bacon & Veggie Breakfast Bowl	Low-Carb Beef Stroganoff	Spinach & Mushroom Soup <i>Roasted Eggplant & Feta Salad</i>	Cottage Cheese & Veggie Dips
Day 11	Almond Flour Waffles	Grilled Tilapia with Herbs	Turkey Chilli Soup <i>Mozzarella & Tomato Basil Salad</i>	Avocado Deviled Eggs
Day 12	Veggie Frittata with Cheese	Beef & Mushroom Lettuce Wraps	Creamy Pumpkin Soup <i>Chicken Caesar Salad</i>	Mini Turkey Muffins
Day 13	Fluffy Low-Carb Pancakes	Coconut Curry Chicken	Beef & Cauliflower Stew <i>Cucumber Cheese & Olive Salad</i>	Baked Cheese Crisps
Day 14	Breakfast Burrito with Whole Wheat Tortilla	Creamy Salmon Chowder	Cheese Beef Zucchini Casserole	Mini Guacamole Cups
Day 15	Diabetic-Friendly French Toast	Bunless Beef Burgers with Avocado	Spicy Beef Taco Skillets	Smoked Salmon Cucumber Rolls

Day 16	Warm Apple Pie Oatmeal	Lemon Pepper Baked Cod	Cauliflower Cheese Soup <i>Classic Cob Salad</i>	Egg Salad Lettuce Cups
Day 17	Egg & Veggie Breakfast Sand- wich	Chicken & Broccoli Stir- Fry	Low-Carb Meatloaf	Roasted Spinach Almonds
Day 18	Almond Butter Breakfast Muffins	Beef & Spinach Stuffed Mushrooms	Lemon Dill Turkey Meat- balls	Turkey Bacon Bites
Day 19	Tomato Egg Break- fast	Low-Carb Chicken Chili	Beef & Wild Rice Stew <i>Mediterranean Chickpea & Cucumber Salad</i>	Chicken Salad Cel- ery Sticks
Day 20	Cottage Cheese Power Bowl	Beef & Spinach Scram- ble Egg	Tomato Basil Soup <i>Greek Salad with Grilled Chicken</i>	Cauliflower Tots
Day 21	Egg White & Veg- gie Scramble	Baked Halibut with Cherry Tomatoes	Pepper Steak Stir-Fry	Spicy Roasted Wal- nuts
Day 22	Egg & Spinach Wraps	Oven-Roasted Herb Chicken Thighs	Hearty Chicken Vegetable Soup <i>Tuna & Egg Salad Bowl</i>	Cheese Stuffed Mushrooms
Day 23	Baked Cinnamon Donuts	Beef & Asparagus Stir- Fry	Garlic Butter Turkey Cut- lets	Almond Butter Pro- tein Bites
Day 24	Smoked Salmon & Cream Cheese Wrap	Garlic Butter Shrimp & Spinach Skillet	Beef & Eggplant Casserole	Herb-Roasted Mixed Nuts

Day 25	Spinach & Feta Egg Bake	Spicy Chicken Lettuce Wraps	Creamy Avocado & Zucchini Soup <i>Broccoli & Cauliflower Crunch Salad</i>	Parmesan Cauliflower Bites
Day 26	Turkey & Veggie Breakfast Hash	Creamy Garlic Butter Scallops	Spicy Beef Chili <i>Spinach & Egg Salad with Dijon Dressing</i>	Crispy Kale Chip
Day 27	Low-Carb Breakfast Casserole with Broccoli & Cheese	Garlic Roasted Chicken Thighs with Asparagus	Beef & Cauliflower Skillet	Chocolate Protein Smoothie
Day 28	Chicken Spinach & Mozzarella Melt	Beef Stir-Fry with Broccoli	Bacon-Wrapped Chicken Tenders	Almond Coconut Clutters
Day 29	Ham & Egg Cloud Sandwich	Cajun Grilled Shrimp Skewers	Low-Carb Red Bean Chili	Chocolate Almond Energy Bites
Day 30	Broccoli & Egg Omelette	Korean Beef Lettuce Wrap	Creamy Mushroom Soup <i>Tuna & Avocado Power Salad</i>	No Bake Peanut Butter Oat Bars

About the Author

I'm Nora Hopkins, a lifelong home cook and nutrition enthusiast passionate about helping seniors and individuals with diabetes rediscover the joy of flavorful, healthy food.

Inspired by my own family's journey with Type 2 diabetes, I began creating recipes that combine medical guidance with home-style comfort. I've developed hundreds of diabetic-friendly meals that are easy to prepare, affordable, and delicious.

My mission is simple: to show that living with diabetes doesn't mean giving up the foods you love—it means transforming them into smarter, healthier versions that make you feel your best every day.

As someone who believes in the power of balanced, joyful eating, I created these recipes to help people rediscover pleasure in food — even when managing diabetes. With the right ingredients and simple techniques, healthy desserts can be as satisfying as traditional ones. Every bite is a reminder that living well with diabetes is not about restriction — it's about reclaiming balance and flavor.

Thank you for choosing this book — I hope these recipes make healthy eating simple, tasty, and stress-free for you. Enjoy every bite!