

The Good Energy & Metabolic Meals

*A Cookbook for 150+ Simple, Sustaining Recipes Inspired by
Dr. Casey Means's Science-Backed Health Innovations*

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Introduction

We can't have a healthy society without well-functioning humans. We can't have well-functioning humans without well-functioning cells. We can't have well-functioning cells with mitochondrial dysfunction, oxidative stress, chronic inflammation, and cellular and hormone disruption from toxic chemicals in our food.

– Dr. Casey Means

After a healthy meal, how often have you felt exhausted or drained and asked why? Even worse, despite the effort to "eat whole and clean," how often does all this trap you in the vicious cycle of cravings, mood swings, and low energy levels?

Isn't that frustrating? You go through so much effort to eat "healthy and organic" meals and follow the trendy fad diets, yet you still end up with bloating, acidity, slowness, and energy dips. So, what could be the issue when you feel like you've done everything right? We all are fighting this problem today, so you're not alone.

Do you ever wish your meals could do great things? What if your food filled you up and energized your mind and body to perform at its best—without complicated cooking or hard-to-find ingredients?

What we eat directly connects to our metabolic health and energy levels. Food affects our physical and emotional health and determines cellular functions. Good metabolic health leads to good mental and physical health. Food is an essential requirement of human survival and a cornerstone of our energy. Every bite conveys a message that influences our thoughts, emotions, and functions. Poor dietary choices may contribute to fatigue, imbalance, and other long-term health complications.

So, **find all the answers in this cookbook**, which will guide you through a healthy shift.

This cookbook covers 150+ inspired recipes from Dr. Casey Means's leading-edge work to help you control your energy levels and satiety after every bite. These recipes prioritize foods that stabilize blood sugar, improve energy, and promote long-term wellness—without compromising taste.

This cookbook understands your frustrations with inconsistent energy, brain fog, and the futility of balanced eating without success. The solutions don't approach this in any way as either a limitation or an extreme, but rather the design of meals based on your body's natural cycles.

The recipes in this cookbook will provide:

- Nourishment to the whole body and a stable flow of energy.
- Improved metabolic functionality and efficiency.
- A renewed sense of connection to your health.

Being someone deeply passionate about nutrition and how it affects our lives, it has taken me years of research, testing, and self-education to put this all together. Combining the scientific research and discoveries of Dr. Casey Means with the nuts and bolts of real cooking expertise, the cookbook delivers meals that you'll love—eliminating any guesswork.

This is NOT just an ordinary cookbook, but an invitation to a new life with much more energy-focused meals and empowerment. Let's take the first step toward feeling good by digging deeper into the context.

*****Disclaimer*****

This cookbook does not include visual representations of the recipes. Instead, we focus on providing detailed instructions, thoughtful meal-planning guides, and nutritionally balanced content to help you create dishes that support metabolic health. By omitting photographs, we aim to reduce the environmental impact associated with print production, contributing to a more eco-conscious approach. This book encourages creativity and personal flair in your cooking journey while promoting sustainability in both your kitchen and beyond.

CHAPTER No 1:

Journey of Self-Healing

Being a patient who is suffering from MS, the first step forward in managing my symptoms was following the work of Dr. Casey Means. Once I learned about this remarkable approach that focuses on core elements of metabolic health, I was motivated to ensure that my body had built-in tools to control blood sugar, minimize inflammation, and support energy production. I didn't know there was a term "metabolic health," but unknowingly, I was searching for sustainable ways to improve my well-being with a nutrient-dense diet. Slowly, by including whole, unprocessed foods and stabilizing blood sugar, my symptoms decreased. My well-being, mental clarity, mood, and stamina improved thanks to Dr. Casey Means's diet approach.

When Dr. Casey Means's landmark research was published, I thought it validated and extended some principles I had been following for years, giving me more scientific support for my continued journey toward improved health.

Keeping the metabolism healthy is a must. Metabolic processes can be described as how well your body converts energy, regulates blood sugar, and supports organ functions like digestion and detoxification.

Signs of metabolic health include keeping energy levels high for extended periods, improving concentration, and coping with stress. Anyone dealing with any long-term health condition should pay extra attention, but even those who want to perform at their best should focus on this too.

This cookbook is more than just a recipe book; it reflects the struggle, journey, and effort involved in sharing life-changing principles with others.

Why Metabolic Health Is Crucial

Metabolic health is often overlooked, but it is crucial to daily well-being. It is how well your body processes what you consume, regulates blood sugar, and enables your organs to continue providing necessary energy. When metabolic health is at its best, the body can use nutrients more effectively, sustain consistent energy levels, and ward off inflammation—all leading to enhanced physical and mental clarity.

Proper management of metabolic health reduces the risk of chronic diseases, keeps organs safe, and provides steady energy. This can be achieved through a healthy and sustainable lifestyle that includes managing one's stress, exercising regularly, eating well, sleeping soundly, and staying hydrated. Beyond this, gut health care, avoidance of harmful practices like excessive alcohol intake or smoking, and tailoring practices to an individual's needs, such as monitoring glucose levels, help optimize metabolic health.

Unfortunately, the statistics are troubling. Only 12% of adults in the U.S. meet the standards for optimal metabolic health. This means many people are living with imbalances in blood sugar, excessive inflammation, or poor organ function—all of which can lead to chronic health issues down the line. This book aims to change that. It's designed to guide you toward sustainable, long-term improvements in your health with simple, easy-to-follow recipes that prioritize metabolic balance and overall wellness.[1][2]

Additionally, it is noted that metabolic health issues often go hand-in-hand with other health concerns, such as diabetes and cardiovascular disease—conditions that are becoming increasingly common. For instance, a 2022 report showed that nearly 75% of American adults are at risk due to poor diet, physical inactivity, and other modifiable factors.[1]

The Core Principles

I've always believed that food should be as close to its natural state as possible, so I focus on nutrient-dense, minimally processed ingredients. These foods support metabolic health, regulate blood sugar levels, reduce inflammation, and promote sustained energy.

Metabolic health is key to maintaining energy levels, mental clarity, and overall wellness. Dr. Casey Means's approach emphasizes that improving metabolic health through diet—by focusing on whole, minimally processed foods—can lead to significant long-term benefits, such as lowering the risk of diabetes, heart disease, and stroke.[3]

Why I Wrote This Cookbook

This cookbook was inspired by my journey with MS and the significant positive changes I've experienced through dietary adjustments. The path to healing through nutrition has been challenging but life-changing.

Our cookbook is designed to help you reduce inflammation and optimize energy levels using a holistic, whole-food approach. This book shares what I have learned and can help make your health journey more accessible and successful. It focuses on practical, nutrient-dense meals that are easily prepared and quickly assimilated into your daily life.

I understand how difficult it can be to find time to cook, especially when you are managing a chronic condition or juggling a busy schedule. The recipes in this book are designed for convenience, so you don't have to be a kitchen expert to make these meals work for you.

The Impact of Metabolic Health on Your Life

Improving your metabolic health enhances your body—it transforms your entire life. When your metabolism is balanced, your energy levels become more stable, your mind feels sharper, and your mood stabilizes. The benefits go beyond the culinary experience and influence your ability to enjoy life. It's all about creating a better foundation for health.

Impact of Metabolic Health on Blood Sugar Management

A healthy metabolism processes glucose properly, preventing blood sugar spikes and crashes. In metabolically healthy individuals, insulin-sensitive cells control blood sugar.

The effects of inadequate metabolism can cause hypoglycemia, type 2 diabetes, and pre-diabetes.

Impact of Metabolic Health on Energy Control

A healthy metabolism transforms food into energy for daily tasks. Energy is produced by the optimal metabolism of fat, carbohydrates, and protein. Fatigue and low energy might be brought on by a blood sugar imbalance or mitochondrial dysfunction, which affects the cell's powerhouse. During activity or fasting, a healthy metabolism can alternate between using fat and glucose.

Impact of Metabolic Health on the Function of Organs

Metabolic health is the base of overall organ function, determining how effectively and efficiently energy is processed and how vital systems are regulated. Healthy metabolism levels ensure that organs such as the heart, liver, brain, and kidneys function correctly to optimize overall energy while lowering disease risks. This section discusses the essential connection between metabolic health and organ functionality.

Liver: The liver is a vital organ that is key for fat metabolism, detoxification, and the storage and release of glucose. Poor metabolism or any metabolic disease elevates liver enzymes or causes fatty liver disease.

Pancreas: The pancreas produces glucagon and insulin, which regulate blood sugar. Long-term metabolic failure leads to the development of diabetes.

Heart: Lipid profiles and metabolic health impact cardiovascular risk. Poor metabolism is associated with heart disease and hypertension.

Kidney: Long-term metabolic diseases, such as hypertension or diabetes, can harm the kidneys over time.

How This Book Guides You in Achieving Metabolic Balance

This cookbook provides more than just recipes—it's a comprehensive guide for those who want to optimize their metabolism and live a joyful life. By focusing on food and recipes that support metabolic balance, you can enhance your energy, stamina, mood, and well-being.

To simplify your journey, all recipes in this book are clearly enumerated, making it easy to navigate and find exactly what you need. Whether you're following the 28-Day Metabolic Kickstart plan or searching for a specific dish, the numbering system ensures a seamless experience. No more flipping through pages or searching endlessly—your recipe is just a glance away.

Each of our recipes is designed to support your metabolism and provide the energy and nutrients you need to thrive. You will find simple, practical meal preparation techniques that make it easy to create balanced meals even on your busiest days. Whether you're managing an autoimmune disease like I am, dealing with fluctuating energy levels, or simply aiming to improve your overall health, this book is here to help.

Our easy-to-follow recipes and meal preparation guides help you make lasting changes in your eating habits. You do not have to change everything about your life to seek results. By integrating our recipes and meals into your routine, you'll take the first step toward improved metabolic health and a more vibrant, energetic life.

CHAPTER No 2:

Understanding Metabolic Health

I was amazed when I first started to learn about metabolic health and how our food choices affect so many processes in our bodies. Each bite of food sends a message to our cells, changing how they make energy, fix themselves, and do their daily jobs. Understanding how your food affects your metabolism and being able to spot the signs of a slow metabolism are important first steps toward regaining your health and energy.

The Role of Diet in Metabolism

Think of metabolism as your body's engine—food is the fuel, and its quality influences your efficiency. Food is broken down into nutrients that power cellular activities, including tissue repair and energy maintenance. The type of calories you consume also matters.

Proteins, healthy fats, and fiber-rich veggies balance blood sugar and reduce inflammation, aiding metabolism. However, refined sugars, processed carbs, and trans fats can disturb this process and cause metabolic dysregulation.

Without sufficient fuel, your cells can't produce energy efficiently, leaving you sluggish, foggy, and out of rhythm.

Dr. Casey Means argues that metabolic health isn't just about losing weight; it's also about preventing long-term diseases like Alzheimer's, diabetes, and heart disease. Eating whole foods that are good for your cells helps your body produce energy and maintain balance.

Common Signs of a Sluggish Metabolism

I didn't realize how many of my everyday issues were caused by metabolic dysfunction until I changed my diet. A slow metabolism can sneak up on you, and these are common signs to look out for:

Low Energy: If you feel tired after eating or have trouble keeping your energy up during the day, it could be because your blood sugar isn't level.

Weight Changes: Gaining weight without a good reason, especially around the middle, is a typical sign.

Brain Fog: If you feel like your mind is moving slowly or you have no focus, it may be because of how your brain handles glucose.

Digestive Problems: Metabolic dysfunctions can cause bloating, slow digestion, or irregular bowel movements.

Trouble Sleeping: If you have difficulty falling asleep or staying asleep, it could mean that your body isn't managing energy properly.

Your body tells you it's not working at full speed through these signs. Luckily, changing what you eat can improve many of these problems.

Making small, intentional changes was my first step to improving my digestive health. By ditching processed foods and focusing on well-balanced meals, I started to feel more energetic, think more clearly, and be generally healthier. This book's recipes and tips will help you do the same. If you give your body the right food, it can heal and grow in amazing ways.

Let's learn more about the meal plans and foods that will rev up your metabolism and get your engine running again.

The Basics of the Metabolic Diet

The metabolic diet boosts fat burning, increases energy, and improves overall health! It focuses on wholesome, nutrient-rich meals while cutting back on processed additives that can reduce hormonal and metabolic balance. This diet limits carbs and focuses on protein and healthy fats. This helps your body automatically control how much energy it uses and reduces inflammation.

Now, let's talk about what the metabolic diet is all about.

Set Protein as a Top Priority

A metabolic diet cannot be constructed without protein. It aids in muscle regeneration, promotes hormone production, and maintains satiety. Choose top-notch sources such as lean meats, poultry, eggs, fish, and organ meats. For those following a plant-based metabolic diet, you can enjoy tofu, tempeh, and legumes as great alternatives! Just remember to plan things out to keep your macronutrients balanced.

Pick Healthy Fats

Healthy fats are vital in keeping our brains sharp, balancing hormones, and providing energy. Remember to add some tasty fats to your meals! Think about using grass-fed butter, ghee, coconut oil, olive oil, and those delicious fatty cuts of meat. Try to cut out trans fats and heavily processed oils.

Cut Back on Carbs

The metabolic diet differs from low-carb or ketogenic diets because it lets you enjoy moderate carbohydrates. We're all about quality here! Carbs come from low-glycemic veggies, a few fruits, and nutrient-rich options like squash and sweet potatoes, tailored to what works best for you.

Highlight Whole Foods Market

The metabolic diet's basis is whole, minimally processed foods. This means avoiding sugary snacks, refined grains, and pesky chemical additives.

Let's talk about whipping some meals using fresh, nutrient-packed ingredients instead.

Adjust Your Macros to Fit Your Goals

The specific balance of protein, fats, and carbs can change based on your aim, whether losing weight, building muscle, or boosting your energy levels. However, Dr. Casey Means advocates for individualized approaches to diet rather than prescriptive macronutrient ratios. Her philosophy involves monitoring how different foods impact blood sugar and metabolic response using tools like continuous glucose monitors (CGMs). Instead of recommending a one-size-fits-all starting ratio, she encourages individuals to adjust their macronutrient intake based on their responses, health goals, and lifestyle needs.[4]

When it comes to meals, timing can make a difference!

Having meals at regular times helps keep your blood sugar steady and prevents pesky energy dips. Many people follow metabolic diets, like intermittent fasting, to help with fat metabolism and give their digestive systems a little rest.

Health Benefits of Diet

A healthy diet is a powerhouse for your overall health. The food you consume nourishes your body and plays a key role in maintaining vital bodily functions. You can unlock numerous benefits by focusing on nutrient-rich foods and avoiding processed ones. Here are some of the many advantages of a balanced and nutritious diet:

More Energy: It keeps your energy level steady all day, so you don't have to worry about those annoying sugar crashes.

Better Digestion: Eating clean, unprocessed foods can help digestion by minimizing bloating and discomfort.

Hormonal Balance: Eating a nutrient-rich diet is good for both digestion and hormonal health. Focusing on foods that are good for you and avoiding processed foods helps lower inflammation.

The Science Behind the Metabolic Diet

This diet isn't just based on raw ideas; it's backed by science.

Let me explain how it works:

Eating more protein boosts my metabolic rate since my body burns extra calories while digesting and using it. It also helps me keep my muscles, which is super important for losing fat in the long run.

Healthy fats are great for keeping my energy levels steady and supporting my body in producing essential hormones. They help me burn fat more easily while keeping my carbs low.

Limiting carbs helps me keep insulin spikes in check, which is great for avoiding fat storage. I focus on keeping my blood sugar steady and allowing my body to use stored fat for energy.

Finally, anti-inflammatory foods can also help. Chronic inflammation might be slowing down metabolism. When I eat foods rich in omega-3s, antioxidants, and other good nutrients, I'm helping my body heal naturally.

Foods to Focus on and Avoid

Knowing what to include and avoid helps you make smarter decisions that support your health objectives. Let's explore the foods that will help your well-being and those that are best avoided.

Foods Allowed

These are the foods I rely on to nourish my body, stabilize my energy, and support my metabolic health:

Proteins

- Pasture-raised chicken and turkey
- Wild-caught fish (salmon, sardines, mackerel)
- Grass-fed beef and lamb
- Eggs (pasture-raised whenever possible)
- Organ meats like liver for a nutrient boost

Healthy Fats

- Avocados and avocado oil
- Extra virgin olive oil
- Grass-fed butter and ghee
- Coconut oil and unsweetened coconut
- Fatty fish rich in omega-3

Low-Glycemic Vegetables

- Leafy greens (spinach, kale, Swiss chard)
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Zucchini, cucumbers, and bell peppers
- Mushrooms and asparagus

Berries and Low-Glycemic Fruits

- Blueberries, raspberries, strawberries
- Bananas (in moderation)
- Citrus fruits like lemons and limes (in moderation)

Fermented Foods

- Kimchi, sauerkraut, and pickles (unsweetened, naturally fermented)
- Full-fat, unsweetened yogurt (for those who tolerate dairy)

Herbs, Spices, and Flavor Enhancers

- Fresh herbs like basil, cilantro, parsley
- Apple cider vinegar

Nuts and Seeds

- Almonds, walnuts, and macadamia nuts
- Chia seeds, flaxseeds, and sunflower seeds

- Spices like turmeric, cinnamon, and black pepper

Foods Not Allowed

These are the foods I avoid to minimize blood sugar spikes, inflammation, and metabolic disruption.

Refined Sugars and Sweeteners

- White refined sugar, high-fructose corn syrup, and agave syrup
- Artificial sweeteners like aspartame and sucralose

Refined Carbohydrates

- White bread, pastries, and pasta
- Processed cereals and crackers

Processed Foods

- Packaged snacks, chips, and frozen meals with additives
- Fast food and fried items made with unhealthy oils

Industrial Seed Oils

- Canola oil, soybean oil, corn oil, and margarine

High-Glycemic Fruits and Vegetables

- Bananas, pineapples, and mangoes (in large quantities)
- Potatoes, sweet corn, and parsnips

Dairy (for sensitive individuals)

- Conventional milk, cream, and cheeses (unless grass-fed or tolerated well)

Legumes and Grains (in some cases)

- Lentils, chickpeas, and beans (for those aiming to minimize carbs)
- Refined grains like white rice and processed flour

Alcohol

- Beer, sugary cocktails, and most wines
- Occasional dry red wine may be an exception

This chapter helps you recognize food's role in fueling your body. You can now implement small changes to gain long-term health benefits.

The following chapters will guide you further with the actual recipe-making and meal-prep process, so celebrate little triumphs and remember that every choice you make contributes to your general success.

CHAPTER No 3:

Essential Tips to Your Metabolic Health Meal Plan

You've made a great choice to start transforming your health, and I'm here to encourage you that this journey is entirely possible and can last for a long time. The great thing about this plan is that it's made to fit into your life without adding any stress. This book serves as a valuable guide to help you make positive changes without feeling limited or overwhelmed.

Consistency is key to success! With these simple meal prep tips, you can make healthy meals quickly that will help you reach your health goals.

These changes are doable for you—no fancy ingredients or chef-level skills are needed! Whether you're starting from scratch or want to expand on what you already know, the recipes in this book can be tailored to suit your taste and lifestyle perfectly.

Creating a meal plan for the **28-Day Metabolic Kickstart Plan** is easier than you might think! It takes a bit of thought and some prep work. Even if you've got a few recipes from this book that you're excited to try, diving into the planning process with a clear purpose is a good idea. You'll be able to make sure your meals are healthy, full of nutrients, and in line with your health goals if you put in some work at the beginning.

Tips for Planning Your Meals Effectively

When you head to the supermarket, remember to keep your eye on the prize: finding the best ingredients for your healthy meals while saving time and cash. With a plan, you can acquire everything without distraction. Let me offer some efficiency tips:

It's a Good Idea to Have a Plan Before You Head Out!

Before heading out to the store, take a moment to review the recipes you've lined up for the week. This will help you see exactly what ingredients you need and keep you from making impulse buys or getting sidetracked, sticking to your menu for the week, and resisting the urge to change it on a whim. Switching things around on a whim is no biggie, but it can pile on the time, confusion, and extra costs for your trip.

Make Sure to Stick to Your Grocery List!

Create a grocery list based on your chosen meals. Gather all the ingredients and select the highest quality within your budget. Sticking to your plan and focusing on retail sales and promotions is key.

The grocery store can tempt you with things you didn't plan on buying, but if you stay focused, you'll have a smoother and more budget-friendly shopping experience.

Being Efficient is Super Important!

Remember your grocery bags! Grab your cart and head straight to the vegetable aisle first—where you'll want to spend most of your time shopping. Avoid distractions from sales or items that might grab your attention today. Concentrating on fresh, whole foods that align with your health goals will save energy and time for the week ahead.

It's All About Quality, Not Just How Much You Have.

Make sure you're picking up high-quality items, especially regarding nutrient-rich foods like veggies, proteins, and healthy fats. When supporting your metabolic health, going for organic produce or grass-fed, pasture-raised animal products can be great options. Just remember to

keep an eye on your budget! Buying in bulk is a great way to snag better deals on higher-quality foods!

Ensure You Have What You Need but Try to Stay Moderate.

Be sure to stock up on enough ingredients for your meals this week—maybe grab a bit extra for snacks or some tasty leftovers! It's usually a good idea to have a little extra rather than running short but try not to buy too much. After all, unused food can end up wasted and hit your wallet harder than you'd like.

Keep It Within Budget!

It's great to prioritize quality ingredients, but keeping an eye on your budget is also important! Try to plan your meals based on what's in season or on sale, but do your best to stick to your list! If you need more clarification about an ingredient, consider whether it's essential for your meals this week.

Be Speedy and Effective!

When you're in the store, try to zip in and out quickly, but remember to make thoughtful choices along the way! If you stay too long, you may get lost and buy things you don't need. Bring your list and plan your route through the store, and you'll save time, energy, and money!

The recipes are organized so you can easily find the ingredients for each one, and they won't break the bank! The nutritional info for each recipe is right here!

Here Are a Few Handy Tips to Keep in Mind:

- Make sure to keep the kitchen and utensils nice and clean!
- Ensure you wash the organic fruits and veggies you need for your recipes!
- Make sure to use clean equipment.
- Always use glasses, cups, and bowls that are safe for the microwave.
- If you're using a spatula, ensure it's a heat-proof plastic one!
- Using parchment paper or grease your baking pan with oil is a good idea. This way, your food won't stick and will come out easily.
- Pre-roast veggies, cook proteins and prepare sauces beforehand.
- Divide meals into containers for convenient access.
- Utilize the recipes in this cookbook to construct a balanced menu.
- Concentrate on proteins, healthy fats, and low-glycemic carbohydrates.
- Use glass containers to keep meals fresh.
- Label containers with preparation dates for easy rotation.
- Chop vegetables and portion ingredients as soon as you get home after shopping.
- Double or triple recipes to freeze portions for future use.

Special Diets and Modifications

This section of our cookbook offers readers a flexible approach to their dietary needs and preferences while supporting metabolic health. It offers many tips for modifying recipes to suit specific diets or allergies. So, let's get started.

Adapting Recipes for Various Popular Diets

1. Keto Diet: Increase fats (avocado, butter, nut butter) and reduce carbs.
2. Paleo Diet: Substitute dairy with plant-based milk and creams. Avoid processed sweeteners.
3. Gluten-Free: Use gluten-free products where applicable.
4. Plant-Based: Replace animal proteins with tofu and tempeh.

Allergy Substitutions

1. Dairy-Free: Use unsweetened almond milk, coconut yogurt, and other products.
2. Nut-Free: Swap nuts with various seeds like sunflower, hemp seed, or pumpkin seeds.
3. Egg-Free: Replace eggs with flax seed, psyllium husk, or chia seeds (all mixed in water).

Macronutrient Tweaks

1. Higher Protein: Add more lean meats, fish, or eggs.
2. Lower Fat: Reduce oils and use leaner protein sources like chicken breast.
3. Higher Carbs: Incorporate sweet potatoes, squash, or quinoa (if tolerated).

Various Adjustments

1. Swap spices and herbs to match regional needs.
2. Replace hard-to-find ingredients with accessible ones.

The chapter below is filled with simple and delicious recipes designed to support your fitness journey and promote a healthier way of living. All are focused on enhancing your metabolism and overall wellness. As you start your day feeling that hunger pang or preparing to create something delicious, these recipes will provide your body with all the essential nutrients to thrive.

The next chapter is divided into several sections, each focusing on a particular aspect of daily nutrition.

Every recipe in these sections is made with wholesome, nutrient-rich foods that help keep blood sugar steady, boost energy, and promote overall health. Whether you're starting the metabolic diet or need some new inspiration, these recipes will help you along the journey.

Now, let's jump in for a mouthwatering culinary experience.

CHAPTER No 4:

Recipes

Section 1: Metabolically Friendly Breakfasts

Breakfast is important because it gives your body energy, speeds up your metabolism, keeps your blood sugar levels steady, and ensures your body has all the nutrients it needs for the whole day. Our breakfast recipes combine healthy foods like eggs, avocado, rice, and chia seeds to make meals that keep your energy level steady all day. Let's look more closely at the part where you make the recipe.

1. Eggs and Avocado Breakfast Bowl

Description: This breakfast recipe stabilizes your blood sugar throughout the day. It offers protein, healthy fats, and fiber. The addition of avocado and chia seeds provides omega-3s, antioxidants, and healthy fats for sustained energy and satiety.

 **Prep Time:** 6 Minutes |  **Cook Time:** 4-6 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 tbsp avocado oil
- 2 large eggs (or egg whites if preferred)
- 1/2 cup cooked quinoa
- 1/2 tsp ground turmeric
- 1/4 cup fresh spinach, chopped
- Salt and black pepper to taste
- 1 avocado, diced
- 1 tbsp chia seeds
- 1/4 cup chopped walnuts
- 1 tbsp apple cider vinegar

SERVING SUGGESTION:

You can serve this delicious dish with green tea or herbal tea to provide metabolic support.

INSTRUCTIONS:

1. Add about 1 tbsp of avocado oil into a nonstick skillet over medium heat and crack the eggs in it.
2. Cook the eggs until scrambled to your preference.
3. Once ready, set it aside.
4. In the other pan, heat the cooked quinoa with 1 tbsp of avocado oil.
5. Add turmeric, spinach, and a pinch of salt and pepper.
6. Keep stirring until spinach wilts and quinoa are warmed for about 2 to 3 minutes.
7. Divide the quinoa between two bowls, and then top each dish with the cooked eggs, diced avocado, chia seeds, and walnuts.
8. Drizzle with apple cider vinegar and add more salt and pepper to taste.

TIP:

The addition of fermented foods, such sauerkraut, improves the meal's digestive benefits in addition to complementing it.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 500 | Protein: 21g | Fat: 35.5g | Omega-3 Fatty Acids: 3.5g

2. Avocado and Smoked Salmon Egg Cups

Description: It is a rich, hearty, and protein-packed breakfast. Salmon and avocado's healthy fats and omega-3s support a healthy metabolism.

 **Prep Time:** 5 Minutes |  **Cook Time:** 14 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 avocado, pitted and chopped
- 4 oz. smoked salmon, chopped
- 4 eggs
- Salt and pepper, to taste

SERVING SUGGESTION:

Pair with a side of mixed greens.

INSTRUCTIONS:

1. Take 4 ramekins and add to each ramekin an equally distributed amount of sliced avocado and smoked salmon.
2. Crack an egg on top of each ramekin and season with salt and pepper.
3. Add it to the oven and bake at 375°F (190°C) for 14 minutes.
4. Once done, take it out and serve.

TIP:

Top it with chopped walnuts or seeds prior to baking for additional texture.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 466 | **Protein:** 33g | **Fat:** 35g | **Omega-3 Fatty Acids:** 2.6g

3. Coconut Porridge

Description: Enjoy this soothing coconut porridge, which, with its airy and delicious texture, will keep hunger at bay. It is a healthy meal to start the day with the richness of coconut cream, eggs, and coconut oil.

 **Prep Time:** 20 Minutes |  **Cook Time:** 10 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 tbsp coconut oil
- 4 eggs
- 4 tbsp coconut flour
- 1 tsp psyllium husk powder
- 6 tbsp coconut cream
- Salt, to taste

TOPPING INGREDIENTS:

- 1/4 cup fresh mixed berries, chopped

SERVING SUGGESTION:

Top with a sprinkle of cinnamon or chopped nuts for an added crunch, if desired.

INSTRUCTIONS:

1. Take a large cooking pan and add coconut oil, eggs, coconut flour, psyllium husk powder, coconut cream, and salt to it.
2. Keep stirring over medium flame until it thickens.
3. Take out from the heat and pour it into serving bowls.
4. Let it get cool slightly.
5. Serve it with the listed topping.

TIP:

You can adjust the quantity of coconut flour to achieve the desired thickness or thinness according to your taste.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 460 | **Protein:** 17g | **Fat:** 53g | **Omega-3 Fatty Acids:** 0g

4. Zucchini & Egg Scramble with Turmeric

Description: This simple scramble of antioxidant-rich turmeric and fiber-packed zucchini is perfect for an early morning metabolic boost.

 **Prep Time:** 5 Minutes |  **Cook Time:** 8 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp olive oil
- 1 small zucchini (shredded)
- 1/2 tsp turmeric
- 4 eggs
- Salt and pepper, to taste

SERVING SUGGESTION:

Serve it with a few slices of avocado or a dollop of Greek yogurt.

INSTRUCTIONS:

1. Heat olive oil in a large skillet.
2. Add shredded zucchini and turmeric and mix well.
3. Sauté it until cooked.
4. Pour in the beaten eggs, scramble them well, and cook until they get firm.
5. Take it out and enjoy.
6. Season with salt and pepper as per liking.

TIP:

Enhance the taste by garnishing it with vibrant herbs such as cilantro or parsley.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 300 | Protein: 18g | Fat: 24g | Omega-3 Fatty Acids: 0g

5. Kale Pancakes

Description: These delightful kale pancakes offer a wholesome and flavorful take on classic pancakes. Using almond flour, plant milk, and kale makes it an excellent morning choice, packed with fiber, greens, and wholesome fats to kick start your day.

 **Prep Time:** 20 Minutes |  **Cook Time:** 15 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 kale leaves, washed
- 1 cup almond flour
- 2-1/2 cups almond milk
- 1 tsp baking powder
- Pinch of salt
- 1 tsp dried mixed herbs
- 1/2 tsp garlic powder
- Olive oil, as needed

SERVING SUGGESTION:

Pair it with creamy avocado for an additional burst of flavor.

INSTRUCTIONS:

1. Carefully cleanse the kale leaves and detach any stems.
2. Add all ingredients in a high-speed blender, excluding olive oil.
3. Blend until smooth to create the pancake batter.
4. Heat olive oil in a skillet at low heat.
5. Gently pour the batter into the pan, allowing the pancakes to cook until bubbles form on top.
6. Flip the pancake to cook from the other side for 3 minutes.
7. Continue with the rest of the batter, incorporating more oil if necessary.
8. Serve once ready.

TIP:

Make extra pancakes in advance and store them in the refrigerator for use up to 4 days.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 280 | Protein: 9g | Fat: 22g | Omega-3 Fatty Acids: 0g

6. Chia Seed Pudding with Almond Butter

Description: *It is a high-fiber, low-sugar breakfast made with chia seeds and almond butter that offers sugar cravings and energy boosts for a longer time.*

 **Prep Time:** 10 Minutes (overnight soak) |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1-1/2 cup almond milk
- 1/2 cup chia seeds
- 2 tbsp almond butter
- 1 tsp cinnamon

SERVING SUGGESTION:

Serve it with mixed berries or crunchy nuts as a topping.

INSTRUCTIONS:

1. Combine almond milk, chia seeds, almond butter, and cinnamon in a bowl.
2. Refrigerate overnight.
3. Serve early in the morning as a delicious breakfast.

TIP:

Make it sweeter by adding a touch of stevia if you like.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 500 | Protein: 16g | Fat: 33g | Omega-3 Fatty Acids: 11g

7. Raspberry Pancakes

Description: *These pancakes are infused with the vibrant essence of fresh raspberries and a hint of cinnamon. They present a delightful, guilt-free morning indulgence that supports balanced energy throughout the day.*

 **Prep Time:** 6 Minutes |  **Cook Time:** 10-12 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/2 cup almond flour
- 2 large eggs
- 1/4 cup almond milk
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp vanilla extract
- 1/3 cup fresh raspberries
- 1 tbsp coconut oil, or as needed

SERVING SUGGESTION:

Top pancakes with a handful of chopped almonds or unsweetened Greek yogurt to give even more flavor.

INSTRUCTIONS:

1. Add the almond flour, eggs, almond milk, baking powder, cinnamon, and vanilla extract to a large mixing bowl and stir until smooth.
2. Add the raspberries slowly.
3. Pour the coconut oil into a nonstick skillet that has been heated to medium heat.
4. Once the skillet is heated, spoon a few tbsp of batter inside the skillet.
5. Sizzle each pancake for 2-3 minutes on one side, then carefully flip and cook for an additional 2 minutes until it achieves a golden-brown hue and is perfectly cooked through.
6. Continue with the rest of the batter, incorporating additional oil when necessary.
7. Serve and enjoy.

TIP:

If strawberries or blueberries are more to your taste, opt for those.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 350 | Protein: 15g | Fat: 29g | Omega-3 Fatty Acids: 1g

8. Savory Miso, Kimchi, Tofu with Oats

Description: It is a delightful and wholesome morning dish that blends rolled oats with the umami of miso, the freshness of kale, the tang of kimchi, and the creaminess of tofu. This recipe is abundant in fiber, probiotics, and plant-based protein, providing a fulfilling and metabolism-boosting beginning to your morning.

Prep Time: 15 Minutes | **Cook Time:** 5-8 Minutes | **Serving Size:** 2

INGREDIENTS:

- 1/2 cup almond milk
- 2 tsp chia seeds
- 1/2 cup rolled oats
- Pinch of salt
- 1/4 cup soy yogurt
- 1/4 cup loosely packed kale
- A few tbsp of water
- 1 tsp miso paste
- 1/4 cup kimchi (for serving)
- 1/4 cup chopped cilantro
- 1/4 cup tofu, cubed and drained

SERVING SUGGESTION:

Enjoy with a sip of green tea for a harmonious morning meal.

INSTRUCTIONS:

1. Take a large mixing bowl and combine the almond milk, chia seeds, rolled oats, a dash of salt, and soy yogurt.
2. Mix it well and allow it to rest in the refrigerator overnight.
3. The following morning, warm a skillet over medium heat.
4. Incorporate the kale and sauté for approximately 2 minutes or until it has softened and wilted.
5. Incorporate a few tbsp of water along with the miso paste into the skillet.
6. Blend and simmer for another minute to meld the flavors together. Take off the heat and let it rest for a moment.
7. To present, portion the soaked oats into two bowls, layer with the miso-kale blend, and finish with a sprinkle of kimchi, chopped cilantro, and tofu cubes.

TIP:

For a creamier texture, simply decrease the quantity of almond milk during the soaking phase.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 350 | Protein: 15g | Fat: 17g | Omega-3 Fatty Acids: 1g

9. Coconut Flour Pancakes with Berries

Description: These pancakes are made with coconut flour, making them a low-carb option. This is perfect for maintaining blood sugar balance without the carb spike.

Prep Time: 12 Minutes | **Cook Time:** 10-12 Minutes | **Serving Size:** 2

INGREDIENTS:

- 1/4 cup coconut flour
- 2 eggs
- 1/4 cup almond milk
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1 cup mixed berries (strawberries and blueberries)

SERVING SUGGESTION:

Enhance your dish with a touch of almond butter and a handful of fresh berries.

INSTRUCTIONS:

1. Blend all the listed ingredients in a high-speed blender.
2. Next, spoon the batter into a well-greased skillet.
3. Let it cook until it achieves a beautiful golden hue on both sides.
4. Once all pancakes are ready, serve.

TIP:

Coconut flour can be tricky to flip, so using a non-stick skillet or griddle is critical.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 270 | Protein: 10g | Fat: 18g | Omega-3 Fatty Acids: 0g

10. Greek Yogurt with Walnuts & Cinnamon

Description: It is a high-protein breakfast with healthy fats from walnuts and metabolism-boosting cinnamon.

🕒 **Prep Time:** 5-8 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1 cup Greek yogurt
- 1/4 cup walnuts, chopped
- 1 tsp cinnamon

SERVING SUGGESTION:

Pair it with a boiled egg for a filling breakfast.

INSTRUCTIONS:

1. Divide the Greek yogurt into the serving bowls.
2. Top it with walnuts and a dash of cinnamon.
3. Serve and enjoy.

TIP:

You can enhance the texture of the recipe by adding chia seeds.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 300 | Protein: 21g | Fat: 23g | Omega-3 Fatty Acids: 2g

11. Egg & Avocado bowl with Olive Oil Dressing

Description: A high-protein, heart-healthy mooring bowl combining eggs and avocado, drizzled with olive oil for optimal fat absorption.

🕒 **Prep Time:** 8-10 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 4 boiled eggs
- 1 avocado
- 2 cups mixed greens
- 1 tbsp olive oil
- 1tbsp lemon juice
- Salt and pepper, to taste

SERVING SUGGESTION:

Pair with a side of fermented vegetables to boost your gut health.

INSTRUCTIONS:

1. Remove the shells from the boiled eggs.
2. Take out the pit from the avocado.
3. Next, chop both of them.
4. Transfer it to serving bowls.
5. Combine it with mixed greens.
6. Next, drizzle with olive oil and lemon juice.
7. Enhance it with salt and pepper.
8. Present and savor.

TIP:

Enhance your dish with quinoa for a much fuller meal.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 22g | Fat: 30g | Omega-3 Fatty Acids: 1.5g

12. Almond Flour Banana Muffins

Description: These are low-carb banana muffins made with almond flour, perfect for a quick, on-the-go breakfast.

 **Prep Time:** 13 Minutes |  **Cook Time:** 18 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup almond flour
- 1 ripe banana (mashed)
- 2 eggs
- 1 tsp cinnamon
- 1/2 tsp baking powder

SERVING SUGGESTION:

You can pair it well with a dollop of Greek yogurt.

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C).
2. Put all the ingredients in a mixing bowl.
3. Mix well until incorporated.
4. Pour the prepared mixture into a muffin tin.
5. Bake it at 350°F (175°C) for 18-20 minutes inside a preheated oven.
6. Once baked, take it out and let it rest for a few minutes.
7. Serve and enjoy.

TIP:

Add dark chocolate chips to your dish to give it a delicious flavor boost.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 340 | Protein: 15g | Fat: 19g | Omega-3 Fatty Acids: 0.5g

13. Cauliflower Rice Scramble with Turkey Sausage

Description: It is a delicious low-carb scramble packed with cauliflower rice and savory turkey sausage, delivering a hearty dose of protein and fiber.

 **Prep Time:** 11 Minutes |  **Cook Time:** 12 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup cauliflower rice
- 2 turkey sausage links (sliced)
- 1 tbsp olive oil
- 2 eggs, organic
- Salt and pepper, to taste

SERVING SUGGESTION:

Serve it by adding slices of avocado.

INSTRUCTIONS:

1. Grate the cauliflower until it becomes consistent with the grains.
2. Take a skillet and sauté the turkey sausage in olive oil.
3. Incorporate cauliflower rice and sauté until it's perfectly tender.
4. Crack the eggs into the skillet.
5. Cook eggs until they are fully set.
6. Season it with salt and pepper.
7. Serve.

TIP:

Since cauliflower rice cooks quickly, make sure you're working on medium heat.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 31g | Fat: 24g | Omega-3 Fatty Acids: 0.1g

14. Cheese and Mushroom Frittata for Breakfast

Description: This tasty, low-carb cheese and mushroom frittata is a great option for a metabolic health-focused breakfast. A delicious way to start the day, this dish combines savory mushrooms, creamy cheese, and the opulent richness of olive oil.

 **Prep Time:** 24 Minutes |  **Cook Time:** 30-35 Minutes |  **Serving Size:** 2

VINAIGRETTE INGREDIENTS:

- 2 tbsp olive oil
- ½ tbsp apple cider vinegar
- Salt and ground black pepper, to taste

FRITTATA INGREDIENTS:

- 2 tbsp olive oil
- 1 cup mushrooms, chopped
- 4 scallions, chopped
- Salt and black pepper, to taste
- ½ tbsp fresh parsley
- 4 eggs
- ¼ cup shredded cheese (preferably grass-fed or organic)

SERVING SUGGESTION:

Serve it with a leafy green like arugula, adding a boost of fiber.

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. Whisk well all the vinaigrette ingredients in a small bowl.
3. Set it aside for later use.
4. In a nonstick pan, add olive oil over medium heat.
5. Incorporate the mushrooms and sauté them until they achieve a golden hue and a tender texture, approximately 5-7 minutes.
6. Incorporate the chopped scallions and enhance the flavor with a sprinkle of salt and pepper.
7. Incorporate the fresh parsley and allow it to cook for an additional minute.
8. In a medium bowl, combine the eggs by whisking them together, then blend in the shredded cheese until everything is thoroughly mixed.
9. Incorporate the sautéed mushrooms and scallions into the egg mixture, stirring until well combined.
10. Grease a baking pan using olive oil, and then pour in the egg and mushroom mixture.
11. Add it to the preheated oven.
12. Bake it for 25 minutes.
13. Once done, take it out and drizzle the prepared vinaigrette on top before serving.

TIP:

Prepare it in advance and keep it in the fridge for a convenient breakfast option all week long.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 440 | Protein: 27g | Fat: 34g | Omega-3 Fatty Acids: 1g

15. Breakfast Muffins

Description: *The high-quality protein and fiber-rich muffins are nutrient-dense breakfasts ideal for promoting metabolic health. They are the perfect way to maintain stable blood sugar levels throughout the morning and enjoy a delectable, satisfying start to your day, as they are packed with nutrient-dense ingredients, minimal carbs, and healthy fats.*

 **Prep Time:** 18 Minutes |  **Cook Time:** 20-30 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 large eggs
- 1/4 cup coconut oil, melted
- 1/4 cup unsweetened almond milk
- 1/4 tsp vanilla extract
- Pinch of salt
- 1/4 cup coconut flour
- 2 tbsp chia seeds
- 1/2 cup almond flour
- 1/4 tsp baking powder
- 1/4 tsp ground cinnamon
- 1 tbsp flaxseed meal
- 1/4 cup fresh mixed berries (blueberries, raspberries, and blackberries)

SERVING SUGGESTION:

Enjoy these muffins while they are still warm. Top them with a big dollop of full-fat Greek yogurt or a little nut butter for more protein and healthy fats.

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C).
2. Prepare a large muffin tin by lining each cup with paper liners.
3. In a spacious bowl, combine the eggs, melted coconut oil, almond milk, vanilla extract, and a dash of salt, whisking them together until well blended.
4. Combine the coconut flour, chia seeds, almond flour, baking powder, cinnamon, and flaxseed meal in a separate large bowl.
5. Combine dry ingredients and wet ingredients well.
6. Next, carefully fold in the fresh berries and blend until they are evenly incorporated.
7. Distribute the batter into the muffin cups, ensuring each is filled to about three-quarters full.
8. Bake it for 25-30 minutes in a preheated oven.
9. Let the muffins rest for 10 minutes over a wire rack.
10. Serve and enjoy.

TIP:

To create a more savory muffin, skip the cinnamon and vanilla and incorporate a dash of garlic powder, onion powder, or fresh herbs.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | **Protein:** 12.5g | **Fat:** 33g | **Omega-3 Fatty Acids:** 6g

Section 2: Energy-Boosting Snacks

When it comes to metabolic health, snacks can be very important for keeping your energy levels steady all day. Good snacks can keep your blood sugar stable, help your metabolism work, and keep you from getting hungry between meals.

In a metabolic diet, snacks should focus on whole, nutrient-dense foods that provide balanced macronutrients like healthy fats, fiber, and protein while minimizing refined sugars and processed ingredients. By prioritizing these snacks, you can fuel your body with lasting energy, help regulate insulin levels, and support a healthy metabolism.

Below are some delicious and nutrient-dense snack options designed to provide long-lasting energy through healthy fats, fiber, protein, and antioxidants.

16. Roasted Chickpeas

Description: *These roasted chickpeas are a tasty, crunchy snack, making it a great choice.*

 **Prep Time:** 12 Minutes |  **Cook Time:** 22-32 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 cups cooked chickpeas
- 2 tbsp olive oil
- Salt, to taste
- 1/2 tbsp paprika powder
- 1/2 tsp garlic powder

SERVING SUGGESTION:

Elevate it by tossing it with cayenne pepper for a much spicy kick.

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C).
2. Take a bowl and toss the chickpeas with olive oil, salt, paprika, and garlic powder.
3. Line a baking sheet with parchment paper.
4. Add the chickpeas in a single layer onto the baking sheet.
5. Place in the oven for 22 minutes, stirring halfway through to achieve an even result.
6. After 25 minutes, evaluate the texture.
7. Bake for an additional 5-10 minutes for an extra crunch.
8. Cool it completely before serving.

TIP:

Add a sprinkle of nutritional yeast to elevate the flavor profile before baking.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 380 | Protein: 18g | Fat: 14g | Omega-3 Fatty Acids: 0.4g

17. Chocolate Avocado Mousse

Description: This chocolate avocado mousse is a creamy, decadent snack made with ripe avocados. It's rich in healthy fats and free from refined sugars, making it a perfect option for metabolic health. The natural sweetness of stevia and the richness of cocoa give this mousse its delightful flavor.

🕒 **Prep Time:** 15 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1 ripe avocado, peeled and pitted
- 2 tbsp unsweetened cocoa powder
- 1 tbsp almond butter
- 1 tsp vanilla extract
- 1 tsp stevia sweetener (adjust to taste)
- Pinch of salt
- 2 tbsp coconut cream (optional for extra creaminess)

SERVING SUGGESTION:

Garnish it with mixed berries and serve.

INSTRUCTIONS:

1. Pulse the avocado, cocoa powder, almond butter, vanilla extract, sweetener, and salt in a blender.
2. Blend until smooth and creamy.
3. Add some coconut cream to achieve your desired consistency.
4. Spoon the mousse into serving bowls.
5. Refrigerate for at least 40 minutes.
6. Serve chilled.

TIP:

Use Greek yogurt instead of almond butter for a tangy twist.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 310 | Protein: 8g | Fat: 28g | Omega-3 Fatty Acids: 0.1g

18. Quinoa Tater Tots

Description: These quinoa tater tots are a wholesome, flavorful treat or accompaniment crafted from quinoa, vegetables, and simple ingredients.

🕒 **Prep Time:** 15 Minutes | 🔥 **Cook Time:** 10-15 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 2 cups cooked quinoa
- 6 button mushrooms, finely diced
- 1/3 cup chives, minced
- 1/2 small yellow onion, finely diced
- Salt, to taste
- 1/3 tsp red pepper flakes (optional)
- 3/4 cup almond flour
- 4 tbsp unsweetened, plain, plant-based milk
- 2 tbsp lemon juice
- Avocado oil, as needed

SERVING SUGGESTION:

Dip in a low-carb sauce such as guacamole or a yogurt-based dip.

INSTRUCTIONS:

1. Combine cooked quinoa, mushrooms, chives, onions, salt, red pepper flakes, and almond flour in a large bowl. Mix well.
2. Add plant-based milk and lemon juice to the mixture and stir until all ingredients are well incorporated.
3. Roll the mixture into small balls.
4. Flatten them into a tot shape.
5. Place the tots in the refrigerator for 30 minutes.
6. Heat oil in a non-stick skillet.
7. Cook the tater tots for 5 minutes per side until golden and crispy.

TIP:

Add cooked chicken or turkey protein to make these more filling.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 10g | Fat: 14g | Omega-3 Fatty Acids: 0.3g

19. Avocado & Almond Butter Bites

Description: A perfect combination of healthy fats from avocado and almond butter, designed to support steady energy levels. These bites are easy to prepare and great for a mid-day snack.

 **Prep Time:** 15 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 ripe avocado
- 2 tbsp almond butter
- Pinch of sea salt

SERVING SUGGESTION:

Serve as a snack or a light energy booster between meals.

INSTRUCTIONS:

1. Mash the avocado and mix with almond butter and sea salt.
2. Roll into bite-sized balls.
3. Refrigerate for 1-2 hours before serving.

TIP:

You can sprinkle cinnamon or cocoa powder for a different flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 360 | Protein: 8g | Fat: 33g | Omega-3 Fatty Acids: 0.5g

20. Cucumber & Hummus Slices

Description: This refreshing and light snack provides a combination of good fats and protein to sustain energy throughout the day.

 **Prep Time:** 4 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cucumber, sliced
- 1/4 cup hummus

SERVING SUGGESTION:

Pair with iced tea for a light and refreshing snack.

INSTRUCTIONS:

1. Slice the cucumber as per liking.
2. Serve with hummus for dipping.

TIP:

You can sprinkle the cucumber with sea salt or lemon juice for extra flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 16 | Protein: 5g | Fat: 12g | Omega-3 Fatty Acids: 0.2g

21. Avocado Hummus

Description: *It's a perfect snack that supports metabolic health with healthy fats, fiber, and minimal carbs.*

 **Prep Time:** 15 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/2 cup chickpeas, boiled
- 1 ripe avocado, halved and pitted
- 1/4 cup tahini
- 1/2 tsp ground cumin
- 2 tbsp extra-virgin olive oil
- 2 tbsp fresh lemon juice
- 2 cloves garlic, minced
- Salt, to taste
- 1 tbsp fresh cilantro leaves (optional, for garnish)

SERVING SUGGESTION:

For dipping, serve with raw veggies like cucumber, celery, or bell peppers.

INSTRUCTIONS:

1. Boil the chickpeas.
2. Drain and rinse the chickpeas.
3. Keep 2 tbsp of the boiling water.
4. Combine chickpeas, avocado, tahini, cumin, olive oil, lemon juice, garlic, and salt in a high-speed blender.
5. Add the reserved chickpea liquid.
6. Pulse the mixture until creamy.
7. Garnish with fresh cilantro and serve.

TIP:

Adjust seasoning to taste and add chili flakes for extra flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 380 | Protein: 10g | Fat: 30g | Omega-3 Fatty Acids: 0.2g

22. Classic Broccoli Bites

Description: *These roasted broccoli bites are full of flavor and packed with antioxidants and fiber, making them a perfect snack to support metabolic health. Combining turmeric, paprika, and lemon adds a zesty, savory kick to these healthy bites.*

 **Prep Time:** 15 Minutes |  **Cook Time:** 15 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 cups broccoli florets (about 1 1/2 inches in size)
- Salt, to taste
- 1/2 tbsp turmeric
- 1 tbsp paprika
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice

SERVING SUGGESTION:

Pair with a high-protein dip like guacamole.

INSTRUCTIONS:

1. Preheat the oven to 450°F (230°C).
2. Line a baking sheet with parchment paper.
3. Combine the broccoli florets with salt, a dash of turmeric, paprika, olive oil, and lemon juice in a mixing bowl.
4. Layer the broccoli evenly on the baking sheet.
5. Roast it for 15 minutes until crispy and golden.
6. Serve immediately.

TIP:

To make the broccoli extra crispy, broil for 2-3 additional minutes at the end of cooking.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 160 | Protein: 6g | Fat: 12g | Omega-3 Fatty Acids: 0.5g

23. Hard-Boiled Eggs with Sea Salt

Description: It is a simple, protein-packed snack perfect for a quick energy boost without spikes in blood sugar.

🕒 **Prep Time:** 15 Minutes | 🔥 **Cook Time:** 10 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 2 large eggs
- Sea salt

SERVING SUGGESTION:

Enjoy as a protein-rich snack on its own or with fresh veggies.

INSTRUCTIONS:

1. Boil eggs for 10 minutes.
2. Peel the eggs and sprinkle with sea salt.

TIP:

Add a dash of paprika or hot sauce for extra flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 140 | Protein: 12g | Fat: 10g | Omega-3 Fatty Acids: 1g

24. Almond & Coconut Energy Balls

Description: These energy balls perfectly balance healthy fats and fiber, providing sustained energy.

🕒 **Prep Time:** 15 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 1/2 cup almonds
- 1/2 cup shredded coconut
- 2 tbsp chia seeds
- 1 tbsp coconut oil
- 1 tbsp honey (optional)

SERVING SUGGESTION:

Enjoy as an energy-boosting snack anytime during the day.

INSTRUCTIONS:

1. Pulse all the ingredients in a high-speed food processor.
2. Roll the mixture into small balls.
3. Refrigerate for 1 hour before serving.

TIP:

Store in an airtight container for up to a week inside the refrigerator.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 420 | Protein: 10g | Fat: 36g | Omega-3 Fatty Acids: 3g

25. Nut Butter and Celery Sticks

Description: It is a healthy, easy, and nutritious snack best for a mid-day munch and an energy boost.

🕒 **Prep Time:** 15 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 2 tbsp almond or peanut butter
- 2 celery stalks, cut into sticks

SERVING SUGGESTION:

Enjoy with a handful of pumpkin seeds.

INSTRUCTIONS:

1. Spread the nut butter on the celery sticks.
2. Serve.

TIP:

Use nut butter without added sugar or hydrogenated oils.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 320 | Protein: 6g | Fat: 28g | Omega-3 Fatty Acids: 3g

26. Coconut Flax Energy Balls

Description: These quick and nutritious snacks are designed to fuel your body with wholesome ingredients. These no-bake treats combine the creamy richness of coconut with the nutty, nutrient-dense power of flaxseeds, offering a perfect balance of healthy fats, fiber, and natural sweetness.

🕒 **Prep Time:** 10 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 1/4 cup unsweetened shredded coconut
- 1/4 cup flaxseed meal
- 1 tbsp chia seeds
- 1 tbsp almond butter
- 1/3 tsp stevia

🍷 **SERVING SUGGESTION:** Serve with a side of mixed berries for extra antioxidants.

INSTRUCTIONS:

1. Mix all ingredients in a bowl.
2. Roll into small balls and refrigerate for 20-30 minutes.

💡 **TIP:**

Store it in an airtight container for later use.

📊 NUTRITIONAL INFORMATION PER SERVING:

Calories: 330 | Protein: 6g | Fat: 28g | Omega-3 Fatty Acids: 4g

27. Avocado with Lemon and Sea Salt

Description: It is a rich, healthy snack to devour anytime you like.

🕒 **Prep Time:** 5 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 2 ripe avocados
- Juice of 1/2 lemon
- Sea salt, to taste

🍷 **SERVING SUGGESTION:** Pair with a handful of walnuts for extra omega-3s.

INSTRUCTIONS:

1. Cut the avocados in half and then remove the pit.
2. Scoop out the flesh of the avocados.
3. Drizzle with lemon juice and season it with sea salt.

💡 **TIP:**

Season it with a pinch of cayenne for a spicy kick.

📊 NUTRITIONAL INFORMATION PER SERVING:

Calories: 480 | Protein: 6.9g | Fat: 43g | Omega-3 Fatty Acids: 0.6g

28. Almond and Coconut Energy Bars

Description: It is a simple yet nutrient-dense snack to enjoy.

🕒 **Prep Time:** 15 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 1/4 cup almonds
- 1/4 cup shredded coconut
- 1 tbsp almond butter
- 1 tbsp honey

🍷 **SERVING SUGGESTION:** Pair with a small cup of green tea.

INSTRUCTIONS:

1. Blend almonds and coconut in a high-speed blender.
2. Mix with almond butter and honey to form dough.
3. Press into a pan, refrigerate for 30 minutes and then cut into bars.

💡 **TIP:**

Store it in an airtight container for up to a week.

📊 NUTRITIONAL INFORMATION PER SERVING:

Calories: 410 | Protein: 10g | Fat: 35g | Omega-3 Fatty Acids: 0g

29. High Fiber Coconut Candies

Description: It is a perfect snack to munch on any time you like.

 **Prep Time:** 15 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup mixed nuts (unsweetened, no added sugars)
- 2 tsp coconut oil
- 1/2 cup almond flour
- 1 cup shredded unsweetened coconut
- 1 tbsp stevia
- 1 tbsp chia seeds (for added fiber)

SERVING SUGGESTION:

Enjoy with a small serving of avocado for added healthy fats.

INSTRUCTIONS:

1. Combine the mixed nuts, coconut oil, almond flour, shredded coconut, and stevia in a bowl.
2. Put in the chia seeds and stir well.
3. Shape this mixture into small balls with clean hands.
4. Add the prepared balls on a parchment-lined baking sheet or tray and refrigerate for a few hours to firm up.

TIP:

Use unsweetened shredded coconut for the healthiest option.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 500 | Protein: 9g | Fat: 10g | Omega-3 Fatty Acids: 3g

30. Appetizing Cauliflower

Description: It is a straightforward and low-carb recipe to enjoy.

 **Prep Time:** 15 Minutes |  **Cook Time:** 25-30 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp olive oil
- 2 cups cauliflower florets
- Salt and black pepper, to taste
- 1 tsp garlic paste
- 1/2 tsp ginger paste
- 2 tbsp lemon juice
- 1/4 cup almond meal (instead of Panko breadcrumbs for a low-carb alternative)

SERVING SUGGESTION:

Pair with a side of avocado.

INSTRUCTIONS:

1. Preheat the oven to 360°F (180°C).
2. Heat olive oil in a non-stick skillet.
3. Put the cauliflower florets into the cooking pan.
4. Let it cook for 15 minutes with a splash of water, stirring occasionally.
5. Add salt and black pepper to taste.
6. Stir in garlic paste, ginger paste, and lemon juice.
7. Cook it for 6 more minutes until cauliflower is tender.
8. Transfer cauliflower to a baking tray.
9. Sprinkle with almond meal.
10. Broil in the oven for 3-5 minutes.
11. Serve immediately.

TIP:

Use fresh cauliflower for the best texture.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 210 | Protein: 6g | Fat: 18g | Omega-3 Fatty Acids: 0.3g

31. Kale Chips

Description: *These are the best low-carb chips for a metabolic diet.*

🕒 **Prep Time:** 10 Minutes | 🔥 **Cook Time:** 10-12 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 2 cups kale, chopped into pieces
- 1 tbsp olive oil
- Salt, to taste

SERVING SUGGESTION:

Pair with a small serving of roasted almonds.

INSTRUCTIONS:

1. Toss kale with olive oil and salt.
2. Bake it inside the oven at 350°F (175°C), until crispy for 10-12 minutes.

💡 **TIP:**

Store it in an airtight container for later use for up to 2-3 days.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 70 | Protein: 3g | Fat: 6g | Omega-3 Fatty Acids: 0.4 g

32. Greek Yogurt with Berries

Description: *It is a light and satisfying snack that is rich in antioxidant qualities.*

🕒 **Prep Time:** 15 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1/2 cup unsweetened Greek yogurt
- 1/4 cup blueberries
- 1/4 cup raspberries
- 1/4 cup strawberries

SERVING SUGGESTION:

Add a sprinkle of ground flaxseed for added fiber.

INSTRUCTIONS:

1. Mix the yogurt and berries in a serving bowl.
2. Enjoy.

💡 **TIP:**

Choose full-fat Greek yogurt for more satiety.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 120 | Protein: 10g | Fat: 3g | Omega-3 Fatty Acids: 0g

33. Roasted Pumpkin Seeds

Description: *It is a super easy and versatile snack to enjoy.*

🕒 **Prep Time:** 15 Minutes | 🔥 **Cook Time:** 12-15 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1/2 cup pumpkin seeds
- 1 tsp olive oil
- Salt, to taste

SERVING SUGGESTION:

Pair with a small serving of cucumber slices.

INSTRUCTIONS:

1. Toss pumpkin seeds in olive oil and salt.
2. Bake or roast at 375°F (190°C) for 12-15 minutes inside the oven.
3. Serve.

💡 **TIP:** You can spice up things by adding smoked paprika for extra taste.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 320 | Protein: 12g | Fat: 28g | Omega-3 Fatty Acids: 2.5g

34. Baked Zucchini Chips

Description: With minimal ingredients, they're perfect for a quick snack while supporting metabolic health.

 **Prep Time:** 15 Minutes |  **Cook Time:** 25 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 large zucchini, thinly sliced
- 1 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp onion powder
- Salt and black pepper, to taste

SERVING SUGGESTION:

Serve with a side of homemade guacamole or a protein dip.

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Thinly slice the zucchini with a mandolin.
3. Coat the zucchini slices well with olive oil, garlic powder, onion powder, salt, and pepper.
4. Place the slices in a single layer on a baking sheet lined with parchment paper.
5. Bake for 20-25 minutes, flipping halfway through.
6. Once done, serve.

TIP:

Make sure to slice the zucchini thinly for crispiness.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 120 | Protein: 2g | Fat: 10g | Omega-3 Fatty Acids: 0g

35. Apple Snack

Description: This delightful snack is easy to prepare and packed with nutrition. It combines apples' inherent sweetness with a satisfying mix of healthy fats and protein.

 **Prep Time:** 12 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 medium apples
- 2 tbsp natural peanut butter

SERVING SUGGESTION:

Pair with a handful of almonds or walnuts for added fiber and healthy fats.

INSTRUCTIONS:

1. Wash and slice the apples and remove all their seeds.
2. Serve the slices with natural peanut butter.

TIP:

To follow a lower-glycemic approach, use a green apple variety like Granny Smith apples, which have lower sugar content than sweeter varieties.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 280 | Protein: 7g | Fat: 17.9g | Omega-3 Fatty Acids: 0g

36. Egg Salad Lettuce Wraps

Description: *These low-carb, high-protein egg salad lettuce wraps are a perfect snack to support metabolic health.*

 **Prep Time:** 12 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 hard-boiled eggs, peeled and chopped
- 2 tbsp coconut cream
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1/4 tsp paprika (optional)
- Salt and black pepper, to taste
- 4 large lettuce leaves (such as romaine or butter lettuce)

SERVING SUGGESTION:

Pair with a side of sliced cucumber or bell pepper for extra crunch.

INSTRUCTIONS:

1. Mix the chopped hard-boiled eggs, coconut cream, Dijon mustard, and lemon juice in a bowl.
2. Season it with paprika, salt, and pepper.
3. Mix well until thoroughly combined.
4. Lay the lettuce leaves flat and spoon the egg salad mixture into the center of each leaf.
5. Wrap the lettuce around the egg salad to form wraps.
6. Serve immediately or refrigerate for later.

TIP:

You can mix fresh herbs like dill or chives for added flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 320 | Protein: 20g | Fat: 28g | Omega-3 Fatty Acids: 0g

37. Baked Chicken Tenders

Description: *This tender is lean and crispy packed with protein and fiber.*

 **Prep Time:** 12 Minutes |  **Cook Time:** 25 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/2 cup almond flour
- 1/4 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika
- Salt and black pepper, to taste
- 2 chicken breasts cut into tenders (about 6-8 pieces)
- 1 egg, beaten
- 1-2 tbsp olive oil (for brushing)

SERVING SUGGESTION:

Serve with a homemade dipping sauce, such as sugar-free mustard.

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Mix the almond flour, Parmesan cheese, garlic powder, onion powder, paprika, salt, and pepper in a shallow bowl.
3. Dip the chicken tender into the beaten egg.
4. Next, coat it in the almond flour.
5. Put the coated chicken tenders on a baking sheet lined with parchment paper.
6. Brush each tender lightly with olive oil.
7. Bake for 25 minutes, flipping halfway through.
8. Serve immediately.

TIP:

Add some crushed pork rinds to the almond flour mixture for extra crunch.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 55g | Fat: 23g | Omega-3 Fatty Acids: 0g

38. Baked Tofu

Description: This simple baked tofu is marinated with healthy fats and spices, making it a satisfying, and flavorful addition to your diet.

 **Prep Time:** 12 Minutes |  **Cook Time:** 25 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 block of firm tofu, drained and pressed
- 1 tbsp olive oil
- 1 tsp onion powder
- ½ tsp smoked paprika
- ½ tsp ground turmeric
- 1 tsp garlic powder
- 1 tbsp coconut aminos
- Salt and black pepper, to taste
- 1 tbsp coconut aminos

SERVING SUGGESTION:

Serve over a bed of sautéed greens, or pair with roasted vegetables and a drizzle of olive oil. For a low-carb meal, you can also enjoy it with cauliflower rice or zucchini noodles.

INSTRUCTIONS:

1. Preheat the oven to 400°F (205°C).
2. After pressing the tofu, cut it into cubes.
3. In a large bowl, mix the olive oil, onion powder, smoked paprika, turmeric, garlic powder, salt, pepper, and coconut aminos.
4. Add the tofu pieces to the bowl.
5. Toss gently to coat well.
6. Let it sit for about 5 minutes to absorb the flavors.
7. Line a baking sheet with parchment paper.
8. Spread the marinated tofu on it.
9. Bake for 20-25 minutes, flipping halfway through, until the tofu is golden brown and crispy on the edges, and serve.

TIP:

For extra crispiness, press the tofu for a longer period before cooking, and consider marinating it overnight for a deeper flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 165 | Protein: 2.5g | Fat: 7.8 g | Omega-3 Fatty Acids: 0g

39. Baked Butternut Squash Chips

Description: A metabolic health diet-friendly snack, their inherent sweetness, and savory spice pair well.

 **Prep Time:** 10 Minutes |  **Cook Time:** 20-25 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 medium butternut squash, peeled
- 1 tbsp olive oil
- 1 tsp ground cinnamon
- ½ tsp ground cumin
- Salt, to taste

SERVING SUGGESTION:

Use creamy avocado dip.

INSTRUCTIONS:

1. Preheat your oven to 390°F (200°C).
2. Slice the peeled butternut squash into strips.
3. Toss it with olive oil, cinnamon, cumin, and salt.
4. Add the slices in a single layer on a baking sheet lined with parchment paper.
5. Bake it inside preheated oven for 25 minutes, flipping halfway through.
6. Let it get cool before serving.

TIP:

Slice the squash equally and thinly to ensure even cooking.

Nutritional Information per Serving:

Calories: 155 | Protein: 2.8g | Fat: 7.9g | Omega-3 Fatty Acids: 0g

40. Roasted Brussels Sprouts

Description: These roasted Brussels sprouts are a simple yet tasty snack that is perfect for promoting metabolic health. They are topped with a zesty lemon and sesame glaze and provide a good amount of fiber and healthy fats.

 **Prep Time:** 14 Minutes |  **Cook Time:** 20 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 lb. Brussels sprouts, trimmed and halved
- 1 tbsp olive oil
- ½ tbsp lemon juice
- 2 garlic cloves, minced
- ½ tsp sea salt
- 1 tbsp sesame seeds
- Handful of peanuts (optional)

SERVING SUGGESTION:

Pair it with grilled chicken or fish.

INSTRUCTIONS:

1. Preheat your oven to 400°F (205°C).
2. Wash and trim the Brussels sprouts, removing the ends and cutting them in half.
3. In a bowl, blend together olive oil, lemon juice, minced garlic, sea salt, and sesame seeds.
4. Mix thoroughly to blend the ingredients.
5. Coat the Brussels sprouts thoroughly in the glaze mixture, making sure each piece is evenly covered.
6. Layer the Brussels sprouts on a baking sheet that is lined with parchment paper.
7. Roast in the oven for 20 minutes.
8. Remove from the oven once the Brussels sprouts are tender and slightly charred.
9. Serve with an additional glaze drizzle on top.

TIP:

For a flavor boost, sprinkle with nutritional yeast or your favorite spice blend after roasting.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 333 | Protein: 9g | Fat: 28g | Omega-3 Fatty Acids: 1g

Section 3: Power-Packed Lunches for Lasting Energy

Lunch is a crucial part of the day, as it fuels us for the tasks ahead and can help maintain energy levels through the afternoon. This section serves up 20 delectable and super nutritious recipes to fuel your body, containing everything it needs to keep you energized, support healthy metabolic health, and keep you full and focused all day. Enjoy these easy-to-make lunches that promise lasting energy and taste!

41. Salmon Salad with Lemon and Dill Dressing

Description: *It is an omega-3-rich recipe that serves as a perfect lunch.*

 **Prep Time:** 12-14 Minutes |  **Cook Time:** 8-10 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 salmon fillets
- Salt and pepper, to taste
- 1 tbsp olive oil
- 2 cups mixed greens
- 1 cucumber, sliced
- 2 tbsp red onion, thinly sliced
- 2 tbsp lemon juice
- 3 tbsp extra virgin olive oil
- 1 tbsp fresh dill, chopped

SERVING SUGGESTION:

Pair with a side of roasted vegetables or cauliflower rice.

INSTRUCTIONS:

1. Coat the salmon fillets with salt, black pepper, and olive oil.
2. Pan-sear the salmon for 4-5 minutes on each side.
3. In a bowl, toss mixed greens, cucumber, and red onion.
4. Whisk together lemon juice, olive oil, and dill separately for the dressing.
5. Top the salad with the cooked salmon.
6. At the end, drizzle the dressing.
7. Serve immediately.

TIP:

Add a hard-boiled egg to the salad to make it even more filling.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 420 | Protein: 38g | Fat: 28g | Omega-3 Fatty Acids: 3g

42. Spicy Chicken Lettuce Wraps

Description: *It is a low-carb meal that fulfills a nutritionist's needs for the day.*

 **Prep Time:** 8 Minutes |  **Cook Time:** 6 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 tbsp olive oil
- 2 chicken breasts, cooked and shredded
- 1 tbsp chili garlic sauce
- 1 tbsp coconut aminos
- 1 tsp sesame oil
- 1 tsp fresh ginger, grated
- 1 head iceberg lettuce leaves separated
- 1 cucumber, julienned
- 1 small carrot, julienned
- 2 tbsp cilantro, chopped

 **SERVING SUGGESTION:**

Pair with a side of roasted sweet potato fries.

INSTRUCTIONS:

1. Take a skillet and heat oil at medium flame.
2. Add shredded chicken, chili garlic sauce, coconut aminos, sesame oil, and ginger. Stir to combine.
3. Cook it for 6 minutes, stirring in between.
4. Top and fill up all the lettuce leaves with the chicken mixture.
5. Then add cucumber, carrot, and cilantro.
6. Serve immediately.

 **TIP:**

For added crunch, sprinkle sesame seeds on top of the wraps.

 **NUTRITIONAL INFORMATION PER SERVING:**

Calories: 350 | Protein: 32g | Fat: 22g | Omega-3 Fatty Acids: 1g

43. Eggplant and Turkey Stir-Fry

Description: *It is an easy and scrumptious recipe to enjoy at lunch.*

 **Prep Time:** 8-11 Minutes |  **Cook Time:** 15-18 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp olive oil
- 1 medium eggplant, diced
- 1 lb. ground turkey
- 2 garlic cloves, minced
- 1 bell pepper, chopped
- 1 tbsp coconut aminos
- 1 tsp paprika
- 2 tbsp fresh basil, chopped

 **SERVING SUGGESTION:**

Serve over cauliflower rice or alongside roasted Brussels sprouts.

INSTRUCTIONS:

1. Take a skillet and heat the oil in it.
2. Put in the diced eggplant and cook for 5 minutes, stirring occasionally.
3. Next, add ground turkey and garlic.
4. Cook it for 5 minutes.
5. Add bell pepper, coconut aminos, paprika, and basil, and cook for another 5 minutes.
6. Serve hot.

 **TIP:**

For extra flavor, top it with a sprinkle of nutritional yeast.

 **NUTRITIONAL INFORMATION PER SERVING:**

Calories: 380 Protein: 35g | Fat: 22g | Omega-3 Fatty Acids: 1g

44. Cauliflower Rice Stir-Fried with Shrimp

Description: It is an easy recipe to prepare for lunch, and it offers many multi-nutrients, such as protein, omega-3 fatty acids, and healthy fats.

 **Prep Time:** 11-14 Minutes |  **Cook Time:** 8-12 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp sesame oil
- 12 large shrimp, peeled and deveined
- 1 garlic clove, minced
- 1 cup cauliflower rice
- 1 tbsp coconut aminos
- 1/2 cup bell peppers, chopped
- 1 tbsp green onions, chopped
- 1 tbsp sesame seeds

SERVING SUGGESTION:

Serve with a side of steamed broccoli or a green salad.

INSTRUCTIONS:

1. Take a skillet and heat sesame oil in it.
2. Put in the shrimp and garlic, cooking for 4 minutes until the shrimp is pink.
3. Add cauliflower rice, coconut aminos, and bell peppers, stir-frying for another 5 minutes, covered.
4. Top with green onions and sesame seeds.
5. Serve immediately.

TIP:

To add a bit of heat, sprinkle red pepper flakes over the dish.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 300 | Protein: 32g | Fat: 18g | Omega-3 Fatty Acids: 1g

45. Turkey and Spinach Meatballs

Description: It is a perfect hearty meal that is best served as lunch.

 **Prep Time:** 7-14 Minutes |  **Cook Time:** 20 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 lb. ground turkey
- 1 cup spinach, chopped
- 1 egg
- 2 tbsp almond flour
- 1 tsp garlic powder
- Salt and pepper, to taste
- 2 tbsp olive oil

SERVING SUGGESTION:

Pair with roasted asparagus or a side of avocado.

INSTRUCTIONS:

1. Preheat the oven to 400°F (205°C).
2. Mix ground turkey, spinach, egg, almond flour, garlic powder, salt, and pepper in a bowl.
3. Form them into meatballs and place them on a baking sheet.
4. Drizzle it with olive oil.
5. Bake it for 20 minutes, then take it out.
6. Serve hot.

TIP:

To keep the meatballs moist, don't overcook them.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 350 | Protein: 30g | Fat: 22g | Omega-3 Fatty Acids: 1g

46. Tuna Salad Lettuce Wraps

Description: Perfect heart wraps are best served at lunch to give you a protein-power energy boost for the day. This dish is perfect for anyone looking for a low-carb, protein-packed meal that's easy to prepare and perfect for on-the-go.

 **Prep Time:** 22 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 can tuna, drained
- 1 tbsp coconut cream
- 1 tbsp Dijon mustard
- 1 celery stalk, chopped
- 1 tbsp red onion, chopped
- Salt and pepper, to taste
- 4 large lettuce leaves (such as romaine or butter lettuce)

SERVING SUGGESTION:

For a complete meal, these wraps pair well with a side of sliced cucumbers or a simple green salad.

INSTRUCTIONS:

1. Combine the tuna, coconut cream, Dijon mustard, chopped celery, and red onion in a bowl.
2. Season it with salt and pepper to taste.
3. Spoon the tuna salad mixture onto the center of each lettuce leaf.
4. Fold the lettuce around the tuna mixture to form a wrap.
5. Serve immediately and enjoy!

TIP:

Add sliced pickles to the tuna mixture for extra crunch.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 250 | Protein: 22g | Fat: 16g | Omega-3 Fatty Acids: 0.5g

47. Chicken with Brussels Sprouts

Description: A delicious, one-pan meal that's both hearty and healthy!

 **Prep Time:** 20 Minutes |  **Cook Time:** 36-40 Minutes |  **Serving Size:** 2

INGREDIENTS:


- 4 garlic cloves, minced
- 4 tbsp extra-virgin olive oil
- Salt and black pepper, to taste
- 1.5 lb. Brussels sprouts, trimmed and halved
- 1 cup sliced red onion
- 2 tbsp chopped oregano
- 6 chicken thighs
- 1 cup cherry tomatoes, halved
- 1 tbsp apple cider vinegar

SERVING SUGGESTION:

Pair it with cooked quinoa.

INSTRUCTIONS:

1. Preheat the oven to 420°F (215°C).
2. Combine garlic, half of the olive oil, salt, pepper, Brussels sprouts, onion, oregano, and in a large bowl.
3. Toss to coat everything evenly.
4. Add it to a large, greased baking tray lined with parchment paper.
5. Place the chicken thighs on top of the Brussels sprouts mixture.
6. Roast in the oven for 16 minutes.
7. Add the cherry tomatoes to the tray.
8. Drizzle olive oil and red wine vinegar all over.
9. Cook for an additional 20 minutes.
10. Serve and enjoy.

 **TIP:** Ensure the chicken thighs are skin-side up when roasting to ensure crispy chicken skin.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 520 | Protein: 38g | Fat: 35g | Omega-3 Fatty Acids: 0.5g

48. Avocado Tuna Boats

Description: A quick, nutrient-dense meal with healthy fats and protein.

🕒 **Prep Time:** 5-8 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1 small can (5 oz) tuna in water, drained
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/4 tsp black pepper
- 1 tbsp chopped parsley
- 1 ripe avocado, halved and pitted

SERVING SUGGESTION:

Serve with a side of cucumber for extra crunch or add red pepper flakes for a spicy kick.

INSTRUCTIONS:

1. In a bowl, mix tuna with olive oil, lemon juice, pepper, and parsley.
2. Scoop this mixture into the avocado halves.
3. Serve it immediately.

TIP:

For added crunch, top with chopped nuts.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 240 | Protein: 18g | Fat: 18g | Omega-3 Fatty Acids: 0.3g

49. Spiced Turkey and Zucchini Patties

Description: It is a light, protein-packed meal perfect for boosting metabolism.

🕒 **Prep Time:** 10-11 Minutes | 🔥 **Cook Time:** 8-10 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1 lb. ground turkey
- 1 small zucchini, grated and squeezed
- 1 garlic clove, minced
- 1 tbsp chopped parsley
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp sea salt
- 1 tbsp olive oil

SERVING SUGGESTION:

For an additional protein, serve with a boiled egg on the side or pair with a side of cucumber-yogurt dip.

INSTRUCTIONS:

1. In a bowl, combine turkey, zucchini, garlic, parsley, cumin, paprika, and salt. Mix well.
2. Shape the mixture into small patties (8-10).
3. Heat olive oil in a skillet.
4. Cook patties in skillet for 4-5 minutes per side.
5. Serve warm.

TIP:

Drizzle a squeeze of lemon for extra freshness.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 300 | Protein: 35g | Fat: 15g | Omega-3 Fatty Acids: 0.2g

50. Seared Salmon with Arugula Salad

Description: This nutrient-dense dish is rich in healthy fats, protein, and leafy greens, perfect for supporting metabolic health.

 **Prep Time:** 25 Minutes |  **Cook Time:** 10-15 Minutes |  **Serving Size:** 2

SALMON INGREDIENTS:

- 2 wild-caught salmon fillets
- Salt and black pepper, to taste
- 1 tbsp dried oregano
- ½ tsp garlic powder
- ½ tsp paprika
- 1½ tsp avocado oil or olive oil
- 1½ tsp fresh lemon juice

SALAD INGREDIENTS:

- 1-½ cups organic arugula, washed, dried, and torn
- ¼ cup extra-virgin olive oil
- Juice of ½ lemon
- Salt and black pepper, to taste
- ¼ cup shaved Parmigiano-Reggiano

SERVING SUGGESTION:

Pair with small cauliflower rice for added fiber.

INSTRUCTIONS:

1. First, pat dry the salmon fillets with a paper towel.
2. Then season with salt and black pepper.
3. Mix oregano, garlic powder, and paprika in a small bowl.
4. Rub the spice blend evenly over the salmon fillets.
5. Take a skillet and heat the oil in it.
6. Put in the salmon fillets and sear for 5 minutes per side until golden and cooked.
7. Before removing the salmon from the skillet, drizzle with fresh lemon juice.
8. Toss the arugula, olive oil, salt, lemon juice, and black pepper in a large mixing bowl.
9. Toss well and top with shaved Parmigiano-Reggiano.
10. Serve the seared salmon alongside the arugula salad for a complete, metabolically supportive meal.

TIP:

Put a sprinkle of hemp seeds for good fats.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 398 | Protein: 34g | Fat: 26g | Omega-3 Fatty Acids: 2.7g

51. Fish with Wilted Greens and Mushrooms

Description: This dish is great for a healthy and filling meal because it has tender cod fillets, greens, and mushrooms that are full of nutrients.

 **Prep Time:** 22 Minutes |  **Cook Time:** 20-25 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 tbsp olive oil, divided
- 1 large sweet onion, sliced
- 2 cloves of garlic, sliced
- 1½ cups sliced cremini mushrooms
- 2 cups chopped kale
- 1 red tomato, diced
- 1½ tsp lemon juice
- Salt and ground black pepper, divided
- 2 (4-oz.) cod fillets
- Chopped fresh parsley for garnish

SERVING SUGGESTION:

Pair with cauliflower mash for a complete meal.

INSTRUCTIONS:

1. First, heat oil in a skillet.
2. Sauté onions for 2 minutes until softened.
3. Add garlic and mushrooms.
4. Cook it for 6 minutes until tender.
5. Stir in kale and tomato.
6. Cook until the kale is wilted.
7. Add lemon juice, salt, and black pepper.
8. Stir well and remove from heat.
9. Pat cod fillets dry and season with the remaining salt, black pepper, and herb mix.
10. Heat the remaining 1 tbsp—olive oil in a separate skillet.
11. Cook the cod for 4 minutes per side or until opaque and flaky.
12. Plate the fish and top with the wilted greens and mushroom mixture.
13. Garnish with fresh parsley.

TIP:

Swap kale with spinach or Swiss chard for a variation in flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 332 | Protein: 32g | Fat: 19g | Omega-3 Fatty Acids: 1.8g

52. Baked Eggplant with Tomatoes and Feta Cheese

Description: This Mediterranean-inspired dish features tender eggplant topped with tangy tomato sauce and creamy feta, perfect for a wholesome, flavorful meal.

 **Prep Time:** 30 Minutes |  **Cook Time:** 50 Minutes |  **Serving Size:** 2

EGGPLANT INGREDIENTS:

- 2 medium eggplants, cut lengthwise
- 2 tbsp olive oil
- Salt, to taste

TOMATO SAUCE INGREDIENTS:

- 1/3 cup olive oil
- 4 garlic cloves, minced
- 16 oz. tomatoes, chopped
- A few fresh basil leaves
- Salt and black pepper, to taste
- 2 tbsp balsamic vinegar
- 1/2 tsp stevia

TOPPING INGREDIENTS:

- 6 oz. feta cheese, crumbled

SERVING SUGGESTION:

Pair with a side of quinoa or a fresh green salad for a complete meal.

INSTRUCTIONS:

1. Preheat the oven to 390°F (200°C).
2. Coat the cut sides of the eggplants with olive oil.
3. Then sprinkle with salt.
4. Arrange it on a baking tray.
5. Roast the eggplants in the oven for 25 minutes or until soft and tender.
6. While the eggplants roast, heat olive oil in a large pan over medium heat.
7. Sauté garlic until fragrant.
8. Add chopped tomatoes, basil leaves, salt, and black pepper.
9. Simmer for 15 minutes, stirring occasionally.
10. Remove the tomato sauce from the heat, discard the basil leaves, and stir in balsamic vinegar and stevia.
11. Pour the tomato sauce over the roasted eggplants.
12. Sprinkle crumbled feta cheese on top.
13. Return the eggplants to the oven and bake for 10 minutes until the tomato sauce is bubbling and the feta is slightly golden.
14. Serve hot and enjoy.

TIP:

Add tomato sauce for extra flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 420 | Protein: 10g | Fat: 36g | Omega-3 Fatty Acids: 0.6g

53. Cold Peanut Coconut Soup

Description: This creamy and refreshing cold soup combines roasted vegetables, peanuts, and coconut milk for a nutritious meal.

 **Prep Time:** 20 Minutes |  **Cook Time:** 20 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/2 cup broccoli, fresh or frozen
- 1/4 cup leeks, sliced
- 1/4 cup spinach, fresh or frozen
- 2 garlic cloves, chopped
- 1/4 tsp ginger, grated
- Salt and black pepper, to taste
- 3/4 cup raw peanuts
- 1 cup coconut milk
- 2 tbsp lemon juice

SERVING SUGGESTION:

Garnish with crushed peanuts for added texture and flavor.

INSTRUCTIONS:

1. Set the oven up to 400°F (205°C).
2. Layer the parchment paper on a baking sheet.
3. Add the broccoli, leeks, spinach, garlic, ginger, salt, and black pepper to it.
4. Put the vegetables in the oven and roast them for 15 minutes, or until they get soft and golden.
5. Once cooled, transfer the roasted mixture to a blender and pulse it to a smooth consistency.
6. Add peanuts, coconut milk, lemon juice, and seasoning as needed.
7. Blend until creamy.
8. Chill the soup for 20 minutes in the refrigerator.
9. Serve.

TIP:

Roast the peanuts with the vegetables in the oven for a richer flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 365 | Protein: 9g | Fat: 30g | Omega-3 Fatty Acids: 0.3g

54. Cabbage Soup

Description: This hearty and flavorful cabbage soup simmers to develop rich flavors. For extra richness, you can finish it with a sprinkle of Parmesan.

 **Prep Time:** 22 Minutes |  **Cook Time:** 45 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 6 cups chicken stock
- 1 cup tomato paste
- 1 lb. cabbage, shredded
- 2 garlic cloves, minced
- 1 onion, sliced
- 2 carrots, chopped
- 1 bay leaf
- 2 thyme sprigs, chopped
- Parmesan cheese (shredded, optional)

SERVING SUGGESTION:

Pair with a light salad for a complete meal.

INSTRUCTIONS:

1. Combine chicken stock, tomato paste, cabbage, garlic, onion, carrots, and bay leaf in a large cooking pot.
2. Stir to mix well.
3. Let the mixture come to a boil over medium flame then reduce the heat to low.
4. Let it cook for 40 minutes.
5. Next, discard the bay leaf and add the chopped thyme sprigs.
6. Stir in the shredded Parmesan cheese and cook for an additional 5 minutes.
7. Serve hot with a garnish of extra Parmesan.

TIP:

For a deeper flavor, sauté the garlic, onions, and carrots in olive oil before adding them to the pot.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 280 | Protein: 18g | Fat: 7g | Omega-3 Fatty Acids: 0.5g

55. Juicy Roasted Chicken

Description: It is a simple roasted chicken recipe cooked to its tender perfection.

 **Prep Time:** 22 Minutes |  **Cook Time:** 1 Hour 15 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2.5 lb. whole chicken, giblets removed
- Salt and black pepper, to taste
- 4 tbsp onion powder (or to taste)
- ½ cup olive oil, divided
- 1 stalk celery, leaves removed

SERVING SUGGESTION:

Serve with roasted vegetables or a side salad for a balanced meal.

INSTRUCTIONS:

1. Set your oven to 345°F (175°C) for preheating.
2. Season the whole chicken generously with salt, black pepper, onion powder, and olive oil.
3. Stuff the chicken cavity with the stalk of celery.
4. Add the chicken on a roasting pan and bake uncovered for 1 hour until the juices run clear (the internal temperature reaches 180°F (80°C)).
5. Remove the chicken from the oven.
6. Let it rest for 30 minutes before serving.

TIP:

Baste the chicken with the remaining olive oil halfway through cooking for extra crispy skin.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 420 | Protein: 45g | Fat: 28g | Omega-3 Fatty Acids: 1g

56. Coconut Creamy Chicken Cheese

Description: This creamy coconut chicken dish is rich and flavorful. It has a savory Italian twist and a creamy texture from the coconut milk and Parmesan cheese.

 **Prep Time:** 20 Minutes |  **Cook Time:** 25-30 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 tbsp olive oil
- 2 tsp garlic, minced
- 2 lbs. boneless chicken thighs
- ½ cup chicken broth
- 1 cup coconut milk
- 4 tsp Italian seasoning
- ½ cup grated Parmesan cheese
- ½ cup spinach, chopped
- ½ cup cherry tomatoes, halved

SERVING SUGGESTION:

Pair with steamed vegetables or cauliflower rice for a low-carb meal.

INSTRUCTIONS:

1. First, preheat the oil in a non-stick skillet.
2. Put in the minced garlic and let it cook until aroma comes.
3. Add the chicken thighs to the skillet.
4. Let it cook until golden brown on both sides.
5. Add in the chicken broth, cover, and let it cook for 12 minutes.
6. Stir in the coconut milk, Italian seasoning, spinach, and cherry tomatoes.
7. Cook for another 5 minutes, stirring occasionally.
8. Top it with grated Parmesan cheese, then allow it to melt into the sauce.
9. Serve hot and enjoy.

TIP:

You can add some amount of heavy cream for extra richness.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 560 | Protein: 40g | Fat: 42g | Omega-3 Fatty Acids: 0.7g

57. Creamy Chicken Soup

Description: *This creamy chicken soup is comforting and flavorful. It combines the richness of coconut cream with the freshness of cauliflower and green chilies—perfect for a warming meal!*

 **Prep Time:** 25 Minutes |  **Cook Time:** 35-45 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 tbsp olive oil
- ½ cup onion, diced
- 4 cloves garlic, minced
- 1 lb. boneless, shredded chicken breast
- 2 green chilies, chopped and drained
- ½ cup cauliflower florets
- 6 cups chicken broth
- Salt and black pepper, to taste
- 1 cup coconut cream (for serving)

SERVING SUGGESTION:

Pair with roasted vegetables for a healthy meal.

INSTRUCTIONS:

1. Heat olive oil in a large cooking pot over medium heat.
2. Add the diced onions and sauté until soft.
3. Put in the garlic and cook until aroma comes.
4. Stir in the shredded chicken and chopped green chilies.
5. Cook for 5 minutes.
6. Add cauliflower florets and chicken broth to the pot, bringing it to a boil.
7. Season with salt and black pepper, lower the heat and cover the pot.
8. Let it simmer for 20 minutes.
9. Remove the chicken breast pieces and shred them.
10. Return the shredded chicken to the pot.
11. Using an immersion blender, blend the soup to your desired consistency.
12. Serve the soup warm with a dollop of coconut cream on top.

TIP:

For extra creaminess, add more coconut cream before serving.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 350 | Protein: 35g | Fat: 22g | Omega-3 Fatty Acids: 0.4g

58. Baked Chicken Breast

Description: This simple yet flavorful baked chicken breast recipe is seasoned with herbs and paired with sweet tomatoes and red onions for a perfect meal.

 **Prep Time:** 21 Minutes |  **Cook Time:** 20 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 chicken breasts
- Salt and pepper, to taste
- Juice of 1 lemon
- 1 tsp dry oregano
- 1 tsp fresh thyme
- 3 tbsp extra virgin olive oil
- 1 tsp sweet paprika
- 6 garlic cloves, minced
- 2 small red onions, quartered
- 8 Campari tomatoes, halved
- Handful of parsley, chopped
- Handful of basil leaves

SERVING SUGGESTION:

Serve with salad for a complete meal.

INSTRUCTIONS:

1. Preheat your oven to 455°F (235°C).
2. Use a meat mallet to gently flatten the chicken breasts for even cooking.
3. Season the chicken with salt and black pepper.
4. Combine lemon juice, oregano, thyme, oil, paprika, and garlic in a mixing bowl.
5. Mix it well.
6. Marinate the chicken breasts in the spice mixture for 10 minutes.
7. Arrange the marinated chicken breasts, red onions, and Campari tomatoes on an oil-greased baking pan.
8. Bake for 20 minutes.
9. Remove from the oven and top with chopped parsley and fresh basil leaves.
10. Serve hot and enjoy!

TIP:

Drizzle the cooked chicken with extra lemon juice for added flavor before serving.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 35g | Fat: 28g | Omega-3 Fatty Acids: 1g

59. Zucchini Noodles with Pesto Chicken

Description: It is an easy-to-prepare recipe to enjoy at dinner.

 **Prep Time:** 15 Minutes |  **Cook Time:** 18-22 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 boneless, skinless chicken breasts
- Salt and pepper, to taste
- 1 tbsp olive oil
- 2 medium zucchinis, spiralized
- ¼ cup homemade pesto sauce
- 2 tbsp pine nuts

SERVING SUGGESTION:

Serve with a side of sautéed spinach or steamed broccoli.

INSTRUCTIONS:

1. Coat well the breasts with salt, pepper, and olive oil.
2. Cook the chicken in a non-stick cooking pan over medium flame, 6 minutes per side.
3. Remove the chicken and let it rest for 5 minutes before slicing.
4. Sauté zucchini noodles in the same pan for 2-3 minutes until tender.
5. Toss the zucchini noodles with pesto sauce.
6. Top with sliced chicken and sprinkle pine nuts on top.
7. Serve hot.

TIP:

Go for homemade pesto for the best and freshest flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 40g | Fat: 25g | Omega-3 Fatty Acids: 1g

60. Chicken and Veggies Salad

Description: This recipe is packed with protein and crunchy veggies for a satisfying meal.

 **Prep Time:** 3-5 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

DRESSING INGREDIENTS:

- 4 tbsp of fresh parsley, minced
- 1/2 cup balsamic vinegar, to taste
- 1 cup Greek yogurt
- Salt and black pepper, to taste

SALAD INGREDIENTS:

- 2 cups of chicken, diced and cooked
- 1 cup of red bell pepper, diced
- 1/2 artichoke heart, cooked and chopped
- 2 scallions, sliced thin, including the crisp part of the green shoot

SERVING SUGGESTION:

Enjoy this salad as a stand-alone meal, or pair it with roasted vegetables or avocado slices.

INSTRUCTIONS:

1. Whisk all the dressing ingredients together in a mixing bowl and set aside for further use.
2. Combine the chicken, red bell pepper, artichoke heart, and scallions in a large bowl.
3. Toss the salad ingredients with the prepared dressing until well-coated.
4. Mix and serve immediately.

TIP:

Feel free to alter meat with grilled turkey or tofu for a different protein source.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 300 | Protein: 25g | Fat: 22g | Omega-3 Fatty Acids: 1g

Section 4: Satisfying Dinners

This section of our cookbook offers 20 satisfying dinner recipes. Each dish is crafted to nourish your body and taste buds, featuring a variety of proteins, vibrant dishes, and delicious flavors. Whether you're looking for a quick weeknight meal or something a bit more special, you'll find something here to inspire your dinner ideas.

61. Stuffed Bell Peppers with Cauliflower Rice

Description: This recipe contains savory and spicy flavors, making for a nutritious, low-carb dinner that is satisfying and delicious.

 **Prep Time:** 25 Minutes |  **Cook Time:** 40 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 lb. ground turkey
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper, to taste
- 1 cup cauliflower rice
- 1 cup diced tomatoes
- 4 bell peppers, tops removed and seeds discarded

SERVING SUGGESTION:

Serve with a side of sautéed spinach or a light side salad.

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Heat olive oil in a skillet.
3. Put the onion and garlic in the skillet and let it cook until the aroma comes.
4. Next, cook the ground turkey, cumin, paprika, salt, and pepper until browned.
5. Add the cauliflower rice and diced tomatoes.
6. Let it cook for 7 minutes.
7. Stuff the bell peppers with the prepared mixture.
8. Add the stuffed peppers to a baking dish and cover with aluminum foil.
9. Bake in the oven for 30 minutes until the peppers are tender.

TIP:

Mix a generous amount of tomato paste into the filling for extra flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 300 | Protein: 30g | Fat: 18g | Omega-3 Fatty Acids: 0g

62. Meatballs with Zucchini Noodles

Description: The turkey meatballs are flavored with Italian herbs and served over fresh zucchini noodles, making this a low-carb, high-protein meal that supports metabolic health.

Prep Time: 15 Minutes | **Cook Time:** 25-30 Minutes | **Serving Size:** 2

INGREDIENTS:

- 1 lb. ground turkey
- 1 egg
- 1 tbsp fresh parsley, chopped
- 1 tsp garlic powder
- 1/2 tsp dried oregano
- 4 medium zucchinis, spiralized
- 2 tbsp olive oil
- Salt and pepper, to taste

SERVING SUGGESTION:

Serve it with roasted Brussels sprouts or a green salad.

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Combine ground turkey, egg, parsley, garlic powder, oregano, salt, and pepper in a mixing bowl.
3. Prepare the mixture of meatballs and add them to a baking sheet.
4. Cook it for 20 minutes until cooked through.
5. Meanwhile, sauté zucchini noodles in olive oil for 2-3 minutes until tender.
6. Add salt and pepper.
7. Serve the turkey meatballs over the zucchini noodles.

TIP:

Serve with shredded cheese if well tolerated.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 290 | Protein: 32g | Fat: 16g | Omega-3 Fatty Acids: 0g

63. Grilled Salmon with Lemon Herb Sauce

Description: This recipe is a healthy and satisfying dish that pairs well with fresh vegetables.

Prep Time: 20 Minutes | **Cook Time:** 15-20 Minutes | **Serving Size:** 2

INGREDIENTS:

- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper, to taste
- 1/2 tsp onion powder
- 1/2 tsp parsley, chopped
- 1/2 tsp garlic powder
- 2 salmon fillets, 4 oz. each

SERVING SUGGESTION:

Serve with sautéed spinach or cauliflower rice.

INSTRUCTIONS:

1. Preheat the grill to medium-high heat.
2. Mix olive oil, lemon juice, salt, pepper, onion powder, parsley, and garlic powder in a small bowl.
3. Coat the fillets with the mixture.
4. Let it sit for 15 minutes.
5. Grill the salmon for 4-5 minutes per side or until it flakes easily with a fork.
6. Remove it from the grill.
7. Serve with lemon wedges and enjoy.

TIP:

Try grilling the salmon over indirect heat for a smoky taste.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 300 | Protein: 35g | Fat: 20g | Omega-3 Fatty Acids: 2g

64. Lamb and Spinach Stew

Description: This recipe contains lean protein, fiber, and vitamins, so it's a good choice for a nutrient-dense dinner that supports metabolic health.

 **Prep Time:** 21 Minutes |  **Cook Time:** 1 Hour |  **Serving Size:** 2


INGREDIENTS:

- 1 tbsp olive oil
- 1 lb. lamb stew meat, cubed
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups chicken broth
- 2 carrots, chopped
- 2 cups spinach, chopped
- Salt and pepper, to taste

 **SERVING SUGGESTION:**
Pair it with cooked quinoa.

INSTRUCTIONS:

1. Heat olive oil in a large pot.
2. Cook the lamb cubes for 5-7 minutes in it until brown.
3. Add onions and garlic, sautéing for 3 minutes.
4. Pour in chicken broth, carrots, spinach, salt, and pepper.
5. Bring to a simmer.
6. Cover and let it cook on low heat for 40 minutes until the lamb is tender.
7. Serve it hot.

 **TIP:**
Leftovers can be frozen and easily thawed for a quick meal during the week.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 320 | Protein: 40g | Fat: 15g | Omega-3 Fatty Acids: 1g

65. Beef and Zucchini Noodles with Avocado Pesto

Description: This recipe is rich in healthy fats and antioxidants, making it a perfect choice for supporting metabolic health and promoting fat loss.

 **Prep Time:** 15 Minutes |  **Cook Time:** 7-14 Minutes |  **Serving Size:** 2


INGREDIENTS:

- 1 lb. lean ground beef
- 1 ripe avocado
- 1/4 cup fresh basil
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 2 medium zucchinis, spiralized

 **SERVING SUGGESTION:**
Pair it with a side of roasted chicken.

INSTRUCTIONS:

1. Cook ground beef in a skillet over medium heat until browned, about 5-7 minutes.
2. Combine avocado, basil, olive oil, lemon juice, garlic, salt, and pepper in a blender. Blend until smooth.
3. Toss zucchini noodles with avocado pesto sauce and top with cooked beef.
4. Serve immediately.

 **TIP:**
Put more avocado into the pesto mixture for a thicker sauce.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 38g | Fat: 30g | Omega-3 Fatty Acids: 2g

66. Grilled Lemon Garlic Lamb Kebabs

Description: Perfect for a healthy dinner, the combination of protein-packed lamb and fresh herbs supports metabolic health and provides sustained energy throughout the evening.

🕒 **Prep Time:** 20 Minutes | 🔥 **Cook Time:** 4-8 Minutes | 🍴 **Serving Size:** 2

INGREDIENTS:

- 1 lemon, juiced
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper, to taste
- 1 lb. lamb shoulder, cubed
- Skewers (soaked in water if wooden)

SERVING SUGGESTION:

Serve with grilled vegetables or a leafy green salad for a complete meal.

INSTRUCTIONS:

1. Combine lemon juice, garlic, olive oil, oregano, salt, and pepper in a bowl.
2. Put the lamb cubes and marinate for at least 50 minutes.
3. Thread lamb onto skewers and grill over medium heat for 4 minutes per side.
4. Serve immediately.

TIP:

Add bell peppers or onions to the skewers while grilling for extra flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 35g | Fat: 25g | Omega-3 Fatty Acids: 1.2g

67. Lamb Chops with Mint Yogurt Sauce

Description: This dish contains protein and healthy fats, promoting metabolic health and muscle recovery.

🕒 **Prep Time:** 10 Minutes | 🔥 **Cook Time:** 12 Minutes | 🍴 **Serving Size:** 2

INGREDIENTS FOR LAMB CHOPS:

- 2 lamb chops
- Salt and pepper, to taste
- 2 tbsp olive oil

INGREDIENTS FOR MINT YOGURT SAUCE:

- 1/2 cup Greek yogurt
- 1 tbsp fresh mint, chopped
- 1 tbsp lemon juice
- 1 garlic clove, minced

SERVING SUGGESTION:

Serve with roasted vegetables or a fresh green salad for a complete meal.

INSTRUCTIONS:

1. Season lamb chops with salt and pepper.
2. Heat olive oil in a skillet over medium-high heat.
3. Cook the chops for 6 minutes per side.
4. Combine Greek yogurt, mint, lemon juice, and garlic in a bowl. Mix well.
5. Serve it with a drizzle of mint yogurt sauce.

TIP:

Marinate the lamb chops in the yogurt sauce for 30 minutes before cooking for an extra flavor boost.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 28g | Fat: 30g | Omega-3 Fatty Acids: 1g

68. Rib-Eye with Zucchini Noodles

Description: *It is a deliciously satisfying meal that combines tender, flavorful rib-eye steak with soft, nutrient-rich zucchini noodles. Seasoned with aromatic thyme, rosemary, and a unique blend of paprika and caraway seeds, the dish is topped with a creamy layer of sour cream for extra richness. It's a perfect low-carb, high-protein dinner that supports metabolic health.*

 **Prep Time:** 22 Minutes |  **Cook Time:** 10-15 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1.5 cups zucchini noodles, cooked
- ½ tsp paprika
- 1 tsp caraway seeds
- Salt and black pepper, to taste
- 4 tbsp olive oil
- 12 ounces rib-eye steak, cubed
- 1 tsp thyme
- 1 tsp rosemary
- 1 cup sour cream

SERVING SUGGESTION:

For a well-rounded meal, serve with sautéed spinach or a fresh mixed green salad.

INSTRUCTIONS:

1. Cut the zucchini into spirals resembling noodles and boil them in water until tender and soft, about 5 minutes. Drain and set aside.
2. Combine paprika, caraway seeds, salt, and pepper in a small bowl.
3. Drizzle olive oil over the rib-eye steak cubes, then sprinkle with thyme, rosemary, and the seasoning mixture. Toss to coat evenly.
4. Place the seasoned steak cubes onto a baking sheet lined with parchment paper.
5. Let it cook at 425°F (220°C) for 10 minutes, flipping halfway through.
6. Once done, remove the steak from the air fryer and rest for a few minutes.
7. Cube the rested steak and serve it over zucchini noodles.
8. Then top it with a dollop of sour cream.

TIP:

Drizzle the steak with some balsamic glaze before serving for an extra flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 30g | Fat: 28g | Omega-3 Fatty Acids: 1g

69. Mustard and Rosemary Rib-Eye Steak

Description: This steak features succulent, tender rib-eye cubes marinated in a zesty Dijon mustard and apple cider vinegar mixture with a fragrant touch of rosemary.

 **Prep Time:** 16 Minutes |  **Cook Time:** 10-12 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 tbsp apple cider vinegar
- ½ cup Dijon mustard
- 2 tsp rosemary
- Salt and black pepper, to taste
- 2 tbsp olive oil
- 1.5 lb. rib-eye steak, cubed

SERVING SUGGESTION:

Serve with roasted Brussels sprouts.

INSTRUCTIONS:

1. Combine apple cider vinegar, Dijon mustard, rosemary, salt, and pepper in a bowl.
2. Stir until well mixed.
3. Drizzle olive oil over the rib-eye steak cubes and toss to coat evenly.
4. Then, pour the mustard and rosemary mixture over the steak and let it marinate for 10-15 minutes.
5. Transfer the seasoned steak cubes to the baking sheet.
6. Place the baking sheet in the oven.
7. Let it cook at 425°F (220°C) for 8-10 minutes, flipping halfway through.
8. For Medium-rare: A 1-inch steak cooked at 425°F (220°C) for 8–10 minutes. Once the steak is done, remove it and let it rest for a few minutes before enjoying it.

TIP:

Let the steak marinate for some extra minutes before cooking.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 355 | Protein: 28g | Fat: 26g | Omega-3 Fatty Acids: 1g

70. Steak and Vegetable

Description: Roasted in the oven, this dish is both savory and satisfying. It is ideal for a quick, low-carb dinner. Pair it with steamed vegetables for a complete meal.

 **Prep Time:** 12 Minutes |  **Cook Time:** 16 Minutes |  **Serving Size:** 2

INGREDIENTS FOR SAUCE:

- 2 cloves garlic, minced
- 1 tbsp grated ginger-garlic paste
- 1/4 tsp red chili flakes
- 1/4 cup coconut aminos
- 1/4 cup rice vinegar
- 2 tbsp sesame oil
- 1/2 cup stevia
- 2 tsp five-spice powder

INGREDIENTS FOR STEAK:

- 2 lb. sirloin steak

SERVING SUGGESTION:

Pair with roasted vegetables or cauliflower rice for a complete meal.

INSTRUCTIONS:

1. Preheat the oven to 400°F (205°C).
2. In a large mixing bowl, whisk all the sauce ingredients.
3. Add the sirloin steak to the sauce and toss to coat evenly.
4. Let it marinate for 10 minutes.
5. Line a baking sheet with parchment paper.
6. Place the marinated steak on it.
7. Roast in the oven for 12-16 minutes, depending on your desired level of doneness (12 minutes for medium-rare).
8. Once the steak is done, please remove it from the oven.
9. Let it rest for a few minutes before serving.

TIP:

Marinate the steak for 30 minutes before cooking for a more intense flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 380 | Protein: 42g | Fat: 22g | Omega-3 Fatty Acids: 1g

71. Garlic Herb Butter Rib-Eye

Description: The delicate steak pairs well with garlic, rosemary, thyme, and parsley butter.

 **Prep Time:** 12 Minutes |  **Cook Time:** 12 Minutes |  **Serving Size:** 2

GARLIC HERB BUTTER

INSTRUCTIONS:

INGREDIENTS:

- ½ cup butter softened (grass-fed)
- 4 garlic cloves, minced
- ½ tsp fresh rosemary
- ½ tsp fresh thyme
- ½ tsp fresh parsley


STEAK INGREDIENTS:

- 2 rib-eye steaks, 1 inch thick each
- Salt and pepper, to taste
- 2 tsp Italian seasoning
- 4 tbsp olive oil

SERVING SUGGESTION:

Pair it with salad or steamed vegetables.

1. Preheat the oven to 400°F (205°C).
2. In a bowl, combine all the garlic herb butter ingredients.
3. Mix well and set aside.
4. Season both sides of the rib-eye steaks with salt, pepper, and Italian seasoning.
5. Coat the steaks with olive oil.
6. Add the steaks to a baking sheet lined with parchment paper.
7. Roast the steaks in the oven for 12 minutes.
8. Flip the steak halfway and continue roasting until it reaches your preference of doneness.
9. Once done, take out the steaks from the oven.
10. Let it rest for a few minutes.
11. Top with the prepared garlic herb butter.

 **TIP:** For a more intense flavor, let the garlic herb butter sit at room temperature for 10 minutes before serving.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 480 | Protein: 38g | Fat: 35g | Omega-3 Fatty Acids: 1g

72. Baked Cod with Roasted Vegetables

Description: It is a simple, healthy dinner with protein and fiber. The mild cod is baked with lemon and herbs, while roasted vegetables like carrots provide a nutrient-dense side dish.

 **Prep Time:** 22 Minutes |  **Cook Time:** 20 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 cod fillets
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried thyme
- Salt and black pepper, to taste
- 1 lemon, sliced
- 1 cup carrots, sliced
- 1 tsp avocado oil

SERVING SUGGESTION:

Pair with a light cucumber salad for a nutrient-rich meal.

INSTRUCTIONS:

1. Preheat the oven to 400°F (205°C).
2. Place the cod fillets on a baking sheet and drizzle with olive oil, garlic powder, thyme, salt, and pepper.
3. Place the lemon slices on top of the fish.
4. In a separate medium bowl, mix and toss the carrots with avocado oil, salt, and black pepper well.
5. Cook the fish and vegetables in the oven for 18-20 minutes until cooked.
6. Serve hot.

TIP:

Sprinkle it with Parmesan cheese before roasting.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 300 | Protein: 35g | Fat: 12g | Omega-3 Fatty Acids: 0g

73. Grilled Chicken with Avocado Salsa

Description: This meal combines juicy, perfectly seasoned grilled chicken breasts with a refreshing and creamy avocado salsa. It's a healthy, protein-packed meal that's both simple to prepare and visually appealing—ideal for a quick dinner or a summer gathering.

Prep Time: 16 Minutes | **Cook Time:** 12 Minutes | **Serving Size:** 2

INGREDIENTS:

- 4 chicken breasts
- 2 tbsp olive oil
- 1 tsp cumin
- 1 tsp garlic powder
- Salt and pepper, to taste
- 1 tbsp fresh cilantro, chopped
- 1 avocado, diced
- 1 tomato, diced
- 1 tbsp lime juice

SERVING SUGGESTION:

Serve with a simple green salad.

INSTRUCTIONS:

1. Preheat the grill to medium-high heat.
2. Season the chicken breasts with olive oil, cumin, garlic powder, salt, and pepper.
3. Grill the chicken for 5-6 minutes per side.
4. To make the salsa, combine cilantro, avocado, tomato, salt, pepper, and lime juice.
5. Serve the dish with salsa.

TIP:

For extra crunch, add diced cucumber to the salsa.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 350 | Protein: 40g | Fat: 20g | Omega-3 Fatty Acids: 0g

74. Spaghetti Squash with Bolognese Sauce

Description: This Spaghetti Squash is a low-carb, protein-rich alternative to traditional spaghetti.

Prep Time: 30 Minutes | **Cook Time:** 40-50 Minutes | **Serving Size:** 2

INGREDIENTS:

- 1 medium spaghetti squash
- 1 lb. ground beef
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups tomato paste, homemade
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper, to taste

SERVING SUGGESTION:

Serve with a side of steamed broccoli or a garden salad.

INSTRUCTIONS:

1. Preheat the oven to 400°F (205°C).
2. Slice the spaghetti squash down the middle and scoop out the seeds.
3. Just pop the squash halves on a baking sheet and let them roast for about 30 minutes.
4. As the squash roasts, brown the ground beef with some onion and garlic on medium heat.
5. Mix in the tomato paste, oregano, basil, salt, and pepper, then let it simmer for about 10 minutes.
6. Take out roasted squash.
7. Use a fork to scrape the roasted squash.
8. Make it look like spaghetti strands.
9. Just toss the meat sauce on top of the spaghetti squash and enjoy.

TIP:

Top it with a grated Parmesan cheese, if preferred.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 36g | Fat: 20g | Omega-3 Fatty Acids: 0.1g

75. Shrimp and Cauliflower Grits

Description: This low-carb, flavorful dinner replaces traditional grits with cauliflower. It captures the essence of Southern comfort food while offering a lighter, healthier twist.

🕒 **Prep Time:** 16 Minutes | 🔥 **Cook Time:** 15 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1 head cauliflower, cut into florets
- 2 tbsp butter, grass-fed
- Salt and pepper, to taste
- 1 lb. shrimp, peeled and deveined
- 2 garlic cloves, minced
- 1 tbsp lemon juice

SERVING SUGGESTION:

Serve with a side of sautéed spinach or roasted asparagus.

INSTRUCTIONS:

1. Steam the cauliflower florets until tender, about 7-8 minutes.
2. Puree the cauliflower in a food processor with 1 tsp butter, salt, and pepper to create the grits.
3. Heat the remaining butter in a pan and sauté the shrimp with garlic for 3-4 minutes, until pink and cooked.
4. Add lemon juice and stir to combine.
5. Serve the shrimp over the cauliflower grits.

TIP:

Mix a few tsp of heavy cream into the cauliflower grits for extra richness.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 350 | Protein: 30g | Fat: 22g | Omega-3 Fatty Acids: 1g

76. Chicken Fajita Bowl

Description: It's a complete dinner with protein and veggies, perfect for supporting metabolic health.

🕒 **Prep Time:** 18 Minutes | 🔥 **Cook Time:** 12-15 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 4 chicken breasts
- 2 tbsp olive oil
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp garlic powder
- Salt and pepper, to taste
- 2 bell peppers, sliced
- 1 onion, sliced

SERVING SUGGESTION:

Serve with avocado slices.

INSTRUCTIONS:

1. Preheat the grill or a non-stick skillet over medium flame.
2. Season the chicken breasts with olive oil, cumin, chili powder, garlic powder, salt, and pepper.
3. Grill or cook the chicken for 5-6 minutes per side.
4. Meanwhile, the chicken cooks, sauté the bell peppers and onions until tender.
5. Slice the chicken and serve it over the sautéed vegetables.

TIP:

Add a dash of paprika to the seasoning mix for extra spice.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 300 | Protein: 35g | Fat: 18g | Omega-3 Fatty Acids: 0g

77. Eggplant Parmesan

Description: *The eggplant slices are baked with marinara sauce and mozzarella cheese, creating a savory, satisfying meal that supports metabolic health.*

 **Prep Time:** 15 Minutes |  **Cook Time:** 30-35 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 medium eggplants, sliced into rounds
- Salt and pepper, to taste
- 2 tbsp olive oil
- 1 cup marinara sauce
- 1 cup mozzarella cheese, shredded
- ¼ cup Parmesan cheese, grated

SERVING SUGGESTION:

Serve with a side of mixed greens or a light cucumber salad.

INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Season the eggplant slices with salt and black pepper and drizzle them with olive oil.
3. Roast or bake the slices in layers on a baking pan for 25 minutes inside the oven.
4. Next, remove it from the oven and top each slice with marinara sauce and mozzarella.
5. Return to the oven for another 5-7 minutes until the cheese melts.
6. Sprinkle with Parmesan cheese before serving.

TIP:

For a dairy-free version, use vegan mozzarella.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 250 | Protein: 15g | Fat: 15g | Omega-3 Fatty Acids: 0g

78. Lamb Chops with Dijon Garlic

Description: Roasted in the oven to a perfect sear, this dish is an elegant and easy-to-make option for any dinner.

 **Prep Time:** 12 Minutes |  **Cook Time:** 8-12 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 tsp Dijon mustard
- 4 tsp olive oil
- 2 tsp coconut amino
- 1 tsp garlic, minced
- 1 tsp cumin powder
- 1 tsp cayenne pepper
- 1 tsp Italian spice blend
- ¼ tsp salt
- 2 lb. lamb chops

SERVING SUGGESTION:

Serve these lamb chops with roasted vegetables or a fresh salad.

INSTRUCTIONS:

1. Combine Dijon mustard, olive oil, coconut amino, minced garlic, cumin powder, cayenne pepper, Italian spice blend, and salt to create the marinade.
2. Add the lamb chops in a zip-lock bag.
3. Pour the marinade over the chops.
4. Seal the bag, removing as much air as possible, and shake to ensure the marinade evenly coats the lamb chops.
5. Shake the bag to ensure the lamb chops are evenly coated with the marinade, removing as much air as possible. Seal the bag.
6. Let flavors develop for 45 minutes in the fridge.
7. Heat the oven to 400°F (205°C).
8. Take out the lamb chops from the marinade.
9. Place it on a parchment-lined baking sheet.
10. Cook for 16 minutes.
11. Flip the lamb chops halfway through roasting of 8-12 minutes to your preferred doneness (8 minutes for medium-rare).
12. After roasting, rest lamb chops for 5 minutes before dishing.

TIP:

For extra flavor, marinate the lamb chops overnight.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 40g | Fat: 32g | Omega-3 Fatty Acids: 1g

79. Roasted Cauliflower Steaks with Tahini Sauce

Description: Vegetable steaks made with roasted cauliflower are a filling and flavorful dinner option. Perfect for those looking to elevate their vegetable game!

🕒 **Prep Time:** 25 Minutes | 🔥 **Cook Time:** 25 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1 large head of cauliflower
- 2 tbsp olive oil
- Salt and pepper, to taste
- 1 tsp cumin
- 1 tsp turmeric
- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 2 tbsp water (to thin the sauce)

SERVING SUGGESTION:

Pair with a side of sautéed kale or roasted sweet potatoes.

INSTRUCTIONS:

1. Preheat the oven to 400°F (205°C).
2. Cut the cauliflower into 1-inch-thick steaks and discard the leaves.
3. After sprinkling the cauliflower steaks with olive oil on both sides, season them with salt, pepper, cumin, and turmeric.
4. Add the steak to the baking sheet and roast for 20-25 minutes, flipping halfway through, until it is golden and tender.
5. While the cauliflower roasts, mix together the tahini, lemon juice, garlic powder, water, salt, and pepper.
6. Drizzle tahini sauce over the roasted cauliflower.
7. Enjoy.

TIP:

For extra crunch, sprinkle with toasted sesame seeds.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 250 | Protein: 6g | Fat: 22g | Omega-3 Fatty Acids: 0g

80. Lamb Chops with Mint Yogurt Sauce

Description: These lamb chops are seasoned with a fragrant blend of spices and cooked to perfection. Paired with a refreshing mint yogurt sauce, this dish perfectly balances savory and cooling flavors. The mint yogurt sauce adds a creamy, tangy element that complements the rich lamb.

 **Prep Time:** 22 Minutes |  **Cook Time:** 15-20 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 lambs chops (about 1 inch thick)
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp ground cinnamon
- Salt and black pepper, to taste

MINT YOGURT SAUCE

INGREDIENTS:

- ½ cup plain Greek yogurt
- 2 tbsp fresh mint, finely chopped
- Salt, to taste
- 1 tsp lemon juice
- 1 tbsp olive oil
- Pepper, to taste

SERVING SUGGESTION:

Pair with roasted vegetables or tomato salad.

INSTRUCTIONS:

1. Preheat your oven to 400°F (205°C).
2. Season the lamb steaks with oil, cumin, paprika, garlic powder, cinnamon, salt, and pepper.
3. Preheat a cast-iron skillet or oven-safe pan over medium-high heat.
4. Once the pan is heated, the lamb steaks should be seared for 2-3 minutes per side until they are browned.
5. Roast the lamb steaks in the oven for 10-15 minutes or until they reach the desired level of doneness (10 minutes for medium-rare, 15 minutes for medium).
6. Make the mint yogurt sauce while the lamb is cooking by combining the yogurt, fresh mint, salt, lemon juice, olive oil, and pepper in a bowl.
7. Stir until smooth.
8. Remove the lamb chops from the oven.
9. Let it cool slightly.
10. Serve the dish with a generous amount of mint yogurt sauce.

TIP:

For extra flavor, marinate the lamb chops for up to 1 hour before cooking.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 370 | Protein: 32g | Fat: 25g | Omega-3 Fatty Acids: 1g

Section 5: Gut-Friendly Fermented Foods

From kefir to kimchi and pickles, you'll uncover a delightful array of choices that can effortlessly elevate your everyday dining experience.

This section explores the benefits of fermented foods that can be prepared easily in your kitchen. Our recipe collection is easy to prepare, utilizing easy-to-find ingredients designed to enhance a nourishing lifestyle.

81. Simple Homemade Kefir

Description: *This homemade kefir promotes intestinal health and is an excellent source of probiotics.*

 **Prep Time:** 10 Minutes |  **Fermentation Time:** 24-48 Hours |  **Serving Size:** 2

INGREDIENTS:

- 1-2 tbsp kefir grains
- 2 cups non-dairy milk, if preferred, such as coconut or almond milk
- 1 glass jar with a lid (about 4 cups)

SERVING SUGGESTION:

Add it to smoothies for extra gut-friendly benefits or utilize it as a base for vibrant salad dressings.

INSTRUCTIONS:

1. Sterilize the glass jar.
2. Place the kefir grains in the bottom of the jar.
3. Pour the milk into the jar over the kefir grains.
4. Cover and ferment around 65-75°F (18-24°C) for 24-48 hours.
5. The longer it ferments the thicker and sourer it will become.
6. After fermentation, strain the kefir to remove the grains. You can reuse the grains for future batches. Store the kefir in the fridge for up to a week.

TIP:

Consider using plant-based milk like coconut or almond milk for a version without dairy.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 120 | Protein: 2.9g | Fat: 4g | Omega-3 Fatty Acids: 0.5g

82. Smoky Kale and Carrot Sauerkraut

Description: This recipe features kale and carrots alongside classic cabbage, delivering a rich, smoky scrumptious taste.

 **Prep Time:** 40 Minutes |  **Fermentation Time:** 2 Weeks |  **Serving Size:** 2

INGREDIENTS:

- 1 white cabbage
- 2 cups kale
- 2 carrots, shredded
- 1 tbsp smoked salt (adjust to taste)
- 1 tbsp black peppercorns
- 1 tsp fennel seeds
- 2 x 16. oz of sterilized preserving jars

SERVING SUGGESTION:

It is best served with grilled meats, sausages, or roasted vegetables.

INSTRUCTIONS:

1. Remove the outer cabbage leaves and set them aside.
2. Finely slice the cabbage, removing and reserving the core.
3. Slice the kale, discard the stalks, and coarsely grate the carrots.
4. Weigh the vegetables and calculate 2.2% of their total weight to determine the required amount of salt.
5. Crush the salt and sprinkle it over the vegetables.
6. Massage the salt into the veggies for 5-10 minutes until they release moisture and become limp.
7. Set the vegetables aside for 45 minutes.
8. Lightly crush the peppercorns and fennel seeds and stir them into the mixture.
9. Pack the mixture into the sterilized jars, pressing it down firmly to eliminate air pockets.
10. Cover the jars loosely with a cloth, securing them with an elastic band, or use a fermentation jar with an open valve to allow gases to escape.
11. Let it ferment at room temperature for 2 weeks.
12. Check every few days to ensure the vegetables stay submerged and to taste for desired fermentation strength.
13. Once ready, seal the jar and refrigerate.
14. It will keep for up to 3 months.
15. Once opened, consume within 1 month.

TIP:

Let it marinate for a few days for zestier flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 188 | Protein: 6.5g | Fat: 5g | Omega-3 Fatty Acids: 0.5g

83. Fermented Carrot and Ginger Salad

Description: This bright fermented carrot and ginger salad contains probiotics and delicious tastes. Fermentation improves digestion and tastes great.

 **Prep Time:** 20 Minutes |  **Fermentation Time:** 3-5 Days |  **Serving Size:** 2

INGREDIENTS:

- 2 cups grated carrots
- 1 tbsp fresh ginger, grated
- 2 tbsp apple cider vinegar
- 1 tbsp stevia
- 1 tsp sea salt
- 1/4 cup water
- 1/4 cup lemon juice

SERVING SUGGESTION:

Serve it with roasted meats or fish.

INSTRUCTIONS:

1. Combine grated carrots and ginger in a large bowl.
2. Whisk together apple cider vinegar, stevia, sea salt, water, and lemon juice in a separate small bowl.
3. Pour the liquid mixture over the grated carrots and ginger.
4. Toss well to combine.
5. Pack the mixture into a glass jar.
6. Press down to remove air bubbles.
7. Cover loosely with a cloth and let ferment for 3-5 days at room temperature.
8. Store it in the fridge.

TIP:

If you're seeking a bolder flavor, allow it to ferment for an additional 1-2 days.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 121 | Protein: 2g | Fat: 1g | Omega-3 Fatty Acids: 0g

84. Fermented Beetroot Relish

Description: It is a colorful fermented beet relish that is somewhat sweet and acidic and goes particularly well with savory foods. Because it is rich in fiber and probiotics, it makes digestion more manageable and adds beauty to meals.

 **Prep Time:** 30 Minutes |  **Fermentation Time:** 2-4 Days |  **Serving Size:** 2

INGREDIENTS:

- 2 large organic beets, peeled and grated
- 1 white onion, chopped
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 2 tbsp apple cider vinegar
- 1/2 tsp stevia

SERVING SUGGESTION:

Serve it with grilled meat.

INSTRUCTIONS:

1. Combine grated beets and chopped onions in a large bowl.
2. Sprinkle with sea salt and sit for 20 minutes to draw out moisture.
3. Add black pepper, apple cider vinegar, and stevia to the mixture. Stir well to combine.
4. Carefully pour the blend into a sterilized glass jar.
5. Remove the trapped air bubbles.
6. Cover loosely with a cloth.
7. Allow it to ferment at room temperature for a few days.
8. Once fermented to your liking, store the relish in the refrigerator.

TIP:

Put a pinch of cumin for extra flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 180 | Protein: 3g | Fat: 1g | Omega-3 Fatty Acids: 0g

85. Fermented Cucumber and Dill Salad

Description: This pleasant, probiotic-rich salad is ideal for hot days. The fermentation process improves the flavor and provides helpful bacteria that are important to gut health.

🕒 **Prep Time:** 25 Minutes | 🥄 **Fermentation Time:** 6 Days | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 2 cups cucumber slices
- 1 garlic clove, minced
- 1 tbsp fresh dill, chopped
- 1 tbsp sea salt
- 1/2 cup water
- 1 tbsp apple cider vinegar

🍴 SERVING SUGGESTION:

Pair it with sandwiches for extra flavor.

INSTRUCTIONS:

1. Slice the cucumbers thinly and add it to a bowl.
2. Add garlic and dill.
3. Dissolve sea salt in water and pour the brine over the cucumbers, ensuring they are fully submerged.
4. Cover the bowl with a cloth and let it ferment at room temperature for 6 days.
5. Stir in apple cider vinegar and chill after fermentation.

💡 TIP:

Use warm water to the brine mixture for quick fermentation.

📊 NUTRITIONAL INFORMATION PER SERVING:

Calories: 40 | Protein: 1g | Fat: 0g | Omega-3 Fatty Acids: 0g

86. Fermented Coconut Yogurt

Description: It is ideal for individuals with dairy sensitivities and a lovely enhancement to beverages or sweet treats.

🕒 **Prep Time:** 10 Minutes | 🥄 **Fermentation Time:** 24 Hours | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 2 cups of coconut milk
- 1 tbsp plain yogurt with live cultures (non-dairy)
- 1 tsp vanilla extract (optional)

🍴 SERVING SUGGESTION:

Savor it with fresh fruit for a great snack or utilize it as a plant-based sweet treat.

INSTRUCTIONS:

1. Warm the coconut milk in a saucepan at low heat for 6 minutes.
2. Cook until it reaches 110°F (45°C) internal temperature.
3. Now incorporate the plain yogurt and vanilla extract.
4. Transfer it into a large glass bowl and cover it with cheesecloth.
5. Let it ferment for 24 hours at room temperature.
6. Once the process is done, refrigerate and serve.

💡 TIP:

Strain the yogurt with a sieve to achieve a creamier texture.

📊 NUTRITIONAL INFORMATION PER SERVING:

Calories: 200 | Protein: 2.5g | Fat: 18.5g | Omega-3 Fatty Acids: 0.5g

87. Fermented Mango Chutney

Description: This vibrant enhancement enriches meals with probiotics lift and is a charming accompaniment to both savory and sweet.

🕒 **Prep Time:** 20 Minutes | 🥄 **Fermentation Time:** 3-5 Days | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 2 ripe mangoes, peeled and diced
- 1 tbsp ginger, grated
- 1/4 cup apple cider vinegar
- 2 tbsp stevia
- 1 tsp sea salt
- 1/2 tsp turmeric

🍴 SERVING SUGGESTION:

Serve it as a side dish with grilled meats, pair it with rice, or use it as a topping for roasted vegetables.

INSTRUCTIONS:

1. Combine diced mangoes, grated ginger, apple cider vinegar, stevia, sea salt, and turmeric in a bowl.
2. Stir it well, and then transfer it to the mixture into a sterilized jar.
3. Press down the mixture to remove air pockets, and then cover with a cloth.
4. Let the chutney ferment for 3-5 days at room temperature.
5. After fermentation, refrigerate the chutney and serve.

💡 TIP:

Put a few chilies for an extra spice.

📊 NUTRITIONAL INFORMATION PER SERVING:

Calories: 240 | Protein: 2g | Fat: 1g | Omega-3 Fatty Acids: 0g

88. Kimchi (Fermented Spicy Cabbage)

Description: This easy recipe enhances your mealtime experience and improves your gut function.

🕒 **Prep Time:** 20 Minutes | 🥄 **Fermentation Time:** 3-5 Days | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1 small napa cabbage
- 2 tbsp sea salt
- 3 tbsp fish sauce
- 2 tbsp grated ginger
- 3 cloves garlic, minced
- 1 tbsp red pepper flakes

🍴 SERVING SUGGESTION:

Use it as a side dish with grilled meats or in a rice bowl.

INSTRUCTIONS:

1. Cut the cabbage into small pieces, sprinkle with sea salt, and massage into the leaves. Let sit for 1 hour.
2. Rinse the cabbage and drain.
3. Mix fish sauce, ginger, garlic, and red pepper flakes in a bowl.
4. Massage this paste into the cabbage and pack it tightly into a jar.
5. Cover and let ferment for 3-5 days at room temperature.

💡 TIP:

If you want a milder version, use less red pepper or substitute it with apple cider vinegar.

📊 NUTRITIONAL INFORMATION PER SERVING:

Calories: 120 | Protein: 4g | Fat: 5g | Omega-3 Fatty Acids: 0.5g

89. Simple Sauerkraut

Description: *This basic sauerkraut recipe makes cabbage sour and probiotics rich. It boosts digestive health and adds a tasty crunch to burgers or as a healthy snack with only two ingredients.*

 **Prep Time:** 15 Minutes |  **Fermentation Time:** 3-7 Days |  **Serving Size:** 2

INGREDIENTS:

- 1 small head of green cabbage
- 1 tbsp sea salt

SERVING SUGGESTION:

Great as a topping for burgers or enjoy it as a snack.

INSTRUCTIONS:

1. Shred the cabbage in a bowl.
2. Add the sea salt and massage it well.
3. Set aside for a few minutes.
4. Drain any liquid.
5. Pack the cabbage tightly into a jar.
6. Cover and let it ferment for 3-7 days.

TIP:

Check the flavor and consistency daily; the time it takes for fermentation to finish depends on factors like temperature and individual preference.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 150 | Protein: 7g | Fat: 0.6g | Omega-3 Fatty Acids: 0g

90. Lacto-Fermented Cucumbers (Pickles)

Description: *It is a classic pickle recipe that goes perfectly with meat.*

 **Prep Time:** 10 Minutes |  **Fermentation Time:** 4-7 Days |  **Serving Size:** 2

INGREDIENTS:

- 2 cups filtered water
- 1 tbsp sea salt
- 2 cloves garlic, smashed
- 1 tsp mustard seeds
- 1 tsp peppercorns
- 1-2 sprigs fresh dill (optional)
- 4 medium cucumbers, sliced or whole

SERVING SUGGESTION:

Add to salads, meat, or sandwiches for a tart crunch.

INSTRUCTIONS:

1. Stir water and sea salt in a large jar.
2. Add the garlic, mustard seeds, peppercorns, dill, and cucumbers to the container.
3. Thoroughly soak the cucumbers with brine.
4. Cover the jar loosely.
5. Rest it at room temperature for 4-7 days.
6. Check flavor regularly.
7. Put them in the fridge to ferment.

TIP:

If you desire a sour taste, allow the pickles to ferment for a longer period. Stop when the tartness is to your liking; you can check it daily.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 40 | Protein: 1.5g | Fat: 0g | Omega-3 Fatty Acids: 0g

Section 6: Power-Up Recovery Meals, Refuel and Recharge After Your Workout

Your body wants repair and replenishment following an exercise to maximize recovery. Your choice of fuel for yourself dramatically affects how much energy is stored and used, how muscular tissue is rebuilt, and how general well-being is supported. In this chapter, we have compiled a selection of nutrient-dense, high-protein meals to aid in bodily recovery and replenishment following exercise.

Our recipes are created to improve post-workout recovery by combining lean proteins, healthy fats, and veggies high in fiber. Whether your taste is light and refreshing or heavy and satisfying, they provide your body with the required nutrients for muscle regeneration, higher energy levels, and consistent vitality.

91. Quinoa Broccoli Bowl

Description: This energizing bowl is filled with quinoa, broccoli, and a zesty miso-lime dressing, perfect for healthy munches after a workout.

 **Prep Time:** 22 Minutes |  **Cook Time:** 11-15 Minutes |  **Serving Size:** 2

INGREDIENTS:

- water, as needed
- 1 cup broccoli spears, thin stems
- 2 eggs
- 1 cup cooked quinoa

DRESSING INGREDIENTS:

- 4 tsp white miso paste
- 2 limes, juiced

TOPPING INGREDIENTS:

- 1/2 tsp sesame seeds

SERVING SUGGESTION:

Pair the quinoa broccoli bowl with a side of grilled chicken, pan-seared salmon, or tofu for a hearty protein boost that balances the meal and keeps you energized throughout the day.

INSTRUCTIONS:

1. Boil water in a cooking pot.
2. Next, add the broccoli.
3. Let it cook for 4-6 minutes.
4. Drain the broccoli and set aside.
5. Gently lower the eggs into the water and simmer for 5 minutes.
6. Drain the eggs and set aside.
7. Mix miso paste and lime juice to make the dressing in a small bowl.
8. Layer cooked quinoa, broccoli, and eggs in serving bowls.
9. Drizzle miso-lime dressing all over.
10. Top it with sesame seeds.
11. Serve and enjoy.

TIP:

If you prefer a slightly sweeter dressing, add a teaspoon of honey or maple syrup to the miso-lime mixture for a balanced flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 425 | Protein: 21.3g | Fat: 10.5g | Omega-3 Fatty Acids: 0.5g

92. Poached Eggs over Avocado and Smoked Salmon

Description: This bowl is quick, simple, and elegant, perfect for a wholesome meal after exercise.

🕒 **Prep Time:** 10-18 Minutes | 🔥 **Cook Time:** 10 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1 cup micro-greens
- 10 oz. smoked salmon
- 2 large avocados, sliced
- 4 radishes, thinly sliced
- 1 tbsp white vinegar
- 6 large eggs
- 6 tbsp olive oil
- 2 tbsp lemon juice
- Black sesame seeds, as desired
- Salt and black pepper to taste

SERVING SUGGESTION:

Pair with a slice of toasted keto bread.

INSTRUCTIONS:

1. Divide micro-greens between two bowls.
2. Top each bowl with smoked salmon slices.
3. Add avocado slices and radish rounds to the bowls.
4. Bring a large pot of water to a simmering boil, lower it to a simmer, and add vinegar.
5. Poach the eggs by gently cracking them into the simmering water.
6. Cook it for 4 minutes; remove with a slotted spoon.
7. Place over the bowls.
8. Mix olive oil, lemon juice, sesame seeds, salt, and black pepper to prepare the dressing.
9. Drizzle the dressing over the bowls.
10. Season with black pepper and serve immediately.

💡 **TIP:** If you're new to poaching eggs, use a ramekin to gently slide them into the water.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 464 | Protein: 23.9g | Fat: 40g | Omega-3 Fatty Acids: 1.2g

93. Spicy Salmon Poke Bowls

Description: It's perfect for a light and healthy meal after the gym.

🕒 **Prep Time:** 12 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍽️ **Serving Size:** 2

DRESSING INGREDIENTS:

- 1/3 cup tamari sauce
- 1 tsp apple cider vinegar
- 1 tsp chili paste
- 1 tsp sesame oil
- 1/2 cup rice wine vinegar
- Salt and black pepper to taste

BOWL INGREDIENTS:

- 1 lb. sockeye salmon, cubed
- 2 red radishes, sliced
- 1 cup edamame, cooked
- 1 avocado, sliced
- 4 tbsp pomegranate arils

SERVING SUGGESTION:

Pair it with roasted seaweed for added texture.

INSTRUCTIONS:

1. Combine all dressing ingredients in a bowl and whisk well until incorporated.
2. Arrange salmon, radishes, edamame, avocado, and pomegranate arils in serving bowls.
3. Drizzle the dressing generously over the top.
4. Serve immediately.

💡 **TIP:** Use sushi-grade salmon for the freshest taste.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 801 | Protein: 62.7g | Fat: 45g | Omega-3 Fatty Acids: 2.3g

94. Turkey and Egg Scramble

Description: It is a quick and easy protein-packed meal to enjoy.

 **Prep Time:** 11 Minutes |  **Cook Time:** 10 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp olive oil
- 6 oz. ground turkey
- 4 eggs
- Sea salt and black pepper, to taste

SERVING SUGGESTION:

Serve with a side of avocado slices or a small bowl of guacamole for added healthy fats and creaminess.

INSTRUCTIONS:

1. Heat olive oil in a large cooking pan or a skillet over medium flame.
2. Cook ground turkey until browned (7 minutes).
3. Add whisked eggs, salt, and pepper, and cook until scrambled.
4. Serve and enjoy.

TIP:

Add diced onions and bell peppers to the skillet before cooking the turkey for a slightly sweet and savory flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 340 | Protein: 36.5g | Fat: 20g | Omega-3 Fatty Acids: 0.4g

95. Protein-Packed Chicken Bowl

Description: It is a delicious, nutrient-dense meal featuring lean protein, healthy fats, and fiber for optimal post-workout recovery.

 **Prep Time:** 14 Minutes |  **Cook Time:** 15-18 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp olive oil
- 2 lbs. chicken breast, diced
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/4 tsp smoked paprika
- 1 cup broccoli florets
- 1 cup zucchini, sliced
- 1/2 avocado, diced
- Juice of 1 lemon

SERVING SUGGESTION:

Sprinkle toasted nuts (like almonds) or pumpkin seeds on top for added crunch and extra healthy fats.

INSTRUCTIONS:

1. Warm olive oil in a pan or skillet on medium heat.
2. Coat the chicken with salt, black pepper, and smoked paprika.
3. Put the chicken in the pan and cook for about 10 minutes, flipping halfway through.
4. Add broccoli and zucchini to the skillet, cooking until tender but crisp (5 minutes).
5. Divide chicken and veggies between two bowls.
6. Top each bowl with diced avocado and a drizzle of lemon juice.

TIP:

Replace zucchini and broccoli with other veggies like asparagus, mushrooms, or sweet bell peppers based on availability or preference.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 43g | Fat: 18g | Omega-3 Fatty Acids: 0.3g

96. High-Protein Turkey Wraps

Description: It is a quick, low-carb meal packed with lean turkey and healthy fats.

🕒 **Prep Time:** 5-10 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1/2 avocado, mashed
- 4 large lettuce leaves
- 8 oz. sliced turkey breast
- 2 slices cheddar cheese (grass-fed and full fat)
- 1/4 tsp black pepper

SERVING SUGGESTION:

Pair with celery sticks for added crunch.

INSTRUCTIONS:

1. Spread avocado on each lettuce leaf.
2. Layer it with turkey, cheese, and black pepper.
3. Roll tightly and serve.

TIP:

Use parchment paper or toothpicks when serving to keep it secure.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 310 | Protein: 25g | Fat: 20g | Omega-3 Fatty Acids: 0.2g

97. Omega-3 Salmon Bowl

Description: It is a rich source of omega-3s and protein, perfect for muscle recovery.

🕒 **Prep Time:** 10 Minutes | 🔥 **Cook Time:** 12 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1 tbsp avocado oil
- 2 salmon fillets (6 oz. each)
- 1 tsp garlic powder
- Salt and black pepper, to taste
- 1/2 avocado, sliced
- 1 cup steamed asparagus

SERVING SUGGESTION:

Drizzle with lemon juice or add a soft-boiled egg.

INSTRUCTIONS:

1. Heat avocado oil in a cooking pan over medium flame.
2. Coat the salmon with garlic powder, salt, and black pepper.
3. Add salmon to the pan.
4. Sear it for 4–5 minutes per side.
5. Plate it with avocado slices and steamed asparagus.

TIP:

For extra crispiness, pat the salmon dry with a paper towel.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 380 | Protein: 35g | Fat: 25g | Omega-3 Fatty Acids: 2g

98. Spinach and Egg Scramble

Description: *It is a nutrient-rich recovery meal.*

 **Prep Time:** 5 Minutes |  **Cook Time:** 7 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp avocado oil
- 4 eggs
- 1 cup spinach, chopped
- Salt and black pepper, to taste

 **SERVING SUGGESTION:**
Serve with sliced avocado.

INSTRUCTIONS:

1. Heat avocado oil in a no-stick skillet over medium flame.
2. Whisk eggs with salt and pepper.
3. Add to skillet with spinach.
4. Scramble until the eggs are set.
5. Serve hot.

 **TIP:**
For extra flavor, add a pinch of paprika.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 210 | Protein: 14g | Fat: 17g | Omega-3 Fatty Acids: 0.4g


99. Nut and Seed Power Bowl

Description: *It is a nutrient-dense, keto-friendly snack that supports metabolic health, providing healthy fats, protein, and fiber.*

 **Prep Time:** 4-5 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/4 cup almonds, chopped
- 1/4 cup walnuts, chopped
- 2 tbsp chia seeds
- 2 tbsp flaxseeds
- 2 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- 1/4 cup unsweetened coconut flakes
- 1 tbsp almond butter
- 1/4 cup unsweetened coconut milk

 **SERVING SUGGESTION:**
Add a few blackberries for a pop of color and extra antioxidants.

INSTRUCTIONS:

1. In a bowl, combine chopped almonds, walnuts, chia seeds, flaxseeds, sunflower seeds, and pumpkin seeds.
2. Top with coconut flakes and almond butter.
3. Drizzle with coconut milk.
4. Stir to combine.
5. Serve immediately.

 **TIP:**
Add stevia for sweetness if you like or desire.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 320 | Protein: 10g | Fat: 28g | Omega-3 Fatty Acids: 3g

100. Cottage Cheese Power Bowl

Description: This recipe is packed with protein for muscle repair.

🕒 **Prep Time:** 5 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1-1/4 cup cottage cheese
- 1/4 cup walnuts, chopped
- 1 avocado, diced
- 1/4 tsp cinnamon

SERVING SUGGESTION:

Drizzle with olive oil for extra fats.

INSTRUCTIONS:

1. Divide cottage cheese into serving bowls.
2. Top the cheese with walnuts, avocado, and cinnamon.
3. Serve.

TIP:

For added flavor add chia seeds on top.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 310 | Protein: 22g | Fat: 19g | Omega-3 Fatty Acids: 0.2g

101. Beef and Broccoli Stir-Fry

Description: It's a high-protein, nutrient-dense classic.

🕒 **Prep Time:** 7 Minutes | 🔥 **Cook Time:** 12-15 Minutes | 🍽️ **Serving Size:** 2

INGREDIENTS:

- 1 tbsp olive oil
- 12 oz. lean beef strips
- 1 cup broccoli florets
- 1 tsp ginger, minced
- 1/4 tsp coconut aminos
- 1/4 tsp sea salt

SERVING SUGGESTION:

Serve with a squeeze of fresh lime.

INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium flame.
2. Sear beef until browned (5 minutes). Remove.
3. Stir-fry broccoli with ginger, coconut aminos, and salt for 5 minutes.
4. Return beef to skillet and combine.
5. Cook it for 1 minute, serve, and enjoy.

TIP:

For extra flavor top it with sesame seeds.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 320 | Protein: 34g | Fat: 15g | Omega-3 Fatty Acids: 0.1g

102. Falafel Buddha Bowl

Description: It is a nutrient-packed bowl with crispy baked falafel, fresh veggies, and creamy avocado.

 **Prep Time:** 15 Minutes |  **Cook Time:** 2 Hours 30 Minutes |  **Serving Size:** 2

DRESSING INGREDIENTS:

- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp cumin powder
- 1/4 tsp sea salt

FALAFEL INGREDIENTS:

- 1 cup dry chickpeas, soaked overnight
- 1/4 cup sesame seeds
- 1/6 cup white sesame seeds
- 1/2 cup chopped parsley

BOWL INGREDIENTS:

- 1 cup cooked chickpeas
- 1 red onion, sliced
- 1 cup radish, sliced
- 1/4 cup fresh parsley, chopped
- 1 avocado, pitted and sliced

SERVING SUGGESTION:

Pair with a boiled egg for added protein.

INSTRUCTIONS:

1. Whisk all the dressing ingredients in a large bowl and set it aside.
2. Drain, rinse, and cook chickpeas in boiling water for 2 hours until tender.
3. Roast sesame seeds in a saucepan for a few minutes.
4. Preheat oven to 150°F (65°C).
5. Blend the falafel ingredients in a high-speed blender until smooth.
6. Shape the mixture into small balls and slightly flatten them.
7. Place falafel on a baking sheet and bake for 30 minutes.
8. Remember to flip halfway through.
9. Assemble the bowl: layer cooked chickpeas, onion, radish, parsley, and falafel.
10. Top with avocado slices, drizzle dressing and garnish with sesame seeds.

TIP:

For a crispier texture, lightly brush falafels with olive oil before baking.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 520 | Protein: 18g | Fat: 30g | Omega-3 Fatty Acids: 0.6g

103. Shrimp and Zucchini Noodles

Description: It is a low-carb, high-protein post-workout meal.

 **Prep Time:** 10 Minutes |  **Cook Time:** 8-10 Minutes |  **Serving Size:** 2

INGREDIENTS:


- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1/4 tsp sea salt
- 1/4 tsp red pepper flakes
- 12 oz. shrimp, peeled
- 2 cups zucchini noodles

SERVING SUGGESTION:

Sprinkle with grated parmesan cheese.

INSTRUCTIONS:

1. Heat olive oil in a cooking pan or a skillet over medium flame.
2. Sauté the garlic, salt, and red pepper flakes for half a minute.
3. Add shrimp and let it cook for 4–5 minutes.
4. Toss shrimp with zucchini noodles.
5. Cook it for 2 more minutes.
6. Serve hot.

 **TIP:** For zesty flavor squeeze a bit of lemon juice over the shrimp.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 240 | Protein: 31g | Fat: 10g | Omega-3 Fatty Acids: 0.7g

104. Cauliflower Rice with Broccoli and Chicken

Description: It is a nutritious, protein-rich bowl combining tender chicken, fresh vegetables, and zesty dressing, perfect for a quick and healthy meal.

 **Prep Time:** 25 Minutes |  **Cook Time:** 20-25 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp olive oil
- 1 lb. chicken breast, cut lengthwise
- 1 small onion, chopped
- 4 garlic cloves, minced
- 1/4 tsp paprika
- Salt and pepper to taste
- 1 tsp ground coriander
- 2 cups broccoli florets
- 2 cups cauliflower florets

DRESSING INGREDIENTS:

- 1/2 cup olive oil
- Juice of 2 lemons
- 1/3 tsp mustard
- 1/3 cup cilantro, finely chopped
- Salt and pepper to taste

BOWL VEGGIES:

- 1 cucumber, sliced
- Lemon wedges, as needed

 **SERVING SUGGESTION:** Garnish with toasted sesame seeds for added flavor.

INSTRUCTIONS:

1. First, take a skillet and heat olive oil in it.
2. Sauté chicken for 5–7 minutes until browned.
3. Add onion, garlic, paprika, salt, pepper, and coriander; cook for 5 minutes.
4. Stir in broccoli and cook for 4 more minutes. Set aside.
5. Blend cauliflower florets into a rice-like consistency using a blender or food processor.
6. Cook cauliflower rice in 1 tbsp olive oil over medium heat, covered, for 8 minutes.
7. Assemble the bowl by layering cauliflower rice and topping it with chicken, broccoli, cucumber slices, and lemon wedges.
8. Whisk dressing ingredients in a bowl.
9. Drizzle the dressing over the top.
10. Serve.

TIP:

Season it with chili flakes for extra spice.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 404 | Protein: 27.5g | Fat: 28.7g | Omega-3 Fatty Acids: 0.5g

105. Grilled Chicken and Avocado Salad

Description: It is a light yet protein-packed recovery meal with healthy fats.

 **Prep Time:** 8-12 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 grilled chicken breasts (6 oz. each)
- 4 cups mixed greens
- 1/2 avocado, sliced
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and black pepper, to taste

 **SERVING SUGGESTION:** Pair with a boiled egg or roasted veggies.

INSTRUCTIONS:

1. Slice grilled chicken and layer over mixed greens using a large serving bowl.
2. Top with avocado slices.
3. Drizzle it with olive oil and lemon juice.
4. Then add seasoning of salt and pepper.
5. Serve.

TIP:

Add a few cucumber slices to the salad for crunch and freshness.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 370 | Protein: 34g | Fat: 21g | Omega-3 Fatty Acids: 0.3g

106. Yogurt Power Bowl with Berries

Description: It is a delicious and nutritious bowl with healthy fats, protein, and antioxidants for muscle recovery and metabolic health.

 **Prep Time:** 3 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/4 cup walnuts, chopped
- 1/4 cup almonds, chopped
- 1/4 cup sunflower seeds
- 1/2 avocado, diced
- 1 tbsp chia seeds
- 1/4 tsp cinnamon
- 1 tbsp flaxseed oil (optional)
- 1/4 cup mixed berries (blueberries, raspberries, or strawberries)
- 2 cups Greek yogurt

SERVING SUGGESTION:

For extra flavor, add a few more berries.

INSTRUCTIONS:

1. Top each serving bowl with walnuts, almonds, sunflower seeds, chia seeds, and diced avocado.
2. Sprinkle with cinnamon and drizzle with flaxseed oil (optional).
3. Add mixed berries on top.
4. Top with a dollop of Greek yogurt.
5. Serve immediately.

TIP:

Serve immediately.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 20g | Fat: 36g | Omega-3 Fatty Acids: 4g

107. Post-Workout Beef Stir-Fry

Description: It is a high-protein, iron-rich meal to fuel recovery.

 **Prep Time:** 10 Minutes |  **Cook Time:** 10 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp coconut oil
- 12 oz. lean beef strips
- 1 cup bell peppers, sliced
- 1 cup snap peas
- 1 tsp ginger, minced
- 1/4 tsp sea salt

SERVING SUGGESTION:

Serve with a wedge of lime.

INSTRUCTIONS:

1. Heat oil in a pan or large skillet over high heat.
2. Sear beef until browned (5 minutes). Remove.
3. Stir-fry veggies with ginger and salt for 5 minutes in the same skillet.
4. Return beef and combine.
5. Serve once done.

TIP:

For extra taste drizzle with a splash of coconut aminos.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 40g | Fat: 25g | Omega-3 Fatty Acids: 0.3g

108. Perfect Smoothie Bowl

Description: A refreshing smoothie bowl packed with antioxidants and protein, ideal for replenishing nutrients after a workout.

 **Prep Time:** 12 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 banana, frozen
- 1 cup almond milk, cold
- 2 tbsp chia seeds
- 4 tbsp almond butter

TOPPINGS:

- A few sliced blueberries

SERVING SUGGESTION:

Serve with a topping of shredded coconut flakes.

INSTRUCTIONS:

1. Blend the banana, milk, chia seeds, and almond butter in a high-speed blender.
2. Transfer it to a bowl.
3. Top it with sliced fruit.
4. Enjoy it immediately.

TIP:

For creamer texture add a dollop of Greek yogurt on top of each bowl.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 35g | Fat: 30g | Omega-3 Fatty Acids: 3.5g

109. Grilled Salmon with Avocado Salsa

Description: This recipe is easy to prepare, rich in omega-3 fatty acids, and ideal for muscle restoration.

 **Prep Time:** 12 Minutes |  **Cook Time:** 8-10 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tbsp olive oil
- Salt and black pepper, to taste
- 2 salmon fillets, 6 ounces each
- 1 avocado, diced
- 1/2 white onion, diced
- 1 tbsp cilantro, chopped
- Juice of 1 lime

SERVING SUGGESTION:

Serve with a side of steamed asparagus.

INSTRUCTIONS:

1. Add olive oil, salt, and black pepper in a bowl and mix well.
2. Then coat the salmon fillets with it.
3. Add the salmon fillets onto a baking sheet, lined with parchment paper.
4. Preheat your oven to 350°F (175°C) for 5 minutes.
5. Put it in the oven and bake for 4 minutes on each side.
6. Mix together the avocado, onion, cilantro, and lime juice to create a vibrant salsa in a separate mixing bowl.
7. Top the cooked fish with the vibrant avocado salsa.

TIP:

For extra flavor, add a pinch of chili flakes.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 35g | Fat: 30g | Omega-3 Fatty Acids: 3.5g

110. Quinoa Power Bowl

Description: This nutrient-dense quinoa recipe combines plant-based protein, fiber, and healthy fats, ideal for post-workout recovery.

 **Prep Time:** 12 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 cups cooked quinoa
- 2 cups chickpeas, roasted
- 1/4 cup cucumber, diced
- 1/3 cup cherry tomatoes, diced
- 1/2 cup carrots, shredded
- 1/2 tbsp avocado oil
- Salt and black pepper to taste
- 1 tbsp lemon juice
- 1/4 cup fresh parsley for garnish

SERVING SUGGESTION:

Top with a dollop of hummus for extra creaminess.

INSTRUCTIONS:

1. Combine the quinoa, chickpeas, cucumber, tomatoes, and carrots in a large bowl.
2. Add avocado oil, salt, pepper, and lemon juice, tossing gently to combine.
3. Then garnish it with fresh parsley.
4. Serve immediately or chill for a refreshing option.

TIP:

For a crunchier texture, add almonds to the bowl.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 15g | Fat: 15g | Omega-3 Fatty Acids: 0.2g

Section 7: Dessert Alternatives

This section provides easy and low-carb dessert alternatives for those conscious of their metabolic health yet still have a sweet tooth craving satisfaction. It includes creamy puddings and indulgent chocolates, all carefully designed to help balance healthy fats, protein, and sugar content to keep blood sugar levels steady and healthy. From refreshing sorbet to a decadent chocolate dessert or a tangy lemon bar, these desserts fulfill your desire for flavor without guilt.

111. Lemon Bars

Description: *It is a zesty lemon dessert with a sweet almond crust. It is low in carbs and packed with flavor.*

 **Prep Time:** 17 Minutes |  **Cook Time:** 27 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/2 cup almond flour
- 1/4 cup coconut flour
- 1/2 cup unsweetened almond butter softened
- Pinch of salt
- 2 eggs
- 1/4 cup stevia
- 1/4 cup lemon juice
- 1 tsp lemon zest

SERVING SUGGESTION:

Serve with a dollop of coconut cream.

INSTRUCTIONS:

1. Set your oven to 375°F (190°C) for preheating.
2. Mix almond flour, coconut flour, almond butter, and salt in a large bowl.
3. Combine well the eggs, stevia, salt, lemon juice, and lemon zest in a separate bowl.
4. Press the prepared dough into a baking dish.
5. Then add it to the oven; bake for 12 minutes.
6. Transfer the liquid lemon mixture over the crust.
7. Then bake it for 15 minutes.
8. Let it get cool before serving.
9. Enjoy.

TIP:

Adjust the sweetness as per liking.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 10g | Fat: 40g | Omega-3 Fatty Acids: 0.5g

112. Pumpkin Cheesecake

Description: *It is a creamy pumpkin cheesecake perfect for a fall low-carb treat.*

 **Prep Time:** 18 Minutes |  **Cook Time:** 40 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup cream cheese, (grass-fed source) softened
- 1/2 cup pumpkin puree, homemade
- 1/4 cup stevia
- 1 egg
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract

SERVING SUGGESTION:

Serve it with a topping of coconut cream.

INSTRUCTIONS:

1. Set your oven temperature to 355°F (180°C).
2. Mix all the ingredients in a large bowl.
3. Transfer this mixture to a baking dish.
4. Bake it for 40 minutes inside the oven.
5. Let cool completely before serving.

TIP:

Use pure pumpkin puree (not canned) for the best flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 10g | Fat: 40g | Omega-3 Fatty Acids: 0.5g

113. Chocolate-Covered Almonds

Description: It is a simple and indulgent chocolate-covered almond treat, perfect for satisfying chocolate cravings.

 **Prep Time:** 12 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 tbsp coconut oil, melted
- 2 tbsp cocoa powder, unsweetened
- 1/2 tsp stevia
- Pinch of sea salt
- 1/2 cup almonds, raw

SERVING SUGGESTION:

Enjoy as a sweet snack or dessert after a meal.

INSTRUCTIONS:

1. Mix the melted coconut oil, cocoa powder, stevia, and sea salt in a mixing bowl.
2. Toss almonds in the chocolate mixture until evenly coated.
3. Lay the almonds on parchment paper and freeze for 10-15 minutes until the chocolate is set.
4. Serve and enjoy.

TIP:

Put a little cinnamon for added flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 270 | Protein: 4g | Fat: 26g | Omega-3 Fatty Acids: 1g

114. Strawberry Coconut Sorbet

Description: A refreshing and fruity sorbet made with strawberries and coconut milk, a perfect low-carb alternative to ice cream.

 **Prep Time:** 8 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup fresh strawberries
- 1/2 cup unsweetened coconut milk
- 1/4 tsp stevia
- 1/2 tsp vanilla extract

SERVING SUGGESTION:

Serve it with a sprig of mint.

INSTRUCTIONS:

1. Blend strawberries, coconut milk, stevia, and vanilla extract in a high-speed blender until smooth.
2. Transfer this mixture to an airtight container.
3. Let it freeze for 3-4 hours, stirring every 30 minutes.
4. Serve once frozen to a sorbet consistency.

TIP:

For extra texture, stir in some chopped strawberries before freezing.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 120 | Protein: 1g | Fat: 7g | Omega-3 Fatty Acids: 0g

115. Peanut Butter Chocolate Fudge

Description: It is a creamy dessert that is perfect for metabolic health.

🕒 **Prep Time:** 18 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 1/4 cup peanut butter (unsweetened and natural)
- 2 tbsp coconut oil
- 2 tbsp unsweetened cocoa powder
- 1 tsp stevia
- Pinch of sea salt

SERVING SUGGESTION:

Serve as a sweet treat after meals.

INSTRUCTIONS:

1. In a bowl, combine peanut butter, coconut oil, cocoa powder, stevia, and sea salt.
2. Mix it until smooth and well combined.
3. Pour into silicone molds or a small container lined with parchment paper.
4. Freeze for 30 minutes until firm.
5. Serve and enjoy.

TIP:

For extra crunch, add chopped peanuts or almonds before freezing.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 10g | Fat: 32g | Omega-3 Fatty Acids: 0g

116. Baked Cinnamon Apples

Description: It is a tasty and low-carb dessert with a natural sweetness.

🕒 **Prep Time:** 20 Minutes | 🔥 **Cook Time:** 22 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 1 tsp cinnamon
- 1 tsp stevia
- 1 tbsp coconut oil, melted
- 1/2 tsp vanilla extract
- 2 medium apples, cored

SERVING SUGGESTION:

Serve with cashew cream as a topping.

INSTRUCTIONS:

1. Preheat your oven to 360°F (180°C).
2. Mix cinnamon, stevia, melted coconut oil, and vanilla extract in a small bowl.
3. Stuff the cored apples with the cinnamon mixture.
4. Transfer the apples to a baking dish.
5. Add baking sheet inside oven.
6. Bake it for 22 minutes until tender.
7. Let cool slightly and serve.

TIP:

Add a few chopped nuts on the apples before baking for extra crunch.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 200 | Protein: 2g | Fat: 11g | Omega-3 Fatty Acids: 0g

117. Coconut Lemon Pudding

Description: A rich, creamy, zesty coconut lemon pudding adds a refreshing dessert experience.

 **Prep Time:** 7 Minutes |  **Cook Time:** 5-8 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup coconut milk (unsweetened)
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tbsp stevia
- 1 tbsp chia seeds

SERVING SUGGESTION:

Serve chilled with a garnish of mint leaves.

INSTRUCTIONS:

1. Heat coconut milk over low heat in a saucepan until warm (do not boil).
2. Stir in lemon juice, zest, and stevia until combined.
3. Add chia seeds and stir well.
4. Let it mixture simmer for 2-4 minutes, stirring occasionally, until it thickens.
5. Please remove it from heat and let it cool for 10 minutes before transferring it to serving bowls.
6. Chill it inside the fridge for 1 hour before serving.

TIP:

Top it with unsweetened shredded coconut just before serving.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 190 | Protein: 4.5g | Fat: 11.5g | Omega-3 Fatty Acids: 3g

118. Almond Flour Brownies

Description: A fudgy, nutrient-rich dessert made in a small batch, perfect for two.

 **Prep Time:** 7 Minutes |  **Cook Time:** 20 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/3 cup almond flour
- 1 tbsp cocoa powder
- 1 egg (organic, pasture-raised)
- 1/8 tsp salt
- 1/2 tsp stevia
- 1/3 tsp baking powder
- Pinch of cinnamon
- 1 tbsp coconut oil
- 2 tbsp almond butter
- 1 tbsp water
- 1/4 tsp vanilla extract
- 2 tbsp dark chocolate chips (unsweetened)
- 2 tbsp pecans

SERVING SUGGESTION:

Serve warm with a coconut cream dollop or a melted dark chocolate drizzle.

INSTRUCTIONS:

1. Preheat your oven to 355°F (180°C).
2. Next, line a small oven-safe dish (5-inch) with parchment paper.
3. In a bowl, combine almond flour, cocoa powder, egg, salt, stevia, baking powder, cinnamon, coconut oil, almond butter, water, and vanilla.
4. Mix thoroughly.
5. Fold in 1 tbsp each of chocolate chips and pecans.
6. Pour batter into the dish, smooth with a spatula, and top with remaining pecans and chocolate chips.
7. Bake it inside the oven for 20 minutes.
8. Cool before serving.

TIP:

Adjust sweetness by adding more stevia to taste.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 10g | Fat: 30g | Omega-3 Fatty Acids: 2g

119. Classic Custard

Description: *It is creamy, low-carb custard with a hint of vanilla, perfect for a metabolic-friendly dessert.*

 **Prep Time:** 10 Minutes |  **Cook Time:** 20 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 6 egg yolks
- 3/4 cup unsweetened almond milk
- 3/4 tsp vanilla extract
- 3/4 tsp stevia
- 4 1/2 tbsp melted coconut oil

INSTRUCTIONS:

1. Heat water in a large pan until it simmers.
2. Whisk the egg yolks in a mixing bowl.
3. Next add to it the almond milk, vanilla, and stevia.
4. Mix all together well.
5. Slowly incorporate the melted coconut oil while whisking.
6. Put the bowl over the simmering water, ensuring it doesn't touch it.
7. Cook it until it reaches 140°F (60°C) internal temperature.
8. Remove it from the heat.
9. Let it cool for 20 minutes before serving by placing it inside the refrigerator.

 **SERVING SUGGESTION:**

For a hearty dessert, top it with fresh berries.

 **TIP:**

To prevent curdling, stir constantly. For exact results, use a thermometer.

 **NUTRITIONAL INFORMATION PER SERVING:**

Calories: 380 | Protein: 10g | Fat: 36g | Omega-3 Fatty Acids: 1g

120. Chocolate Pudding

Description: *It is a creamy, low-carb dessert with healthy fats, perfect for supporting metabolic health.*

 **Prep Time:** 17 Minutes |  **Cook Time:** 8-10 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 tbsp dairy-free butter
- 2 tbsp stevia
- 2 tbsp coconut milk
- 1 egg (organic, pasture-raised), whisked
- 1/2 cup almond flour
- 1/4 cup chocolate chips, melted

INSTRUCTIONS:

1. Melt the butter for 1 minute in a heatproof bowl using the microwave.
2. Stir in stevia and coconut milk until combined.
3. Add the whisked egg and almond flour, mixing thoroughly.
4. Fold in the melted chocolate chips.
5. Grease two ramekins lightly with oil spray and pour the mixture evenly into them.
6. Place the ramekins inside the oven and cook at 200°F (90°C) for 8-10 minutes.
7. Let it get cool, serve, and enjoy.

 **SERVING SUGGESTION:**

Add cacao nibs on top for more texture and richness.

 **TIP:**

Add almond milk for a lighter alternative to coconut milk.

 **NUTRITIONAL INFORMATION PER SERVING:**

Calories: 360 | Protein: 6.5g | Fat: 4g | Omega-3 Fatty Acids: 0g

121. Candied Walnuts

Description: It is the best low-carb dessert alternative that is packed with healthy fats and a hint of sweetness, perfect for metabolic health.

Prep Time: 10 Minutes | **Cook Time:** 8-12 Minutes | **Serving Size:** 2

INGREDIENTS:

- 1 cup walnut halves
- 3 tsp plant-based butter, melted
- 1 tsp vanilla extract
- 3 tbsp stevia
- Pinch of cinnamon
- Pinch of salt

SERVING SUGGESTION:

Top it with Greek yogurt for more flavor.

INSTRUCTIONS:

1. Set the oven temperature to 300°F (150°C).
2. Combine the walnuts, melted butter, and vanilla extract in a bowl.
3. Stir in the stevia, cinnamon, and salt to ensure an even coating.
4. Spread the walnuts on the parchment paper-lined baking sheet in a single layer.
5. Cook, shaking the baking sheet halfway through, at 300°F (150°C) for 8-12 minutes.
6. Allow it to cool slightly and savor.

TIP:

To keep leftovers fresh, store them in an airtight container.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 460 | Protein: 10g | Fat: 44g | Omega-3 Fatty Acids: 4g

122. Chocolate Cookies

Description: These are rich, low-carb cookies with a hint of sweetness, perfect for a quick, metabolic-friendly treat.

Prep Time: 10 Minutes | **Cook Time:** 16 Minutes | **Serving Size:** 2

INGREDIENTS:

- ¼ cup coconut oil
- ¼ cup cacao powder
- 1 egg, separated
- ¼ cup coconut flour
- Pinch of salt
- 1 tbsp stevia (or to taste)

SERVING SUGGESTION:

After a meal high in protein, have these cookies as a quick dessert or pair them with herbal tea.

INSTRUCTIONS:

1. Melt coconut oil and cacao powder in a microwave-safe bowl for 1 minute.
2. Separate the egg yolk and egg whites.
3. Whisk the egg white until foamy.
4. Add the yolk, salt, stevia, and coconut flour to the egg white. Mix well.
5. Fold in the melted coconut oil and cacao mixture.
6. Spoon this prepared dough onto a parchment-lined baking sheet.
7. Bake it for 16 minutes at 350°F (175°C). Before serving, allow to cool.

TIP:

To keep leftovers fresh, store them in an airtight container.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 6g | Fat: 20g | Omega-3 Fatty Acids: 0.5g

123. Easy Ice-Cream

Description: It is a creamy and rich chocolate almond ice cream, perfect for a metabolism-boosting treat.

 **Prep Time:** 19 Minutes |  **Chilling Time:** 6 Hours |  **Serving Size:** 2

INGREDIENTS:

- 1-1/4 cup raw almonds, pre-soaked and drained
- 1/2 cup unsweetened almond milk
- 6 tbsp cacao powder (organic)
- Pinch of sea salt
- 1 tsp stevia

SERVING SUGGESTION:

Serve it with chopped nuts or a dollop of sugar-free chocolate sauce on top.

INSTRUCTIONS:

1. Place the almonds in a high-speed blender with almond milk and pulse until smooth.
2. Pour this mixture into a plastic container.
3. Stir in cacao powder, sea salt, and stevia.
4. Mix well.
5. Cover and chill for 6 hours, stirring every hour to keep a creamy texture.

TIP:

To gain the ideal consistency, use a high-speed blender.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 520 | Protein: 15g | Fat: 44g | Omega-3 Fatty Acids: 1g

124. Almond Flour Shortbread Cookies

Description: A simple, buttery shortbread cookie made with almond flour and sweetened with stevia.

 **Prep Time:** 8-13 Minutes |  **Cook Time:** 16 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 cup almond butter, softened
- 1 tsp stevia
- 1/2 tsp vanilla extract
- Pinch of salt

SERVING SUGGESTION:

Pair it with herbal tea.

INSTRUCTIONS:

1. Set your oven temperature to 355°F (180°C).
2. Mix together almond flour, coconut flour, butter, stevia, vanilla, and salt until dough forms in a bowl.
3. Roll the dough into small balls.
4. Then, flatten them on a baking sheet.
5. Bake it for 16 minutes, and then cool on a wire rack.
6. Serve once ready.

TIP:

For a unique taste, add a dash of nutmeg to the dough to enhance its flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 550 | Protein: 18g | Fat: 45g | Omega-3 Fatty Acids: 1g

125. Coconut Cookies

Description: *It is a classic perfect dessert to satisfy your sweet craving.*

 **Prep Time:** 22 Minutes |  **Cook Time:** 12-15 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 tsp stevia
- 2 tbsp coconut flour
- 1 cup unsweetened shredded coconut
- 1 large egg
- 1/3 tsp vanilla extract
- 2 tbsp coconut oil, melted

SERVING SUGGESTION:

Serve it with a warm herbal tea.

INSTRUCTIONS:

1. Set your oven temperature to 355°F (180°C).
2. Combine stevia, coconut flour, and shredded coconut in a bowl.
3. Whisk the egg in a separate bowl.
4. Then add vanilla extract and coconut oil.
5. Until everything is thoroughly blended, mix the liquid components with the dry ingredients.
6. Line a baking sheet with parchment paper.
7. Scoop the dough onto a baking sheet, keeping space between.
8. Cook it inside the oven for 14 minutes, taking the cookies out.
9. Let it cool on a wire rack.
10. Then serve and enjoy.

TIP:

For a variation, add a few dark chocolate chips for extra richness.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 350 | Protein: 6g | Fat: 35g | Omega-3 Fatty Acids: 0.5g

Section 8: Super Smoothies and Juices

This section provides a refreshing blend of fruits, veggies, and spices that will refresh and boost your metabolism. This group of smoothies and juices is a refreshing way to start one's day, whether a choice between a quick pick-me-up and a cleansing boost. Citrus-based creations bring the perfect combination of flavors to uplift the mood and support health goals.

126. Berry and Avocado Smoothie

Description: *It is a nutritious and creamy smoothie with healthy fats, antioxidants, and protein.*

 **Prep Time:** 5-8 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/2 avocado, pitted and peeled
- 1/2 cup mixed berries (blueberries, strawberries, raspberries)
- 1 scoop plant-based protein powder (no added sugar)
- 1 cup unsweetened almond milk
- 1 tbsp flax seeds
- Ice cubes (optional)

SERVING SUGGESTION:

Serve with a sprinkle of extra chia seeds or a few fresh berries on top.

INSTRUCTIONS:

1. Add all the listed ingredients in a high-speed blender.
2. Blend until smooth and creamy.
3. Pour into serving glasses and enjoy.

TIP:

For extra fiber, add a tbsp of flaxseeds and adjust sweetness with a bit of stevia if needed.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 280 | Protein: 20g | Fat: 14g | Omega-3 Fatty Acids: 3g

127. Go Green Smoothie

Description: *It is a green powerhouse smoothie with collagen peptides for joint health and anti-aging benefits.*

 **Prep Time:** 8-9 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup kale
- 1 cup baby spinach
- 1/2 green apple
- 1 scoop collagen peptides
- 1 tbsp coconut oil
- 1 cup unsweetened almond milk

SERVING SUGGESTION:

Serve the smoothie chilled with fresh mint garnish.

INSTRUCTIONS:

1. Add all ingredients in a high-speed blender.
2. Pulse it until smooth and well combined.
3. Pour into serving glasses and enjoy.

TIP:

Use fresh spinach or kale for a more vibrant color and nutrient boost.

 **NUTRITIONAL INFORMATION PER SERVING:** Calories: 210 | Protein: 20g | Fat: 14g | Omega-3 Fatty Acids: 0.5g

128. Creamy Coconut Smoothie

Description: It is a vibrant, creamy smoothie with coconut milk and macadamia nuts for healthy fats. It is one satisfying snack to have in the form of liquid.

🕒 **Prep Time:** 5-8 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 1 cup unsweetened coconut milk
- 1/2 cup macadamia nuts
- 1 avocado, peeled and pitted
- 2 tbsp coconut flakes
- 1 scoop collagen protein
- Ice cubes (optional)

SERVING SUGGESTION:

Serve chilled by adding a few ice cubes or serve with a topping of toasted coconut flakes.

INSTRUCTIONS:

1. Blend all ingredients until smooth and creamy using a high-speed blender.
2. Adjust consistency with more coconut milk if needed.
3. Pour into serving glasses and enjoy.

💡 **TIP:**

Soak the macadamia nuts overnight for more effortless blending.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 480 | Protein: 16g | Fat: 43g | Omega-3 Fatty Acids: 1g

129. Choco-Peanut Butter Smoothie

Description: It is a chocolate, protein-packed smoothie with the indulgent flavor of peanut butter, perfect as a meal replacement.

🕒 **Prep Time:** 5-8 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 4 tbsp organic peanut butter (no sugar)
- 2 scoop chocolate protein powder (low-sugar)
- 1/2 banana
- 1 -1/2 cup unsweetened almond milk
- 2 tbsp cacao powder
- 1/4 tsp vanilla extract

SERVING SUGGESTION:

Serve with a dusting of additional cacao powder.

INSTRUCTIONS:

1. Put all the ingredients into a high-speed blender.
2. Pulse it until smooth and creamy.
3. Pour the smoothie into serving glasses and enjoy.

💡 **TIP:**

It is best served chilled, or you can add frozen banana to create a creamier texture.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 450 | Protein: 35g | Fat: 24g | Omega-3 Fatty Acids: 1g

130. Turmeric Smoothie

Description: It is a vibrant, anti-inflammatory smoothie with turmeric for a metabolism-boosting kick.

 **Prep Time:** 5 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 Brazil nuts
- 1/2 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/2 cup frozen cauliflower florets
- 2 tbsp chia seeds
- 1 tsp turmeric powder
- 1/4 tsp ground cardamom
- 1 scoop of clean vanilla protein powder

SERVING SUGGESTION:

Top it with shredded coconut flakes.

INSTRUCTIONS:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into serving glasses and enjoy.

TIP:

You can use fresh turmeric root for a vibrant color and taste.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 300 | Protein: 26g | Fat: 16g | Omega-3 Fatty Acids: 0g

131. Cinnamon Pecan Smoothie

Description: It is easy to smooth with warm cinnamon and crunchy pecans.

 **Prep Time:** 10 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/4 cup pecans
- 1 avocado, pitted and peeled
- 1 tbsp chia seeds
- 1/2 tsp cinnamon
- 1 scoop vanilla protein powder (low-sugar)
- 1 1/4 cup unsweetened almond milk

SERVING SUGGESTION:

Top the smoothie with a pinch of ground cinnamon for an extra kick.

INSTRUCTIONS:

1. Add all ingredients to a high-speed blender.
2. Pulse it until smooth and creamy.
3. Pour into serving glasses and enjoy.

TIP:

Soak the pecans overnight for effortless blending.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 400 | Protein: 25g | Fat: 29g | Omega-3 Fatty Acids: 4g

132. Beetroot Berry Smoothie

Description: This anti-inflammatory and detoxifying smoothie, with vibrant beets and antioxidant-rich berries, is perfect for boosting health.

 **Prep Time:** 5 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/4 cup cooked beetroot (cooled)
- 1/2 cup mixed berries (blueberries, strawberries, raspberries)
- 1 tbsp flax seeds
- 1 cup Greek yogurt (unsweetened)
- 1 cup unsweetened almond milk

SERVING SUGGESTION:

Serve with a topping of almond butter.

INSTRUCTIONS:

1. Blend all ingredients until smooth and creamy.
2. Serve and enjoy.

TIP:

Add a tbsp of chia and flax seeds to increase the fiber ratio.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 250 | Protein: 16g | Fat: 9g | Omega-3 Fatty Acids: 0g

133. Cucumber and Melon Smoothie

Description: This hydrating smoothie, with cucumber and melon added, is perfect for a hot day or post-workout.

 **Prep Time:** 8-9 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/2 cucumber, peeled
- 1/2 cup honeydew melon, cubed
- 1 avocado, peeled and pitted
- 1 tbsp chia seeds
- 1 1/2 cup coconut water
- 1/2 tsp fresh mint (optional)

SERVING SUGGESTION:

Garnish it with fresh mint leaves.

INSTRUCTIONS:

1. Put all ingredients into the blender.
2. Pulse it until smooth and creamy.
3. Pour into serving glasses and enjoy.

TIP:

Serve it chilled.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 350 | Protein: 4g | Fat: 22g | Omega-3 Fatty Acids: 3g

134. Pumpkin Spice Smoothie

Description: It is a delicious, fall-inspired smoothie with pumpkin and spices, loaded with fiber and vitamins.

 **Prep Time:** 8 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/2 cup boiled pumpkin
- 1 scoop vanilla protein powder (zero-sugar)
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- 1 tbsp flax seeds
- 1 cup unsweetened almond milk
- Ice cubes (optional)

SERVING SUGGESTION:

Top the smoothie with whipped coconut cream.

INSTRUCTIONS:

1. Blend all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into glasses and enjoy.

TIP:

Add a touch of nutmeg or clove for a spicier flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 270 | Protein: 25g | Fat: 10g | Omega-3 Fatty Acids: 3g

135. Kale and Blueberries Smoothie

Description: It is a recipe rich in antioxidants that clean the body and reduce inflammation.

 **Prep Time:** 5 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 cups coconut water
- 1 cup of kale, chopped
- 1 cup blueberries
- 1/4 tsp stevia

SERVING SUGGESTION:

Garnish with whipped coconut cream.

INSTRUCTIONS:

1. Take a high-speed blender and pour coconut water and kale.
2. Pulse it for 30 seconds, and then add blueberries and stevia.
3. Pulse it until all ingredients are smooth.
4. Pour it into ice-filled serving glasses and enjoy chilled.

TIP:

Best served chilled and immediately.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 80 | Protein: 2g | Fat: 1g | Omega-3 Fatty Acids: 0.5g

136. Coconut and Pumpkin Smoothie Bowl

Description: The smooth texture of Greek yogurt and coconut complements the seasonal flavors of pumpkin and a hint of pumpkin pie spice.

🕒 **Prep Time:** 5 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍷 **Serving Size:** 2

INGREDIENTS:

- 1 cup of pumpkin, boiled
- 1/2 cup light coconut milk
- 7 ounces low-fat Greek yogurt, coconut-flavor
- 1/4 tsp pumpkin pie spice
- 1/2 large ripe frozen bananas, sliced
- 1 cup ice cubes
- 1/3 cup raw pepitas seeds
- 2 tsp of chia seeds, or more

 **SERVING SUGGESTION:**
Garnish it with cacao powder.

INSTRUCTIONS:

1. Add all the listed ingredients, excluding chia seeds, into a blender and blend it for 1 minute.
2. Once it's done, pour it into tall ice-filled serving glasses.
3. Top each glass with chia seeds.

 **TIP:**
Add more coconut milk to adjust the texture if the smoothie is too thick.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 250 | Protein: 20g | Fat: 7g | Omega-3 Fatty Acids: 2g


137. Strawberry & Almond Butter Smoothie Bowl

Description: This creamy and satisfying smoothie bowl blends sweet strawberries with rich almond butter for a protein-packed, low-carb breakfast or snack.

🕒 **Prep Time:** 7 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍷 **Serving Size:** 2


INGREDIENTS:

- 1 cup strawberries
- 1/2 cup unsweetened almond milk
- 7 ounces plain Greek yogurt (unsweetened)
- 2 tbsp almond butter
- 1/4 tsp vanilla extract
- 1 cup ice cubes
- 1/3 tsp stevia
- 1 tbsp flaxseeds

 **SERVING SUGGESTION:**
Top it with sliced almonds or coconut flakes for a crunchy texture.

INSTRUCTIONS:

1. Add all ingredients (except seeds) to a blender and pulse for 1 minute until smooth.
2. Pour into serving bowls and top with flaxseeds.

 **TIP:**
Add cocoa powder for a more indulgent taste and adjust sweetness with stevia as needed to suit your preference.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 260 | Protein: 21.5g | Fat: 7g | Omega-3 Fatty Acids: 2g

138. Cucumber & Mint Green Smoothie

Description: This refreshing smoothie bowl combines cooling cucumber, hydrating mint, and low-carb berries for a light but satisfying bowl that promotes metabolic health, focusing on hydration and detoxification.

 **Prep Time:** 7 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1/2 cucumber, peeled and chopped
- 1/2 cup mixed berries (blueberries, raspberries, blackberries)
- 1/2 cup spinach (fresh or frozen)
- 1 tbsp fresh mint leaves
- 7 ounces plain Greek yogurt (unsweetened)
- 1/2 cup unsweetened almond milk
- 1/3 tsp stevia
- 1 cup ice cubes
- 1 tbsp chia seeds

SERVING SUGGESTION:

Garnish it with a few slices of lime or lemon zest for extra flavor.

INSTRUCTIONS:

1. Add all the listed ingredients (except chia seeds) into a high-speed blender.
2. Pulse it for 1 minute until smooth.
3. Pour into serving glasses.
4. Top it with chia seeds and extra mint leaves and serve.

TIP:

If you want more hydration, increase the cucumber and add a splash of coconut water instead of almond milk.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 260 | Protein: 22g | Fat: 8.5g | Omega-3 Fatty Acids: 2g

139. Berry & Coconut Greek Yogurt Smoothie

Description: This smoothie combines antioxidant-rich berries with creamy Greek yogurt and coconut, providing a delicious, low-carb option full of healthy fats and protein.

 **Prep Time:** 5 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup raspberries
- 1 cup strawberries
- 7 ounces plain Greek yogurt
- 1/4 cup unsweetened coconut milk
- 1 tbsp chia seeds
- 1/3 tsp stevia
- 1/2 cup ice cubes
- 2 tbsp unsweetened shredded coconut
- 1 tbsp flaxseeds (ground)

SERVING SUGGESTION:

Garnish with a sprinkle of cinnamon.

INSTRUCTIONS:

1. Add all ingredients (except shredded coconut and flaxseeds) to a high-speed blender and pulse for 1 minute until smooth.
2. Pour the smoothie into bowls.
3. Top it with shredded coconut, flaxseeds, and extra berries for texture.

TIP:

You can add a scoop of protein powder or hemp seeds for extra protein and to keep you fuller longer.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 350 | Protein: 19g | Fat: 14g | Omega-3 Fatty Acids: 3g

140. Green Apple & Kale Yogurt Smoothie

Description: This simple and delicious smoothie combines the rich flavor of green apples and the incredible health benefits of kale to create a high-fiber beverage that will meet all your nutritional needs.

 **Prep Time:** 4-7 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup kale
- 2 green apples, cored and chopped
- 1/2 cup Greek yogurt
- 1/4 tsp stevia
- 1/4 cup coconut milk

SERVING SUGGESTION:

Top it with soaked chia seeds for added fiber.

INSTRUCTIONS:

1. Transfer all ingredients to a high-speed blender.
2. Pulse it until smooth and creamy.
3. Pour into glasses and serve immediately.

TIP:

For a thicker smoothie, add more kale or use frozen apple chunks.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 230 | Protein: 6g | Fat: 12g | Omega-3 Fatty Acids: 0.5g

141. Apple Basil Detox

Description: It is a sweet, aromatic juice featuring basil and apple for a metabolism-friendly detox.

 **Prep Time:** 7-12 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 6 green apples
- 4 large cucumbers
- 4 basil leaves
- 2 lemons, peeled

SERVING SUGGESTION:

Enjoy the addition of seeds for sustained energy.

INSTRUCTIONS:

1. Wash and slice the apple and cucumber.
2. Juice the apple, cucumber, basil, and lemon together using a juicer.
3. Stir well and serve chilled.

TIP:

Swap basil for mint for a different flavor profile.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 210 | Protein: 2g | Fat: 1g | Omega-3 Fatty Acids: 0g

142. Carrot Citrus Glow

Description: It is a bright orange juice rich in beta-carotene and metabolism-enhancing citrus.

 **Prep Time:** 7-10 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 6 carrots, peeled
- 6 oranges, peeled
- 1-inch ginger
- ½ lemon, peeled

SERVING SUGGESTION:

Top it with basil seeds for a protein boost.

INSTRUCTIONS:

1. Wash and peel the carrots.
2. Juice the carrots, orange, ginger, and lemon together using a juicer.
3. Stir and serve immediately.

TIP:

Best served chilled.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 267 | Protein: 5g | Fat: 0.6g | Omega-3 Fatty Acids: 0g

143. Green Apple Lime Spark

Description: A tart and tangy juice to kick start your metabolism and wake up your taste buds.

 **Prep Time:** 4-6 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 6 green apples
- 6 celery stalks
- 1 lime, peeled
- 2-inch ginger

SERVING SUGGESTION:

Enjoy mid-morning as a refreshing pick-me-up.

INSTRUCTIONS:

1. Wash all the ingredients well.
2. Pass all the ingredients through the juicer while alternating between the ingredients.
3. Stir the juice well and serve chilled.

TIP:

Add sparkling water for a fizzy treat.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 180 | Protein: 2g | Fat: 0.5g | Omega-3 Fatty Acids: 0g


144. Celery Juice

Description: A refreshing and detoxifying drink made with fresh celery, pear, and a hint of citrus. This juice contains vitamins and minerals, perfect for a morning boost or a mid-day refresh.

 **Prep Time:** 4-7 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 5 pears
- 4 apples
- 10 celery sticks
- 1/4-inch piece of ginger
- 1 lime, juice only

 **SERVING SUGGESTION:**
Pair it with a snack for a nutritious start to your day.

INSTRUCTIONS:

1. Wash the pear, apple, and celery sticks thoroughly to remove impurities.
2. Cut the celery into long pieces.
3. Peel and slice the apple and pear.
4. Process all ingredients (except the lemon or lime) in the juicer.
5. Collect the juice in a container passing through a fine strainer.
6. Add the lime juice to the collected juice and stir well.
7. Pour the juice into a serving jar and serve.

 **TIP:**

Put a small piece of ginger to give the drink a zesty kick.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 375 | Protein: 5g | Fat: 1.5g | Omega-3 Fatty Acids: 0g

145. Metabolism Boosting Juice

Description: Full of nutrients, this juice helps promote digestion, supports weight loss, and keeps you energized.

 **Prep Time:** 5-8 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 6 cucumbers, peeled
- 6 green apples, cored and sliced
- 1 small lemon, peeled
- 1-inch piece of ginger, peeled
- 1/2 cup fresh mint leaves
- 6 ice cubes (optional)

 **SERVING SUGGESTION:**
Enjoy this juice by pairing it with a handful of nuts.

INSTRUCTIONS:

1. Wash and prepare all the ingredients.
2. Peel the cucumber and ginger.
3. Core and slice the apple, and peel the lemon.
4. Pass all the ingredients through the juicer.
5. Pour the juice into a glass, discarding the pulp if desired.
6. Add 1-2 ice cubes on top for a chilled drink.
7. Stir well and serve immediately.

 **TIP:**

For a sweeter juice, add a little stevia.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 180 | Protein: 3g | Fat: 0.5g | Omega-3 Fatty Acids: 0g

146. Metabolic Boosting Green Juice

Description: A nutrient-dense drink prepared to support blood sugar balance and enhance metabolism.

 **Prep Time:** 9-13 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 cucumbers
- 1 celery stalk
- 1 cup spinach
- 1 cup kale
- ½ lemon, (peeled)
- ¼-inch piece of fresh ginger
- 1 tsp apple cider vinegar (optional)
- 1 pinch of cayenne pepper

SERVING SUGGESTION:

Enjoy this metabolic booster first thing in the morning or as an afternoon pick-me-up. Serve it over ice or dilute it with cold water for extra hydration.

INSTRUCTIONS:

1. Wash all produce thoroughly to remove any impurities.
2. Cut the cucumber and celery into manageable pieces for juicing.
3. Juice the spinach, kale, cucumber, celery, lemon, and ginger together.
4. Add apple cider vinegar and stir if desired.
5. Add the cayenne pepper on top before serving.

TIP:

Blend instead of juicing to retain fiber, aiding in satiety and blood sugar stability.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 52 | Protein: 3.4g | Fat: 0.6g | Omega-3 Fatty Acids: 0g

147. Cucumber Mint Cooler

Description: It is a hydrating juice that combines cucumber and mint for a metabolism-friendly refresh.

 **Prep Time:** 4-8 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 6 cucumbers
- 5 mint leaves
- ½ lemon, peeled

SERVING SUGGESTION:

Enjoy alongside a light salad for a healthy lunch pairing.

INSTRUCTIONS:

1. Wash and slice the cucumber.
2. Juice the cucumber, mint, and lemon together.
3. Stir and serve over ice.

TIP:

Blend instead of juicing to retain more fiber.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 60 | Protein: 2g | Fat: 0.5g | Omega-3 Fatty Acids: 0g

148. Spiced Citrus Bliss

Description: ! A warming juice combines citrus and spices for a metabolism-boosting treat.

🕒 **Prep Time:** 9-13 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍹 **Serving Size:** 2

INGREDIENTS:

- 6 oranges, peeled
- ½ grapefruit, peeled
- 1 pinch of cayenne pepper

SERVING SUGGESTION:

Reduce cayenne if you prefer a milder drink.

INSTRUCTIONS:

1. Wash and peel the citrus fruits.
2. Juice the orange and grapefruit.
3. Collect the juice and put it in a pinch of cayenne pepper.
4. Serve in glasses and enjoy.

TIP:

Enjoy as a refreshing afternoon drink.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 308 | Protein: 5g | Fat: 1g | Omega-3 Fatty Acids: 0g

149. Citrus Mint Reviver

Description: It is a zesty citrus blend with cooling mint to awaken your metabolism and energize your system.

🕒 **Prep Time:** 8-13 Minutes | 🔥 **Cook Time:** 0 Minutes | 🍹 **Serving Size:** 2

INGREDIENTS:

- 6 oranges, peeled
- 1 grapefruit, peeled
- ½ lime, peeled
- 2 sprigs of mint

SERVING SUGGESTION:

Enjoy this juice to curb cravings and boost overall hydration.

INSTRUCTIONS:

1. Wash and peel all the citrus fruits.
2. Juice the orange, grapefruit, lime, and mint together.
3. Stir well and serve in glasses, chilled.

TIP:

Include a splash of coconut water for a refreshing taste.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 252 | Protein: 7.5g | Fat: 1.3g | Omega-3 Fatty Acids: 0g

150. Carrot Apple Drink

Description: *It is a tangy, yet sweet drink prepared with carrots and apples to keep your metabolism revived all day.*

 **Prep Time:** 7-12 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 4 carrots, peeled
- 4 green apples
- 1-inch ginger
- ½ lemon or lime, peeled

SERVING SUGGESTION:

Add basil seeds for an energy boost.

INSTRUCTIONS:

1. Wash the ingredients before starting.
2. Juice the carrots, apple, ginger, and lemon together.
3. Stir and serve immediately.

TIP:

For a milder taste, reduce the amount of ginger used.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 200 | Protein: 1.5g | Fat: 2g | Omega-3 Fatty Acids: 0g

151. Apple Carrot Ginger Zing

Description: *It is a spicy and sweet juice that combines apple, carrot, and ginger to help fire up your metabolism.*

 **Prep Time:** 7-13 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 2 carrots, peeled
- 1 green apple
- 1-inch ginger
- ½ lemon, peeled

SERVING SUGGESTION:

Pair with a protein-based snack for a well-rounded meal.

INSTRUCTIONS:

1. Wash and peel the carrots, apples, and ginger.
2. Juice the carrots, apple, ginger, and lemon together using a juicer.
3. Stir and serve immediately.

TIP:

For a more intense ginger flavor, increase the amount of ginger used.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 80 | Protein: 1g | Fat: 0g | Omega-3 Fatty Acids: 0g

152. Blackberry Ginger Energizer

Description: It is a juicy blend of blackberries and ginger to fire up your metabolism and energize your body.

 **Prep Time:** 7-13 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup blackberries
- 6 green apples
- 1-inch piece of ginger
- ½ lemon, peeled

SERVING SUGGESTION:

Pair with a protein-packed snack for a balanced meal.

INSTRUCTIONS:

1. Wash the blackberries, apples, and ginger.
2. Peel the lemon and slice the apple.
3. Juice the blackberries, ginger, apple, and lemon together.
4. Stir well and serve immediately.

TIP:

For an added boost, add a pinch of cayenne pepper or turmeric.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 266 | Protein: 1g | Fat: 0.3g | Omega-3 Fatty Acids: 0g

153. Cranberry Apple Cleanse

Description: It is a perfect cleansing juice with cranberries and apples to boost metabolism and detoxification.

 **Prep Time:** 9-13 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- 1 cup cranberries (fresh or frozen)
- 5-6 green apples
- 1 small cucumber
- ½ lemon, peeled

SERVING SUGGESTION:

Pair with salad for a filling, metabolism-boosting meal.

INSTRUCTIONS:

1. Wash the cranberries, apple, cucumber, and lemon.
2. Slice the apple and cucumber.
3. Juice the cranberries, apple, cucumber, and lemon together.
4. Stir and serve immediately.

TIP:

For a sweeter drink, add a small piece of pear.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 150 | Protein: 1g | Fat: 0.5g | Omega-3 Fatty Acids: 0g

154. Tropical Berry Twist

Description: A tropical berry juice with a citrus kick boosts metabolism and hydrates the body.

 **Prep Time:** 4-8 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- ½ cup mixed berries (strawberries, blueberries, raspberries)
- 1 small pineapple, peeled
- 1 orange, peeled
- ½ lemon, peeled

SERVING SUGGESTION:

Pair with a handful of almonds or a light protein-based meal for a balanced energy boost.

INSTRUCTIONS:

1. Wash the berries and pineapple.
2. Peel and slice the orange and lemon.
3. Juice the berries, pineapple, orange, and lemon together.
4. Stir and serve immediately.

TIP:

Put a few mint leaves for a more refreshing flavor.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 280 | Protein: 4g | Fat: 1g | Omega-3 Fatty Acids: 0.1g

155. Berry Citrus Refresher

Description: A vibrant juice packed with berries and citrus boosts metabolism and provides a refreshing burst of energy.

 **Prep Time:** 7-14 Minutes |  **Cook Time:** 0 Minutes |  **Serving Size:** 2

INGREDIENTS:

- ½ cup mixed berries (strawberries, blueberries, blackberries)
- 2 small cucumbers
- 4-6 oranges, peeled
- ½ lemon, peeled

SERVING SUGGESTION:

Pair with a handful of almonds for a healthy and satisfying start to your day.

INSTRUCTIONS:

1. Wash the berries, cucumber, and citrus fruits.
2. Peel and slice the orange and lemon.
3. Juice them all together.
4. Stir and serve immediately.

TIP:

You can include a small piece of apple in the juice for added sweetness.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 245 | Protein: 6g | Fat: 1g | Omega-3 Fatty Acids: 0.1g

BONUS:

28-Day Metabolic Kickstart Plan

Welcome to our 28-Day Metabolic Kickstart Plan. This program boosts metabolism, stabilizes blood sugar, and increases energy through balanced meals. Over the next four weeks, you'll enjoy easy-to-follow recipes and weekly shopping lists that sip.

We offer whole, unprocessed foods, including lean proteins, healthy fats, and fiber-rich vegetables, to keep you full and energized. Let's get started!

Days	Breakfast	Lunch	Dinner	Snacks
1	1. Eggs and Avocado Breakfast Bowl	41. Salmon Salad with Lemon and Dill Dressing	61. Stuffed Bell Peppers with Cauliflower Rice	16. Roasted Chickpeas
2	2. Avocado and Smoked Salmon Egg Cups	42. Spicy Chicken Lettuce Wraps	62. Meatballs with Zucchini Noodles	17. Chocolate Avocado Mousse
3	3. Coconut Porridge	43. Eggplant and Turkey Stir-Fry	63. Grilled Salmon with Lemon Herb Sauce	18. Quinoa Tater Tots
4	4. Zucchini & Egg Scramble with Turmeric	44. Cauliflower Rice Stir-Fried with Shrimp	64. Lamb and Spinach Stew	19. Avocado & Almond Butter Bites
5	5. Kale Pancakes	45. Turkey and Spinach Meatballs	65. Beef and Zucchini Noodles with Avocado Pesto	20. Cucumber & Hummus Slices
6	6. Chia Seed Pudding with Almond Butter	46. Tuna Salad Lettuce Wraps	66. Grilled Lemon Garlic Lamb Kebabs	21. Avocado Hummus
7	7. Raspberry Pancakes	47. Chicken with Brussels Sprouts	67. Lamb Chops with Mint Yogurt Sauce	22. Classic Broccoli Bites
8	8. Savory Miso, Kimchi, Tofu with Oats	48. Avocado Tuna Boats	68. Rib Eye with Zucchini Noodles	23. Hard-boiled eggs with Sea Salt
9	9. Coconut Flour Pancakes with Berries	49. Spiced Turkey and Zucchini Patties	69. Mustard and Rosemary Rib-Eye Steak	24. Almond & Coconut Energy Balls
10	10. Greek Yogurt with Walnuts & Cinnamon	50. Seared Salmon with Arugula Salad	70. Steak and Vegetable	25. Nut Butter and Celery Sticks
11	11. Egg & Avocado bowl with Olive Oil Dressing	51. Fish with Wilted Greens and Mushrooms	71. Garlic Herb Butter Rib-Eye	26. Coconut Flax Energy Balls
12	12. Almond Flour Banana Muffins	52. Baked Eggplant with Tomatoes and Feta Cheese	72. Baked Cod with Roasted Vegetables	27. Avocado with Lemon and Sea Salt

The Good Energy & Metabolic Meals

13	13. Cauliflower Rice Scramble with Turkey Sausage	53. Cold Peanut Coconut Soup	73. Grilled Chicken with Avocado Salsa	28. Almond and Coconut Energy Bars
14	14. Cheese and Mushroom Frittata for Breakfast	54. Cabbage Soup	74. Spaghetti Squash with Bolognese Sauce	29. High Fiber Coconut Candies
15	15. Breakfast Muffins	55. Juicy Roasted Chicken	75. Shrimp and Cauliflower Grits	30. Appetizing Cauliflower
16	1. Eggs and Avocado Breakfast Bowl	56. Coconut Creamy Chicken Cheese	76. Chicken Fajita Bowl	31. Kale Chips
17	2. Avocado and Smoked Salmon Egg Cups	57. Creamy Chicken Soup	77. Eggplant Parmesan	32. Greek Yogurt with Berries
18	3. Coconut Porridge	58. Baked Chicken Breast	78. Lamb Chops with Dijon Garlic	33. Roasted Pumpkin Seeds
19	4. Zucchini & Egg Scramble with Turmeric	59. Zucchini Noodles with Pesto Chicken	79. Roasted Cauliflower Steaks with Tahini Sauce	34. Baked Zucchini Chips
20	5. Kale Pancakes	60. Chicken and Veggies Salad	67. Lamb Chops with Mint Yogurt Sauce	35. Apple Snack
21	6. Chia Seed Pudding with Almond Butter	41. Salmon Salad with Lemon and Dill Dressing	68. Rib Eye with Zucchini Noodles	36. Egg Salad Lettuce Wraps
22	7. Raspberry Pancakes	42. Spicy Chicken Lettuce Wraps	61. Stuffed Bell Peppers with Cauliflower Rice	37. Baked Chicken Tenders
23	8. Savory Miso, Kimchi, Tofu with Oats	43. Eggplant and Turkey Stir-Fry	62. Meatballs with Zucchini Noodles	38. Baked Tofu
24	9. Coconut Flour Pancakes with Berries	44. Cauliflower Rice Stir-Fried with Shrimp	63. Grilled Salmon with Lemon Herb Sauce	39. Baked Butternut Squash Chips
25	10. Greek Yogurt with Walnuts & Cinnamon	45. Turkey and Spinach Meatballs	64. Lamb and Spinach Stew	40. Roasted Brussels Sprouts
26	11. Egg & Avocado bowl with Olive Oil Dressing	46. Tuna Salad Lettuce Wraps	65. Beef and Zucchini Noodles with Avocado Pesto	16. Roasted Chickpeas
27	12. Almond Flour Banana Muffins	47. Chicken with Brussels Sprouts	66. Grilled Lemon Garlic Lamb Kebabs	17. Chocolate Avocado Mousse
28	13. Cauliflower Rice Scramble with Turkey Sausage	48. Avocado Tuna Boats	67. Lamb Chops with Mint Yogurt Sauce	18. Quinoa Tater Tots

Weekly Shopping List

Below is a weekly shopping list with ingredients. To make all the weekly shopping lists work for you, modify the amounts of the ingredients to suit your tastes, needs, and dietary restrictions. You can adjust the amounts based on your personal needs, preferences, and the number of servings required.

Week 1	
Vegetables:	Fresh Spinach, Kale, Zucchini, Mushrooms, Yellow Onion, Garlic Cloves, Chives, Broccoli Florets, Cherry Tomatoes, Lemon, Fresh Mint, Fresh Parsley, Cucumber, Cauliflower, Lettuce, Spinach, Carrot, Red Onion, Iceberg Lettuce, Brussels Sprouts, Bell Peppers, Zucchini.
Fruits:	Ripe Avocado, Fresh Raspberries.
Dairy & Dairy Alternatives:	Greek Yogurt, Almond Milk, Coconut Cream, Coconut Milk.
Nuts & Seeds:	Chia Seeds, Walnuts, Almond Butter, Shredded Coconut, Quinoa, Almonds.
Oils & Vinegars:	Avocado Oil, Coconut Oil, Extra-Virgin Olive Oil, Sesame Oil, Apple Cider Vinegar.
Herbs, Spices & Condiments:	Ground Turmeric, Paprika, Cinnamon, Garlic Powder, Rosemary, Thyme, Dried Oregano, Caraway Seeds, , Fresh Dill, Fresh Basil, Cumin, Onion Powder, Parsley, Dijon Mustard, Coconut Aminos, Chili Garlic Sauce, Stevia, Salt And Pepper, Ginger, Cilantro, Chili Powder, Hummus, Vanilla Extract, Baking Powder, Dried Mixed Herbs, Psyllium Husk Powder.
Grains and Flours:	Chickpeas, Coconut Flour.
Protein:	Eggs, Smoked Salmon, Chicken Breasts, Ground Turkey, Salmon Fillets, Lamb Stew Meat, Ground Beef, Shrimp, Lamb Shoulder, Ground Turkey, Chicken Thighs, Lamb Chops, Chicken Stock.
Week 2	
Vegetables:	Kale, Cilantro, Lime, Lemon, Mixed Greens, Zucchini, Mushrooms, Scallions, Parsley, Sweet Onion, Garlic, Cremini Mushrooms, Tomatoes, Eggplants, Basil, Spinach, Broccoli, Cabbage, Carrots.
Fruits:	Banana, Ripe Avocados, Mixed Berries.
Dairy & Dairy Alternatives:	Greek Yogurt, Soy Yogurt, Shredded Cheese, Almond Milk, Coconut Milk, Feta Cheese, Parmigiano-Reggiano, Sour Cream.
Nuts & Seeds:	Almonds, Chia Seeds, Shredded Coconut, Walnuts, Almond Butter, Butter, Peanuts.
Oils & Vinegars:	Avocado Oil, Sesame Oil, Extra-Virgin Olive Oil, Apple Cider Vinegar, Balsamic Vinegar, Rice Vinegar.
Herbs, Spices & Condiments:	Vanilla Extract, Smoked Paprika, Parsley, Ground Cumin, Garlic Powder, Cinnamon, Thyme, Rosemary, Dried Oregano, Paprika, Caraway Seeds, Fresh Cilantro Italian Seasoning, Dried Thyme, Red Chili Flakes, Black Pepper, Honey, Bay Leaf, Baking Powder, Stevia, Caraway Seeds, Coconut Aminos.
Grains and Flours:	Rolled Oats, Coconut Flour, And Almond Flour.

The Good Energy & Metabolic Meals

Protein:	Turkey Sausage, Organic Eggs, Ground Turkey, Cod Fillets, Chicken Breasts, Ground Beef, Tofu, Rib Eye Steak.
Others:	Tomato Paste (Homemade), Chicken Stock, Kimchi, Miso Paste.
Week 3	
Vegetables:	Zucchini, Spinach, Kale Cauliflower Florets, Bell Peppers, Cherry Tomatoes, Eggplants, Artichoke Heart, Cucumbers, Red Onion, Green Chilies, Lemon, Onion.
Fruits:	Mixed Berries, Apple, Avocado.
Dairy & Dairy Alternatives:	Almond Milk, Coconut Cream, Greek Yogurt, Almond Flour, Coconut Flour, Butter, Parmesan Cheese, Mozzarella Cheese, Sour Cream.
Nuts & Seeds:	Chia Seeds, Walnuts, Pine Nuts, Quinoa.
Oils & Vinegars:	Avocado Oil, Olive Oil, Coconut Oil, Butter, Apple Cider Vinegar, Balsamic Vinegar.
Herbs, Spices & Condiments:	Vanilla Extract, Ground Turmeric, Ground Cinnamon, Garlic Powder, Ground Cumin, Italian Seasoning, Mixed Herbs, Cayenne Pepper, Salt, Baking Soda, Black Pepper, Cinnamon, Paprika, Basil Rosemary, Thyme, Dill, Psyllium Husk Powder, Turmeric, Dried Mixed Herbs, Onion Powder, Garlic Paste. Ginger Paste, Coconut Amino.
Grains and Flours:	Almond Flour, Coconut Flour.
Protein:	Eggs, Salmon, Chicken, Shrimp, Lamb Chops. Rib Eye Steak.
Others:	Flaxseed Meal, Dijon Mustard, Tahini, Marinara Sauce.
Week 4	
Vegetables:	Kale, Mixed Greens, Eggplant, Bell Pepper, Cauliflower Rice, Carrot, Cucumber, Cilantro, Onion, Garlic, Red Onion, Lemon, Iceberg Lettuce, Brussels Sprouts, Fresh Basil, Zucchini, Cherry Tomatoes, Butternut Squash, Spinach, Cooked Chickpeas, Button Mushrooms, Chives, Cherry Tomatoes, Lemon.
Fruits:	Banana, Raspberries, Avocado.
Dairy & Dairy Alternatives:	Almond Milk, Soy Yogurt, Greek Yogurt, Parmesan Cheese, Coconut Cream, Coconut Cream.
Nuts & Seeds:	Walnuts, Chia Seeds, Sesame Seeds, Almond Butter.
Oils & Vinegars:	Coconut Oil, Olive Oil, Sesame Oil, Avocado Oil.
Herbs, Spices & Condiments:	Cinnamon, Black Pepper, Smoked Paprika, Garlic Powder, Dried Oregano, Cumin, Paprika, Sesame Seeds, Salt And Pepper, Garlic Powder, Salt, Pinch Of Salt, Chili Garlic Sauce, Coconut Aminos, Miso Paste, Dijon Mustard, Vanilla Extract, Stevia, Baking Powder, Onion Powder, Miso Paste.
Flours:	Almond Flour, Coconut Flour.
Protein:	Eggs, Ground Turkey, Lean Ground Beef, Chicken Breasts, Shrimp, Salmon Fillets, Lamb Chops, Lamb Stew Meat, Ground Turkey, Sausage, Tuna, Tofu.
Others:	Kimchi.

Conclusion

"The best advice I can give anyone in transforming their health is to find a way—to stick with unprocessed, organic food for just a month or two. By the end of this time, I can guarantee that your preferences and cravings will have changed."

– Casey Means

It's crucial to consider the main lessons learned as we reach the end of this journey to help you steer toward improved metabolic health. This cookbook addresses the fundamental ideas of maintaining ideal metabolic function using a balanced diet and basic, efficient meal preparation techniques. Every recipe was created with great attention to ensure it complements the fundamental ideas that enhance metabolic health and encourage sustained growth.

It is impossible to overestimate the value of metabolic health. It affects everything from general well-being to immune system performance, energy levels, and mental clarity. This book stresses minimizing processed foods and maximizing your metabolism with whole foods with great nutrient density.

Nutrition goes beyond merely satisfying hunger; it's about energizing the body for peak performance.

The recipes are carefully balanced to include nutrient-rich ingredients that promote stable blood sugar, reduce inflammation, and support energy regulation.

Embracing the art of meal prepping can be one of the most transformative strategies you can implement.

Our cookbook offers meal prep strategies designed to minimize the mental burden of daily cooking and guarantee healthy, wholesome meals within reach.

Minor changes to your eating and snacks can set you up for long-term health gains.

Remember that everyone's path to wellness is unique. The main diet ideas in this cookbook are designed to be flexible, allowing you to adapt recipes to your lifestyle, eating habits and specific needs—whether you are managing a health condition or simply aiming for optimal health.

Your metabolic health affects your daily life. You should now understand this and be able to use what you've learned quickly.

Our cookbook recipes will help you make healthy meals that are quick and easy to incorporate into your daily life. From breakfasts that fuel your day to dinners that recharge you, these meals are more than just food; actually, they are tools for creating lasting change. By incorporating some planning and preparation, these recipes can effortlessly fit into your daily routine.

A vital component of our plan is meal preparation. With our simple recommendations and detailed instructions, you can make these meals a regular part of your diet. Enjoy the benefits of a nutrient-dense diet, even if you're not a trained cook.

With simple, straightforward recipes, anyone can make nutritious, mouth-watering meals. Altering one's eating habits and way of life is a courageous and liberating decision. Although it may be challenging to start, keep in mind that you are making progress toward better health with every step you take. This book is a must-read for improving metabolic and general health.

Remember that incremental improvement is more important than extreme perfection. As you go on this path, be gentle with yourself and remember that you only need to tackle each day as it comes.

You have access to all you need to succeed. It is time to take action with your newly acquired knowledge and resources. For the next week, commit to perfecting just one recipe or method of meal preparation. Take the time to read the book and find out how it works regarding your daily routine, emotions, and objectives. Every choice you make, from the breakfast recipe that starts your day to the straightforward meal prep approach you use to save time, adds to your overall well-being. The path to self-improvement is one to be embraced. Your true power lies within you, and this book is here to guide you.

I appreciate the opportunity to share my experience and insights with you. I wish you ongoing health and success!

It's the perfect time to start now. Take action now rather than waiting for the "right" moment. Start by selecting a single recipe and meal-planning approach from this book.

Making nutritious soups or devoting some time to bulk cooking will make you realize how simple it is to put your health first. If you take action now, you will be amazed at how quickly positive changes begin to take hold.

Remember that you have support on your path to improved metabolic health. With each meal you prepare and each action you take, you are making progress toward a better, happier life.

Make a decision, experiment with different methods, and keep going. You will be grateful in the long run.

Congratulations on embarking on your path to improved health—now, let's keep the momentum going.

References

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Thank You!

Thank you so much for choosing to invest in *The Good Energy & Metabolic Meals Cookbook*. With so many options out there, I'm truly honored you selected this one to guide you on your journey to better health and vibrant energy. Your trust and time mean the world to me!

If you've found value in these pages and feel inspired, I have a small favor to ask. **Could you take a moment to leave a review on the platform where you purchased this book or use the QR code below?** Your honest feedback not only helps other readers discover the benefits of this cookbook but also supports independent authors like me in creating more resources tailored to your needs.

Your thoughts matter deeply. Whether it's what you love or what you'd like to see in future books, hearing from you fuels my passion to keep writing and sharing tools that make a difference in your life.

Thank you again for allowing me to be part of your health journey—it means everything!

