

WEIGHTLOSS
NINJA FOODI POSSIBLECOOKER PRO
COOKBOOK
FOR
BEGINNERS

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INTRODUCTION

Welcome to the Weight Loss Ninja Foodi Possible Cooker Pro Cookbook for Beginners — your step-by-step guide to losing weight while enjoying meals that are flavorful, satisfying, and simple to make.

If you've ever struggled with diets that felt restrictive, tasteless, or too complicated, this book is here to change that. With the help of your Ninja Foodi Possible Cooker Pro, you can prepare healthy, low-calorie meals that fit seamlessly into your lifestyle. Its 8 versatile functions — Slow Cook, Braise, Sous Vide, Steam, Bake, Proof, Sear/Sauté, and Keep Warm — make it easier than ever to cook smarter, not harder.

This cookbook was created with beginners in mind. Every recipe is straightforward, uses real and affordable ingredients, and comes with clear instructions and accurate nutrition information so you can stay on track toward your weight loss goals. You will also find meal planning guidance, substitution tips, and even a meal plan to help you build lasting healthy habits.

Weight loss is not about deprivation — it's about making better choices consistently. The recipes in this book are designed to be:

- Balanced – high in lean protein, rich in fiber, and nutrient-packed.
- Practical – meals you can cook on busy weeknights or prep ahead.
- Enjoyable – food you will look forward to eating, not “diet food.”

Whether you are just starting your weight loss journey or looking for new inspiration, this cookbook will give you the tools, confidence, and recipes to succeed.

Let us get cooking — and start building the healthier, happier you.

BOOK ONE

The Beginner's Complete Guide to Weight Loss



Why Weight Loss Matters for Health & Confidence

The Health Perspective

Carrying excess weight places extra stress on nearly every system of the body. Even a modest weight reduction of 5–10% of your body weight can deliver powerful health benefits, such as:

- Better Heart Health – Reduced risk of high blood pressure, heart disease, and stroke.
- Lower Risk of Type 2 Diabetes – Improved blood sugar control and insulin sensitivity.
- Joint Relief – Less strain on knees, hips, and lower back, which often eases pain and increases mobility.
- Improved Sleep – Reduced risk of sleep apnea and better overall rest.
- Stronger Immunity & Energy – A body carrying less excess weight often feels lighter, more energized, and more resilient.

The Confidence Perspective

Weight loss isn't only about physical health — it can have a profound impact on self-esteem and daily life. Many people experience:

- Improved Body Confidence – Feeling more comfortable in your clothes and appearance.
- Boosted Self-Esteem – Meeting personal goals and seeing progress builds pride and resilience.
- More Energy for Life – Playing with your kids, traveling, or enjoying social events becomes easier and more enjoyable.
- Positive Social Impact – Confidence often leads to stronger relationships and a more active lifestyle.

The Mental & Emotional Benefits

- Reduced Anxiety & Stress – A healthier body supports a healthier mind.
- Sharper Focus – Better nutrition and energy levels improve mental clarity.
- Resilience – Each small step towards weight loss builds discipline and mental toughness.

How this Book Will Help You

Starting a weight-loss journey can feel overwhelming. With so much conflicting advice — fad diets, miracle pills, and endless workout trends — it's easy to feel stuck before you even begin. This book is designed to cut through the noise and give you clear, practical, and science-based guidance that actually works for beginners.

Here's how this book will support you step by step:

1. Simple, Easy-to-Understand Explanations

You don't need a nutrition degree to lose weight. Each chapter breaks down essential concepts — like calories, metabolism, and portion control — in plain language you can understand and apply right away.

2. Focus on Real-Life Changes, Not Quick Fixes

Instead of unsustainable crash diets, you'll learn how to make small, smart adjustments that fit into your lifestyle — whether you're cooking for a family, managing a busy job, or eating on a budget.

3. Meal Planning & Food Guidance

You'll discover how to build balanced plates, prepare simple meals, and shop smarter. You'll also get sample weekly meal plans to help you put theory into practice without guesswork.

4. Habit Building & Mindset Shifts

Weight loss isn't just about food — it's about creating new daily habits and building the confidence to stay consistent. This book shows you how to track progress, stay motivated, and overcome setbacks without guilt.

5. Step-by-Step Action Plans

At the end of this book, you'll find a 30-day starter plan with daily steps, small goals, and reflection points to keep you moving forward.

CHAPTER ONE

The Science of Weight Loss

Calories In vs. Calories Out

What “Energy Balance” Really Means

Calories In (CI) = all energy you consume from food and drink (including alcohol, oils, sauces, creamers, and “tastes” while cooking).

Calories Out (CO) = all energy your body uses in a day:

- BMR (Basal Metabolic Rate): energy for basic life support (breathing, circulation, cell maintenance).
- NEAT (Non-Exercise Activity Thermogenesis): fidgeting, chores, walking to the bus—everything that isn’t formal exercise.
- EAT (Exercise Activity Thermogenesis): deliberate workouts and sports.
- TEF (Thermic Effect of Food): energy your body spends digesting and absorbing food (protein has the highest TEF).

Energy balance rule:

If $CI > CO \rightarrow$ gain weight over time.

If $CI < CO \rightarrow$ lose weight over time.

If $CI = CO \rightarrow$ maintain weight over time.

This is a long-term principle. Day-to-day scale swings (water, sodium, menstrual cycle, bowel contents) do not disprove it.

What Actually Counts as “Calories In”

Everything that crosses your lips: meals, snacks, sauces, drinks, alcohol, cooking oils, sugar in tea/coffee, “just a bite,” supplements with calories (e.g., gummy vitamins).

Hidden sources: tablespoon of oil (~120 kcal), handfuls of nuts, creamy dressings, “healthy” smoothies/juices, large café drinks.

Accuracy matters: weighing/eyeballing portions can differ by hundreds of calories.

Beginner tip: if precise tracking stresses you, use the plate method ($\frac{1}{2}$ vegetables, $\frac{1}{4}$ lean protein, $\frac{1}{4}$ high-fiber carbs, plus 1–2 tsp added fat) and keep portions consistent.

What Makes Up “Calories Out”

BMR (the big base)

- Typically the largest piece of CO.
- Influenced by body size, lean mass, sex, age, and genetics.

NEAT (quietly powerful)

- Can vary by hundreds of calories per day depending on how much you move in daily life.
- Dieting often reduces NEAT subconsciously (you sit more, move less).

EAT (formal exercise)

- Helpful for health and fitness; adds to CO.
- You can’t out-exercise a constantly high CI, but exercise protects muscle, mood, and health while dieting.

TEF (digestion cost)

- Protein is most costly to digest, then carbs, then fats.

- Higher-protein, higher-fiber meals can slightly raise CO and help you feel fuller.

Estimating Your Daily Needs (TDEE) Simply

Your TDEE (Total Daily Energy Expenditure) \approx BMR + NEAT + EAT + TEF.

A practical approach:

- Estimate BMR (e.g., Mifflin-St Jeor), or use a reputable calculator.
- Multiply by an activity factor (sedentary to very active).
- Reality-check with the scale and waist over 2–4 weeks; adjust based on trend.

If you prefer not to calculate: start by eating balanced plates at consistent portions, add daily step targets (e.g., 6–10k), include protein at each meal, and evaluate your 2–4 week trend.

Setting a Safe, Sustainable Calorie Deficit

Common starting point: 10–25% below your estimated TDEE.

Smaller deficits are easier to stick to; larger deficits may increase hunger, fatigue, and muscle loss.

Prioritize protein (about 1.6–2.2 g/kg body weight/day) and fiber (25–35 g/day) to control hunger and protect lean mass.

Do 2–3 resistance sessions/week to keep muscle (your metabolic “engine”).

Safety note: Avoid extreme intakes, especially if you have medical conditions, are pregnant/breastfeeding, or have a history of disordered eating. Consult a qualified professional when in doubt.

Why the Scale Lies (Short Term)

Your body's weight includes water, food in the gut, glycogen (stored carbs), and more. These fluctuate with:

- Sodium and carb intake (both pull water).
- Menstrual cycle phases.
- Stress and sleep (hormonal water shifts).
- Hard workouts (inflammation → temporary water gain).
- Bowel regularity.

Track trends, not single days:

- Weigh under similar conditions (e.g., morning after toilet, before breakfast).
- Watch the weekly average over several weeks.

When “CICO” Seems Not to Work

Most plateaus are explainable and fixable:

Intake under-counting

- Restaurant foods, oils, dressings, spoon licks, big “healthy” portions.
- Solution: measure typical meals for 1–2 weeks; choose simpler foods; log drinks and oils.

Weekend or evening “calorie leaks”

- Five disciplined days undone by two high-calorie days.
- Solution: plan enjoyable but portion-controlled weekend meals; keep protein/fiber high; pre-log events.

NEAT drops during dieting

- You move less without noticing.
- Solution: set a step target, schedule short movement breaks, stand more, take stairs.

Overestimating exercise calories

- Wearables and machines can be generous.
- Solution: don't "eat back" all exercise calories; be conservative.

Hormonal/medical factors

- Hypothyroidism, certain meds (e.g., some antidepressants, steroids), PCOS, menopause.
- Solution: see a clinician for assessment and tailored guidance.

New to resistance training

- Early muscle gain + water retention can mask fat loss.
- Solution: track waist/hip measures, progress photos, and strength— not just weight.

Practical, Low-Stress Ways to Apply CICO

Option 1 – Habit-based (no calorie counting):

- Protein at each meal (palm-size for women, 2 palms for men).
- Vegetables fill ½ the plate.
- Whole-grain or starchy carb ¼ plate (fist size).
- Added fats 1–2 tsp per meal.
- 6–10k steps/day, 2–3 resistance sessions/week.

- Evaluate the 2–4 week trend; if no progress, trim one carb or fat portion per day.

Option 2 – Light tracking (training wheels):

- Log your usual meals for 7 days to learn portions.
- Keep protein ≥ 1.6 g/kg and fiber 25–35 g/day.
- Aim for a modest deficit; adjust portions if the 2–4 week trend stalls.

Option 3 – Structured meal plan (short phase):

- Use a 7–14 day rotation of simple, repeatable meals.
- Batch-cook lean proteins, grains/legumes, and veg.
- Add one flexible meal per week for social life (plan it; don't “wing it”).

Food Choices That Make CICO Easier

- High-satiety staples: eggs, Greek yogurt, cottage cheese, chicken/turkey breast, fish, tofu/tempeh, beans/lentils.
- Low-calorie, high-volume: leafy greens, cucumbers, tomatoes, berries, apples, soups with lots of veg.
- Smart carbs: oats, brown rice, quinoa, potatoes (boiled/roasted), whole-grain pasta.
- Flavor without calories: spices, herbs, citrus, vinegar, chili, garlic, mustards, stock.
- Mind the fats: oils, nuts, seeds are healthy—but calorie-dense. Measure them.

Expect Adaptation—and Plan For It

As you lose weight, CO tends to drop (smaller body = fewer calories burned; NEAT may fall). If progress slows:

- Re-estimate needs (or watch trends).
- Add a little movement or slightly reduce portions.
- Consider diet breaks (1–2 weeks at maintenance calories) to restore energy, training quality, and adherence.

Macronutrients: Protein, Carbs, Fat

What Are Macronutrients?

“Macros” are the nutrients your body needs in large amounts to function and thrive. They provide the calories (energy) you burn daily, and each plays a unique role in weight management, health, and body composition.

Protein = 4 calories per gram

Carbohydrates = 4 calories per gram

Fats = 9 calories per gram

(Alcohol also provides calories: 7 per gram, but it’s not considered a macronutrient since it has no essential role.)

A healthy weight-loss diet isn’t about cutting out one macro completely — it’s about balancing them to suit your goals and lifestyle.

Protein: The Muscle Protector & Satiety King

Role in the Body:

- Builds and repairs tissues (especially muscle, which you want to keep during weight loss).
- Increases satiety (keeps you full longer).
- Has the highest Thermic Effect of Food (TEF) — your body burns ~20–30% of protein calories just to digest it.
- Supports immune function, hormones, and enzymes.

Weight-Loss Benefits:

- Prevents muscle loss while in a calorie deficit.
- Helps control cravings and late-night snacking.
- Boosts metabolism slightly (because of TEF).

Sources:

- Lean meats: chicken, turkey, lean beef
- Fish & seafood
- Eggs & low-fat dairy (Greek yogurt, cottage cheese)
- Plant-based: beans, lentils, tofu, tempeh, seitan, edamame

How Much Do You Need?

- General population: 0.8–1.0 g/kg body weight.

- For weight loss: 1.6–2.2 g/kg body weight per day (e.g., 90–120 g/day for a 60 kg person).
- Spread across meals for best results.

Carbohydrates: The Body's Preferred Fuel

Role in the Body:

- Main energy source (especially for the brain and during exercise).
- Provide dietary fiber, which supports digestion and fullness.
- Stored as glycogen in muscles and liver — fueling activity and maintaining performance.
- Weight-Loss Benefits
- High-fiber carbs keep you fuller for longer, making calorie control easier.
- Choosing slow-digesting carbs helps prevent energy crashes.
- Carbs paired with protein improve recovery from workouts, preserving muscle.

Sources:

- Complex carbs (best for weight loss): oats, brown rice, quinoa, beans, lentils, whole-grain bread/pasta, starchy veg (sweet potato, pumpkin).
- Simple carbs (use strategically): fruit, milk, honey, white rice — quick energy for workouts or active days.

How Much Do You Need?

- Typically 40–55% of daily calories for most active people.

- On 1600 kcal/day: that's ~160–220 g carbs.
- Adjust upward if very active, downward if more sedentary — but don't cut too low, or fatigue and cravings spike.

Fat: The Hormone Helper & Satiety Booster

Role in the Body:

- Supports hormone production (especially sex hormones).
- Aids absorption of fat-soluble vitamins (A, D, E, K).
- Protects organs and provides insulation.
- Slows digestion, helping meals feel satisfying.

Weight-Loss Benefits:

- Promotes fullness when balanced with protein and carbs.
- Supports hormonal balance during a calorie deficit.
- Provides flavor and texture, making meals enjoyable (important for sticking to a plan).

Sources:

- Healthy fats: avocado, olive oil, nuts, seeds, nut butters, fatty fish (salmon, mackerel), flax/chia.
- Fats to limit: deep-fried foods, processed trans fats, excess butter/cream, high-sugar + high-fat combos (pastries, donuts).

How Much Do You Need?

- At least 20–30% of daily calories to support hormones and absorption.
- On 1600 kcal/day: ~35–55 g fat.
- Balance sources — focus on unsaturated fats, limit saturated, avoid trans fats.

Putting It All Together: A Macro Balance for Weight Loss

A balanced starting point for many beginners:

Protein: 25–30% of calories (keeps you full & protects muscle)

Carbs: 40–50% of calories (fuel + fiber)

Fat: 20–30% of calories (hormones + satiety)

Example on 1600 kcal/day:

Protein → ~120 g (30%)

Carbs → ~180 g (45%)

Fat → ~45 g (25%)

Key Takeaways

All three macros are essential; none should be demonized.

Protein is your best friend during weight loss.

Carbs fuel workouts and daily energy — focus on high-fiber, whole-food sources.

Fats are calorie-dense, but crucial for hormones and satisfaction — choose quality over quantity.

The best macro split is the one you can stick with long-term.

Role of Fiber, Hydration & Micronutrients

Fiber: The Unsung Hero of Weight Loss

Unlike protein, carbs, and fat, fiber doesn't provide usable calories, but it plays a huge role in how satisfied you feel and how smoothly your digestive system runs.

Types of Fiber

Soluble fiber: dissolves in water, forms a gel, slows digestion, and helps regulate blood sugar.

Sources: oats, apples, beans, lentils, flaxseeds.

Insoluble fiber: adds bulk, helps food move through the gut, and prevents constipation.

Sources: whole grains, nuts, leafy vegetables, skins of fruits.

Weight-Loss Benefits of Fiber

- Increases satiety: high-fiber meals fill your stomach with fewer calories.
- Reduces calorie absorption slightly (some calories in fiber aren't digested).
- Stabilizes blood sugar → fewer energy crashes, less craving for sweets.

- Supports a healthy gut microbiome, which may influence metabolism and appetite regulation.

How Much Fiber Do You Need?

- Aim for 25–35 grams per day (mix soluble & insoluble).
- A practical trick: include a fruit or vegetable at every meal and snack.

Hydration: The Overlooked Fat-Loss Tool

Your body is ~60% water. Even mild dehydration can slow metabolism, impair performance, and trick you into feeling hungry when you're actually thirsty.

Weight-Loss Benefits of Hydration

- Drinking water before meals can reduce calorie intake (your stomach feels fuller).
- Supports digestion and bowel regularity, especially with higher fiber intake.
- Helps regulate body temperature and energy for workouts.
- Reduces water retention and bloating (paradoxically, drinking more water helps your body hold less).

How Much Water Should You Drink?

- General guideline: 2–3 litres (8–12 cups) per day, more if active or in hot climates.
- A quick check: your urine should be pale yellow (dark = drink more, clear all day = maybe overhydrating).

- Flavor hacks: add lemon, cucumber, berries, or herbal teas to keep it interesting.

Micronutrients: The Tiny Nutrients with Big Impact

Micronutrients = vitamins and minerals. You only need small amounts, but deficiencies can derail weight loss and health.

Key Vitamins & Minerals for Weight Loss

- B vitamins: help convert food into usable energy.
- Vitamin D: linked to metabolism, mood, and fat storage; many people are deficient.
- Calcium & Magnesium: support bone health and muscle function.
- Iron: carries oxygen to muscles; low iron = fatigue and poor workout performance.
- Potassium: balances sodium, reduces bloating, supports muscle contraction.
- Zinc & Selenium: support thyroid function and metabolism.

Sources of Micronutrients

- A colorful diet of vegetables, fruits, legumes, whole grains, nuts, seeds, and lean proteins usually covers most needs.
- Supplements may help if you have dietary restrictions (e.g., vegan → B12, low sun exposure → Vitamin D).
- Avoid overdoing supplements — more isn't better, and excess can cause harm.

CHAPTER TWO

Building a Healthy Eating Lifestyle

Portion Control Made Simple

Why Portion Control Matters?

Even healthy foods can contribute to weight gain if eaten in large quantities. For example:

A handful of nuts = ~180 calories. A few handfuls = nearly 600.

Two tablespoons of olive oil = ~240 calories — the same as a full sandwich.

Most people underestimate how much they eat by 20–30%, and small misjudgments add up quickly. Portion control doesn't mean starving or obsessively weighing every bite — it's about learning to recognize “enough” food for your body.

Easy Portion Control Tools

The Plate Method

Divide a standard dinner plate into sections:

½ plate = non-starchy vegetables (broccoli, salad, peppers, carrots)

¼ plate = lean protein (chicken, fish, tofu, beans)

¼ plate = whole-grain or starchy carbs (brown rice, sweet potato, quinoa)

1–2 teaspoons of healthy fats (olive oil, avocado, nuts).

This simple method balances calories, fills you with fiber and protein, and helps prevent overeating.

Hand-Based Portions (always with you)

Your hand size is proportional to your body size, making it a great built-in guide:

Protein (meat, fish, beans) → palm size per meal (2 palms for men).

Carbs (grains, potatoes, pasta) → fist size per meal.

Vegetables → 2 fists or more per meal.

Fats (oils, nuts, seeds) → thumb size (~1–2 tsp) per meal.

Smaller Plates, Smaller Bites

Studies show people eat 20% fewer calories when using smaller plates or bowls.

Eating slowly and savoring each bite allows your brain to register fullness — usually around 20 minutes after eating begins.

Smart Eating Habits for Natural Portion Control

- Serve, don't graze → put food on a plate, not straight from the bag or pan.
- Pause before seconds → wait 10 minutes, drink water, and reassess if you're truly hungry.
- Bulk up meals with veggies → high volume, low calorie.
- Protein & fiber first → fill you faster, so you naturally eat less of everything else.
- Limit distractions → eating while watching TV or scrolling can lead to unconscious overeating.

Common Portion Pitfalls

Liquid calories: juices, lattes, smoothies, and alcohol can easily add 200–500 hidden calories.

Restaurant servings: often double or triple home portions. Share, order half, or box leftovers.

“Health halo” foods: granola, nut butters, trail mix, “organic” snacks. Healthy, yes — but calorie-dense if portions aren’t managed.

When to Use Tracking

Beginners may benefit from logging food for 1–2 weeks. It’s an eye-opener on true portion sizes.

After building awareness, you can transition to plate/hand methods.

If weight loss stalls, recheck portion sizes before blaming metabolism.

Practical Portion Hacks

Pre-portion snacks into bags/containers instead of eating from the packet.

Fill half your plate before adding carbs/fats.

Use a water bottle as a meal “pause button” — drink before going for seconds.

Keep serving dishes off the table; portion in the kitchen, then sit down.

Smart Grocery Shopping on a Budget

Why Grocery Shopping Matters for Weight Loss

Your food environment determines your success. If your kitchen is stocked with balanced, nutritious foods, you’ll naturally make healthier choices. If it’s filled with crisps, biscuits, and fizzy drinks, resisting temptation becomes a daily struggle. Smart shopping = smart eating made easier.

And good news: eating healthy doesn't have to be expensive. With the right strategies, you can save money while building a kitchen that supports weight loss.

Plan Before You Shop

Make a meal plan: Write out 3–4 simple meals for the week and base your list on that.

Check your pantry/freezer: Avoid buying duplicates by using what you already have.

Create a shopping list: Stick to it — impulse buys often add unnecessary calories and costs.

Don't shop hungry: Studies show we buy more high-calorie, processed foods when shopping on an empty stomach.

Shop the Smart Way

Stick to the Perimeter: Most stores stock fresh produce, meats, dairy, and whole foods along the outer aisles. Processed, high-calorie snacks often dominate the middle aisles.

Buy in Bulk (Wisely): Whole grains (brown rice, oats, quinoa) and beans/lentils are cheaper in larger packs.

Frozen veg and fruits are cost-effective, last longer, and are just as nutritious as fresh.

Limit bulk buys of calorie-dense snacks — they encourage overeating.

Choose Store Brands: Generic or supermarket-label products are usually the same quality as branded but far cheaper.

Seasonal & Local Produce: In-season fruits and vegetables cost less and taste better.

Local markets often sell produce cheaper than supermarkets.

Weight-Loss Friendly, Budget Staples

Proteins: eggs, canned tuna/salmon, chicken thighs, lean mince, dried beans, lentils, tofu.

Carbs: oats, brown rice, potatoes, sweet potatoes, whole wheat pasta.

Veggies & Fruits: frozen broccoli, spinach, mixed berries, apples, carrots, cabbage.

Fats: olive oil (buy in bulk), peanut butter, sunflower seeds, chia/flax.

These staples are cheap, filling, versatile, and nutrient-rich.

Reading Labels for Smart Choices

- Check per 100g, not per serving (brands often shrink serving sizes to look healthier).
- Watch for hidden sugars (words like “syrup,” “fructose,” “maltose”).
- Aim for high protein, high fiber, low added sugar, lower saturated fat.

Budget-Saving Hacks

- Cook once, eat twice: Make larger portions and freeze extras.
- Repurpose leftovers: roasted chicken today = chicken salad tomorrow.
- Buy whole foods instead of pre-chopped, pre-flavored, or packaged meals.
- Shop weekly instead of daily: fewer trips = fewer impulse buys.
- Use discount apps or reduced sections for fresh produce/meat you can freeze.

Building a Sustainable Grocery Habit

- Keep a “running list” on your phone — jot items down as they run out.
- Stock emergency healthy options: frozen veg, canned beans, eggs.
- Rotate your staples but try one new fruit, veg, or spice each week for variety.

The Truth About Snacking & Cravings

Why Snacking Has a Bad Reputation

Snacking isn't inherently “bad.” The problem is how and what we snack on:

- Processed snacks (crisps, biscuits, pastries) are calorie-dense, nutrient-poor.
- Snacks are often eaten mindlessly — in front of the TV, while working, or when bored.
- Liquid snacks (smoothies, fancy coffees) can hide hundreds of calories without much fullness.

But smart snacking can actually help weight loss by managing hunger and preventing overeating at meals.

Cravings vs. Hunger — Know the Difference

True hunger: builds gradually, can be satisfied with any balanced food, often accompanied by physical signals (stomach growling, low energy).

Cravings: sudden, specific desire for one type of food (e.g., “I need chocolate now”). Often triggered by emotions, environment, or habits, not actual energy needs.

Learning to pause and ask “Am I hungry or just craving?” is a powerful tool for weight management.

Why Cravings Happen

Biological: Low blood sugar, inadequate protein/fiber, dehydration, poor sleep.

Emotional: Stress, boredom, loneliness — food becomes comfort.

Environmental: Seeing ads, smelling food, or passing the bakery on your walk.

Habitual: Always eating crisps during TV time, always grabbing biscuits with tea.

Smart Snacking for Weight Loss

If you snack, make it intentional:

The “Protein + Produce” Rule

Pairing a protein source with fruit or veg balances hunger and nutrition. Examples:

- Apple slices + peanut butter (thin spread).
- Carrot sticks + hummus.
- Greek yogurt + berries.
- Boiled egg + cucumber slices.

Other Smart Snack Options

- Air-popped popcorn (low oil).
- A handful of unsalted nuts (portion-controlled).
- Low-fat cottage cheese with cherry tomatoes.
- Rice cakes with avocado and seeds.

Portion Control for Snacks

- Use small bowls/containers — never snack directly from the bag.
- Pre-portion nuts, dried fruit, or trail mix into bags.
- Limit snacks to 150–250 calories if your goal is weight loss.

Managing Cravings Without Guilt

You don't need to eliminate cravings — just manage them smartly.

- **Delay:** Wait 10–15 minutes. Cravings often fade if you distract yourself (walk, water, phone a friend).
- **Downsize:** Instead of a full chocolate bar, have 2 squares of dark chocolate.
- **Swap:** Craving crisps? Try lightly salted popcorn or roasted chickpeas. Craving sweets? Try fruit + yogurt.
- **Distract:** Change your environment — cravings are often situational.
- **Don't ban favorite foods:** Restriction often increases cravings. Plan small, controlled indulgences (e.g., one treat per week).

Long-Term Craving Control

- Eat enough protein & fiber — prevents sugar crashes.
- Stay hydrated — thirst can feel like hunger.
- Sleep 7–9 hours — lack of sleep increases hunger hormones (ghrelin) and reduces fullness hormones (leptin).

- Reduce stress — find non-food coping strategies (breathing, journaling, walking).
- Change cues — if you always snack watching TV, replace crisps with cut fruit or herbal tea.

The “90/10 Rule” for Sanity

Aim for 90% nourishing foods and allow 10% flexibility for pleasure foods. This prevents feelings of deprivation, reduces binge risk, and makes weight loss sustainable.

Understanding Labels & Hidden Calories

Why Labels Matter for Weight Loss

Food companies are experts at marketing. Phrases like “low-fat,” “all-natural,” “organic,” or “sugar-free” make products sound healthy, even when they’re packed with calories. Learning to read labels properly helps you spot the truth behind the packaging and make choices that align with your goals.

Key Parts of a Nutrition Label

1. Serving Size

Everything on the label is based on a specific serving (which may be much smaller than what you actually eat).

Example: A packet of crisps may say 120 kcal per serving, but the pack contains 3 servings = 360 kcal if you finish it.

Always check both per serving and per 100g/ml for accuracy.

2. Calories

Shows how much energy the food provides.

Compare it to your daily calorie goals — hidden calories add up fast.

3. Macronutrients

Protein: Aim for foods with at least 5g per serving. Protein keeps you full.

Carbs: Focus on those with more fiber and less added sugar.

Fat: Watch for high amounts of saturated fat; choose foods with healthier unsaturated fats instead.

4. Fiber

Aim for 3–5g per serving to support satiety and digestion.

5. Sugar

Look at “of which sugars” — especially added sugars. Even “natural” sounding ones (honey, agave, fruit concentrate) count as added sugar.

6. Ingredients List

Ingredients are listed in descending order by weight (the first few make up the bulk of the product).

Red flags: long lists with additives, refined sugars, and hydrogenated oils.

A shorter, whole-food-based list is usually healthier.

Common “Hidden Calories” Traps

Sauces & Condiments:

Ketchup, mayo, salad dressings, and creamy sauces often hide 100–200 kcal per 2 tbsp.

Swap for mustard, salsa, vinegar, or light yogurt-based dressings.

Drinks:

Fizzy drinks, fancy coffees, fruit juices, and alcohol can add hundreds of calories with little satiety.

A single café frappuccino may contain 400–600 kcal — equal to a full meal.

“Health Halo” Foods:

Granola: marketed as “healthy,” but often 200–300 kcal per serving with added sugar/oil.

Protein bars: some pack 250–350 kcal, similar to a chocolate bar.

Smoothies: store-bought versions often exceed 300–500 kcal.

Cooking Oils & Butters:

1 tablespoon olive oil = ~120 kcal.

Easy to over-pour when sautéing or dressing salads.

Snacks & Nuts:

Nuts are nutrient-dense but very calorie-dense (small handful = ~180 kcal).

“Trail mix” often includes added chocolate/candied fruit.

Practical Label-Reading Hacks

- Compare per 100g across brands to see the real differences.
- Look for high protein, high fiber, low added sugar, and moderate fat.
- If sugar is in the first 3 ingredients, it’s a dessert — not a health food.
- Stick to the 5/20 rule:

≥20% daily value = high in that nutrient

≤5% daily value = low in that nutrient

- Choose foods high in protein, fiber, and micronutrients, low in saturated fat, sugar, and sodium.

The Mindset Shift

Instead of being swayed by front-of-package claims, train yourself to flip the pack and read the numbers. Over time, you'll spot patterns, avoid sneaky calorie traps, and feel empowered to make healthier choices without confusion.

CHAPTER THREE

Meal Planning for Success

Meal Prep 101

Why Meal Prep Matters

Most diets fail not because people don't know what to eat, but because they aren't prepared when hunger hits. When life gets busy, convenience wins — and that usually means takeaways, vending machines, or fast snacks. Meal prep removes decision fatigue and gives you healthy, portion-controlled meals ready when you need them.

Think of it as your safety net: when you're tired, stressed, or rushed, your food is already sorted.

Benefits of Meal Prep for Weight Loss

- Controls portions → less chance of overeating.
- Saves money → cooking in bulk costs less than daily takeaways.
- Reduces stress → no last-minute “what’s for dinner?” panic.
- Supports consistency → healthy eating becomes a habit, not a struggle.
- Limits cravings → when healthy meals are prepped, temptation is easier to avoid.

Common Myths About Meal Prep

- “It takes all day.” → With practice, you can prep a week’s meals in 2–3 hours.

- “I’ll get bored of eating the same thing.” → Use base ingredients (like chicken, rice, veg) and switch up sauces, spices, and sides.
- “It’s expensive.” → In reality, buying staples in bulk for meal prep saves money.

Getting Started: The Basics

1. Choose Your Prep Style

Batch Cooking: Cook large portions of a few recipes (e.g., chili, curry, soup) and portion them into containers.

Ingredient Prep: Cook staple ingredients (grilled chicken, roasted veg, quinoa) and mix/match during the week.

Grab-and-Go Snacks: Pre-portion nuts, chop fruit/veg, prep yogurt cups for quick access.

2. Equipment That Helps

- Set of reusable containers (glass or BPA-free plastic).
- Labels or masking tape (to date and name meals).
- Cooler bag for meals on the go.
- Measuring cups/spoons (until you learn eye-portioning).

3. Safe Storage Rules

- Refrigerate meals within 2 hours of cooking.
- Most cooked meals last 3–4 days in the fridge.

- Freeze extras for up to 2–3 months.
- Defrost overnight in the fridge, not on the counter.

Building Balanced Prep Meals

Each prepped meal should roughly include:

- Protein: chicken, turkey, fish, tofu, beans, eggs.
- Fiber-rich carbs: brown rice, quinoa, sweet potatoes, oats.
- Vegetables ($\frac{1}{2}$ the container): broccoli, spinach, peppers, mixed frozen veg.
- Healthy fats (controlled): olive oil drizzle, avocado slice, nuts/seeds.

Example meal prep bowl: grilled chicken + roasted sweet potato + steamed broccoli + olive oil & lemon dressing.

Step-by-Step Meal Prep Routine

- Plan: Choose 2–3 main meals + 2 snack options for the week.
- Shop: Buy ingredients based on your plan (stick to list).
- Cook: Use efficient methods — oven-roast, pressure cook, or slow cook multiple items at once.
- Portion: Divide into containers (label with date).
- Store: Refrigerate for 3–4 days; freeze longer-term meals.
- Rotate: Keep variety by switching sauces, herbs, or side dishes weekly.

Quick Prep Hacks

- Cook once, eat twice: double dinner portions and save half for lunch next day.
- Use multi-cookers (like the Ninja Foodi) for fast batch meals.
- Pre-chop veg right after shopping → reduces midweek prep.
- Roast or steam a tray of mixed veg for versatile sides.
- Keep a few “emergency meals” in the freezer (chili, soup, stir-fry kits).

How to Structure a Balanced Plate

Why Balance Matters

Weight loss isn't about starving yourself — it's about giving your body the right balance of nutrients so you stay satisfied, energized, and healthy while eating fewer calories. A well-structured plate makes portion control simple and ensures you get protein, fiber, and healthy fats at every meal without needing to count every calorie.

The “Balanced Plate Formula”

A balanced plate can be visualized in four key parts:

A. Half Your Plate: Vegetables & Fruits (≈ 50%)

- Focus on non-starchy vegetables: broccoli, spinach, peppers, zucchini, salad greens, mushrooms.
- Add a small portion of fruit (berries, apple slices, orange segments).

- Benefits: low-calorie, high-fiber, full of vitamins and minerals.
- Keeps you full without overloading calories.

B. A Quarter of Your Plate: Lean Protein (≈ 25%)

- Chicken breast, turkey, fish, tofu, tempeh, beans, eggs, or low-fat Greek yogurt.
- Benefits: preserves muscle while losing fat, boosts satiety, stabilizes blood sugar.

C. A Quarter of Your Plate: Smart Carbohydrates (≈ 25%)

- Whole grains (brown rice, quinoa, oats), starchy vegetables (sweet potato, pumpkin), or legumes.
- Benefits: steady energy, fiber, and important nutrients.
- Choose minimally processed options for better fullness.

D. Add Healthy Fats (1–2 Thumb-Sized Portions)

- Olive oil, avocado, nuts, seeds, or nut butter.
- Benefits: hormone balance, satiety, flavor.
- Watch portion sizes — fats are healthy but calorie-dense.

Visual Guides (No Scale Needed)

You can use your hand as a portion guide (it scales with your body size):

Protein: palm size (2 palms for men).

Carbs: fist size.

Veggies: 2 fists or more.

Fats: thumb size (oil, nuts, cheese).

This approach works well for beginners who don't want to weigh and measure food.

Meal Examples

Breakfast:

2 boiled eggs (protein) + whole-grain toast (carbs) + avocado slice (healthy fat) + side of fruit (fiber).

Lunch:

Grilled chicken breast (protein) + quinoa (carbs) + mixed roasted vegetables (½ plate) + olive oil drizzle (fat).

Dinner:

Salmon fillet (protein + healthy fats) + sweet potato (carb) + steamed broccoli & spinach (½ plate).

Snack Example:

Greek yogurt (protein) + berries (fiber) + chia seeds (healthy fat).

Tips for Building Balanced Plates Every Day

- Fill with veg first: Start plating with vegetables so they dominate the meal.
- Protein at every meal: Prevents hunger and protects muscle.
- Carbs strategically: Prioritize whole, high-fiber carbs — especially around active times.
- Measure fats with care: Oils, nuts, and seeds are healthy but easy to overdo.

- Color = nutrition: Aim for at least 3 colors of plant foods per plate to maximize micronutrients.

Why This Works for Weight Loss

- Protein + fiber = satiety.
- Balanced carbs = steady energy.
- Healthy fats = hormonal balance + satisfaction.
- Veggie bulk = fullness without calories.

Together, these reduce overeating naturally, making calorie control much easier without obsessing over numbers.

Quick Substitution Guide

Why Substitutions Matter

Weight loss doesn't mean giving up all the foods you love — it means making smarter swaps that reduce calories, add nutrition, and still keep meals enjoyable. With a few simple substitutions, you can cut hundreds of calories per day without feeling restricted.

Smart Protein Swaps

- Swap fatty cuts → lean cuts

Swap pork belly or ribeye → chicken breast, turkey, or sirloin.

Benefit: same protein, less fat → fewer calories.

- Swap fried protein → grilled, baked, or air-fried

Fried chicken → baked or air-fried chicken.

Breaded fish → grilled fish.

- Swap processed → whole foods

Sausages, hotdogs, bacon → lean mince or skinless poultry.

Benefit: lowers sodium, additives, and hidden fats.

Smarter Carb Choices

- White rice/pasta → whole grain or veg-based

White rice → brown rice, quinoa, cauliflower rice.

Pasta → whole wheat, lentil pasta, or zucchini noodles.

Benefit: more fiber, more satiety, fewer spikes in blood sugar.

- White bread → whole grain bread

Adds fiber, keeps you full longer.

- Crisps/chips → air-popped popcorn or roasted chickpeas

Same crunch, fewer calories, more fiber.

- Sugar-loaded cereal → oats or bran flakes

Benefit: steady energy, fewer empty calories.

Fat & Dairy Swaps

- Creamy sauces → yogurt or tomato-based sauces

Alfredo pasta → tomato sauce with herbs.

Mayonnaise → Greek yogurt or avocado spread.

- Full-fat dairy → reduced-fat or high-protein options

Full-fat milk → semi-skimmed or unsweetened plant milk.

Regular yogurt → Greek yogurt (higher protein, less sugar).

- Butter → healthier oils (measured)

Swap butter for olive oil or avocado oil — but measure carefully (1 tsp = ~40 kcal).

Snack & Dessert Swaps

Chocolate bar → dark chocolate (2–3 squares)

Ice cream → frozen yogurt or blended banana “ice cream.”

Milkshake → protein smoothie with fruit.

Biscuits → oatcakes or homemade energy bites (oats + nut butter).

Beverage Swaps

Sugary sodas → sparkling water with lemon or flavored seltzer.

Juice → whole fruit (adds fiber, fewer calories).

Frappuccino → black coffee with cinnamon or latte with skim milk.

Alcohol mixers → soda water, diet tonic, or light beer instead of cocktails.

Cooking Method Swaps

Deep frying → air frying, baking, grilling, or steaming.

Heavy oils → cooking sprays or broth sautéing.

Thick cream sauces → blended veg bases (e.g., cauliflower cream).

Portion-Controlled Hacks

Sometimes you don't need a full substitution — just downsizing makes a big difference:

Regular plate → smaller plate = 20% fewer calories without noticing.

Large spoonfuls of peanut butter → measure with a teaspoon.

Full pizza → 2 slices with side salad.

CHAPTER FOUR

Habits and Mindset

Exercise Basics for Beginners (No Gym Needed)

Why Movement Matters for Weight Loss

Weight loss is mainly driven by nutrition, but exercise plays a powerful supporting role:

- Helps preserve muscle mass while losing fat.
- Boosts metabolism (muscle burns more calories than fat, even at rest).
- Improves insulin sensitivity and blood sugar control.
- Enhances mood, sleep, and energy levels — making it easier to stick with healthy habits.
- Increases daily calorie burn without having to eat less.

The best part? You don't need a gym membership or fancy equipment to get started. Your body weight, a small space, and consistency are enough.

Types of Exercise to Include

Cardio (Aerobic Exercise):

- Activities that raise your heart rate and breathing.
- Examples: brisk walking, jogging in place, cycling, dancing, jump rope, stair climbing.
- Benefits: burns calories, strengthens your heart, improves stamina.
- Beginner goal: 20–30 minutes, 3–5 times per week.

Strength Training (Resistance Exercise):

- Builds muscle, which supports metabolism and tones the body.
- Examples: squats, push-ups, lunges, planks, glute bridges, resistance band exercises.
- Benefits: preserves muscle during weight loss, strengthens bones, improves posture.
- Beginner goal: 2–3 sessions per week, 20–40 minutes.

Flexibility & Mobility:

- Keeps joints healthy, prevents injuries, improves recovery.
- Examples: yoga, stretching, foam rolling, dynamic warm-ups.
- Beginner goal: 5–10 minutes daily (morning or before bed).

NEAT (Non-Exercise Activity Thermogenesis):

- All the movement outside workouts: walking, cleaning, gardening, playing with kids.
- Often underestimated — can burn hundreds of extra calories per day.
- Example: a 30-minute brisk walk \approx 150 calories burned.

Beginner-Friendly No-Gym Workout Plan

Note, you can watch YouTube videos on these exercise.

Full-Body Circuit (20–25 minutes, 3x per week):

- Warm-up: 3 minutes marching/jogging in place.
- 10 squats (or sit-to-stand from a chair).
- 8–10 push-ups (modified on knees if needed).

- 10 lunges (5 each leg).
- 15–20 seconds plank hold.
- 20 jumping jacks (or step side-to-side for low impact).
- Rest 1–2 minutes, then repeat 2–3 rounds.

Cardio Options (choose what you enjoy):

- Brisk 30-minute walk daily.
- 15–20 minutes dancing to music at home.
- 10 minutes stair climbing.
- Short “exercise snacks” → 5 minutes here and there add up.

Tips for Success Without a Gym

- Start small: 10 minutes daily is better than nothing. Build gradually.
- Consistency beats intensity: Regular moderate exercise > rare intense workouts.
- Use your body weight: It’s free, safe, and effective.
- Progress slowly: Add reps, sets, or duration as your fitness improves.
- Listen to your body: Soreness is normal; sharp pain means stop.

Common Beginner Mistakes

- Doing too much, too soon → leads to injury or burnout.

- Focusing only on cardio → muscle loss risk if strength training is ignored.
- Relying on workouts to “out-burn” bad diets → you can’t outrun poor nutrition.
- Ignoring rest → muscles need recovery to grow and strengthen.

Staying Motivated

- Track progress: steps, distance walked, or number of squats improved.
- Find accountability: a walking buddy, fitness app, or journal.
- Celebrate small wins: consistency is more important than perfection.
- Choose fun: the best exercise is the one you’ll keep doing.

How to Stay Motivated When Progress Slows

Why Progress Slows Down

In the beginning, weight loss often feels exciting — the scale drops quickly, energy improves, and clothes fit differently. But after a few weeks, results may slow down. This isn’t failure; it’s normal physiology.

- ✓ As you lose weight, your body burns fewer calories because it’s smaller.
- ✓ Water weight loss stabilizes after the first 1–2 weeks.
- ✓ Your body adapts by lowering unconscious movement (NEAT).
- ✓ Hormonal and metabolic changes try to protect your body from further weight loss.

Recognizing that plateaus are part of the journey prevents discouragement and helps you adjust instead of quitting.

Shift Your Focus Beyond the Scale

The scale is just one tool — and it doesn't tell the whole story. Stay motivated by tracking progress in multiple ways:

- ✓ Measurements: waist, hips, thighs, arms (monthly).
- ✓ Photos: side-by-side comparisons every 4 weeks.
- ✓ Clothing fit: jeans, belts, or tops often show changes first.
- ✓ Fitness gains: more push-ups, longer planks, faster walks.
- ✓ Energy & mood: improved sleep, reduced stress, more stamina.

When the scale stalls, these “non-scale victories” remind you that progress is still happening.

Practical Strategies to Push Through

Reassess Portions & Habits:

- ✓ Small calorie leaks (extra snacks, larger servings, weekend indulgences) can creep in.
- ✓ Try tracking food for a week to reset awareness.
- ✓ Use the “plate method” or hand portions consistently.

Increase Daily Activity (NEAT):

- ✓ Add 1,000–2,000 steps daily (walks, chores, parking farther).

- ✓ Stand more often if you sit long hours.
- ✓ Even light activity helps burn more calories over time.

Adjust Workouts:

- ✓ Add or increase strength training → preserves muscle and boosts metabolism.
- ✓ Switch up cardio (intervals, longer walks, cycling, dance).
- ✓ Progress = change — your body adapts, so variety matters.

Take a “Diet Break”:

- ✓ Eat at maintenance calories for 1–2 weeks.
- ✓ Benefits: restores energy, reduces stress, improves adherence.
- ✓ Often, weight stabilizes but fat loss resumes more smoothly afterward.

Build a Resilient Mindset

- Expect plateaus — they’re a normal part of the process.
- Celebrate consistency — showing up daily matters more than perfect results.
- Think long-term — sustainable weight loss is measured in months and years, not weeks.
- Use the 80/20 rule — consistency beats perfection; 80% adherence is enough for results.

Motivational Tricks to Stay on Track

- Set small goals: 5 lbs lost, completing 10 workouts, drinking water daily.
- Reward milestones (non-food rewards): new workout gear, self-care day, books.
- Accountability: share progress with a friend, support group, or journal.
- Revisit your “why”: Write down the reasons you started (health, confidence, family) and read them when tempted to quit.
- Visualize future success: Picture yourself 6 months from now if you stay consistent.

When to Seek Support

If motivation drops too low or plateaus last 8+ weeks, consider:

- Consulting a nutritionist for personalized adjustments.
- Joining a fitness or accountability group.
- Working with a trainer or coach to refresh your plan.

30-Day Action Plan

Why an Action Plan Works

Information alone doesn't create results — consistent action does. A 30-day plan helps you build small daily habits that compound into long-term change. Think of this not as a strict “diet,” but as a training month to reset your lifestyle, build momentum, and prove to yourself that you can succeed.

The Core Habits (Your Non-Negotiables)

These four anchors will run through all 30 days:

- ✓ Balanced Plate at Meals → ½ veg + ¼ lean protein + ¼ whole carbs + 1–2 tsp healthy fat.
- ✓ Hydration Goal → 2–3 litres water daily.
- ✓ Movement Goal → 6,000–10,000 steps/day (start where you are, build gradually).
- ✓ Sleep Goal → 7–9 hours nightly.

Everything else builds around these.

Weekly Breakdown

Week 1: Foundation (Days 1–7)

Goal: Awareness & small changes.

Day 1: Write down your “why” (health, confidence, energy). Stick it where you’ll see it.

Day 2: Clean out your kitchen — remove or limit high-calorie snacks/drinks.

Day 3: Stock up on weight-loss staples (protein, veggies, whole grains, healthy fats).

Day 4: Practice the balanced plate method at one meal.

Day 5: Take a 20-minute walk after lunch/dinner.

Day 6: Try one strength exercise (squats, wall push-ups, or planks).

Day 7: Reflect: How did your energy and mood change this week?

Week 2: Structure (Days 8–14)

Goal: Routine with food + movement.

Day 8: Prep 2–3 lunches/dinners for the week (Meal Prep 101).

Day 9: Add protein to every meal (eggs, beans, chicken, tofu, fish).

Day 10: Increase steps by +1,000 from your baseline.

Day 11: Replace one sugary drink with water or unsweetened tea.

Day 12: Do a full-body bodyweight workout (20 mins).

Day 13: Practice portion control using your hand as a guide.

Day 14: Reflect: What was hardest? What felt easiest?

Week 3: Progress (Days 15–21)

Goal: Level up with variety & control.

Day 15: Track meals for one day (awareness, not obsession).

Day 16: Try a new vegetable you don't usually eat.

Day 17: Add interval walking (alternate 1 min brisk, 2 min slower, for 20 mins).

Day 18: Prepare healthy snacks (fruit + protein, nuts, yogurt cups).

Day 19: Do a strength workout with 2 rounds of squats, push-ups, lunges, planks.

Day 20: Practice mindful eating — no TV/phone, chew slowly.

Day 21: Reflect: Check weight/measurements/photos from Day 1. Notice trends, not perfection.

Week 4: Momentum (Days 22–30)

Goal: Build sustainability & confidence.

Day 22: Try a meatless day (plant-based proteins).

Day 23: Add 5–10 mins stretching or yoga before bed.

Day 24: Swap one high-calorie comfort food with a smart substitute.

Day 25: Increase walk time or add another 1,000 steps.

Day 26: Do a 20-min strength + cardio mix (circuit training style).

Day 27: Plan 1 “flex meal” (enjoy a treat in portion, guilt-free).

Day 28: Write down 3 non-scale victories (clothes fit, energy, mood).

Day 29: Review your progress. Circle habits that feel natural now.

Day 30: Celebrate! Set your next 30-day target — consistency is the key.

Tracking Tools

Daily Checkboxes: Did I hit my 4 core habits today?

Weekly Reflection Questions:

- ✓ What went well?
- ✓ What was challenging?
- ✓ What’s one thing I’ll adjust for next week?

After 30 Days

The goal isn’t to “finish” but to graduate into a lifestyle. After this plan:

- Keep your 4 core habits as your baseline.
- Add new challenges (longer walks, new recipes, more strength workouts).

- Review progress monthly.
- Treat each new month as a fresh opportunity, not a restart.

Tracking Tools (Calorie Log, Habit Tracker, Weight Chart)

Why Tracking Matters

What gets measured gets managed. Tracking isn't about obsessing over numbers — it's about awareness and accountability. By logging your progress, you:

- Spot patterns that help or hinder weight loss.
- Catch “silent calorie creep” (extra snacks, drinks, portions).
- Stay motivated by seeing small but steady progress.
- Build discipline until healthy choices become automatic.

Calorie Log (Awareness, Not Obsession)

A calorie log helps you understand what and how much you're really eating.

Options for logging:

Apps: MyFitnessPal, Cronometer, LoseIt.

Notebook/journal: simple handwritten food log.

What to log:

- Meals, snacks, drinks, sauces, oils, condiments.

- Portion sizes (use scales or hand guides).
- Notes on hunger, mood, or cravings.

Beginner tip: Track for 7–14 days at first. Once you learn your eating patterns, you can transition to visual guides (balanced plate, hand portions).

Habit Tracker (Consistency Builder)

A habit tracker helps you stick to daily non-negotiables.

What to track:

- Water intake (2–3 litres).
- Steps (6,000–10,000).
- Balanced plate at meals.
- Strength or cardio session.
- 7–9 hours of sleep.
- Mindful eating (no screens while eating).

How to use:

- Create a simple grid with days of the month across the top and habits listed down the side.
- Tick ✓ each habit daily.
- Aim for streaks — progress comes from consistency, not perfection.

Weight & Measurement Chart (Progress Beyond the Scale)

The scale tells only part of the story. Use a chart to track multiple markers of progress:

Weight: log once or twice per week (not daily — fluctuations are normal).

Body measurements: waist, hips, thighs, arms (every 2–4 weeks).

Photos: take front, side, and back photos monthly under similar conditions.

Non-scale victories: note clothing fit, energy levels, fitness gains.

Why it helps:

You'll see progress even if the scale is stubborn.

Encourages patience — real change is about trends, not daily shifts.

Calorie Log Example

Date	Meal	Food & Drink	Portion	Calories (approx.)	Notes (hunger/mood)
Mon	Breakfast	Oats + berries + yogurt	1 cup	300	Full until lunch
Mon	Snack	Apple + peanut butter	1 apple + 1 tsp	150	Craving satisfied

Habit Tracker Example

Day	Water (2L)	Steps (8k)	Balanced Meals	Exercise	Sleep (7h)
Mon	✓	✓	✓	✗	✓
Tue	✓	✗	✓	✓	✓

Weight & Measurement Chart Example

Date	Weight (kg)	Waist (cm)	Hips (cm)	Notes
Week 1	85	96	108	Starting point
Week 4	82	92	106	Jeans fit better

The Golden Rule of Tracking

Tracking should feel like a tool, not a burden.

- Use it to learn, not punish yourself.
- Look for weekly/monthly trends, not daily perfection.
- If it feels overwhelming, stick to just 1–2 tools (e.g., water + steps + waist measurement).

BOOK 2

All About Ninja Foodi Possible Cooker Pro



CHAPTER ONE

Why Cooking Method = Weight-Loss Success

You may have tried dieting before and discovered it's not just what you eat, but how you cook it that matters. Cooking methods can make or break your weight-loss goals:

- Steaming keeps vegetables crisp, fresh, and nearly calorie-free while locking in nutrients.
- Sous vide creates perfectly cooked lean proteins — tender, juicy, and flavorful without needing extra oils or butter.
- Braising & slow cooking transform lean cuts of meat and vegetables into filling meals without heavy creams or fried coatings.
- Searing/Sautéing adds flavor quickly with minimal oil.
- Baking & proofing let you enjoy lighter versions of breads, muffins, and casseroles without deep-frying.

Instead of adding unnecessary fats or calories, the Ninja Foodi's cooking functions allow you to:

- Maximize flavor naturally with herbs, spices, and slow infusions.
- Control calories by reducing oil, sugar, and processed ingredients.
- Stay satisfied with meals that feel indulgent but are actually lighter.

In short: mastering your cooking method makes weight-loss food taste like real food — not punishment.

How This Cookbook Works

This book is designed to be your roadmap to healthy cooking with the Ninja Foodi PossibleCooker Pro.

Here's how to use it:

- ✓ Function-Based Recipes

Each chapter is organized by the Foodi's eight functions. You'll find clear, step-by-step recipes that show you how to make the most of each cooking style — whether you're slow-cooking a chili, sous-viding chicken breasts, or steaming a veggie medley.

- ✓ Calorie & Nutrition Awareness

Every recipe is tailored for weight loss:

Lean proteins, high fiber, and controlled healthy fats.

Balanced macros to keep you fuller for longer.

Clear portion sizes so you know exactly what fits your goals.

- ✓ Beginner-Friendly Instructions

Recipes use simple ingredients you can find in any supermarket. Instructions are written step-by-step for new cooks, with prep and cooking times listed clearly.

- ✓ Flexible Meal Plans

At the end of the book, you'll find 7-day and 14-day weight-loss meal plans built entirely from the included recipes. These plans make it easy to stay consistent without guesswork.

- ✓ Lifestyle Integration

You'll also get tips on:

- How to meal prep with your Foodi.
- How to adjust recipes for family cooking.

Overview of the 8 Cooking Functions

The Ninja Foodi PossibleCooker Pro is unique because it combines multiple cooking methods in one pot. Understanding each function will help you not only use the machine properly but also choose the best cooking method for your weight-loss goals.

Slow Cook

How it works: Gently simmers food at a low temperature over several hours.

Temperature: High/Low

Best for: Soups, stews, lean meats, curries, beans, and one-pot meals.

Weight-loss advantage: Slow cooking tenderizes lean, inexpensive cuts of meat without added fats. It also develops rich flavors naturally, reducing the need for heavy oils, cream, or excess salt.

Tips for success:

Use lots of vegetables to bulk up meals with minimal calories.

Trim visible fat from meats before cooking.

Avoid adding too many creamy sauces; opt for tomato, broth, or spice bases.

Braise

How it works: Combines searing/sautéing (to brown food) with slow cooking in a small amount of liquid.

Best for: Lean meats, poultry, seafood, and hearty vegetable dishes.

Weight-loss advantage: Braising allows you to achieve deep, savory flavors without frying. A small amount of broth, wine, or tomato sauce creates richness while keeping calorie counts low.

Tips for success:

Brown meats with just 1–2 teaspoons of oil, not heavy frying.

Use flavorful herbs (rosemary, thyme, garlic) to cut back on sauces.

Add fiber-rich vegetables (onions, carrots, mushrooms) to stretch meals.

Sous Vide

How it works: Food is vacuum-sealed (or sealed in a bag) and cooked in water at a precise, controlled temperature.

Best for: Chicken breast, fish, turkey, eggs, and tender vegetables.

Weight-loss advantage: Sous vide is perfect for lean proteins, which can often dry out with other cooking methods. Here, they come out tender, juicy, and flavorful without needing extra oils or butter.

Tips for success:

Season proteins simply with herbs and spices before sealing.

Pair sous vide proteins with high-volume vegetables for filling meals.

Batch-cook lean proteins to use for salads, wraps, and meal prep.

Steam

How it works: Uses hot steam to cook food quickly and evenly without oil.

Best for: Vegetables, fish, shellfish, dumplings, and rice.

Weight-loss advantage: Steaming is one of the healthiest ways to cook because it preserves vitamins and minerals while adding virtually no calories. It also keeps foods light and clean-tasting.

Tips for success:

Use aromatic herbs, garlic, ginger, or citrus slices in the steaming water to infuse flavor.

Perfect for low-calorie side dishes to pair with lean proteins.

Avoid heavy sauces afterward — use light soy, vinegar, or lemon.

Bake

How it works: Bakes food at a consistent heat, similar to a traditional oven.

Best for: Casseroles, frittatas, whole-grain muffins, protein-rich bakes, and healthy desserts.

Weight-loss advantage: Baking allows you to enjoy satisfying dishes without deep frying. You can prepare lighter versions of breads, muffins, and comfort foods with whole grains and less oil.

Tips for success:

Use whole wheat flour, oats, or almond flour to boost fiber.

Replace butter/oil with unsweetened applesauce or mashed banana in baked goods.

Watch portion sizes — baked items can be calorie-dense even when “healthy.”

Proof

How it works: Creates a warm, humid environment to help dough rise before baking.

Best for: Homemade breads, rolls, flatbreads, and pizza bases.

Weight-loss advantage: Proofing allows you to make your own bread with control over ingredients — less sugar, less fat, more fiber. Store-bought breads often contain hidden oils, additives, and excess salt.

Tips for success:

Use whole grain flours for higher fiber.

Experiment with lighter breads like oat bread or pita.

Watch toppings — the bread may be healthy, but loading it with cheese cancels out the benefits.

Sear/Sauté

How it works: Uses direct heat to brown or cook food quickly at a higher temperature.

Temperature: High/Low

Best for: Stir-fries, quick veggie sides, lean meats, and flavor bases (like onions/garlic before slow cooking).

Weight-loss advantage: This method delivers a lot of flavor in a short time with minimal oil, so you can avoid calorie-heavy frying.

Tips for success:

Use cooking spray or 1 tsp of oil instead of pouring.

Add flavor with broth, vinegar, or citrus juice instead of heavy sauces.

Stir-fry with lots of vegetables to increase volume and satisfaction.

Keep Warm

How it works: Maintains a steady, safe temperature for cooked food until you're ready to eat.

Best for: Meal prep, family dinners, soups, curries, and stews.

Weight-loss advantage: Prevents last-minute fast-food runs — your healthy meal is always ready. This supports consistency, one of the biggest keys to long-term weight management.

Tips for success:

Great for batch cooking on weekends and portioning meals for the week.

Helps prevent “snack grazing” because your main meal stays hot and ready.

Store leftovers properly afterward (don’t keep food on warm for hours beyond safety guidelines).

Final Word on the Functions

Each of these eight functions is powerful on its own, but together they make the PossibleCooker Pro a weight-loss ally. From low-oil stir-fries to perfectly portioned lean proteins, it gives you a variety of cooking methods that keep food healthy, flavorful, and never boring.

How to Set Up Your Ninja Foodi PossibleCooker Pro

Setting up your Ninja Foodi PossibleCooker Pro properly ensures you get the best results, extend the life of your appliance, and keep cooking safe. Here’s everything you need to know before your first recipe.

Unboxing and Initial Checks

Unpack carefully: Remove all plastic, cardboard, and packaging materials.

Check included parts: You should have the main unit, removable cooking pot (non-stick coated), detachable lid, glass lid (if included), and accessories like a utensil or measuring cup (depending on model).

Inspect for damage: Make sure the power cord, plug, and pot are intact with no scratches or dents.

Cleaning Before First Use

Wash removable parts: The cooking pot, lids, and accessories should be washed in warm soapy water, rinsed well, and dried completely.

Wipe the main unit: Use a damp cloth to clean the exterior and heating surface — never submerge the base in water.

Season the pot (optional but useful): Lightly rub the inside with a teaspoon of cooking oil, then wipe off excess with paper towel. This helps protect the non-stick coating.

Placing and Positioning Your Foodi

Flat surface only: Place on a clean, flat, and heat-resistant counter.

Leave clearance: At least 5 inches/12 cm of space around the cooker for proper ventilation.

Keep away from steam-sensitive surfaces: Don't place under cabinets while steaming. Steam vents upward and can damage wood.

Stable environment: Keep away from sinks, open flames, or areas where cords can be pulled.

Power and Safety Setup

Plug directly into a grounded wall outlet (avoid extension cords).

Ensure the power cord is dry, untangled, and out of the way to prevent tripping.

Don't operate with an empty pot — always have food or liquid inside when cooking.

Check the Keep Warm function is off until you are actively cooking.

Understanding the Control Panel

Your PossibleCooker Pro has a simple but versatile control panel. While models vary slightly, here's the common setup:

Function Dial/Buttons: Select between Slow Cook, Braise, Sous Vide, Steam, Bake, Proof, Sear/Sauté, and Keep Warm.

Temperature Controls: Adjust heat level (Low/High for Slow Cook, custom temp for Sous Vide, etc.).

Timer: Set cooking time manually. The cooker will auto-switch to Keep Warm once finished.

Indicator Lights: Show when the unit is heating, cooking, or warming.

Prepping for First Cook

Always add liquid: For Slow Cook, Braise, Steam, or Sous Vide, ensure there's enough broth or water (at least ½ cup unless recipe says otherwise).

Preheat for Sear/Sauté: Let the unit warm up before adding food, just like a stovetop pan.

Use the right lid:

Glass lid for Slow Cook, Steam, Proof, and Keep Warm.

No lid (or removable cover only) for Sear/Sauté.

Sous Vide requires food sealed in a bag, immersed in water.

Temperature probe (if available): Insert into thick cuts of meat for precise doneness.

Care for Non-Stick Pot

Always use silicone, plastic, or wooden utensils — never metal.

Avoid cutting food inside the pot.

Clean gently with a non-abrasive sponge.

If food sticks, soak with warm soapy water before washing.

Post-Cooking Steps

Allow to cool for at least 15–20 minutes before cleaning.

Wash the pot and lid immediately for easy cleanup.

Wipe the heating base only when completely cooled.

Store with the lid slightly ajar to prevent odors.

Weight-Loss Cooking Tips for Setup

Keep oil spray bottles nearby — they let you use less oil while still preventing sticking.

Stock your pantry with broths, herbs, citrus, and spices to flavor without heavy sauces.

Pre-chop vegetables and proteins before loading the cooker for quicker weekday setups.

Always use the portion-friendly containers after cooking — helps prevent overeating when batch cooking.

CHAPTER TWO

WEIGHT LOSS MEAL PLAN

Weight Loss Meal Plan with Calories & Macros

Note:

P stands for Protein

C stands for Carbohydrate

F stands for Fat

Weekly Weight Loss Meal Plan (Repeat for 4 Weeks)

Day	Breakfast	Lunch	Dinner	Daily Total (Calories / Protein / Carbs / Fat)
1	Slow Cooker Apple-Cinnamon Oatmeal (220 / 7P / 38C / 5F)	Garlic Shrimp & Zucchini Noodles (190 / 28P / 6C / 6F)	Braised Lemon-Garlic Chicken Thighs (240 / 27P / 6C / 11F)	650 kcal / 62P / 50C / 22F
2	Egg White & Veggie Scramble (120 / 18P / 6C / 2F)	Slow Cooker Turkey & Lentil Chili (265 / 25P / 30C / 5F)	Sous Vide Salmon with Lemon & Dill (280 / 28P / 0C / 18F)	665 kcal / 71P / 36C / 25F
3	Healthy Banana Oat Muffins (120 / 4P / 24C / 2F)	Steamed Brown Rice & Edamame Bowl (210 / 10P / 36C / 4F)	Braised Beef with Root Vegetables (310 / 31P / 18C / 12F)	640 kcal / 45P / 78C / 18F
4	Sous Vide Egg Bites (95 / 8P / 2C / 6F)	Spicy Chickpea & Spinach Skillet (210 / 10P / 32C / 5F)	Baked Salmon & Veggie Tray (280 / 29P / 8C / 15F)	585 kcal / 47P / 42C / 26F
5	Breakfast Oatmeal Bake with Berries (190 / 6P / 36C / 4F)	Turkey & Spinach Skillet Bowl (210 / 28P / 7C / 8F)	Braised Cod with Tomatoes & Capers (210 / 26P / 9C / 8F)	610 kcal / 60P / 52C / 20F
6	Vegetable Frittata (180 / 15P / 6C / 10F)	Steamed Chicken & Vegetable Dumplings (210 / 17P / 26C / 5F)	Sous Vide Lean Steak with Garlic (260 / 35P / 0C / 12F)	650 kcal / 67P / 32C / 27F
7	Cinnamon Protein Rolls (150 / 9P / 23C / 3F)	Greek Chicken Skillet with Tomatoes & Feta (250 / 28P / 12C / 10F)	Braised Turkey Meatballs in Tomato Sauce (230 / 26P / 12C / 8F)	630 kcal / 63P / 47C / 21F

How to Use This Plan

- Repeat this 7-day cycle for 4 weeks to complete a 30-day meal plan.
- Average daily intake = ~620–670 kcal across 3 meals (before snacks).
- Protein is consistently 50–70g/day, ensuring satiety and muscle preservation.
- Readers can add 1–2 healthy snacks daily if they need to reach 1,200–1,500 kcal for sustainable weight loss.

Weekly Grocery Shopping List

Proteins

- Chicken breast – **6 fillets (~1.2 kg / 2.5 lb)**
- Chicken thighs (skinless) – **4 pieces (~600 g / 1.3 lb)**
- Lean ground turkey – **500 g / 1 lb**
- Lean beef steak or cubes – **400 g / 0.9 lb**
- Salmon fillets – **4 pieces (~600 g / 1.3 lb)**
- Shrimp (peeled & deveined) – **250 g / 0.5 lb**
- Eggs – **12 large**
- Egg whites – **500 ml / 2 cups**
- Greek yogurt (plain, low-fat) – **500 g / 2 cups**
- Feta cheese (light, crumbled) – **½ cup**

Vegetables & Greens

- Zucchini – **3 medium**
- Carrots – **6 medium**
- Broccoli – **2 heads**
- Cauliflower – **1 small head**
- Bell peppers (red/yellow/green) – **4 medium**
- Spinach – **4 cups (fresh)**

- Mushrooms – **250 g / ½ lb**
- Onion – **4 medium**
- Garlic – **8 cloves**
- Celery – **3 stalks**
- Bok choy – **2 small heads**
- Tomatoes (fresh or canned) – **4 medium OR 2 cans (400 g each)**

Starches & Grains

- Rolled oats – **4 cups**
- Brown rice – **2 cups (uncooked)**
- Quinoa – **2 cups (uncooked)**
- Lentils (dried, green or red) – **2 cups**
- Black beans (canned or dried) – **2 cups**
- Dumpling wrappers – **20 pieces**

Fruits

- Apples – **5 medium**
- Berries (blueberries, strawberries, or mixed) – **2 cups (fresh or frozen)**
- Lemon – **3 medium**

Herbs, Spices & Condiments

- Olive oil – **6 tbsp**
- Soy sauce (low sodium) – **3 tbsp**
- Dijon mustard – **1 tbsp**
- Cumin – **2 tsp**
- Paprika (smoked or sweet) – **2 tsp**
- Dried thyme – **2 tsp**

- Dried oregano – **1 tsp**
- Black pepper – **to taste**
- Salt – **to taste or optional**

Bakery & Bread

- Whole wheat flour or bread mix (for rolls/protein breads) – **2 cups**
- Almond flour – **1 cup**

Dairy & Alternatives

- Low-fat milk OR almond milk – **2 cups**
- Cottage cheese (low-fat) – **½ cup**

Note:

- This list supports **7 full days (Breakfast, Lunch, Dinner)** from the weekly plan.
- Quantities assume **1 person**; multiply for more people.
- Pantry staples (olive oil, spices, flour, oats, rice, beans) may last beyond one week.
- Flexible: swap veggies (e.g., zucchini → green beans) or proteins (shrimp → tofu) without changing nutrition much.

CHAPTER THREE

SLOW COOK RECIPES

Slow Cooker Chicken & Vegetable Stew

Servings: 6

Prep Time: 15 minutes

Cook Time: 6–7 hours (Low) or 3–4 hours (High)

Function: Slow Cook (Low or High)

Ingredients

- 500 g (1 lb) skinless chicken breast, cut into cubes
- 2 medium carrots, sliced
- 2 celery stalks, chopped
- 1 medium onion, diced
- 2 medium potatoes, cubed (or swap for sweet potato)
- 1 cup green beans, trimmed
- 3 garlic cloves, minced
- 1 bay leaf
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 tsp paprika
- 1.2 Liters (5 cups) low-sodium chicken broth
- ½ tsp salt (optional)

- ½ tsp black pepper

Directions

1. Add chicken, vegetables, and garlic to the Ninja Foodi cooking pot.
2. Sprinkle in thyme, parsley, paprika, salt, and pepper. Mix lightly.
3. Pour in chicken broth. Stir to combine.
4. Place the glass lid on the cooker.
5. Select **Slow Cook** → **Low** for 6–7 hours or **High** for 3–4 hours, until chicken is cooked and vegetables are tender.
6. Remove bay leaf before serving.

Nutrition (per serving)

- Calories: 220
- Protein: 26 g
- Carbohydrates: 21 g
- Fat: 4 g
- Fiber: 4 g

Slow Cooker Turkey & Lentil Chili

Servings: 6

Prep Time: 20 minutes

Cook Time: 7–8 hours (Low) or 4–5 hours (High)

Function: Slow Cook (Low or High)

Ingredients

- 450 g (1 lb) lean ground turkey (breast preferred)
- 1 large onion, chopped
- 2 garlic cloves, minced
- 2 bell peppers, diced
- 1 cup dry brown lentils (rinsed)
- 1 can (400 g) chopped tomatoes, no added salt
- 2 cups low-sodium chicken or vegetable broth
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp oregano
- ½ tsp salt (optional)
- ½ tsp black pepper

Directions

1. Select **Sear/Sauté** → **High**. Spray pot lightly with oil and brown turkey with onion and garlic (5–6 minutes).
2. Add peppers, lentils, tomatoes, broth, and all seasonings. Stir well.
3. Switch to **Slow Cook** → **Low** for 7–8 hours or **High** for 4–5 hours, until lentils are tender and chili has thickened.
4. Stir before serving. Optional: garnish with fresh coriander.

Nutrition (per serving)

- Calories: 265
- Protein: 25 g
- Carbohydrates: 30 g
- Fat: 5 g
- Fiber: 8 g

Slow Cooker Vegetable & Bean Soup

Servings: 8

Prep Time: 15 minutes

Cook Time: 6 hours (Low) or 3 hours (High)

Function: Slow Cook (Low or High)

Ingredients

- 2 medium carrots, diced
- 2 celery stalks, chopped
- 1 medium zucchini, diced
- 1 cup cabbage, shredded
- 1 medium onion, chopped
- 1 can (400 g) cannellini beans, rinsed & drained
- 1 can (400 g) kidney beans, rinsed & drained
- 1 can (400 g) chopped tomatoes, no added salt
- 1.5 L (6 cups) low-sodium vegetable broth
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ½ tsp salt (optional)
- ½ tsp black pepper

Directions

1. Add all ingredients to the Ninja Foodi cooking pot. Stir to combine.
2. Place the glass lid on.
3. Select **Slow Cook** → **Low** for 6 hours or **High** for 3 hours, until vegetables are tender.
4. Taste and adjust seasoning before serving.

Nutrition (per serving)

- Calories: 190
- Protein: 10 g
- Carbohydrates: 34 g
- Fat: 2 g
- Fiber: 9 g

Slow Cooker Moroccan Chickpea Stew (Vegan)

Servings: 6

Prep Time: 15 minutes

Cook Time: 6–7 hours (Low) or 3–4 hours (High)

Function: Slow Cook (Low or High)

Ingredients

- 2 cans (400 g each) chickpeas, rinsed & drained
- 1 large sweet potato, cubed
- 1 red bell pepper, chopped
- 1 zucchini, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can (400 g) chopped tomatoes
- 2 cups low-sodium vegetable broth
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp ground cinnamon
- ½ tsp turmeric
- ½ tsp salt (optional)
- ½ tsp black pepper
- Fresh coriander for garnish

Directions

1. Place all ingredients (except garnish) into the cooking pot. Stir well.
2. Cover with glass lid.
3. Select **Slow Cook** → **Low** for 6–7 hours or **High** for 3–4 hours, until sweet potatoes are tender.
4. Garnish with coriander before serving.

Nutrition (per serving)

- Calories: 240
- Protein: 11 g
- Carbohydrates: 45 g
- Fat: 4 g
- Fiber: 10 g

Slow Cooker Mediterranean Chicken with Olives

Servings: 6

Prep Time: 15 minutes

Cook Time: 6–7 hours (Low) or 3–4 hours (High)

Function: Slow Cook

Ingredients

- 700 g (1.5 lbs) skinless chicken thighs, trimmed
- 1 large onion, sliced
- 2 garlic cloves, minced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 can (400 g) chopped tomatoes, no added salt
- ½ cup (120 g) pitted green olives, halved
- 1 tbsp tomato paste
- 1 tsp dried oregano
- 1 tsp smoked paprika
- ½ tsp black pepper
- ½ tsp salt (optional)
- Fresh parsley, chopped (for garnish)

Directions

1. Layer chicken, onion, garlic, and peppers into the cooking pot.
2. Add tomatoes, tomato paste, olives, oregano, paprika, salt, and pepper. Stir gently.
3. Cover with glass lid.
4. Select **Slow Cook** → **Low** for 6–7 hours or **High** for 3–4 hours.
5. Stir before serving, garnish with fresh parsley.

Nutrition (per serving)

- Calories: 275
- Protein: 29 g
- Carbohydrates: 9 g
- Fat: 13 g
- Fiber: 3 g

Slow Cooker Beef & Barley Soup

Servings: 8

Prep Time: 20 minutes

Cook Time: 7–8 hours (Low) or 4–5 hours (High)

Function: Slow Cook

Ingredients

- 500 g (1 lb) lean beef stew meat, trimmed and cubed
- 1 large onion, chopped
- 2 carrots, diced
- 2 celery stalks, chopped
- 1 cup pearl barley, rinsed
- 1 can (400 g) chopped tomatoes
- 6 cups low-sodium beef broth
- 2 garlic cloves, minced
- 1 tsp dried thyme
- 1 bay leaf
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Add all ingredients into the Ninja Foodi cooking pot. Stir well.
2. Cover with glass lid.
3. Select **Slow Cook** → **Low** for 7–8 hours or **High** for 4–5 hours.
4. Remove bay leaf before serving.

Nutrition (per serving)

- Calories: 260
- Protein: 22 g
- Carbohydrates: 28 g
- Fat: 7 g
- Fiber: 5 g

Slow Cooker Thai Coconut Lentil Curry (Vegan)

Servings: 6

Prep Time: 15 minutes

Cook Time: 6 hours (Low) or 3–4 hours (High)

Function: Slow Cook

Ingredients

- 1 cup dry red lentils, rinsed
- 1 can (400 g) chickpeas, rinsed & drained
- 1 medium sweet potato, cubed
- 1 red bell pepper, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 1 can (400 ml) light coconut milk
- 1 can (400 g) chopped tomatoes
- 2 cups low-sodium vegetable broth
- 2 tbsp red curry paste
- 1 tsp ground turmeric
- ½ tsp black pepper
- Fresh coriander, for garnish

Directions

1. Place all ingredients into the cooking pot. Stir well.
2. Cover with glass lid.
3. Select **Slow Cook** → **Low** for 6 hours or **High** for 3–4 hours, until lentils are tender.
4. Garnish with coriander before serving.

Nutrition (per serving)

- Calories: 290
- Protein: 12 g
- Carbohydrates: 45 g
- Fat: 8 g
- Fiber: 10 g

Slow Cooker Mexican Black Bean Soup

Servings: 6

Prep Time: 15 minutes

Cook Time: 6–7 hours (Low) or 3–4 hours (High)

Function: Slow Cook

Ingredients

- 2 cans (400 g each) black beans, rinsed & drained
- 1 can (400 g) chopped tomatoes
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 red bell pepper, diced
- 1 medium carrot, chopped
- 1 jalapeño, seeded & minced (optional)
- 4 cups low-sodium vegetable broth
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp smoked paprika
- ½ tsp salt (optional)
- ½ tsp black pepper
- Juice of 1 lime
- Fresh coriander for garnish

Directions

1. Add all ingredients (except lime juice & coriander) to the Ninja Foodi cooking pot. Stir well.
2. Cover with glass lid.
3. Select **Slow Cook** → **Low** for 6–7 hours or **High** for 3–4 hours.
4. Stir in lime juice just before serving. Garnish with coriander.

Nutrition (per serving)

- Calories: 230
- Protein: 12 g
- Carbohydrates: 41 g
- Fat: 3 g
- Fiber: 12 g

Slow Cooker Stuffed Peppers (Light Version)

Servings: 4

Prep Time: 20 minutes

Cook Time: 6 hours (Low) or 3 hours (High)

Function: Slow Cook

Ingredients

- 4 large bell peppers, tops removed & seeds discarded
- 250 g (½ lb) lean ground turkey or chicken
- ½ cup cooked quinoa
- 1 small onion, finely chopped
- 1 carrot, grated
- 1 zucchini, grated
- 1 garlic clove, minced
- 1 tsp Italian seasoning
- 1 can (400 g) chopped tomatoes (reserve half)
- ½ tsp salt (optional)
- ½ tsp black pepper

Directions

1. In a bowl, mix turkey, quinoa, onion, carrot, zucchini, garlic, seasoning, salt, and pepper.
2. Stuff each bell pepper with the mixture.
3. Place peppers upright in the cooking pot. Pour half of the tomatoes around them.
4. Cover with glass lid.
5. Select **Slow Cook** → **Low** for 6 hours or **High** for 3 hours.
6. Spoon some of the tomato sauce over peppers before serving.

Nutrition (per serving)

- Calories: 240
- Protein: 22 g
- Carbohydrates: 25 g
- Fat: 6 g
- Fiber: 6 g

Slow Cooker Apple-Cinnamon Oatmeal (Breakfast)

Servings: 4

Prep Time: 10 minutes

Cook Time: 6 hours (Low) or 3 hours (High)

Function: Slow Cook

Ingredients

- 1 cup steel-cut oats
- 2 medium apples, diced
- 3 cups unsweetened almond milk (or skim milk)
- 1 cup water
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 1 tbsp chia seeds
- 1 tbsp maple syrup (optional, or use stevia for fewer calories)

Directions

1. Add oats, apples, milk, water, cinnamon, vanilla, chia seeds, and sweetener (if using) to the pot. Stir well.
2. Cover with glass lid.
3. Select **Slow Cook** → **Low** for 6 hours or **High** for 3 hours. Stir before serving.
4. Optional: top with berries or a teaspoon of nut butter.

Nutrition (per serving)

- Calories: 210
- Protein: 6 g
- Carbohydrates: 38 g
- Fat: 4 g

Fiber: 7 g

CHAPTER FOUR

SEAR/SAUTE RECIPES

Garlic Shrimp & Zucchini Noodles

Servings: 4

Prep Time: 10 minutes

Cook Time: 12 minutes

Function: Sear/Sauté (High & Low)

Ingredients

- 500 g (1 lb) raw shrimp, peeled & deveined
- 3 medium zucchinis, spiralized into noodles
- 2 garlic cloves, minced
- 1 tbsp olive oil (or spray)
- Juice of 1 lemon
- ½ tsp chili flakes (optional)
- ½ tsp salt
- ½ tsp black pepper
- Fresh parsley for garnish

Directions

1. Select **Sear/Sauté** → **High**. Heat olive oil and add garlic. Sauté for 1 minute.
2. Add shrimp, salt, pepper, and chili flakes. Cook for 3–4 minutes until pink. Remove shrimp and set aside.
3. Switch to **Sear/Sauté** → **Low**. Add zucchini noodles and cook for 2–3 minutes, tossing gently until just tender.
4. Return shrimp, squeeze lemon juice over, and stir to combine.
5. Garnish with parsley and serve immediately.

Nutrition (per serving)

- Calories: 190
- Protein: 28 g
- Carbohydrates: 6 g
- Fat: 6 g
- Fiber: 2 g

Chicken & Vegetable Stir-Fry

Servings: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Function: Sear/Sauté (High & Low)

Ingredients

- 400 g (14 oz) chicken breast, sliced thinly
- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 carrot, julienned
- 1 onion, sliced
- 2 garlic cloves, minced
- 2 tbsp low-sodium soy sauce
- 1 tbsp oyster sauce (optional)
- 1 tsp sesame oil
- 1 tsp cornstarch + 2 tbsp water (slurry)
- Olive oil spray

Directions

1. Select **Sear/Sauté** → **High**. Spray pot with oil. Add chicken, cook 5–6 minutes until lightly browned. Remove and set aside.
2. Add onion, garlic, carrot, broccoli, and bell pepper. Stir-fry 3–4 minutes.
3. Return chicken. Add soy sauce, oyster sauce (if using), sesame oil. Stir well.
4. Switch to **Sear/Sauté** → **Low**. Stir in cornstarch slurry to thicken sauce (1–2 minutes).
5. Serve hot over brown rice or cauliflower rice for weight loss.

Nutrition (per serving, without rice)

- Calories: 240
- Protein: 27 g
- Carbohydrates: 10 g
- Fat: 9 g
- Fiber: 3 g

Turkey & Spinach Skillet Bowl

Servings: 4

Prep Time: 10 minutes

Cook Time: 18 minutes

Function: Sear/Sauté (High & Low)

Ingredients

- 450 g (1 lb) lean ground turkey
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 cups baby spinach
- 1 zucchini, grated
- 1 red bell pepper, diced
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp black pepper
- ½ tsp salt (optional)
- Olive oil spray

Directions

1. Select **Sear/Sauté** → **High**. Spray pot, add turkey, onion, and garlic. Cook 5–6 minutes until browned.
2. Stir in zucchini and red bell pepper. Cook another 3 minutes.
3. Add paprika, cumin, salt, and pepper. Stir well.
4. Switch to **Sear/Sauté** → **Low**, fold in spinach, and cook 2 minutes until wilted.
5. Serve hot with quinoa, brown rice, or as a filling for lettuce wraps.

Nutrition (per serving)

- Calories: 210
- Protein: 28 g
- Carbohydrates: 7 g
- Fat: 8 g
- Fiber: 2 g

Sautéed Garlic Green Beans & Mushrooms (Side Dish)

Servings: 4

Prep Time: 8 minutes

Cook Time: 12 minutes

Function: Sear/Sauté (High & Low)

Ingredients

- 300 g (10 oz) fresh green beans, trimmed
- 200 g (7 oz) mushrooms, sliced
- 3 garlic cloves, minced
- 1 tbsp olive oil (or spray)
- ½ tsp black pepper
- ½ tsp salt (optional)
- 1 tbsp low-sodium soy sauce (optional, for flavor boost)

Directions

1. Select **Sear/Sauté** → **High**. Add olive oil and garlic, sauté 1 minute.
2. Add mushrooms and green beans, stir-fry 5–6 minutes until tender-crisp.
3. Switch to **Sear/Sauté** → **Low**. Add soy sauce (if using), salt, and pepper. Cook 2 minutes more.
4. Serve immediately as a side or over whole grains.

Nutrition (per serving)

- Calories: 95
- Protein: 4 g
- Carbohydrates: 10 g
- Fat: 4 g
- Fiber: 4 g

Lean Beef & Broccoli Stir-Fry

Servings: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Function: Sear/Sauté (High & Low)

Ingredients

- 400 g (14 oz) lean flank steak, sliced thinly
- 2 cups broccoli florets
- 1 small onion, sliced
- 2 garlic cloves, minced
- 2 tbsp low-sodium soy sauce
- 1 tbsp oyster sauce (optional)
- 1 tsp cornstarch + 2 tbsp water (slurry)
- ½ tsp black pepper
- Olive oil spray

Directions

1. Select **Sear/Sauté** → **High**. Spray pot lightly. Add beef, sear 3–4 minutes until browned. Remove.
2. Add onion, garlic, and broccoli. Stir-fry 3–4 minutes.
3. Return beef, add soy sauce, oyster sauce (if using), and pepper. Stir well.
4. Switch to **Sear/Sauté** → **Low**, stir in cornstarch slurry, and cook 2 minutes until sauce thickens.
5. Serve with cauliflower rice for a lighter option.

Nutrition (per serving, without rice)

- Calories: 260
- Protein: 29 g
- Carbohydrates: 10 g
- Fat: 11 g
- Fiber: 3 g

Egg White & Veggie Scramble (Breakfast)

Servings: 2

Prep Time: 8 minutes

Cook Time: 7 minutes

Function: Sear/Sauté (Low)

Ingredients

- 1 cup egg whites (or 6 whites)
- ½ cup diced tomatoes
- ½ cup spinach
- ¼ cup diced onion
- ¼ cup bell pepper, chopped
- ½ tsp black pepper
- ½ tsp salt (optional)
- Olive oil spray

Directions

1. Select **Sear/Sauté** → **Low**. Spray pot lightly. Add onion and bell pepper, cook 2 minutes.
2. Add tomatoes and spinach, stir until spinach wilts.
3. Pour in egg whites, season with salt and pepper. Stir gently until set (4–5 minutes).
4. Serve immediately.

Nutrition (per serving)

- Calories: 120
- Protein: 18 g
- Carbohydrates: 6 g
- Fat: 2 g
- Fiber: 2 g

Spicy Chickpea & Spinach Skillet (Vegan)

Servings: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Function: Sear/Sauté (High & Low)

Ingredients

- 2 cans (400 g each) chickpeas, drained & rinsed
- 2 cups spinach
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp chili powder
- ½ tsp black pepper
- ½ tsp salt (optional)
- ½ cup low-sodium vegetable broth
- Olive oil spray

Directions

1. Select **Sear/Sauté** → **High**. Spray pot lightly. Add onion and garlic, cook 3 minutes.
2. Stir in chickpeas and spices. Cook 4 minutes until fragrant.
3. Switch to **Sear/Sauté** → **Low**. Add broth and spinach. Simmer 3–4 minutes until spinach wilts.
4. Serve warm with quinoa or whole wheat pita.

Nutrition (per serving)

- Calories: 210
- Protein: 10 g
- Carbohydrates: 32 g
- Fat: 5 g
- Fiber: 8 g

Turkey & Cauliflower Rice Skillet

Servings: 4

Prep Time: 12 minutes

Cook Time: 15 minutes

Function: Sear/Sauté (High & Low)

Ingredients

- 450 g (1 lb) lean ground turkey
- 2 cups cauliflower rice
- 1 medium zucchini, grated
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp salt (optional)
- ½ tsp black pepper
- Olive oil spray

Directions

1. Select **Sear/Sauté** → **High**. Spray pot, add turkey and garlic. Cook 6–7 minutes until browned.
2. Add zucchini and bell pepper. Cook 3 minutes.
3. Switch to **Sear/Sauté** → **Low**, stir in cauliflower rice and spices. Cook 5 minutes until heated through.
4. Serve hot as a light main dish.

Nutrition (per serving)

- Calories: 220
- Protein: 28 g
- Carbohydrates: 10 g
- Fat: 9 g
- Fiber: 3 g

Lemon-Garlic Salmon & Asparagus

Servings: 2

Prep Time: 8 minutes

Cook Time: 12 minutes

Function: Sear/Sauté (High & Low)

Ingredients

- 2 salmon fillets (~150 g each)
- 1 bunch asparagus, trimmed
- 2 garlic cloves, minced
- Juice of 1 lemon
- 1 tsp olive oil
- ½ tsp black pepper
- ½ tsp salt (optional)
- Fresh parsley, chopped (for garnish)

Directions

1. Select **Sear/Sauté** → **High**. Heat olive oil. Add salmon, skin side down, sear 3–4 minutes per side. Remove and set aside.
2. Add garlic and asparagus. Cook 3 minutes until crisp-tender.
3. Switch to **Sear/Sauté** → **Low**, return salmon to pot, drizzle with lemon juice. Cook 2–3 minutes to finish.
4. Garnish with parsley before serving.

Nutrition (per serving)

- Calories: 280
- Protein: 28 g
- Carbohydrates: 5 g
- Fat: 16 g
- Fiber: 2 g

Greek Chicken Skillet with Tomatoes & Feta

Servings: 4

Prep Time: 12 minutes

Cook Time: 18 minutes

Function: Sear/Sauté (High & Low)

Ingredients

- 450 g (1 lb) chicken breast, cut into strips
- 1 medium onion, sliced
- 2 garlic cloves, minced
- 1 red bell pepper, sliced
- 1 zucchini, diced
- 1 can (400 g) chopped tomatoes, no added salt
- 1 tsp dried oregano
- ½ tsp black pepper
- ½ tsp salt (optional)
- ¼ cup reduced-fat feta cheese, crumbled
- Olive oil spray
- Fresh parsley, for garnish

Directions

1. Select **Sear/Sauté** → **High**. Spray pot. Add chicken, cook 5–6 minutes until lightly browned. Remove and set aside.
2. Add onion, garlic, bell pepper, and zucchini. Cook 4 minutes until softened.
3. Stir in tomatoes, oregano, salt, and pepper. Return chicken to pot.
4. Switch to **Sear/Sauté** → **Low**. Simmer 5–6 minutes until chicken is fully cooked.
5. Sprinkle with feta and parsley before serving.

Nutrition (per serving)

- Calories: 240
- Protein: 28 g
- Carbohydrates: 11 g
- Fat: 9 g
- Fiber: 3 g

CHAPTER FIVE

BRAISE RECIPES

Braised Lemon-Garlic Chicken Thighs

Servings: 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Function: Braise

Ingredients

- 4 skinless chicken thighs (bone-in, trimmed of fat)
- 1 tbsp olive oil
- 1 medium onion, sliced
- 3 garlic cloves, minced
- 1 lemon (juice + zest)
- 1 cup (240 ml) low-sodium chicken broth
- 1 tsp dried thyme
- ½ tsp paprika
- ½ tsp black pepper
- ½ tsp salt (optional)
- Fresh parsley for garnish

Directions

1. Select **Sear/Sauté** → **High**. Heat oil, add chicken, sear 3–4 minutes per side until golden. Remove.
2. Add onion and garlic, sauté 2 minutes until softened.
3. Stir in broth, lemon juice + zest, thyme, paprika, salt, and pepper.
4. Return chicken to pot, cover, switch to **Braise** setting. Cook 25–30 minutes until chicken is tender.
5. Garnish with parsley before serving.

Nutrition (per serving)

- Calories: 240
- Protein: 27 g
- Carbohydrates: 6 g
- Fat: 11 g
- Fiber: 1 g

Braised Beef with Root Vegetables

Servings: 6

Prep Time: 15 minutes

Cook Time: 1 hour

Function: Braise

Ingredients

- 700 g (1.5 lbs) lean beef stew meat, trimmed
- 2 carrots, chopped
- 2 parsnips, chopped
- 2 small potatoes, cubed
- 1 onion, sliced
- 2 garlic cloves, minced
- 1 tbsp tomato paste
- 1 cup (240 ml) low-sodium beef broth
- 1 tsp dried rosemary
- 1 tsp dried thyme
- ½ tsp black pepper
- ½ tsp salt (optional)
- Olive oil spray

Directions

1. Select **Sear/Sauté** → **High**. Spray pot, sear beef in batches 5 minutes until browned. Remove.
2. Add onion and garlic, sauté 3 minutes.
3. Stir in tomato paste, broth, rosemary, thyme, salt, and pepper. Mix well.
4. Add beef back with carrots, parsnips, and potatoes.
5. Cover and switch to **Braise**. Cook 45–55 minutes until beef and vegetables are tender.

Nutrition (per serving)

- Calories: 310
- Protein: 31 g
- Carbohydrates: 18 g
- Fat: 12 g
- Fiber: 4 g

Braised Mediterranean Eggplant & Chickpeas (Vegan)

Servings: 4

Prep Time: 12 minutes

Cook Time: 40 minutes

Function: Braise

Ingredients

- 1 large eggplant, diced
- 1 red bell pepper, chopped
- 1 zucchini, diced
- 1 can (400 g) chickpeas, rinsed & drained
- 1 can (400 g) chopped tomatoes
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp cinnamon
- ½ tsp salt (optional)
- ½ tsp black pepper
- ½ cup low-sodium vegetable broth
- Olive oil spray

Directions

1. Select **Sear/Sauté** → **High**. Spray pot, add onion and garlic, cook 2 minutes.
2. Add eggplant, pepper, and zucchini. Cook 5 minutes until lightly browned.
3. Stir in tomatoes, broth, chickpeas, cumin, paprika, cinnamon, salt, and pepper.
4. Cover and switch to **Braise**. Cook 30 minutes until vegetables are soft and flavors blend.
5. Serve with fresh parsley or over quinoa.

Nutrition (per serving)

- Calories: 220
- Protein: 9 g
- Carbohydrates: 37 g
- Fat: 5 g
- Fiber: 11 g

Braised Salmon with Tomatoes & Olives

Servings: 2

Prep Time: 8 minutes

Cook Time: 20 minutes

Function: Braise

Ingredients

- 2 salmon fillets (~150 g each)
- 1 small onion, sliced
- 2 garlic cloves, minced
- 1 can (200 g) chopped tomatoes
- ½ cup low-sodium vegetable broth
- ¼ cup pitted black olives, halved
- 1 tsp dried basil
- ½ tsp salt (optional)
- ½ tsp black pepper
- 1 tsp olive oil

Directions

1. Select **Sear/Sauté** → **High**. Heat oil, sear salmon 2 minutes per side. Remove.
2. Add onion and garlic, cook 2 minutes.
3. Stir in tomatoes, broth, olives, basil, salt, and pepper. Bring to a simmer.
4. Return salmon, cover, switch to **Braise**. Cook 12–15 minutes until salmon is tender.
5. Serve with steamed vegetables or cauliflower rice.

Nutrition (per serving)

- Calories: 280
- Protein: 27 g
- Carbohydrates: 9 g
- Fat: 16 g
- Fiber: 2 g

Braised Turkey Meatballs in Tomato Sauce

Servings: 6

Prep Time: 20 minutes

Cook Time: 40 minutes

Function: Braise

Ingredients

- 450 g (1 lb) lean ground turkey
- 1 small onion, grated
- 2 garlic cloves, minced
- ½ cup oats (blended into crumbs)
- 1 egg, beaten
- 1 tsp dried oregano
- ½ tsp black pepper
- ½ tsp salt (optional)
- 1 can (400 g) chopped tomatoes
- 1 cup (240 ml) low-sodium chicken broth
- 1 tbsp tomato paste
- Fresh basil for garnish

Directions

1. In a bowl, mix turkey, onion, garlic, oats, egg, oregano, salt, and pepper. Form 12–14 small meatballs.
2. Place tomatoes, broth, and tomato paste into the pot. Stir well.
3. Add meatballs gently into the sauce.
4. Cover and set to **Braise** for 35–40 minutes until meatballs are cooked through.
5. Garnish with fresh basil before serving.

Nutrition (per serving, ~2 meatballs with sauce)

- Calories: 230
- Protein: 26 g
- Carbohydrates: 12 g
- Fat: 8 g
- Fiber: 3 g

Braised Cabbage with Carrots & Apples (Side Dish)

Servings: 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Function: Braise

Ingredients

- ½ medium green cabbage, shredded
- 2 medium carrots, julienned
- 1 apple, peeled & thinly sliced
- ½ cup (120 ml) low-sodium vegetable broth
- 2 tsp apple cider vinegar
- ½ tsp ground cinnamon
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Add cabbage, carrots, apple, broth, vinegar, cinnamon, salt, and pepper to the pot.
2. Stir lightly and cover.
3. Select **Braise** and cook 30–35 minutes until vegetables are tender.
4. Serve warm as a light, nutrient-dense side dish.

Nutrition (per serving)

- Calories: 95
- Protein: 2 g
- Carbohydrates: 21 g
- Fat: 1 g
- Fiber: 5 g

Braised Chicken with Mushrooms & Spinach

Servings: 4

Prep Time: 12 minutes

Cook Time: 40 minutes

Function: Braise

Ingredients

- 450 g (1 lb) chicken breast, sliced into strips
- 200 g (7 oz) mushrooms, sliced
- 2 cups spinach
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 cup (240 ml) low-sodium chicken broth
- ½ tsp dried thyme
- ½ tsp black pepper
- Olive oil spray

Directions

1. Select **Sear/Sauté** → **High**. Spray pot, sear chicken for 3–4 minutes until lightly golden. Remove.
2. Add onion, garlic, and mushrooms. Cook 3 minutes.
3. Return chicken, add broth, thyme, and pepper. Cover.
4. Switch to **Braise** for 30 minutes.
5. Add spinach in last 5 minutes, stir until wilted.

Nutrition (per serving)

- Calories: 210
- Protein: 28 g
- Carbohydrates: 7 g
- Fat: 7 g
- Fiber: 2 g

Braised Lentils with Tomatoes & Herbs (Vegan)

Servings: 6

Prep Time: 10 minutes

Cook Time: 45 minutes

Function: Braise

Ingredients

- 1 cup dry green lentils, rinsed
- 1 can (400 g) chopped tomatoes
- 2 cups (480 ml) low-sodium vegetable broth
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 carrot, diced
- 1 tsp dried basil
- 1 tsp oregano
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Add all ingredients into the cooking pot. Stir well.
2. Cover and select **Braise**. Cook 40–45 minutes until lentils are tender.
3. Taste and adjust seasoning before serving.

Nutrition (per serving)

- Calories: 200
- Protein: 11 g
- Carbohydrates: 34 g
- Fat: 2 g
- Fiber: 11 g

Braised Cod with Tomatoes & Capers

Servings: 2

Prep Time: 8 minutes

Cook Time: 20 minutes

Function: Braise

Ingredients

- 2 cod fillets (~150 g each)
- 1 small onion, sliced
- 2 garlic cloves, minced
- 1 can (200 g) chopped tomatoes
- ½ cup (120 ml) low-sodium vegetable broth
- 1 tbsp capers, rinsed
- 1 tsp dried oregano
- ½ tsp black pepper
- 1 tsp olive oil

Directions

1. Select **Sear/Sauté** → **High**. Heat oil, sear cod 1 minute per side. Remove.
2. Add onion and garlic, sauté 2 minutes.
3. Stir in tomatoes, broth, capers, oregano, and pepper.
4. Return cod, cover, switch to **Braise**. Cook 12–15 minutes until fish flakes.
5. Serve with steamed broccoli or whole grains.

Nutrition (per serving)

- Calories: 210
- Protein: 26 g
- Carbohydrates: 9 g
- Fat: 8 g
- Fiber: 2 g

Braised Chicken & Quinoa with Vegetables

Servings: 4

Prep Time: 15 minutes

Cook Time: 45 minutes

Function: Braise

Ingredients

- 2 chicken breasts, cubed
- 1 cup quinoa, rinsed
- 1 medium zucchini, diced
- 1 red bell pepper, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups (480 ml) low-sodium chicken broth
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp black pepper
- ½ tsp salt (optional)
- Olive oil spray

Directions

1. Select **Sear/Sauté** → **High**. Spray pot, sear chicken for 4 minutes. Remove.
2. Add onion, garlic, zucchini, and bell pepper. Cook 3 minutes.
3. Stir in quinoa, broth, paprika, cumin, salt, and pepper. Return chicken.
4. Cover and switch to **Braise**. Cook 35–40 minutes until quinoa is fluffy and chicken is tender.

Nutrition (per serving)

- Calories: 290
- Protein: 28 g
- Carbohydrates: 28 g
- Fat: 8 g
- Fiber: 5 g

CHAPTER SIX

STEAM RECIPES

Steamed Ginger-Garlic Fish with Vegetables

Servings: 2

Prep Time: 10 minutes

Cook Time: 12–15 minutes

Function: Steam

Ingredients

- 2 white fish fillets (cod, tilapia, or haddock, ~150 g each)
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame oil (optional)
- 1-inch fresh ginger, julienned
- 2 garlic cloves, thinly sliced
- 1 small broccoli head, cut into florets
- 1 medium carrot, sliced thin
- ½ red bell pepper, sliced
- Lemon wedges for serving

Directions

1. Pour 2 cups water into the cooking pot. Place steaming rack inside.
2. Place fish on parchment or steaming tray, drizzle soy sauce + sesame oil, top with ginger and garlic.
3. Arrange broccoli, carrot, and bell pepper around fish.
4. Select Steam, cover with glass lid, cook 12–15 minutes until fish flakes easily.
5. Serve hot with lemon wedges.

Nutrition (per serving)

- Calories: 190
- Protein: 28 g
- Carbohydrates: 9 g
- Fat: 4 g
- Fiber: 3 g

Steamed Chicken & Vegetable Dumplings

Servings: 4 (makes ~20 dumplings)

Prep Time: 25 minutes

Cook Time: 12 minutes

Function: Steam

Ingredients

- 250 g (½ lb) ground chicken breast
- 1 cup shredded cabbage
- ½ cup grated carrot
- 2 garlic cloves, minced
- 1 tsp fresh ginger, grated
- 1 tbsp low-sodium soy sauce
- 20 small dumpling wrappers (round)
- Olive oil spray (to prevent sticking)

Directions

1. In a bowl, mix chicken, cabbage, carrot, garlic, ginger, and soy sauce.
2. Place 1 tsp filling in each wrapper, fold edges, and pinch to seal.
3. Pour 2 cups water into pot, place dumplings on steaming rack (sprayed lightly with oil to prevent sticking).
4. Select Steam, cover, and cook 10–12 minutes until chicken filling is fully cooked.
5. Serve with light soy sauce or vinegar dipping sauce.

Nutrition (per serving, 5 dumplings)

- Calories: 210
- Protein: 17 g
- Carbohydrates: 26 g
- Fat: 5 g
- Fiber: 2 g

Steamed Broccoli & Cauliflower with Lemon

Servings: 4 (side dish)

Prep Time: 5 minutes

Cook Time: 6 minutes

Function: Steam

Ingredients

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 tbsp lemon juice
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Pour 2 cups water into the pot, insert steaming rack.
2. Place broccoli and cauliflower on the rack.
3. Select Steam, cover, and cook 5–6 minutes until tender-crisp.
4. Sprinkle with lemon juice, season with pepper and salt.

Nutrition (per serving)

- Calories: 55
- Protein: 4 g
- Carbohydrates: 10 g
- Fat: 0 g
- Fiber: 4 g

Steamed Brown Rice & Edamame Bowl

Servings: 4

Prep Time: 5 minutes

Cook Time: 30 minutes

Function: Steam

Ingredients

- 1 cup brown rice, rinsed
- 1½ cups water (for rice)
- 1 cup shelled edamame (fresh or frozen)
- 1 tbsp low-sodium soy sauce
- ½ tsp sesame seeds (optional)

Directions

1. Place rice and 1½ cups water in a heatproof bowl that fits inside steaming rack.
2. Pour 2 cups water into Ninja Foodi pot, place rack inside.
3. Select Steam, cover, and cook 25–30 minutes until rice is fluffy.
4. In last 5 minutes, add edamame on top of rice to steam together.
5. Fluff rice, drizzle soy sauce, sprinkle sesame seeds.

Nutrition (per serving)

- Calories: 210
- Protein: 10 g
- Carbohydrates: 36 g
- Fat: 4 g
- Fiber: 6 g

Steamed Chicken Breast with Asparagus

Servings: 2

Prep Time: 8 minutes

Cook Time: 15–18 minutes

Function: Steam

Ingredients

- 2 skinless chicken breasts (~150 g each)
- 1 bunch asparagus, trimmed
- 1 garlic clove, minced
- 1 tbsp lemon juice
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Pour 2 cups water into the pot, insert steaming rack.
2. Season chicken with garlic, lemon, salt, and pepper.
3. Place chicken on steaming rack. After 8 minutes of steaming, add asparagus.
4. Select Steam, cover, cook total of 15–18 minutes until chicken is 75°C/165°F internally.
5. Serve hot with extra lemon juice.

Nutrition (per serving)

- Calories: 220
- Protein: 37 g
- Carbohydrates: 5 g
- Fat: 5 g
- Fiber: 2 g

Asian-Style Steamed Salmon with Bok Choy

Servings: 2

Prep Time: 10 minutes

Cook Time: 12 minutes

Function: Steam

Ingredients

- 2 salmon fillets (~150 g each)
- 2 heads baby bok choy, halved
- 1 tbsp low-sodium soy sauce
- 1 tsp sesame oil (optional)
- 1 garlic clove, minced
- ½ tsp grated fresh ginger

Directions

1. Pour 2 cups water into the pot, insert steaming rack.
2. Place salmon on parchment, drizzle soy sauce + sesame oil, sprinkle garlic and ginger.
3. Arrange bok choy beside salmon.
4. Select Steam, cover, and cook 10–12 minutes until salmon flakes.
5. Serve immediately.

Nutrition (per serving)

- Calories: 280
- Protein: 29 g
- Carbohydrates: 6 g
- Fat: 15 g
- Fiber: 2 g

Steamed Mixed Vegetables with Sesame

Servings: 4 (side dish)

Prep Time: 8 minutes

Cook Time: 7–8 minutes

Function: Steam

Ingredients

- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup snow peas
- 1 red bell pepper, sliced
- 1 tsp sesame oil (optional)
- 1 tbsp sesame seeds
- 1 tbsp low-sodium soy sauce

Directions

1. Pour 2 cups water into pot, insert steaming rack.
2. Place all vegetables on the rack.
3. Select Steam, cover, and cook 7–8 minutes until tender-crisp.
4. Toss with sesame oil, soy sauce, and sesame seeds before serving.

Nutrition (per serving)

- Calories: 80
- Protein: 4 g
- Carbohydrates: 13 g
- Fat: 3 g
- Fiber: 4 g

Steamed Egg Custard (Chawanmushi Style)

Servings: 4

Prep Time: 10 minutes

Cook Time: 12 minutes

Function: Steam

Ingredients

- 4 eggs
- 2 cups low-sodium chicken broth (warm)
- 1 tsp soy sauce
- ½ tsp salt
- ½ cup mushrooms, sliced
- 2 spring onions, chopped

Directions

1. Beat eggs gently, whisk with warm broth, soy sauce, and salt. Strain mixture for smooth texture.
2. Pour into 4 heatproof ramekins, add mushrooms. Cover ramekins with foil.
3. Pour 2 cups water into pot, place ramekins on steaming rack.
4. Select Steam, cook 12 minutes until set but jiggles slightly.
5. Garnish with spring onions before serving.

Nutrition (per serving)

- Calories: 120
- Protein: 11 g
- Carbohydrates: 3 g
- Fat: 7 g
- Fiber: 1 g

Steamed Tofu with Garlic & Soy

Servings: 3

Prep Time: 5 minutes

Cook Time: 8 minutes

Function: Steam

Ingredients

- 300 g (10 oz) firm tofu, sliced
- 1 tbsp low-sodium soy sauce
- 1 garlic clove, minced
- 1 tsp grated ginger
- ½ tsp sesame oil (optional)
- Spring onions, for garnish

Directions

1. Place tofu slices on heatproof plate.
2. Mix soy sauce, garlic, ginger, sesame oil, pour over tofu.
3. Pour 2 cups water into pot, insert steaming rack, place tofu plate on top.
4. Select Steam, cover, and cook 7–8 minutes.
5. Garnish with spring onions.

Nutrition (per serving)

- Calories: 120
- Protein: 12 g
- Carbohydrates: 4 g
- Fat: 7 g
- Fiber: 1 g

Steamed Apple-Cinnamon Oats (Breakfast Bowl)

Servings: 2

Prep Time: 5 minutes

Cook Time: 20 minutes

Function: Steam

Ingredients

- 1 cup rolled oats
- 1½ cups unsweetened almond milk (or milk)
- 1 apple, diced
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp chia seeds

Directions

1. Place oats, milk, apple, cinnamon, vanilla, and chia seeds into a heatproof bowl.
2. Pour 2 cups water into Ninja pot, insert steaming rack, place bowl on top.
3. Select Steam, cover, and cook 18–20 minutes until oats are creamy.
4. Stir well before serving.

Nutrition (per serving)

- Calories: 220
- Protein: 7 g
- Carbohydrates: 38 g
- Fat: 5 g
- Fiber: 7 g

CHAPTER SEVEN

BAKE RECIPES

Baked Vegetable Frittata

Servings: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Function: Bake (180°C / 350°F)

Ingredients

- 6 large eggs
- ½ cup skim milk (or unsweetened almond milk)
- 1 cup spinach
- ½ cup diced zucchini
- ½ cup cherry tomatoes, halved
- ¼ cup reduced-fat feta cheese
- ½ tsp black pepper
- ½ tsp salt (optional)
- Olive oil spray

Directions

1. Spray a heatproof baking dish that fits into the Ninja pot.
2. In a bowl, whisk eggs, milk, salt, and pepper.
3. Stir in spinach, zucchini, and tomatoes. Pour into dish.
4. Top with feta cheese.
5. Place dish on steaming rack, add 2 cups water to pot.
6. Select Bake, set to 180°C (350°F), 25 minutes.
7. Check center is set before serving.

Nutrition (per serving)

- Calories: 180
- Protein: 15 g
- Carbohydrates: 6 g
- Fat: 10 g
- Fiber: 2 g

Healthy Banana Oat Muffins

Servings: 6 muffins

Prep Time: 12 minutes

Cook Time: 20 minutes

Function: Bake (175°C / 350°F)

Ingredients

- 2 ripe bananas, mashed
- 1 cup rolled oats (blended into flour)
- 1 egg
- ¼ cup unsweetened applesauce
- 2 tbsp honey or maple syrup (optional)
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp cinnamon

Directions

1. In a bowl, mix bananas, egg, applesauce, vanilla, and honey.
2. Stir in oat flour, baking powder, and cinnamon until smooth.
3. Divide batter into 6 silicone muffin cups.
4. Place on steaming rack, add 2 cups water to pot.
5. Select Bake, set to 175°C (350°F), 20 minutes.
6. Let cool before serving.

Nutrition (per muffin)

- Calories: 120
- Protein: 4 g
- Carbohydrates: 24 g
- Fat: 2 g
- Fiber: 3 g

Baked Chicken & Quinoa Casserole

Servings: 6

Prep Time: 20 minutes

Cook Time: 35 minutes

Function: Bake (190°C / 375°F)

Ingredients

- 2 chicken breasts, cubed
- 1 cup quinoa, rinsed
- 2 cups low-sodium chicken broth
- 1 cup broccoli florets
- 1 carrot, diced
- 1 zucchini, diced
- ½ cup reduced-fat mozzarella cheese
- 1 tsp garlic powder
- ½ tsp paprika
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Spray a heatproof baking dish with oil.
2. Layer quinoa, broth, chicken, and vegetables into dish. Stir lightly.
3. Sprinkle garlic powder, paprika, salt, and pepper.
4. Cover dish loosely with foil.
5. Place dish on steaming rack, add 2 cups water to pot.
6. Select Bake, set to 190°C (375°F), 30 minutes.
7. Remove foil, sprinkle cheese, bake 5 more minutes until golden.

Nutrition (per serving)

- Calories: 280
- Protein: 26 g
- Carbohydrates: 24 g
- Fat: 9 g
- Fiber: 4 g

Light Apple-Cinnamon Crumble

Servings: 4

Prep Time: 12 minutes

Cook Time: 25 minutes

Function: Bake (180°C / 350°F)

Ingredients

- 3 medium apples, sliced
- 1 tsp cinnamon
- 1 tsp lemon juice
- ½ cup rolled oats
- 2 tbsp almond flour
- 2 tbsp honey or stevia (to taste)
- 1 tbsp coconut oil (melted)

Directions

1. Toss apples with lemon juice and cinnamon, place in baking dish.
2. In a bowl, mix oats, almond flour, honey/stevia, and coconut oil until crumbly.
3. Sprinkle crumble over apples.
4. Place dish on steaming rack with 2 cups water in pot.
5. Select Bake, set to 180°C (350°F), 25 minutes until topping is golden.
6. Serve warm.

Nutrition (per serving)

- Calories: 195
- Protein: 3 g
- Carbohydrates: 36 g
- Fat: 6 g
- Fiber: 5 g

High-Protein Chocolate Brownie Bites

Servings: 8 squares

Prep Time: 12 minutes

Cook Time: 20 minutes

Function: Bake (175°C / 350°F)

Ingredients

- 1 ripe banana, mashed
- ½ cup unsweetened applesauce
- 1 egg (or flax egg for vegan)
- ½ cup oat flour (ground oats)
- 2 tbsp cocoa powder (unsweetened)
- 1 scoop chocolate protein powder
- 1 tsp vanilla extract
- 1 tsp baking powder
- Stevia or honey to taste

Directions

1. Mix banana, applesauce, egg, and vanilla in a bowl.
2. Stir in oat flour, cocoa, protein powder, baking powder, and sweetener.
3. Pour batter into silicone baking dish that fits Foodi.
4. Place on steaming rack with 2 cups water in pot.
5. Select Bake, set to 175°C (350°F), 20 minutes.
6. Cool slightly before slicing.

Nutrition (per serving)

- Calories: 115
- Protein: 7 g
- Carbohydrates: 15 g
- Fat: 3 g
- Fiber: 3 g

Baked Salmon & Veggie Tray

Servings: 2

Prep Time: 10 minutes

Cook Time: 18 minutes

Function: Bake (190°C / 375°F)

Ingredients

- 2 salmon fillets (~150 g each)
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 small onion, cut into wedges
- 1 tbsp lemon juice
- 1 tsp olive oil
- ½ tsp paprika
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Place salmon and vegetables in a baking dish.
2. Drizzle with olive oil, lemon juice, paprika, salt, and pepper. Toss to coat.
3. Place dish on steaming rack with 2 cups water in pot.
4. Select Bake, set to 190°C (375°F), 18 minutes.
5. Serve warm.

Nutrition (per serving)

- Calories: 280
- Protein: 29 g
- Carbohydrates: 8 g
- Fat: 15 g
- Fiber: 2 g

Light Veggie Lasagna (Zucchini Layers)

Servings: 6

Prep Time: 25 minutes

Cook Time: 35 minutes

Function: Bake (190°C / 375°F)

Ingredients

- 3 medium zucchinis, sliced lengthwise (thin strips)
- 2 cups spinach
- 1 cup mushrooms, chopped
- 1 cup reduced-fat ricotta cheese
- ½ cup shredded reduced-fat mozzarella
- 1 egg
- 1 can (400 g) tomato sauce, no added sugar
- 1 tsp oregano
- 1 tsp basil
- ½ tsp black pepper

Directions

1. In a bowl, mix ricotta, egg, spinach, mushrooms, oregano, and basil.
2. Layer zucchini slices, ricotta mixture, and tomato sauce in baking dish. Repeat layers.
3. Top with mozzarella.
4. Place dish on steaming rack with 2 cups water.
5. Select Bake, set to 190°C (375°F), 35 minutes.
6. Let rest 5 minutes before serving.

Nutrition (per serving)

- Calories: 230
- Protein: 18 g
- Carbohydrates: 12 g
- Fat: 12 g
- Fiber: 3 g

Breakfast Oatmeal Bake with Berries

Servings: 6

Prep Time: 12 minutes

Cook Time: 30 minutes

Function: Bake (180°C / 350°F)

Ingredients

- 2 cups rolled oats
- 1 cup unsweetened almond milk
- 2 ripe bananas, mashed
- 1 cup mixed berries (fresh or frozen)
- 1 egg
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp baking powder

Directions

1. In a bowl, mix oats, bananas, milk, egg, vanilla, cinnamon, and baking powder.
2. Fold in berries.
3. Pour into baking dish lined with parchment.
4. Place on steaming rack with 2 cups water.
5. Select Bake, set to 180°C (350°F), 30 minutes.
6. Cool 10 minutes before slicing.

Nutrition (per serving)

- Calories: 190
- Protein: 6 g
- Carbohydrates: 36 g
- Fat: 4 g
- Fiber: 6 g

Turkey & Veggie Meatloaf

Servings: 6

Prep Time: 15 minutes

Cook Time: 40 minutes

Function: Bake (190°C / 375°F)

Ingredients

- 450 g (1 lb) lean ground turkey
- ½ cup oats
- 1 egg
- 1 small zucchini, grated
- 1 small carrot, grated
- 1 small onion, chopped finely
- 2 garlic cloves, minced
- 2 tbsp tomato paste
- 1 tsp smoked paprika
- ½ tsp salt (optional)
- ½ tsp black pepper

Directions

1. Mix turkey, oats, egg, vegetables, garlic, tomato paste, and spices in a bowl.
2. Shape into loaf, place in a baking dish lined with parchment.
3. Place dish on steaming rack with 2 cups water.
4. Select Bake, set to 190°C (375°F), 40 minutes.
5. Let rest 5 minutes before slicing.

Nutrition (per serving)

- Calories: 230
- Protein: 27 g
- Carbohydrates: 10 g
- Fat: 9 g
- Fiber: 3 g

Baked Stuffed Bell Peppers

Servings: 4

Prep Time: 15 minutes

Cook Time: 30 minutes

Function: Bake (190°C / 375°F)

Ingredients

- 4 large bell peppers, tops removed and seeds discarded
- 250 g (½ lb) lean ground chicken or turkey
- ½ cup cooked brown rice
- 1 small zucchini, grated
- 1 carrot, grated
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 tsp Italian seasoning
- ½ tsp salt (optional)
- ½ tsp black pepper
- ½ cup reduced-fat mozzarella cheese (for topping)

Directions

1. Mix ground meat, rice, vegetables, garlic, and seasoning in a bowl.
2. Stuff each bell pepper with mixture.
3. Place peppers in a baking dish, top with cheese.
4. Place dish on steaming rack with 2 cups water.
5. Select Bake, set to 190°C (375°F), 30 minutes.
6. Serve warm.

Nutrition (per serving, 1 stuffed pepper)

- Calories: 250
- Protein: 24 g
- Carbohydrates: 20 g
- Fat: 8 g
- Fiber: 5 g

CHAPTER EIGHT

PROOF RECIPES

Whole Wheat Dinner Rolls

Servings: 12 rolls

Prep Time: 15 minutes

Proof Time: 1½ hours (Proof 38°C / 100°F)

Bake Time: 18 minutes at 190°C / 375°F

Function: Proof + Bake

Ingredients

- 2 cups whole wheat flour
- 1 cup all-purpose flour
- 2 tsp instant yeast
- 1 tbsp honey (or stevia)
- 1 tsp salt
- 1 cup warm water (43°C / 110°F)
- 1 tbsp olive oil

Directions

1. Mix flours, yeast, salt in a bowl.
2. Add honey, warm water, and olive oil. Knead 5–6 minutes until smooth.
3. Place dough in a greased bowl, cover.
4. Select Proof, set to 38°C (100°F), 1½ hours until doubled in size.
5. Punch down dough, divide into 12 rolls, place in baking dish.
6. Proof another 20 minutes.
7. Select Bake, set to 190°C (375°F), 18 minutes until golden.

Nutrition (per roll)

- Calories: 120
- Protein: 4 g
- Carbohydrates: 22 g
- Fat: 2 g
- Fiber: 3 g

High-Fiber Flaxseed Bread

Servings: 1 loaf (12 slices)

Prep Time: 15 minutes

Proof Time: 2 hours (Proof 37°C / 99°F)

Bake Time: 35 minutes at 180°C / 350°F

Function: Proof + Bake

Ingredients

- 2 cups whole wheat flour
- ½ cup ground flaxseed
- ½ cup rolled oats
- 2 tsp instant yeast
- 1 tsp salt
- 1 tbsp honey (or maple syrup)
- 1¼ cups warm water (43°C / 110°F)

Directions

1. Mix flour, flaxseed, oats, yeast, and salt in a large bowl.
2. Add warm water and honey, stir until dough forms. Knead 6–8 minutes.
3. Place dough in greased loaf pan.
4. Select Proof, set to 37°C (99°F), 2 hours until doubled.
5. Select Bake, set to 180°C (350°F), 35 minutes.
6. Cool before slicing.

Nutrition (per slice)

- Calories: 130
- Protein: 5 g
- Carbohydrates: 23 g
- Fat: 3 g
- Fiber: 5 g

Protein Flatbreads

Servings: 8 flatbreads

Prep Time: 10 minutes

Proof Time: 45 minutes (Proof 36°C / 97°F)

Cook Time: 12 minutes (Bake 200°C / 400°F
or Sear/Sauté for quicker version)

Function: Proof + Bake / optional Sear/Sauté

Ingredients

- 2 cups whole wheat flour
- 1 scoop unflavored protein powder (20–25 g)
- 1 tsp instant yeast
- 1 tsp salt
- 1 tsp olive oil
- ¾ cup warm water

Directions

1. Mix flour, protein powder, yeast, and salt. Add water + olive oil, knead 5 minutes.
2. Cover and Proof at 36°C (97°F) for 45 minutes.
3. Divide into 8 balls, roll flat into circles.
4. Option A: Place on baking sheet → Bake at 200°C (400°F) for 12 minutes.
5. Option B: Cook individually on Sear/Sauté → High 2 minutes per side.

Nutrition (per flatbread)

- Calories: 120
- Protein: 8 g
- Carbohydrates: 20 g
- Fat: 2 g
- Fiber: 3 g

Oat & Yogurt Pita Bread

Servings: 6 pitas

Prep Time: 12 minutes

Proof Time: 1 hour (Proof 37°C / 99°F)

Bake Time: 12 minutes at 200°C / 400°F

Function: Proof + Bake

Ingredients

- 1 cup whole wheat flour
- 1 cup oat flour (ground rolled oats)
- 2 tsp instant yeast
- 1 tsp salt
- ½ cup plain low-fat Greek yogurt
- ½ cup warm water (as needed)

Directions

1. Mix flours, yeast, and salt in a bowl.
2. Stir in yogurt and enough water to form a soft dough. Knead 6–8 minutes.
3. Place in greased bowl, cover. Proof at 37°C (99°F) for 1 hour.
4. Divide into 6 balls, roll flat into circles.
5. Bake at 200°C (400°F) for 10–12 minutes until puffed.

Nutrition (per pita)

- Calories: 140
- Protein: 7 g
- Carbohydrates: 27 g
- Fat: 2 g
- Fiber: 4 g

Multigrain Sandwich Bread

Servings: 1 loaf (12 slices)

Prep Time: 15 minutes

Proof Time: 2 hours (Proof 38°C / 100°F)

Bake Time: 35 minutes at 180°C / 350°F

Function: Proof + Bake

Ingredients

- 1½ cups whole wheat flour
- ½ cup rye flour
- ½ cup rolled oats
- ¼ cup sunflower seeds
- 2 tsp instant yeast
- 1 tsp salt
- 1 tbsp honey
- 1¼ cups warm water

Directions

1. Mix all dry ingredients. Stir in warm water and honey. Knead until elastic.
2. Place dough in greased loaf pan.
3. Select Proof 38°C (100°F), 2 hours until doubled.
4. Select Bake 180°C (350°F), 35 minutes.
5. Cool before slicing.

Nutrition (per slice)

- Calories: 145
- Protein: 6 g
- Carbohydrates: 26 g
- Fat: 3 g
- Fiber: 5 g

Low-Carb Almond Flour Flatbreads

Servings: 6

Prep Time: 10 minutes

Proof Time: 30 minutes (Proof 35°C / 95°F)

Cook Time: 10 minutes at 190°C / 375°F

Function: Proof + Bake

Ingredients

- 1 cup almond flour
- ½ cup ground flaxseed
- ½ cup vital wheat gluten (adds elasticity & protein)
- 1 tsp instant yeast
- ½ tsp salt
- ¾ cup warm water

Directions

1. Mix dry ingredients, then add warm water to form dough.
2. Knead lightly, cover, and Proof at 35°C (95°F) for 30 minutes.
3. Divide into 6 pieces, roll flat.
4. Select Bake 190°C (375°F), 10 minutes until golden.

Nutrition (per flatbread)

- Calories: 135
- Protein: 9 g
- Carbohydrates: 8 g
- Fat: 7 g
- Fiber: 4 g

Cinnamon Protein Rolls (Light Version)

Servings: 8 rolls

Prep Time: 20 minutes

Proof Time: 1½ hours (Proof 37°C / 99°F)

Bake Time: 18 minutes at 180°C / 350°F

Function: Proof + Bake

Ingredients

- 2 cups whole wheat flour
- ½ cup vanilla protein powder
- 2 tsp instant yeast
- 1 tbsp honey (or stevia)
- 1 cup warm almond milk
- 1 tsp cinnamon
- ½ tsp salt
- Optional glaze: 2 tbsp Greek yogurt mixed with stevia

Directions

1. Mix flour, protein powder, yeast, salt, and cinnamon. Add warm milk and honey, knead 6 minutes.
2. Place dough in bowl, Proof at 37°C (99°F) for 1½ hours.
3. Roll dough flat, sprinkle with cinnamon + stevia. Roll and cut into 8 pieces.
4. Place in baking dish. Proof another 20 minutes.
5. Select Bake 180°C (350°F), 18 minutes.
6. Drizzle optional yogurt glaze.

Nutrition (per roll, no glaze)

- Calories: 150
- Protein: 9 g
- Carbohydrates: 23 g
- Fat: 3 g
- Fiber: 4 g

Breakfast Bagels (Whole Wheat)

Servings: 6 bagels

Prep Time: 20 minutes

Proof Time: 1½ hours (Proof 37°C / 99°F)

Bake Time: 20 minutes at 200°C / 400°F

Function: Proof + Bake

Ingredients

- 2 cups whole wheat flour
- 1 cup bread flour
- 2 tsp instant yeast
- 1 tsp salt
- 1 cup warm water
- 1 egg white (for brushing)
- Optional: sesame seeds or oats for topping

Directions

1. Mix flours, yeast, and salt. Add warm water, knead 8–10 minutes.
2. Place dough in bowl, Proof at 37°C (99°F) for 1½ hours.
3. Divide into 6 pieces, shape into bagels. Place in baking dish.
4. Brush tops with egg white, sprinkle sesame seeds if using.
5. Select Bake 200°C (400°F), 20 minutes until golden.

Nutrition (per bagel)

- Calories: 190
- Protein: 7 g
- Carbohydrates: 36 g
- Fat: 2 g
- Fiber: 4 g

Garlic & Herb Whole Wheat Breadsticks

Servings: 12 breadsticks

Prep Time: 15 minutes

Proof Time: 1 hour (Proof 38°C / 100°F)

Bake Time: 15 minutes at 190°C / 375°F

Function: Proof + Bake

Ingredients

- 2 cups whole wheat flour
- 1 cup bread flour
- 2 tsp instant yeast
- 1 tsp salt
- 1 tbsp olive oil
- 1 cup warm water (43°C / 110°F)
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp black pepper

Directions

1. Mix flours, yeast, salt, garlic powder, oregano, and pepper.
2. Add olive oil + warm water, knead 6–8 minutes until smooth.
3. Place dough in greased bowl. Proof at 38°C (100°F) for 1 hour.
4. Divide into 12 strips, roll into breadsticks.
5. Place on baking tray, brush lightly with olive oil or water.
6. Select Bake at 190°C (375°F), 15 minutes until golden.

Nutrition (per breadstick)

- Calories: 100
- Protein: 3 g
- Carbohydrates: 19 g
- Fat: 2 g
- Fiber: 2 g

Sweet Potato & Oat Breakfast Rolls

Servings: 8 rolls

Prep Time: 20 minutes

Proof Time: 1½ hours (Proof 37°C / 99°F)

Bake Time: 20 minutes at 180°C / 350°F

Function: Proof + Bake

Ingredients

- 1 medium sweet potato, cooked & mashed (~1 cup)
- 2 cups whole wheat flour
- ½ cup oat flour
- 2 tsp instant yeast
- 1 tbsp honey (or stevia)
- ½ tsp cinnamon
- ½ tsp salt
- ¾ cup warm water (as needed)

Directions

1. Mix flours, yeast, cinnamon, and salt in a bowl.
2. Add mashed sweet potato, honey, and warm water. Knead 6 minutes until dough forms.
3. Cover bowl, Proof at 37°C (99°F) for 1½ hours.
4. Punch down, shape into 8 rolls, place in baking dish.
5. Select Bake 180°C (350°F), 20 minutes until golden.
6. Cool before serving.

Nutrition (per roll)

- Calories: 145
- Protein: 5 g
- Carbohydrates: 30 g
- Fat: 2 g
- Fiber: 4 g

CHAPTER NINE

SOUS VIDE RECIPES

Sous Vide Chicken Breast with Herbs

Servings: 2

Prep Time: 5 minutes

Cook Time: 1½ hours

Temperature: 65°C (149°F)

Function: Sous Vide

Ingredients

- 2 skinless chicken breasts (~150 g each)
- 1 tsp olive oil
- 1 garlic clove, minced
- ½ tsp dried thyme
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Season chicken with olive oil, garlic, thyme, salt, and pepper.
2. Place each breast in a vacuum-sealed or zip bag (remove air).
3. Fill pot with water to the Sous Vide line.
4. Select Sous Vide → 65°C (149°F), 1 hour 30 minutes.
5. When done, optionally sear chicken quickly on Sear/Sauté → High 1 min per side for color.

Nutrition (per serving)

- Calories: 210
- Protein: 39 g
- Carbohydrates: 0 g
- Fat: 6 g

Sous Vide Salmon with Lemon & Dill

Servings: 2

Prep Time: 5 minutes

Cook Time: 45 minutes

Temperature: 52°C (125°F)

Function: Sous Vide

Ingredients

- 2 salmon fillets (~150 g each)
- 1 tsp olive oil
- 2 lemon slices
- 2 sprigs fresh dill
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Season salmon with pepper and salt. Place each fillet in bag with lemon slice and dill. Add olive oil.
2. Vacuum-seal or remove air from bag.
3. Fill pot with water to Sous Vide line.
4. Select Sous Vide → 52°C (125°F), 45 minutes.
5. Optional: sear skin side on Sear/Sauté → High 1 min for crispness.

Nutrition (per serving)

- Calories: 280
- Protein: 28 g
- Carbohydrates: 0 g
- Fat: 18 g

Sous Vide Egg Bites (Breakfast)

Servings: 6 bites

Prep Time: 10 minutes

Cook Time: 1 hour

Temperature: 77°C (170°F)

Function: Sous Vide

Ingredients

- 4 large eggs
- ½ cup low-fat cottage cheese
- ¼ cup shredded reduced-fat cheddar
- ½ cup chopped spinach
- ¼ cup diced red bell pepper
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Blend eggs, cottage cheese, cheddar until smooth.
2. Stir in spinach, pepper, salt, and black pepper.
3. Pour into 6 small heatproof jars or silicone molds. Seal loosely with lids/foil.
4. Place in water bath.
5. Select Sous Vide → 77°C (170°F), 1 hour.
6. Remove carefully and serve warm.

Nutrition (per bite)

- Calories: 95
- Protein: 8 g
- Carbohydrates: 2 g
- Fat: 6 g

Sous Vide Lean Steak with Garlic

Servings: 2

Prep Time: 10 minutes

Cook Time: 1½–2 hours

Temperature: 57°C (135°F) for medium-rare

Function: Sous Vide

Ingredients

- 2 lean sirloin steaks (~150 g each)
- 1 tsp olive oil
- 2 garlic cloves, crushed
- 2 sprigs rosemary
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Season steak with oil, garlic, rosemary, salt, and pepper. Place in vacuum-sealed or zip bag.
2. Fill pot with water to Sous Vide line.
3. Select Sous Vide → 57°C (135°F), 1½–2 hours.
4. Finish with a quick sear on Sear/Sauté → High, 1–2 minutes per side for color.

Nutrition (per serving)

- Calories: 260
- Protein: 35 g
- Carbohydrates: 0 g
- Fat: 12 g

Sous Vide Turkey Breast with Garlic & Rosemary

Servings: 4

Prep Time: 8 minutes

Cook Time: 2 hours

Temperature: 64°C (147°F)

Function: Sous Vide

Ingredients

- 600 g (1.3 lb) turkey breast, boneless and skinless
- 1 tsp olive oil
- 2 garlic cloves, sliced
- 2 sprigs fresh rosemary
- ½ tsp salt (optional)
- ½ tsp black pepper

Directions

1. Rub turkey breast with olive oil, garlic, rosemary, salt, and pepper.
2. Seal in vacuum bag.
3. Fill Ninja Foodi with water to Sous Vide line.
4. Select Sous Vide → 64°C (147°F), 2 hours.
5. Optional: sear on Sear/Sauté → High for 1 minute per side.

Nutrition (per serving)

- Calories: 190
- Protein: 36 g
- Carbohydrates: 0 g
- Fat: 5 g

Sous Vide Shrimp with Chili & Lime

Servings: 2

Prep Time: 5 minutes

Cook Time: 30 minutes

Temperature: 57°C (135°F)

Function: Sous Vide

Ingredients

- 300 g (10 oz) shrimp, peeled & deveined
- Juice of 1 lime
- ½ tsp chili flakes
- ½ tsp garlic powder
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Place shrimp, lime juice, chili flakes, garlic powder, and pepper in bag.
2. Seal bag and place in water bath.
3. Select Sous Vide → 57°C (135°F), 30 minutes.
4. Serve hot with steamed veggies or cauliflower rice.

Nutrition (per serving)

- Calories: 120
- Protein: 23 g
- Carbohydrates: 2 g
- Fat: 2 g

Sous Vide Tofu with Soy & Ginger (Vegan)

Servings: 3

Prep Time: 10 minutes

Cook Time: 45 minutes

Temperature: 80°C (176°F)

Function: Sous Vide

Ingredients

- 400 g (14 oz) firm tofu, cubed
- 1 tbsp low-sodium soy sauce
- 1 tsp grated ginger
- 1 garlic clove, minced
- ½ tsp sesame oil (optional)

Directions

1. Place tofu cubes in bag with soy sauce, ginger, garlic, and sesame oil.
2. Seal bag.
3. Select Sous Vide → 80°C (176°F), 45 minutes.
4. Serve warm over brown rice or quinoa.

Nutrition (per serving)

- Calories: 130
- Protein: 13 g
- Carbohydrates: 5 g
- Fat: 7 g

Sous Vide Carrots with Honey & Thyme

Servings: 4

Prep Time: 8 minutes

Cook Time: 1 hour

Temperature: 85°C (185°F)

Function: Sous Vide

Ingredients

- 500 g (1 lb) carrots, peeled & sliced
- 1 tsp olive oil
- 1 tsp honey (or stevia for lower calories)
- ½ tsp dried thyme
- ½ tsp black pepper
- Pinch of salt

Directions

1. Place carrots in bag with olive oil, honey, thyme, salt, and pepper.
2. Seal and place in water bath.
3. Select Sous Vide → 85°C (185°F), 1 hour.
4. Serve as a sweet-savory side.

Nutrition (per serving)

- Calories: 85
- Protein: 1 g
- Carbohydrates: 17 g
- Fat: 3 g
- Fiber: 4 g

Sous Vide Pork Tenderloin with Mustard Glaze

Servings: 4

Prep Time: 10 minutes

Cook Time: 2 hours

Temperature: 60°C (140°F)

Function: Sous Vide

Ingredients

- 500 g (1 lb) pork tenderloin, trimmed
- 1 tsp olive oil
- 1 tbsp Dijon mustard
- 1 tsp garlic powder
- ½ tsp black pepper
- ½ tsp salt (optional)

Directions

1. Rub pork with olive oil, mustard, garlic powder, salt, and pepper.
2. Place in bag and seal.
3. Select Sous Vide → 60°C (140°F), 2 hours.
4. Optional: sear on Sear/Sauté → High 1 min per side.

Nutrition (per serving)

- Calories: 210
- Protein: 33 g
- Carbohydrates: 2 g
- Fat: 8 g

Sous Vide Yogurt Cups (Light Dessert)

Servings: 4

Prep Time: 10 minutes

Cook Time: 8 hours

Temperature: 46°C (115°F)

Function: Sous Vide

Ingredients

- 4 cups skim milk (1 L)
- 2 tbsp plain Greek yogurt (as starter)
- Optional: stevia or vanilla extract for flavoring

Directions

1. Warm milk slightly, whisk in Greek yogurt starter.
2. Divide into 4 glass jars, cover loosely.
3. Place jars in water bath.
4. Select Sous Vide → 46°C (115°F), 8 hours.
5. Chill in fridge before serving. Add berries or chia seeds if desired.

Nutrition (per cup, unsweetened)

- Calories: 100
- Protein: 9 g
- Carbohydrates: 12 g
- Fat: 2 g

CHAPTER TEN

KEEP WARM FUNCTION

How to Use the Keep Warm Function (Deep, Step-by-Step)

What “Keep Warm” actually does on the PossibleCooker Pro

Purpose: Hold cooked food at serving temperature; it is not a cooking or reheating mode.

How to start it manually: Turn the dial to KEEP WARM. The unit begins counting up (mm:ss) so you can see how long food has been held.

Auto-Keep-Warm after Slow Cook: When a Slow Cook program finishes, the cooker automatically switches to KEEP WARM and begins counting up.

Other functions: Bake ends and shows END (no auto-warm), Steam ends and shows END. Switch to Keep Warm manually if you want to hold food.

Food-safety rules you must follow (non-negotiable)

Hot-hold temperature: Keep food $\geq 57^{\circ}\text{C}$ / 135°F (FDA Food Code) or $\geq 60^{\circ}\text{C}$ / 140°F (USDA/FSIS). Use a food thermometer to verify. If it ever drops below this range, reheat properly (see §5).

Cook to safe minimums first: Only hold food warm after it has reached safe internal temperatures (e.g., poultry $74^{\circ}\text{C}/165^{\circ}\text{F}$, casseroles $74^{\circ}\text{C}/165^{\circ}\text{F}$).

The cooker manual also advises using a thermometer to check doneness for safety.

Step-by-step: Using Keep Warm with each function

After Slow Cook

Program Slow Cook (LO/HI) and finish the recipe.

When time ends, the cooker auto-switches to Keep Warm and starts counting up.

Stir every 30–60 min to distribute heat; add a splash of broth if edges thicken.

Verify $\geq 135\text{--}140^{\circ}\text{F}/57\text{--}60^{\circ}\text{C}$ with a thermometer before serving.

After Braise

Finish the braise (sear → liquid → braise time).

Turn the dial to KEEP WARM (manual).

Lid on for stews (retains moisture); lid off slightly for crisp veg finishes.

Check temperature stays in the safe zone.

After Steam

Steam until done. The unit displays END.

Drain any pooled liquid if needed; return the insert.

Select KEEP WARM. Keep the glass lid on to prevent drying (especially dumplings/fish).

Hold briefly (quality window 20–60 min) and verify temperature.

After Bake

Bake to doneness; display shows END.

Cover the dish (foil or lid) to reduce drying.

Switch to KEEP WARM and verify hot-hold temperature before serving.

After Sous Vide

Best practice is to hold at the sous-vide target temp if you still need time (that's more precise). If you must transfer to Keep Warm, limit to a short window (≤ 1 hour) and verify temperature—quality drops faster for fish and eggs.

How long can you hold on Keep Warm?

Safety: As long as food stays ≥ 135 – 140°F it is in the safe hot-hold range. (FDA uses 135°F ; USDA consumer guidance uses 140°F .)

Quality guidelines (practical):

Fish/seafood: 15–30 min (can dry quickly).

Egg dishes & vegetables: ~ 30 –60 min.

Soups, stews, chilis, braises: 1–4 hours (stir, add liquid if thickening).

If holding for events (e.g., chili during a game), experts note hot-holding in a slow cooker is safe so long as you stay above 140°F .

Reheating & leftovers: do's and don'ts with Keep Warm

Don't reheat on Keep Warm. Reheat rapidly to $74^\circ\text{C}/165^\circ\text{F}$ using Sear/Sauté (HI), Bake, stovetop, or microwave; then switch to Keep Warm. This is the recommended approach from extension food-safety guidance.

Cooling for storage: Don't cool inside the hot pot. Transfer to shallow containers and follow 2-stage cooling ($135^\circ\text{F} \rightarrow 70^\circ\text{F}$ within 2 hours; $70^\circ\text{F} \rightarrow 41^\circ\text{F}$ within 4 hours).

Hearty Lentil & Veggie Soup (Slow Cook + Keep Warm)

Servings: 6

Prep Time: 15 min

Cook Time: 6 hrs (Slow Cook Low)

Keep Warm: Up to 4 hrs

Ingredients

- 1 cup dry lentils, rinsed
- 2 carrots, diced
- 2 celery stalks, chopped
- 1 onion, chopped
- 1 can (400 g) chopped tomatoes
- 4 cups low-sodium vegetable broth
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp salt (optional)
- ½ tsp pepper

Directions

1. Add all ingredients to cooker.
2. Select Slow Cook → Low, 6 hrs.
3. Cooker switches to Keep Warm automatically. Stir and check temp ($\geq 60^{\circ}\text{C}$ / 140°F).
4. Ladle anytime within 4 hrs—flavors deepen while held.

Nutrition (per serving)

Calories: 190 | Protein: 11 g | Carbs: 34 g | Fat: 2 g | Fiber: 10 g

Garlic Herb Braised Chicken (Braise + Keep Warm)

Servings: 4

Prep Time: 10 min

Cook Time: 40 min (Braise)

Keep Warm: Up to 2 hrs

Ingredients

- 4 skinless chicken thighs
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 cup chicken broth
- 1 tsp thyme
- ½ tsp salt (optional), ½ tsp pepper

Directions

1. Sear chicken on Sear/Sauté → High, 3 min per side.
2. Add garlic, broth, thyme, salt, and pepper.
3. Cover, select Braise, 40 min.
4. Switch to Keep Warm. Hold for up to 2 hrs, stir every 30 min.
5. Serve hot with veg or grains.

Nutrition (per serving)

Calories: 240 | Protein: 28 g | Carbs: 3 g | Fat: 12 g | Fiber: 0 g

Steamed Veggie Dumplings (Steam + Keep Warm)

Servings: 20 dumplings (4 per serving)

Prep Time: 25 min

Cook Time: 12 min (Steam)

Keep Warm: 30–40 min

Ingredients

- 20 dumpling wrappers
- 1 cup cabbage, shredded
- ½ cup carrot, grated
- ½ cup mushrooms, chopped
- 1 garlic clove, minced
- 1 tsp soy sauce

Directions

1. Mix filling; spoon 1 tsp into wrappers, seal.
2. Add 2 cups water to pot, arrange dumplings on steaming rack.
3. Select Steam, 12 min.
4. Switch to Keep Warm with lid closed. Serve within 40 min.

Nutrition (per 4 dumplings)

Calories: 140 | Protein: 6 g | Carbs: 26 g | Fat: 2 g | Fiber: 3 g

Turkey Meatloaf Muffins (Bake + Keep Warm)

Servings: 6 muffins

Prep Time: 15 min

Cook Time: 30 min (Bake 190°C / 375°F)

Keep Warm: Up to 2 hrs

Ingredients

450 g lean ground turkey

½ cup oats

1 egg

½ onion, diced

1 carrot, grated

1 tsp smoked paprika

½ tsp salt, ½ tsp pepper

Directions

1. Mix ingredients, divide into 6 muffin cups.
2. Place cups in cooker. Bake 190°C / 375°F, 30 min.
3. Switch to Keep Warm—keeps muffins juicy.
4. Serve when ready.

Nutrition (per muffin)

Calories: 135 | Protein: 14 g | Carbs: 7 g | Fat: 5 g | Fiber: 2 g

Sous Vide Chicken Meal Prep (Sous Vide + Keep Warm)

Servings: 4

Prep Time: 10 min

Cook Time: 1½ hrs (Sous Vide 65°C / 149°F)

Keep Warm: Up to 2 hrs

Ingredients

- 2 large chicken breasts (~300 g each)
- 1 tsp olive oil
- 1 garlic clove, minced
- ½ tsp thyme
- ½ tsp pepper

Directions

1. Season chicken, seal in bags.
2. Fill cooker with water to Sous Vide line.
3. Select Sous Vide → 65°C, 1½ hrs.
4. Switch to Keep Warm, up to 2 hrs. Perfect for batch-prep bowls.

Nutrition (per serving)

Calories: 210 | Protein: 39 g | Carbs: 0 g | Fat: 6 g

CONCLUSION

First of all - congratulations. By choosing this book and experimenting with your Ninja Foodi PossibleCooker Pro, you have taken a meaningful step toward healthier eating, confidence in the kitchen, and a sustainable weight-loss journey.

Remember, weight loss isn't about quick fixes or punishing diets. It's about **balance, portion control, and consistency**. With the recipes in this book, you now have the tools to create meals that are:

- **Delicious** — because flavor should never be sacrificed.
- **Nutrient-dense** — every bite fuels your body with what it needs.
- **Sustainable** — these meals fit into real life, not just a short-term diet plan.

As you cook through the chapters — Slow Cook, Braise, Steam, Bake, Proof, Sous Vide, and even Keep Warm — you'll notice how each function offers something unique to your health goals. Some lock in nutrients, others create comfort meals with fewer calories, and all give you flexibility in your busy schedule.

💡 **Your journey doesn't end here.**

Think of this as your starting point:

- Rotate recipes to keep things exciting.
- Meal-prep with Keep Warm or Sous Vide when life gets hectic.
- Swap ingredients confidently (whole grains for refined carbs, lean proteins for fatty cuts, veggies for starchy fillers).
- Track your progress — not just the scale, but your energy, confidence, and overall wellbeing.

Finally, celebrate the small wins. Every healthy swap, every home-cooked dinner, every day you choose nourishment over convenience is a victory. Weight loss is a journey of **self-care, patience, and persistence**.

Thank you for letting this book be a part of your story. May your kitchen always be full of flavor, your meals balanced, and your goals within reach.

Here's to health, confidence, and joy — one meal at a time. 🍴 ✨