

Diabetic Diet Cookbook for Beginners

*Flavorful Low-Carb & Low-Sugar Recipes for
Balanced Meals. Diabetic-Friendly Cooking with
Easy Instructions, Nutritional Values, and Vibrant
Images*

by Hana Stone

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Introduction

Welcome To Your Kitchen

If you or someone you love has been told, “It’s time to watch your blood sugar,” you’re in the right place. This book is your friendly guide to everyday meals that taste great, feel familiar, and support steadier energy—without turning dinner into a math test. Whether you’re newly diagnosed with type 2 diabetes or prediabetes, navigating gestational diabetes, or cooking for a partner or parent, these pages meet you in real life: weeknights, hungry kids, tight budgets, and the desire for food that comforts as much as it nourishes.

I’m Hana Stone, a home cook and culinary educator who believes the most powerful health tool sits on your stovetop. My journey began at my family table after my mom’s A1C spiked; we rebuilt our favorites with smarter portions and bigger flavor. I’ve since cooked with night-shift nurses, retirees stretching dollars, and parents juggling soccer practice and glucose meters. What we learned together anchors this book: simple steps, balanced plates, familiar ingredients, and choices that work whether you’re carb-counting for medication timing or simply seeking calm, consistent days.

How This Works

Here’s the short, empowering version of the science. Most foods with carbohydrates break down into glucose, which your body uses for energy. In diabetes, glucose can build up in the blood more than it should. The three keys that help slow that rise are fiber (from veggies, beans, and whole grains), protein (from lean meats, eggs, tofu, yogurt), and healthy fats (from olive oil, nuts, seeds, avocado). Think of them as the brakes that help you coast steadily instead of spiking and crashing.

This cookbook uses the Plate Method because it’s practical: half your plate non-starchy vegetables, a quarter lean protein, and a quarter whole grains or starchy vegetables. Consistency matters as much as quantity, especially if you use insulin or oral medications—similar carb portions from meal to meal help your dosing work predictably. You’ll also see simple carb counting cues and portion visuals to make choices feel second nature. And a quick word on glycemic index and glycemic load: GI measures how fast a food raises blood sugar in a lab-sized serving; GL looks at the portion you actually eat plus total carbs. In other words, a small serving of a higher-GI food may fit just fine, while a giant bowl of a “healthy” grain can still overshoot. This book helps you right-size both.

Food That Loves You Back

Balanced, fiber-rich meals with consistent carb portions can support better A1C and longer-lasting fullness. Swapping refined grains for whole grains often smooths post-meal glucose. Lean proteins help keep you satisfied, while unsaturated fats—think olive oil, nuts, and seeds—support heart health. Omega-3s from fish like salmon or from plant sources such as walnuts and flax can be a smart add for the heart, which matters because diabetes and cardiovascular health are closely linked. We also keep sodium moderate to be friendly to blood pressure.

You don't have to abandon sweetness, either. Sugar substitutes like stevia, monk fruit, erythritol, and allulose can reduce added sugar while keeping treats enjoyable. Use them in small amounts and notice how you feel; many people find they satisfy a sweet tooth without the same blood sugar impact. Throughout, the flavors reflect the way America really eats—comforting classics, Latin brightness, Mediterranean herbs, and Asian-inspired umami—using ingredients from a typical US grocery store. You'll find options for gluten-free, dairy-free, and vegetarian eaters without complicating the cooking, plus guidance for lower-sodium and kidney-friendly choices where helpful. No diet ideology here—just dishes that fit your culture, your budget, and your life.

Make It Doable

Set yourself up for easy wins. Batch-cook proteins and grains, then mix and match all week. Roast a sheet pan of non-starchy veggies and keep them ready in the fridge. Lean on frozen produce—it's budget-friendly, prepped, and just as nutritious. Keep a basic spice rack so flavor feels effortless. Pre-chop on a calmer day, and plan balanced snacks to prevent energy crashes. Read labels for added sugars and sodium, and weigh or measure starches at first until portions become intuitive. Many meals here are weeknight-fast with minimal equipment—sheet pan, skillet, pot—so dinner fits in 20–40 minutes.

Think of leftovers as planned-overs: tomorrow's lunch, a head start on a busy night, or the base for something new. If you're adjusting to medications, aim for consistent carb portions so your routine feels predictable. If you live with celiac disease or kidney concerns, watch for simple swaps and notes that keep flavor high while honoring your needs. Most of all, celebrate progress, not perfection. Savor the color on your plate, the calm in your day, and the confidence that grows with every meal. I'm thrilled to cook alongside you—let's begin.






BREAKFAST





SOUTHWEST VEGGIE EGG SKILLET WITH BLACK BEANS

 **Servings:** 4  **Prep:** 10 min  **Cook:** 15 min

Ingredients:

- 2 tsp olive oil
- 8 oz sweet potato (1 medium, 1/4-inch dice)
- 3 cups mixed bell peppers (diced)
- 1 cup yellow onion (diced)
- 4 cups baby spinach (chopped)
- 1 cup no-salt-added black beans (rinsed, drained)
- 4 large eggs
- 1.5 cups liquid egg whites
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 0.5 tsp kosher salt & black pepper (each)
- 0.5 medium avocado (diced)

Directions:




1. Heat oil in a large nonstick skillet over med-high. Add diced sweet potato; cook, stirring, until browned and tender, 6–8 min.
2. Add onion and peppers; sauté until crisp-tender, 3–4 min.
3. Stir in beans, spinach, cumin, and paprika; cook until spinach wilts, 1–2 min.
4. Whisk eggs, egg whites, salt, and pepper in a bowl.
5. Pour eggs into skillet; cook over medium, stirring, until soft curds form and no liquid remains, 2–3 min.
6. Remove from heat; rest 1 min. Top with diced avocado.
7. Divide into 4 plates and serve hot.

Nutritional Information:

Calories: 323, Protein: 24g, Carbs: 33g, Fat: 10g, Fiber: 9.5g, Sodium: 500mg, Sugar: 7g



HUEVOS A LA MEXICANA BREAKFAST SKILLET

 **Servings:** 4  **Prep:** 10 min  **Cook:** 12 min

Ingredients:

- 8 large eggs
- 1 cup liquid egg whites
- 1 tbsp olive oil
- 1 cup low-sodium black beans, rinsed (drained)
- 1 1/2 cups chopped tomato, onion & jalapeño
- 1/4 cup cilantro, chopped
- 1/4 tsp kosher salt
- 1/4 tsp black pepper
- 1 lime (cut in wedges)
- 4 small corn tortillas (6-inch) (warmed)
- 1/2 medium avocado (sliced)

Directions:

1. Whisk eggs, egg whites, salt, and pepper in a small bowl.
2. Heat oil in a large skillet over med-high. Sauté tomato/onion/jalapeño 3–4 min until softened.
3. Reduce to medium. Push veg aside; pour in eggs. Let set 15 sec, then gently sweep to soft-scramble 2–3 min.
4. Fold in black beans and most cilantro; cook 1 min to warm through.
5. Off heat, squeeze lime over eggs. Top with avocado and remaining cilantro.
6. Warm tortillas in the dry skillet 30–60 sec per side. Serve alongside.

Nutritional Information:

Calories: 368, Protein: 25g, Carbs: 27g, Fat: 17g, Fiber: 7g, Sodium: 360mg, Sugar: 4g



OVERNIGHT ZUCCHINI PROTEIN TORTILLA BAKE



Servings:
4



Prep:
10 min



Cook:
15 min



Ingredients:

- 4 whole wheat tortillas (8-in; choose high-fiber)
- 4 cups zucchini, diced (about 2 medium)
- 2 scoops whey protein powder (unsweetened)
- 1 cup 1% milk
- 2 large eggs
- 2 tbsp extra-virgin olive oil
- 1 cup onion, diced
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1/2 tsp black pepper



Directions:

1. Cut tortillas into 1-in strips. Whisk milk, whey, eggs, paprika, pepper. Submerge strips; cover; refrigerate 8–12 hrs.
2. Heat oven to 425°F. On a rimmed sheet pan, toss zucchini, onion, and garlic with olive oil.
3. Lift tortilla strips from soak; let excess drip. Scatter over veggies; drizzle 2–3 tbsp remaining soak on top.
4. Roast 15 min, tossing halfway, until zucchini is tender, tortillas crisp, and protein custard sets golden.
5. Divide into 4 portions and serve hot. Add extra pepper to taste.



Nutritional Information:

Calories: 345, Protein: 23g, Carbs: 34g, Fat: 13g, Fiber: 6g, Sodium: 380mg, Sugar: 8g



TURKISH MENEMEN WITH PEPPERS AND TOMATOES



Servings:
4



Prep:
10 min



Cook:
12 min



Ingredients:

- 8 eggs (large)
- 2 cups tomatoes (ripe, chopped (about 3 medium))
- 2 peppers green
- 1/2 small yellow onion (finely diced (optional))
- 2 tbsp extra-virgin olive oil
- 1 tsp pul biber (Aleppo-style pepper)
- 3/4 tsp sea salt
- 1/4 tsp black pepper (freshly ground)
- 2 tbsp fresh parsley (chopped)



Directions:

1. Chop tomatoes; slice peppers; finely dice onion (if using). Beat eggs with a pinch of salt in a bowl.
2. Heat oil in a large skillet over med. Add peppers (and onion). Cook, stirring, until soft and glossy, 5–6 min.
3. Stir in tomatoes and 1/2 tsp salt. Simmer until saucy and slightly jammy, 6–8 min, stirring occasionally.
4. Reduce heat low. Pour in eggs. Let edges set 10–15 sec, then gently fold from edges to center to form soft curds, 1–2 min.
5. Season with pul biber and black pepper. Taste; add remaining salt if needed.
6. Cook until eggs are just slightly runny; remove from heat. Rest 1 min; garnish with parsley.
7. Serve immediately; add extra pul biber to taste.






Nutritional Information:

Calories: 230, Protein: 12g, Carbs: 7g, Fat: 17g, Fiber: 2g, Sodium: 430mg, Sugar: 5g



NORTH AFRICAN SHAKSHUKA WITH WARM SPICES

 **Servings:** 4  **Prep:** 15 min  **Cook:** 25 min

Ingredients:

- 3 tbsp olive oil
- 1 yellow onion (medium, diced)
- 1 red bell pepper (medium, diced)
- 4 cloves garlic (minced)
- 1 tsp ground cumin
- 1.5 tsp sweet paprika
- 1 tbsp harissa paste (adjust to taste)
- 28 oz whole peeled tomatoes (can, crushed by hand)
- 1 tsp kosher salt (plus more to taste)
- 0.5 tsp black pepper
- 8 eggs (large)
- 0.5 cup chopped cilantro & parsley (divided)

Directions:




1. Heat oil in large lidded skillet over med heat. Saute onion & pepper with 1/4 tsp salt until soft, 6-8 min.
2. Stir in garlic, cumin, paprika, and harissa; cook 30 sec until fragrant.
3. Add tomatoes, remaining salt, and pepper. Simmer uncovered, stirring, until thick and pulpy, 10-12 min.
4. Make 8 wells. Crack eggs into wells. Reduce heat low, cover, and cook until whites set, yolks still soft, 6-8 min.
5. Turn off heat. Sprinkle cilantro & parsley. Rest 1 min to settle flavors.
6. Serve hot from skillet. Spoon sauce over eggs. Season to taste. Great with warm flatbread or toast.

Nutritional Information:

Calories: 310, Protein: 14g, Carbs: 14g, Fat: 21g, Fiber: 4g, Sodium: 560mg, Sugar: 8g



AIR-FRIED PEANUT BUTTER MEDALLIONS ON ARUGULA MUFFINS

 **Servings:** 4  **Prep:** 10 min  **Cook:** 12 min

Ingredients:

- 4 each high-fiber English muffins, split
- 6 tbsp peanut butter (no sugar added)
- 4 oz egg whites (or whites from 4 large eggs)
- 2 tbsp ground flaxseed
- 4 cups arugula (loosely packed)
- 0.5 cup unsweetened Greek yogurt
- 2 tsp lemon juice (fresh)
- 2 tsp extra-virgin olive oil (divided)
- 0.5 tsp smoked paprika
- 0.5 tsp black pepper
- 2 tbsp 1% milk

Directions:

1. Heat air fryer to 375°F with a lightly oiled 6-in oven-safe skillet.
2. Whisk PB, egg whites, milk, flax, paprika, and pepper to a thick batter.
3. Spoon 4 rounds into hot skillet; air fry 6 min. Flip; air fry 3-4 min more until seared and set.
4. Split muffins; air fry 2-3 min to toast. Toss arugula with 1 tsp oil + lemon; add to skillet; air fry 30-60 sec to wilt.
5. Off heat, stir yogurt + 1-2 tbsp water in warm skillet for a light sauce. Build: muffin, arugula, medallion; spoon sauce; pepper.

Nutritional Information:

Calories: 360, Protein: 17g, Carbs: 35g, Fat: 17g, Fiber: 11g, Sodium: 380mg, Sugar: 4g



TURKISH MENEMEN (SOFT EGGS WITH TOMATOES)



Servings:
4



Prep:
10 min



Cook:
20 min



Ingredients:

- 8 large eggs (lightly beaten)
- 1.5 lb ripe tomatoes (finely chopped)
- 2 mild green peppers (Anaheim or Italian, thinly sliced)
- 3 tbsp extra-virgin olive oil
- 1 tsp pul biber (Aleppo pepper)
- 1 tsp kosher salt (divided)
- 1/2 tsp black pepper (freshly ground)
- 2 tbsp flat-leaf parsley (chopped)
- 2 oz feta (optional) (crumbled)



Directions:

1. Beat eggs with 1/2 tsp salt and black pepper in a bowl; set aside.
2. Heat oil in a large skillet over med heat. Add peppers, 1/2 tsp salt; cook until tender, 5–7 min.
3. Stir in tomatoes and pul biber. Simmer until saucy and slightly thick, 6–8 min.
4. Reduce heat to low. Pour in eggs; gently fold from edges to center until softly set, 2–3 min.
5. Remove from heat slightly loose; carryover will finish. Scatter parsley and feta (if using).
6. Taste, adjust seasoning, and serve immediately, family-style, with warm bread on the side.



Nutritional Information:

Calories: 305, Protein: 14g, Carbs: 9g, Fat: 23g, Fiber: 3g, Sodium: 700mg, Sugar: 6g



MARKET VEGGIE SCRAMBLE WITH AVOCADO TOAST



Servings:
4



Prep:
10 min



Cook:
15 min



Ingredients:

- 6 eggs (large)
- 1 cup egg whites
- 1 tbsp extra-virgin olive oil
- 8 cups mixed veg (onion, bell pepper, mushrooms, spinach) (chopped)
- 2 cloves garlic (minced)
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika
- 2 tbsp chives (chopped)
- 1 tsp lemon zest (optional)
- 4 slices sprouted grain bread
- 1 avocado (medium, sliced or mashed)



Directions:

1. Whisk eggs + whites with pepper and paprika. Chop veg, mince garlic, prep avocado.
2. Heat oil in large skillet over med-high. Sauté onion, peppers, mushrooms 5–6 min until browned.
3. Add garlic 30 sec. Add spinach; toss 1–2 min to wilt.
4. Push veg aside. Pour eggs in center; gently scramble 2–3 min until just set. Fold into veg; off heat; add chives & zest.
5. Toast bread in dry skillet until golden; top with avocado. Serve 1/4 of scramble with 1 toast.



Nutritional Information:

Calories: 360, Protein: 24g, Carbs: 28g, Fat: 16g, Fiber: 8g, Sodium: 360mg, Sugar: 6g



SAVORY SPINACH OATS WITH EGG AND YOGURT



Servings:
4



Prep:
10 min



Cook:
12 min



Ingredients:

- 2 cup old-fashioned oats
- 4 cup water
- 1 tbsp extra-virgin olive oil
- 2 clove garlic (minced)
- 0.5 cup scallions (thinly sliced)
- 6 cup baby spinach (chopped)
- 0.5 tsp turmeric
- 0.5 tsp black pepper (plus more to taste)
- 4 large eggs
- 0.5 cup egg whites
- 1 cup Greek yogurt (unsweetened)
- 1 tsp lemon zest



Directions:

1. Heat oil in a medium pot over med. Sauté garlic and scallions 2–3 min.
2. Stir in oats and turmeric; cook 1 min until fragrant.
3. Add water; simmer, stirring, until creamy, 6–8 min.
4. Fold in spinach; cook 1–2 min. Season with black pepper.
5. Off heat, briskly stir in egg whites until they thicken, 1–2 min.
6. Meanwhile, in a nonstick skillet, cook 4 eggs to desired doneness.
7. Divide oats into 4 bowls; top with an egg, 1/4 cup yogurt, and lemon zest.



Nutritional Information:

Calories: 320, Protein: 20g, Carbs: 33g, Fat: 11g, Fiber: 6g, Sodium: 260mg, Sugar: 5g



DINER VEGGIE EGG SKILLET WITH SPROUTED TOAST



Servings:
4



Prep:
10 min



Cook:
15 min



Ingredients:

- 2 tsp extra-virgin olive oil
- 1 cup onion, diced
- 1.5 cups bell peppers, diced (mixed colors)
- 2 cups mushrooms, sliced
- 4 cups spinach, chopped
- 6 large eggs
- 1.5 cups egg whites
- 1 oz reduced-fat cheddar, shredded
- 0.5 tsp black pepper
- 0.5 tsp smoked paprika
- 4 slices sprouted grain bread
- 2 cups mixed berries (strawberries/blueberries)



Directions:

1. Whisk eggs + whites with black pepper and paprika in a bowl. Dice onion and peppers; slice mushrooms; chop spinach.
2. Heat oil in a large nonstick skillet over med-high. Sauté onion, peppers, and mushrooms until browned and tender, 5–6 min.
3. Add spinach; cook, tossing, until wilted, 1–2 min.
4. Reduce heat to medium. Pour in eggs; gently push from edges to center to form soft curds, 2–3 min.
5. Sprinkle cheese over eggs; cover 30 sec to melt. Remove from heat.
6. Push scramble to one side. Add bread to dry skillet; toast until crisp and golden, 1–2 min per side.
7. Plate 1/4 of scramble with 1 slice toast and 1/2 cup mixed berries. Serve hot.



Nutritional Information:

Calories: 360, Protein: 26g, Carbs: 32g, Fat: 13g, Fiber: 8g, Sodium: 480mg, Sugar: 10g

A top-down view of a rustic, light-colored ceramic bowl filled with a hearty soup. The soup has a rich, reddish-brown broth and is packed with ingredients: white beans, small cauliflower florets, diced tomatoes, and fresh basil leaves. The bowl sits on a light-colored wooden surface. To the left, a green textured napkin is partially visible, and a silver spoon rests on it. In the upper left corner, a small glass jar of yellow oil and a few scattered black peppercorns are visible. The overall aesthetic is warm and rustic.

SOUPS & STEWS



TUSCAN TURKEY, FARRO & CAULIFLOWER SOUP



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 1 lb lean ground turkey (93% lean)
- 0.75 cup farro (dry)
- 4 cups cauliflower florets
- 14.5 oz diced tomatoes (no-salt-added)
- 1 medium yellow onion (diced)
- 3 cloves garlic (minced)
- 2 tbsp extra-virgin olive oil
- 2 tsp Italian seasoning
- 1 ea bay leaf
- 4 cups baby spinach (chopped)
- 6 cups water
- 0.5 tsp black pepper (to taste)



Directions:

1. Heat oil in a large pot over med. Sauté onion 3 min; add garlic 1 min.
2. Stir in tomatoes, water, Italian seasoning, and bay leaf; bring to a boil.
3. Add farro; reduce to medium-low. Cover and simmer 15 min.
4. Add cauliflower; simmer 8 min.
5. Lower to a gentle simmer. Crumble in turkey; poach 8–10 min, stirring to break up, until no pink (165°F). Skim foam.
6. Stir in spinach and black pepper; cook 2–3 min to wilt. Remove bay leaf. Rest 5 min; serve.



Nutritional Information:

Calories: 420, Protein: 29g, Carbs: 40g, Fat: 15g, Fiber: 8g, Sodium: 200mg, Sugar: 7g



TUSCAN CHICKEN & WHITE BEAN KALE STEW



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 3 tbsp olive oil (extra-virgin; divided)
- 1 lb chicken breast (boneless, skinless, diced)
- 1 medium yellow onion (diced)
- 2 cups carrots & celery (diced, mixed)
- 3 cloves garlic (minced)
- 14.5 oz can diced tomatoes, no-salt-added
- 4 cups low-sodium chicken broth
- 2 15 oz cans cannellini beans, no-salt-added (drained, rinsed)
- 4 cups kale (chopped, ribs removed)
- 2 tsp Italian seasoning
- 1/2 tsp black pepper
- 1/2 tsp kosher salt (add more to taste)



Directions:

1. Prep: dice chicken/veg. Heat 2 tbsp oil in pot over med-high; sauté onion, carrots, celery 5–6 min to brown.
2. Stir in garlic and Italian seasoning; cook 30 sec until fragrant.
3. Add chicken; cook 2–3 min, stirring, to lightly brown the edges.
4. Add tomatoes, broth, beans; bring to a boil. Reduce heat, cover, and simmer 12 min until chicken is 165°F.
5. Stir in kale; simmer 3 min until wilted and tender.
6. Season with salt and pepper; off heat 3 min to meld flavors.
7. Ladle into bowls; drizzle remaining 1 tbsp oil over each.






Nutritional Information:

Calories: 450, Protein: 34g, Carbs: 43g, Fat: 13g, Fiber: 9g, Sodium: 480mg, Sugar: 8g



TOMATO-CHICKEN CALDO WITH BROWN RICE

 **Servings:** 4  **Prep:** 15 min  **Cook:** 35 min

Ingredients:

- 1 tbsp extra-virgin olive oil
- 1.5 lb skinless chicken thighs (trimmed, 1-in pieces)
- 1 + 3 medium + cloves yellow onion & garlic (onion diced; garlic minced)
- 2 medium carrots (diced)
- 1 can canned diced tomatoes (no salt added) (14.5 oz)
- 1/2 cup brown rice (rinsed)
- 1 1/2 cups chickpeas (rinsed & drained)
- 3 cups cabbage (thinly sliced)
- 5 cups water
- 1 tsp ground cumin
- 1 + 1 tsp + leaf dried oregano & bay leaf
- 1/2 tsp smoked paprika

Directions:




1. Set cooker to Sauté. Heat oil; cook onion + carrots 3 min, stirring. Add garlic 30 sec.
2. Add chicken, cumin, oregano, paprika; cook 2 min to lightly brown.
3. Stir in tomatoes, water, rice, chickpeas, cabbage; add bay leaf. Mix well.
4. Lock lid. Cook on High pressure 22 min.
5. Natural release 10 min, then quick-release. Open carefully.
6. Remove bay leaf. Stir; let stand 5 min to thicken. Add hot water if you prefer thinner soup.
7. Ladle into bowls and serve hot.

Nutritional Information:

Calories: 465, Protein: 36g, Carbs: 45g, Fat: 14g, Fiber: 9g, Sodium: 430mg, Sugar: 9g



ANATOLIAN TOMATO-BULGUR SOUP WITH BLENDED TOFU

 **Servings:** 4  **Prep:** 15 min  **Cook:** 35 min

Ingredients:

- 1 tbsp extra-virgin olive oil
- 1 cup yellow onion, chopped
- 3 clove garlic, minced
- 28 oz canned diced tomatoes (no salt)
- 3 cup water
- 3/4 cup lentils (dry, rinsed)
- 1/2 cup bulgur (dry)
- 28 oz firm tofu (drained)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 1 ea lemon (juiced)

Directions:

1. Heat oil in a large pot over medium. Sauté onion 3–4 min; add garlic and cook 1 min until fragrant.
2. Stir in tomatoes, water, cumin, paprika, and pepper; bring to a boil.
3. Add lentils and bulgur. Reduce heat, cover, and simmer until tender, 20–25 min, stirring once or twice.
4. Crumble in tofu; simmer 2 min to warm through.
5. Blend soup until smooth and creamy (use blender; vent lid for steam). Return soup to pot.
6. Stir in lemon juice. Thin with hot water if needed; warm gently 2–3 min.
7. Serve hot.

Nutritional Information:

Calories: 450, Protein: 33g, Carbs: 56g, Fat: 13g, Fiber: 16g, Sodium: 250mg, Sugar: 10g



CALDO VERDE, PORTUGUESE KALE-POTATO SOUP



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 8 oz Portuguese chouriço (sliced 1/4"; linguiça OK)
- 4 tbsp olive oil (divided)
- 1 ea yellow onion (medium, diced)
- 3 cloves garlic (minced)
- 1 lb Yukon Gold potatoes (peeled, 1/2" cubes)
- 6 cups low-sodium chicken broth
- 1 ea bay leaf
- 6 oz kale (stemmed, very thinly sliced)
- 1/2 tsp kosher salt (plus more to taste)
- 1/2 tsp black pepper (freshly ground)



Directions:

1. Prep: slice sausage 1/4", dice onion, mince garlic; shred kale; peel and cube potatoes 1/2".
2. Heat 2 tbsp oil in pot over med. Brown sausage 3–4 min; transfer to bowl.
3. Add 1 tbsp oil, onion, garlic; sauté until soft and pale, 4–5 min.
4. Add potatoes, bay, broth. Boil, then simmer covered until potatoes are tender, 15–20 min.
5. Mash soup in pot until creamy with some chunks; remove bay.
6. Return sausage; stir in kale. Simmer until greens are silky yet bright, 5–7 min.
7. Season with salt and pepper. Ladle and finish with 1 tbsp olive oil.



Nutritional Information:

Calories: 440, Protein: 16g, Carbs: 29g, Fat: 28g, Fiber: 4g, Sodium: 1180mg, Sugar: 3g



RED PEPPER LENTIL-BARLEY SOUP WITH POACHED SHRIMP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 3 tbsp extra-virgin olive oil (divided)
- 2 cups yellow onion, celery, carrots, diced (mirepoix)
- 1.5 cups red bell peppers, diced
- 3 cloves garlic, minced
- 1 tsp each ground cumin, smoked paprika, black pepper
- 0.75 cup dry brown or green lentils, rinsed
- 1/3 cup hulled barley, rinsed
- 14.5 oz can no-salt-added diced tomatoes
- 5 cups water
- 1 bay leaf
- 12 oz shrimp, peeled & deveined (31–40 count)
- 1 lemon (zest + wedges)



Directions:

1. Heat 1 tbsp oil in a large pot (med). Sauté mirepoix and red pepper 5–6 min. Add garlic, cumin, paprika, pepper; cook 30 sec.
2. Add tomatoes, 5 cups water, and bay leaf. Stir in rinsed lentils and barley. Bring to a bare simmer.
3. Cover; cook at a gentle simmer 22–25 min, until lentils and barley are tender.
4. Remove bay leaf. If too thick, add hot water to loosen.
5. Add shrimp; poach at a bare simmer 3–4 min, just until pink and opaque.
6. Off heat, stir in remaining 2 tbsp oil and lemon zest; squeeze in juice to taste. Rest 2 min.
7. Ladle into bowls and serve with lemon wedges.



Nutritional Information:

Calories: 420, Protein: 30g, Carbs: 49g, Fat: 11g, Fiber: 15g, Sodium: 200mg, Sugar: 9g



LEMON-HERB CHICKEN BARLEY SOUP



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 4 tbsp extra-virgin olive oil (divided)
- 1 large yellow onion (diced)
- 2 cups carrots & celery (diced)
- 3 cloves garlic (minced)
- 1/2 cup hulled barley (rinsed)
- 14.5 oz canned diced tomatoes (no salt added) (with juice)
- 6 cups water
- 1 lb chicken breast (1/2-in dice)
- 1 cup cannellini beans (drained, rinsed)
- 1 bay leaf
- 1 tsp & 1/2 tsp Italian seasoning & black pepper
- 1 lemon (zest & juice)



Directions:

1. Set Instant Pot to Sauté. Add 2 tbsp oil; cook onion, carrots, celery 5 min. Add garlic 30 sec until fragrant.
2. Stir in barley, tomatoes w/ juice, 6 cups water, bay leaf, Italian seasoning, pepper. Seal; cook High 20 min; natural release 10.
3. Quick-release. Add chicken and beans; stir. Seal; cook High 5 min, then quick-release.
4. Set to Sauté; simmer 2–3 min. Check chicken 165°F. Stir in remaining 2 tbsp oil, lemon zest and juice. Discard bay.
5. Adjust pepper or lemon to taste. Ladle into bowls (about 2 cups each).
6. Stovetop option: Use large pot. After step 1, simmer barley in tomatoes+water 55–60 min. Add chicken+beans 12–15 min; finish w/ lemon+oil.



Nutritional Information:

Calories: 445, Protein: 33g, Carbs: 38g, Fat: 18g, Fiber: 10g, Sodium: 320mg, Sugar: 6g



SMOKY RED PEPPER-TURKEY QUINOA SOUP



Servings:
4



Prep:
15 min



Cook:
40 min



Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 each yellow onion (medium, chopped)
- 2 each red bell peppers (large, chopped)
- 3 cloves garlic (minced)
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 14.5 oz canned diced tomatoes (no salt added) (no-salt-added can)
- 3/4 cup cannellini beans (rinsed, drained)
- 4 cups water
- 2/3 cup quinoa (rinsed)
- 12 oz turkey breast (1/2-in dice)
- 4 cups spinach (packed)



Directions:

1. Heat oil in pot. Sauté onion, peppers, and garlic with paprika and cumin until softened and fragrant, 6 min.
2. Add tomatoes, beans, and water. Bring to a simmer; cook 6 min to meld flavors.
3. Carefully blend soup until very smooth. Return to pot.
4. Stir in rinsed quinoa. Simmer, partially covered, stirring once or twice, 12 min.
5. Add diced turkey. Simmer 8 min, until turkey reaches 165°F and quinoa is tender.
6. Fold in spinach to wilt, 1–2 min. Thin with water if needed. Rest 1 min; ladle into bowls.



Nutritional Information:

Calories: 370, Protein: 29g, Carbs: 38g, Fat: 11g, Fiber: 8g, Sodium: 420mg, Sugar: 8g



UNSTUFFED CABBAGE SOUP WITH WILD RICE & BEEF



Servings:
4



Prep:
15 min



Cook:
45 min



Ingredients:

- 1 lb extra-lean ground beef (95% lean)
- 2 tbsp extra-virgin olive oil (divided)
- 1 cup yellow onion, diced
- 2 cups carrots + celery, diced (1 cup each)
- 3 cloves garlic, minced
- 6 cups green cabbage, thinly sliced
- 3/4 cup wild rice, rinsed (dry)
- 14.5 oz canned diced tomatoes, no-salt (with juice)
- 6 cups water
- 1 tsp, 1 tsp, 3/4 tsp smoked paprika, dried oregano, black pepper
- 1 bay leaf
- 1.5 tbsp lemon juice (fresh)



Directions:

1. Heat 1 tbsp oil in a large pot over med. Sauté onion, carrots, and celery 5 min to soften.
2. Add garlic; cook 30 sec. Push veg aside; add beef and remaining 1 tbsp oil. Brown 4–5 min, breaking up.
3. Stir in paprika, oregano, and pepper; toast 30 sec. Add cabbage; sauté 2 min to wilt.
4. Add wild rice, tomatoes with juice, bay leaf, and 6 cups water; scrape up browned bits. Bring to a boil.
5. Reduce to low, cover, and simmer 40–45 min, stirring once, until rice is tender and cabbage is soft.
6. Off heat, stir in lemon juice. Remove bay leaf. Rest 5 min. Taste and add more pepper if desired.
7. Quick pressure-cooker: Do steps 1–3 on Sauté; add rice, tomatoes, bay, 5 cups water. Cook High 20 min; natural release 10.



Nutritional Information:

Calories: 416, Protein: 30g, Carbs: 44g, Fat: 13g, Fiber: 8g, Sodium: 200mg, Sugar: 10g



TUSCAN PORK, BEAN & WHOLE-WHEAT PASTA SOUP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb pork tenderloin (trimmed, 1/2-in cubes)
- 4 oz whole wheat pasta (small shapes) (about 1 cup dry)
- 2 cups yellow onion (diced (about 1 large))
- 4 cloves garlic (minced)
- 14.5 oz canned diced tomatoes (no salt added) (with juices)
- 2 cups cannellini beans (rinsed, drained)
- 3 cups kale (chopped, packed)
- 3 tbsp extra-virgin olive oil
- 1.5 tsp Italian seasoning
- 0.5 tsp black pepper (freshly ground)
- 1 leaf bay leaf
- 5 cups water



Directions:

1. Set cooker to Sauté. Heat oil. Cook onion 3–4 min; add garlic 30 sec.
2. Add pork, Italian seasoning, and pepper; sauté 3–4 min until lightly browned.
3. Stir in tomatoes (with juices), beans, kale, water, and bay leaf; scrape up browned bits.
4. Lock lid. Cook on High pressure 6 min.
5. Quick-release. Open lid; stir in pasta.
6. Set to Sauté; simmer uncovered 7–9 min, stirring, until pasta is al dente.
7. Discard bay leaf. Rest 5 min to thicken. Ladle into bowls.






Nutritional Information:

Calories: 510, Protein: 40g, Carbs: 56g, Fat: 15g, Fiber: 12g, Sodium: 360mg, Sugar: 7g



CREAMY TUSCAN CHICKPEA-FARRO SOUP

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

Ingredients:

- 2 tbsp extra-virgin olive oil
- 2 cups yellow onion (diced)
- 3 cloves garlic (minced)
- 14.5 oz canned diced tomatoes (no salt added)
- 2.5 cups chickpeas (cooked, rinsed)
- 1/3 cup farro (dry)
- 4 cups water
- 1 rosemary sprig
- 2 cups plain Greek yogurt
- 2 oz grated parmesan
- 4 cups spinach (chopped)
- 1/2 tsp black pepper

Directions:




1. Warm oil in pot over med heat. Sauté onion 4–5 min; add garlic 1 min until fragrant.
2. Add tomatoes, 2 cups chickpeas, 4 cups water, rosemary. Bring to a simmer 5 min.
3. Discard rosemary. Carefully blend soup until very smooth; return to pot.
4. Stir in farro and remaining 1/2 cup chickpeas. Simmer gently, partly covered, 15 min.
5. Off heat, stir in yogurt, spinach, and parmesan. Return to low heat 2–3 min (no boil). Season with pepper.

Nutritional Information:

Calories: 460, Protein: 28g, Carbs: 55g, Fat: 14g, Fiber: 12g, Sodium: 520mg, Sugar: 9g



MEDITERRANEAN TOMATO SHRIMP SOUP WITH WILD RICE

 **Servings:** 4  **Prep:** 15 min  **Cook:** 55 min

Ingredients:

- 4 tbsp extra-virgin olive oil
- 1 medium yellow onion (diced)
- 2 ribs celery (diced)
- 3 cloves garlic (minced)
- 14.5 oz canned diced tomatoes (no salt added)
- 5 cups water
- 2/3 cup wild rice (rinsed)
- 1 each bay leaf (+ 2 thyme sprigs)
- 1 lb shrimp (peeled & deveined)
- 15 oz cannellini beans (can, rinsed & drained)
- 1.5 tsp black pepper & smoked paprika (1 tsp pepper + 1/2 tsp paprika)
- 1 each lemon (zest + wedges)

Directions:

1. Heat oil in large pot over med heat. Sauté onion and celery 5 min; add garlic 30 sec until fragrant.
2. Stir in tomatoes, water, bay leaf + thyme, smoked paprika, and black pepper. Bring to a boil.
3. Add wild rice; reduce heat, cover, and simmer until rice is tender, 40–45 min.
4. Stir in cannellini beans; simmer 3–5 min to warm.
5. Lower to a bare simmer. Add shrimp and poach gently until pink and opaque, 3–4 min.
6. Discard bay and thyme. Stir in lemon zest; adjust pepper. Let rest 2 min.
7. Ladle soup; serve with lemon wedges. Quick: use 2 cups cooked wild rice; simmer base 10 min, warm beans, poach shrimp 3–4 min (25 min total).

Nutritional Information:

Calories: 448, Protein: 33g, Carbs: 43g, Fat: 16g, Fiber: 9g, Sodium: 540mg, Sugar: 7g



PLANT-BASED MAINS



CURRIED LENTIL-MILLET KALE LETTUCE WRAPS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.5 cups green or brown lentils (dry, rinsed)
- 1/3 cup millet (dry, rinsed)
- 4 cups kale (chopped, packed)
- 14 oz extra-firm tofu (drained, 1/2-in cubes)
- 1 cup yellow onion (chopped)
- 3 cloves garlic (minced)
- 2 tsp curry powder
- 2 tbsp extra-virgin olive oil
- 1 lemon (zest and juice)
- 12 leaves romaine lettuce leaves (rinsed, patted dry)
- 3/4 tsp kosher salt (or to taste)
- 4 cups water



Directions:

1. Rinse lentils/millet; prep onion, garlic, kale, tofu, lemon; separate lettuce leaves.
2. Set pressure cooker to Sauté. Heat oil; cook onion and garlic 2–3 min until soft.
3. Stir in curry powder 30 sec.
4. Add lentils, millet, water, salt. Scrape pot. Seal; cook High 10 min; natural release 10.
5. Open; add kale and tofu. Sauté 2–3 min to wilt/warm. Stir in lemon zest and juice.
6. Rest 5 min to thicken. Taste; adjust salt/lemon.
7. Spoon ~1/2 cup filling into each lettuce leaf; serve 3 wraps per person.



Nutritional Information:

Calories: 494, Protein: 31g, Carbs: 61g, Fat: 14g, Fiber: 19g, Sodium: 480mg, Sugar: 6g



SICHUAN-STYLE TOFU, EDAMAME & BROCCOLI BOWL



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 14 oz extra-firm tofu (drained, 3/4-in cubes)
- 3 cups shelled edamame (thawed if frozen)
- 6 cups broccoli & red bell pepper (about 4 c broccoli + 2 c pepper, sliced)
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 3 tbsp low-sodium tamari
- 1.5 tbsp rice vinegar
- 1 tbsp avocado oil (or olive oil)
- 2 tsp toasted sesame oil
- 0.5 tsp crushed red pepper flakes (to taste)
- 2 cups cooked brown rice (warm; 1/2 c per serving)
- 2 whole scallions (thinly sliced)



Directions:

1. Press tofu 10 min; cut cubes. Mix tamari, vinegar, 2 tbsp water, and chili flakes.
2. Heat skillet med-high. Add avocado oil, then tofu; sear until golden on 2 sides, 6–8 min. Push aside.
3. Add garlic and ginger; sauté 30 sec. Add broccoli/pepper; cook 4–5 min until crisp-tender.
4. Add edamame; pour in sauce and toss. Cook 2–3 min to heat through and reduce slightly.
5. Remove from heat; drizzle sesame oil. Adjust chili or vinegar to taste.
6. Serve each bowl with 1/2 cup warm brown rice topped with tofu-veg mixture.
7. Garnish with scallions; serve hot.



Nutritional Information:

Calories: 465, Protein: 28g, Carbs: 47g, Fat: 18g, Fiber: 12g, Sodium: 520mg, Sugar: 7g



SMOKY TEMPEH FAJITA SKILLET WITH LIME QUINOA



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 16 oz tempeh (sliced into strips)
- 1 15 oz can no-salt-added black beans (drained & rinsed)
- 2/3 cup quinoa (rinsed)
- 4 cups mixed bell peppers & red onion (sliced)
- 3 cloves garlic (minced)
- 2 tbsp olive oil (divided)
- 1.5 tbsp salt-free taco seasoning (chili-cumin-paprika blend)
- 2 tbsp lime juice (fresh)
- kosher salt & black pepper (to taste)
- 1/4 cup fresh cilantro (chopped)



Directions:

1. Rinse quinoa. In a saucepan, combine 2/3 cup quinoa + 1 1/3 cups water. Boil, cover, reduce heat, cook 15 min; rest 5, then fluff.
2. Toss tempeh with 1 tbsp oil and taco seasoning to coat.
3. Heat a large skillet on med-high. Pan-sear tempeh until browned, 4–5 min, turning once. Transfer to plate.
4. Add remaining 1 tbsp oil. Sauté peppers, onion, and garlic with a pinch of salt until tender-crisp, 5–6 min.
5. Stir in beans; return tempeh. Cook 2–3 min to heat through.
6. Off heat, add lime juice and cilantro. Season with salt & pepper.
7. Serve 1/2 cup quinoa per bowl, topped with tempeh fajitas. Swap: for fewer carbs, use 1 cup steamed cauliflower rice.



Nutritional Information:

Calories: 545, Protein: 35g, Carbs: 57g, Fat: 24g, Fiber: 16g, Sodium: 320mg, Sugar: 6g



SESAME-GARLIC TEMPEH WITH BROCCOLI & BROWN RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb tempeh (cut into 1/2-in slices)
- 2 cups shelled edamame (thawed if frozen)
- 6 cups broccoli florets
- 1 large red bell pepper (thinly sliced)
- 0.25 cup low-sodium tamari (or low-sodium soy sauce)
- 2 tbsp rice vinegar
- 1 tbsp fresh ginger (grated)
- 3 cloves garlic (minced)
- 1 tbsp avocado oil
- 1 tbsp toasted sesame oil
- 2 tsp cornstarch (mix with 2 tbsp water)
- 2 cups cooked brown rice (warm (or cauliflower rice))



Directions:

1. Whisk tamari, vinegar, ginger, garlic, and 1/4 cup water. In a cup, mix cornstarch with 2 tbsp water.
2. Heat avocado oil in a large skillet over med-high. Add tempeh; sear 2–3 min/side until deeply browned.
3. Push tempeh aside. Add broccoli and 1/4 cup water; cover to steam 3 min until crisp-tender.
4. Add bell pepper and edamame; sauté 2–3 min to heat through.
5. Stir slurry into the whisked sauce; pour into skillet. Toss 1–2 min until glossy and thickened.
6. Off heat, drizzle sesame oil; toss to coat. Add a splash of water if needed.
7. Serve over 1/2 cup warm brown rice per bowl. Net carbs ~39 g/serving.



Nutritional Information:

Calories: 560, Protein: 37g, Carbs: 53g, Fat: 23g, Fiber: 14g, Sodium: 650mg, Sugar: 8g



GINGER-TAHINI TOFU STIR-FRY BOWL + MINI YOGURT PARFAIT



Servings:
4



Prep:
10 min



Cook:
35 min



Ingredients:

- 20 oz firm tofu (pressed, 3/4-in cubes)
- 3/4 cup brown rice (uncooked)
- 5 cups broccoli florets (bite-size)
- 1 cup shelled edamame (thawed if frozen)
- 3 cloves garlic (minced)
- 1 tbsp ginger (minced)
- 1 tbsp avocado oil
- 2 tbsp tahini
- 1 lime (zest & juice)
- 1 cup plain Greek yogurt (2% or nonfat)
- 1 small apple (diced)
- 2 tbsp walnuts (chopped)



Directions:

1. Cook rice: Rinse 3/4 cup brown rice. Boil 1 1/2 cups water, add rice, cover; simmer 35–40 min until tender. Rest 5 min, fluff.
2. Whisk sauce: In a bowl, mix tahini, lime zest/juice, and 3–4 tbsp warm water until silky and pourable.
3. Prep tofu: Press with towels; cut into 3/4-in cubes. Mince garlic and ginger.
4. Stir-fry tofu: Heat wok over med-high; add avocado oil. Stir-fry tofu 5–7 min until golden. Add garlic/ginger; cook 30 sec.
5. Add veg: Add broccoli and 1/4 cup water; stir-fry 4–5 min crisp-tender. Add edamame; toss 1 min.
6. Finish: Pour sauce over tofu/veg; toss 30–60 sec to coat. Serve over about 1/2–2/3 cup cooked rice per bowl.
7. Parfait: In 4 small cups, layer 1/4 cup yogurt, 1/4 diced apple, and 1/2 tbsp walnuts each.



Nutritional Information:

Calories: 515, Protein: 33g, Carbs: 50g, Fat: 23g, Fiber: 8.5g, Sodium: 300mg, Sugar: 9g



SAAG-STYLE BRAISED TOFU QUINOA BENTO



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 24 oz extra-firm tofu (drained, patted dry, cubed)
- 1 cup quinoa (rinsed)
- 8 cups kale (chopped, stems removed)
- 1 1/2 tbsp avocado oil
- 3 cloves garlic (minced)
- 2 tsp curry powder
- 2 cups tomatoes (diced)
- 4 cups mixed crunchy vegetables (bell pepper, cabbage, carrots; sliced)
- 1 1/3 cups edamame (shelled, thawed)
- 1/2 cup pomegranate arils
- 1/4 cup almonds (chopped)
- 1 lemon (cut into wedges)



Directions:

1. Cook quinoa: simmer 1 cup quinoa with 2 cups water 15 min; cover 5 min, fluff.
2. Press tofu 5 min; cube. Chop kale, dice tomatoes, slice crunchy veg.
3. Heat 1 tbsp oil in lidded skillet (med-high). Sear tofu 5–6 min, turning, until golden.
4. Add garlic + 1 1/2 tsp curry; cook 30 sec. Add tomatoes + kale. Cover; braise 10–12 min until tender.
5. Stir in remaining 1/2 tsp curry + 1/2 tbsp oil. Squeeze lemon to taste.
6. Divide quinoa among 4 compartment boxes. Add braised tofu-kale to main well.
7. Fill sides: crunchy veg + edamame; tuck lemon wedges. Add pomegranate + almonds. Lower-carb swap: use cauliflower rice.



Nutritional Information:

Calories: 590, Protein: 35g, Carbs: 60g, Fat: 24g, Fiber: 18g, Sodium: 200mg, Sugar: 12g



LEMON-OREGANO TOMATO BULGUR & SEARED EDAMAME



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 4 tbsp extra-virgin olive oil
- 3 cups edamame, shelled (thawed if frozen)
- 10 oz pea protein crumbles
- 1 cup bulgur, dry
- 2 cups tomatoes, diced
- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp dried oregano
- 4 cups baby spinach
- 1 ea lemon (zest + 2 tbsp juice)
- 2 cups water



Directions:

1. Heat 2 tbsp oil in a large lidded skillet over med-high. Sear edamame in one layer until browned, 4–5 min. Transfer to a bowl.
2. Add 2 tbsp oil. Sauté onion 3 min; add garlic, 30 sec.
3. Stir in tomatoes, cumin, and oregano; cook 3–4 min to form a chunky sauce.
4. Add bulgur and water; stir. Bring to a boil, cover, and simmer 12–15 min until bulgur is tender.
5. Fold in spinach to wilt, 1–2 min.
6. Return edamame; add pea crumbles and lemon zest/juice. Simmer 3–4 min to heat through; adjust lemon to taste.
7. Off heat, rest 5 min; fluff and serve warm.



Nutritional Information:

Calories: 540, Protein: 34g, Carbs: 51g, Fat: 25g, Fiber: 14g, Sodium: 360mg, Sugar: 7g



SMOKY CHICKPEA & GREEN BEAN BARLEY BOWLS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 2/3 cup barley, pearled (dry)
- 2 cans chickpeas (15 oz each, no-salt-added if possible, drained, rinsed)
- 1 lb green beans (trimmed)
- 2 tbsp extra-virgin olive oil
- 1 each lemon (zest + 2 tbsp juice)
- 1 clove garlic (grated)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 1/3 cups plain Greek yogurt
- 2 tbsp tahini
- 1/4 cup pumpkin seeds (raw)
- 1/2 tsp kosher salt & black pepper (salt; pepper to taste)



Directions:

1. Heat oven to 425°F. Boil 2 cups water; simmer barley 25–30 min until tender; drain.
2. On sheet pan, toss chickpeas & green beans with oil, cumin, paprika, 1/4 tsp salt, pepper. Roast 20–25 min, stir once; add pumpkin seeds last 3 min to toast.
3. Whisk yogurt, tahini, lemon zest & 2 tbsp juice, grated garlic, 1–3 tbsp water, 1/4 tsp salt to a smooth drizzle.
4. Fluff barley; divide 1/3 cup cooked into each of 4 bowls.
5. Top each with about 3/4 cup roasted chickpeas & green beans.
6. Spoon 3–4 tbsp sauce over each; finish with pan-toasted seeds.



Nutritional Information:

Calories: 510, Protein: 26g, Carbs: 62g, Fat: 19g, Fiber: 17g, Sodium: 520mg, Sugar: 7g



TOMATO-BRAISED WHITE BEANS & QUINOA SKILLET BAKE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 tbsp extra-virgin olive oil
- 1 yellow onion (medium, diced)
- 3 cloves garlic (minced)
- 3 cups tomatoes (diced)
- 3 cups white beans, cooked (rinsed)
- 4 cups baby spinach (chopped)
- 2 tsp dried oregano & thyme
- 1 lemon (zest & juice)
- 1/2 tsp kosher salt & black pepper (salt, plus pepper to taste)
- 1/3 cup quinoa, dry (rinsed)
- 8 oz part-skim mozzarella (shredded)
- 1/4 cup fresh parsley (chopped)



Directions:

1. Heat oven to 400°F. Rinse quinoa; simmer 1/3 cup in 2/3 cup water 15 min, then cover 5 min to steam.
2. Warm oil in an oven-safe Dutch oven over med heat. Sauté onion 4–5 min to soften; add garlic 30 sec.
3. Stir in tomatoes, oregano/thyme, 1/4 tsp salt, and pepper. Simmer 5 min to start the sauce.
4. Add white beans and spinach; cover and braise on low 10 min until greens wilt and sauce thickens.
5. Off heat, stir in lemon zest and juice. Adjust salt/pepper.
6. Fluff quinoa. Spread bean braise evenly; sprinkle quinoa over top, then mozzarella.
7. Bake 10 min until bubbly; broil 1–2 min to brown. Rest 5 min. Portion into 4 bowls/containers; finish with parsley.



Nutritional Information:

Calories: 445, Protein: 27g, Carbs: 49g, Fat: 14g, Fiber: 12g, Sodium: 620mg, Sugar: 7g



LEVANT BULGUR-PEA SKILLET WITH BROCCOLI + MINI PARFAITS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.5 tbsp extra-virgin olive oil
- 1 cup yellow onion (chopped)
- 2.5 tsp ground spice blend (cumin+coriander+smoked paprika+oregano)
- 2 cups tomatoes, diced
- 1 cup bulgur (dry)
- 16 oz pea protein crumbles
- 4 cups broccoli florets (small)
- 1 lemon (zest + 2 tbsp juice)
- 1 1/3 cups plain Greek yogurt
- 1/2 cup pomegranate arils
- 4 tsp pistachios, chopped
- 4 tsp tahini



Directions:

1. Warm oil in large pot over med heat. Add onion; cook 3–4 min until soft. Stir in spice blend; toast 30 sec.
2. Add tomatoes and 2 1/2 cups water; bring to simmer. Stir in bulgur and pea protein; return to simmer.
3. Cover; cook 8 min, stirring once. Spread broccoli on top; cover and simmer-steam 6–8 min, until bulgur tender and broccoli crisp-tender.
4. Off heat, rest 5 min. Fold in lemon zest and 2 tbsp juice. Fluff and adjust seasoning with more lemon, if needed.
5. For parfaits: In 4 small glasses, layer 1/3 cup yogurt, 2 tbsp pomegranate, 1 tsp tahini, 1 tsp pistachios.
6. Serve bowls of bulgur-pea-broccoli with a layered yogurt cup on the side.



Nutritional Information:

Calories: 530, Protein: 36g, Carbs: 57g, Fat: 19g, Fiber: 13g, Sodium: 550mg, Sugar: 11g



MARKET GREENS SEITAN BOX WITH BARLEY & APPLE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 16 oz seitan (drained, patted dry)
- 1/2 cup pearl barley (dry)
- 8 cups kale, stemmed & torn (divide: 4 cups for roasting, 4 cups raw)
- 3 cups mixed crunchy veg (bell pepper, carrot, cabbage, sliced)
- 2 medium apples (thinly sliced)
- 1/2 cup pistachios, unsalted (chopped)
- 1.5 tbsp extra-virgin olive oil
- 3 tbsp tahini
- 1 ea lemon (zest & juice)
- 2 cloves garlic (minced)
- 2 tsp ground cumin + smoked paprika (1 tsp each)



Directions:

1. Heat oven to 425°F. Boil barley in 1.5 cups water; simmer covered 25–30 min, then drain and fluff.
2. Toss seitan with 1 tbsp oil, cumin, paprika, half the garlic, and lemon zest. Spread on half a sheet pan.
3. Toss 4 cups kale with 1/2 tbsp oil; spread on other half. Roast 12–15 min, turning seitan; pull kale crisp at 8–10.
4. Whisk tahini, lemon juice, remaining garlic, and 2–3 tbsp water until pourable.
5. Combine warm barley with remaining 4 cups raw kale; toss with 2 tbsp tahini sauce to soften greens.
6. Slice apples; toss with a little lemon juice. Keep crunchy veg ready for packing.
7. Pack 4 boxes: 1) roasted seitan; 2) barley–kale; 3) crunchy veg; 4) apple + pistachios. Add a cup of extra sauce.



Nutritional Information:

Calories: 540, Protein: 37g, Carbs: 53g, Fat: 20g, Fiber: 12g, Sodium: 520mg, Sugar: 12g



CHARRED TOFU, MUSHROOMS & TAHINI PASTA TRAY



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 28 oz firm tofu (2 blocks; drained, patted dry)
- 12 oz cremini mushrooms (halved or thick-sliced)
- 4 cups broccoli florets (bite-size)
- 6 oz whole wheat pasta (short shape (penne/rotini))
- 1 ea lemon (zest & juice)
- 3 cloves garlic (minced)
- 3 tbsp tahini
- 1.5 tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- 1 tsp oregano (dried)



Directions:

1. Heat grill pan to med-high; heat oven to 425°F with rimmed sheet pan inside.
2. Slice tofu into 1/2-in slabs; pat very dry. Halve mushrooms; cut broccoli bite-size.
3. Whisk tahini, lemon zest/juice, garlic, 2 tbsp water, 1 tbsp oil. Brush 2 tbsp on tofu; reserve rest.
4. Grill tofu and mushrooms 2–3 min/side to char; set aside.
5. On hot sheet pan, toss broccoli with 0.5 tbsp oil, paprika, oregano. Add grilled tofu & mushrooms; roast 12–15 min.
6. Boil pasta until al dente; drain, reserving 1/4 cup cooking water.
7. Toss pasta with roasted mix and reserved tahini sauce, loosening with pasta water to coat. Serve warm.






Nutritional Information:

Calories: 505, Protein: 30g, Carbs: 45g, Fat: 22g, Fiber: 9g, Sodium: 200mg, Sugar: 6g



MOROCCAN TOMATO TOFU WITH MILLET

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

 **Ingredients:**

- 20 oz extra-firm tofu (patted dry, cut into 8 planks)
- 1 cup millet (rinsed)
- 5 cup tomatoes, chopped
- 1 cup yellow onion, chopped
- 4 cloves garlic, minced
- 2 tbsp extra-virgin olive oil (divided)
- 1 cup pea protein crumbles
- 1/2 cup water
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 each lemon (zest + 2 tbsp juice)
- 4 cup baby spinach

 **Directions:**




1. Press tofu 10 min, pat dry. Set cooker to Sauté (High). Heat 1 tbsp oil; sear tofu 2–3 min/side until golden. Remove.
2. Add 1 tbsp oil, onion, garlic; sauté 2–3 min. Pour in 1/2 cup water to deglaze, scraping browned bits.
3. Stir in millet, tomatoes, pea protein, cumin, coriander. Nestle seared tofu on top in a single layer.
4. Lock lid. Cook on High Pressure 8 min. Natural release 5 min, then quick-release remaining pressure.
5. Lift out tofu. Stir in lemon zest/juice and spinach; Sauté 1–2 min to wilt and reduce to a light pan sauce.
6. Taste and adjust lemon. Spoon millet-tomato mix into bowls, top with tofu, and ladle sauce over.

 **Nutritional Information:**

Calories: 500, Protein: 28g, Carbs: 57g, Fat: 20g, Fiber: 10g, Sodium: 320mg, Sugar: 10g



INDONESIAN TEMPEH SATAY BOWL

 **Servings:** 4  **Prep:** 15 min  **Cook:** 20 min

 **Ingredients:**

- 16 oz tempeh (cut into 1/2-in strips)
- 2 cups cooked brown rice (leftover or microwave-ready)
- 4 cups mixed non-starchy vegetables (broccoli, bell pepper, zucchini, red onion)
- 2 tbsp avocado oil (divided)
- 2 tbsp low-sodium tamari (divided)
- 2 tbsp lime juice (fresh)
- 1 tbsp fresh ginger (grated)
- 2 cloves garlic (minced)
- 1 tsp ground turmeric
- 1/4 tsp red pepper flakes (optional)
- 3 tbsp natural peanut butter (unsweetened)
- 1/4 cup fresh cilantro or basil (chopped, optional)

 **Directions:**

1. Whisk 1 tbsp tamari, 1 tbsp lime, ginger, garlic, turmeric. Add tempeh; toss to coat. Marinate 10 min.
2. Whisk peanut butter with 1 tbsp tamari and 1 tbsp lime; thin with warm water to a drizzle.
3. Heat skillet on med-high. Add 1 tbsp oil; pan-sear tempeh 3–4 min/side until browned. Set aside.
4. In same pan, add 1 tbsp oil. Sauté mixed vegetables 4–5 min crisp-tender; add red pepper flakes.
5. Push veg aside; add cooked brown rice to pan. Toss 1–2 min to warm.
6. Divide rice, veg, and tempeh in bowls. Drizzle peanut sauce; garnish with cilantro/basil. Swap cauliflower rice to lower carbs.

 **Nutritional Information:**

Calories: 535, Protein: 27g, Carbs: 48g, Fat: 25g, Fiber: 11g, Sodium: 430mg, Sugar: 6g



BEEF & PORK LIGHT MAINS



TUSCAN PORK RAGÙ WITH ZUCCHINI & PENNE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb lean ground pork (90–95%)
- 4 oz whole-wheat penne, dry
- 6 cups zucchini, spiralized (about 3 med)
- 14.5 oz no-salt-added crushed tomatoes (1 can)
- 8 oz cremini mushrooms, sliced
- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- 2 tbsp extra-virgin olive oil (divided)
- 2 tsp Italian seasoning
- 15 oz low-sodium cannellini beans, rinsed (1 can, drained)
- 1/4 cup fresh basil or parsley, chopped
- to taste kosher salt & black pepper



Directions:

1. Bring a large pot of water to a boil.
2. Heat 1 tbsp oil in a skillet. Sauté pork, onion, and mushrooms until browned, 6–7 min.
3. Stir in garlic, Italian seasoning, and flakes; cook 1 min.
4. Add crushed tomatoes and beans. Simmer 12–15 min to thicken. Season lightly with salt and pepper.
5. Cook penne until al dente; drain, reserving 1/4 cup cooking water.
6. In skillet, heat 1 tbsp oil. Sauté zoodles 2–3 min; toss with penne and a splash of cooking water.
7. Serve zoodle-penne mix in bowls, top with ragù, and sprinkle with herbs.



Nutritional Information:

Calories: 490, Protein: 36g, Carbs: 52g, Fat: 15g, Fiber: 10g, Sodium: 520mg, Sugar: 9g



TUSCAN PORK WITH WHITE BEANS AND GREENS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb pork tenderloin, trimmed
- 3 tbsp extra-virgin olive oil
- 1 medium yellow onion (thinly sliced)
- 3 cloves garlic (minced)
- 1 tsp fresh rosemary (chopped)
- 14.5 oz no-salt-added diced tomatoes (1 can)
- 2 cups no-salt-added cannellini beans (rinsed)
- 1/2 cup low-sodium chicken broth
- 6 cups kale (chopped)
- 2 cups cooked farro (warm)
- 1/2 tsp kosher salt
- 1/2 tsp black pepper



Directions:

1. Slice pork into 1/2-in medallions; pat dry; season with salt & pepper.
2. Heat 2 tbsp oil in skillet over med-high. Sear pork 2–3 min/side until browned; transfer.
3. Add 1 tbsp oil; sauté onion 3 min. Add garlic and rosemary; cook 30 sec until fragrant.
4. Stir in tomatoes and broth; simmer 3 min, scraping browned bits.
5. Return pork; add beans and kale. Cover; braise 5–7 min until pork hits 145°F and greens wilt.
6. Fold in warm farro; simmer 2–3 min to heat. Taste; adjust salt and pepper.
7. Rest 2 min. Serve hot with plenty of beans, greens, and pan juices.



Nutritional Information:

Calories: 485, Protein: 38g, Carbs: 50g, Fat: 15g, Fiber: 10g, Sodium: 320mg, Sugar: 6g



CITRUS-GINGER FLANK STEAK PEPPER JAR SALADS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb flank steak (thinly sliced across grain)
- 2 cups brown rice, cooked (cooled)
- 3 cups bell peppers (thin strips)
- 2 cups cabbage (shredded)
- 4 cups kale (chopped, packed)
- 4 ea scallions (sliced)
- 3 cloves garlic (minced)
- 1 tbsp fresh ginger (grated)
- 2 tbsp avocado oil (divided)
- 0.5 cup orange & lime juice, fresh (combined)
- 1.5 tsp mustard powder & black pepper (1 tsp mustard powder + 1/2 tsp pepper)
- 1 tbsp sesame seeds (toasted)



Directions:

1. Whisk juices, 1 tbsp oil, garlic, ginger, mustard powder, pepper. Reserve 1/4 cup. Toss steak with remaining dressing; marinate 10 min.
2. Heat wok on high. Add half the remaining oil; stir-fry peppers 2–3 min. Add cabbage; cook 2 min more. Transfer to a plate.
3. Add last oil; stir-fry steak 2–3 min until just cooked. Pour in any marinade; bubble 30 sec. Remove from heat.
4. Let steak and vegetables cool 5–10 min to avoid steaming the jars.
5. Layer 4 wide-mouth 24-oz jars: 1 tbsp reserved dressing, 1 cup peppers+cabbage, 3–4 oz steak, 1/2 cup rice, 1 cup kale, scallions, sesame.
6. Seal and chill up to 4 days. To eat, invert into a bowl and toss. Add extra pepper or lime if desired.



Nutritional Information:

Calories: 450, Protein: 30g, Carbs: 42g, Fat: 18g, Fiber: 8g, Sodium: 180mg, Sugar: 8g



MEDITERRANEAN STEAK & BROCCOLI QUINOA BOWL



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb sirloin steak (about 1-in thick, trimmed)
- 1 cup quinoa (rinsed)
- 8 cups broccoli florets
- 2 tbsp extra-virgin olive oil
- 1 ea lemon (zest + ~3 tbsp juice)
- 3 cloves garlic (minced)
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1/2 cup plain Greek yogurt (0–2%)
- 1 cup tomatoes, diced
- 3/4 tsp black pepper (divided)



Directions:

1. Rinse quinoa. Boil 2 cups water; add quinoa, reduce heat, cover 15 min. Off heat 5 min; fluff.
2. Mix 1 tbsp oil, lemon zest, 1 tbsp juice, garlic, oregano, paprika, pepper. Rub on steak. Toss broccoli with 1 tbsp oil and a squeeze of lemon.
3. Heat grill to med-high (400–450°F). Grill steak 4–6 min/side to 130–135°F for medium. Rest 5 min.
4. Grill broccoli in a basket or on a grill pan 6–8 min, turning, until charred and crisp-tender.
5. Whisk yogurt with 2 tbsp lemon juice and 1–2 tbsp water until drizzly; season with pepper.
6. Slice steak thin across grain. Build 4 bowls: 3/4 cup quinoa, 2 cups broccoli, 1/4 cup tomatoes each.
7. Top with steak. Drizzle ~2 tbsp yogurt sauce per bowl. Serve.



Nutritional Information:

Calories: 490, Protein: 37g, Carbs: 43g, Fat: 19g, Fiber: 8.5g, Sodium: 180mg, Sugar: 6g



TENDERLOIN WRAPS WITH ROASTED CAULIFLOWER & FARRO



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb beef tenderloin steak (trimmed)
- 1 cup farro (dry)
- 1 head cauliflower (medium, cut to small florets)
- 8 leaves green cabbage leaves (inner, for wraps)
- 2 tbsp extra-virgin olive oil
- 1/2 cup plain Greek yogurt
- 1 each lemon (zest and juice)
- 2 cloves garlic (grated)
- 1 tsp smoked paprika (divided)
- 1 tsp ground cumin
- 1 tsp black pepper (divided)
- 2 each scallions (thinly sliced)



Directions:

1. Heat oven to 425°F. Boil farro in 3 cups water until tender, 18–20 min; drain.
2. Toss cauliflower with 1 tbsp oil, cumin, 1/2 tsp paprika, pepper. Spread on sheet pan; roast 20–25 min, stirring once.
3. Rub steak with 1 tbsp oil, 1/2 tsp paprika, pepper. Sear 2 min/side in hot skillet; transfer to sheet pan and roast 5–8 min to 130°F. Rest 5 min; slice thin.
4. In bowl, mix yogurt, 2 tbsp lemon juice, 1 tsp zest, and grated garlic to make sauce.
5. Separate 8 inner cabbage leaves; rinse and pat dry.
6. Toss warm farro with half the sauce and half the scallions.
7. Fill cabbage leaves with farro, roasted cauliflower, and steak. Drizzle remaining sauce; top with scallions. Serve 2–3 wraps per person.



Nutritional Information:

Calories: 480, Protein: 36g, Carbs: 48g, Fat: 14g, Fiber: 10g, Sodium: 300mg, Sugar: 7g



LEMON-TOMATO PORK STIR-FRY SOUP WITH PASTA



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb pork tenderloin (trimmed, thinly sliced)
- 2 tbsp canola oil
- 1 lb green beans (trimmed, 1-in pieces)
- 1 cup yellow onion (thinly sliced)
- 3 cloves garlic (minced)
- 2 cups diced tomatoes
- 4 cups kale (chopped)
- 6 cups water
- 1 + 1/2 tsp Italian seasoning + black pepper
- 2 tbsp lemon juice (fresh)
- 4 oz whole wheat pasta (dry, small shapes)
- 1/2 cup grated parmesan



Directions:

1. Prep: Thinly slice pork; trim/cut beans; slice onion; mince garlic; chop kale; dice tomatoes if needed.
2. Cook pasta in boiling water until al dente; drain. Reserve 1/2 cup cooked pasta per serving; set aside.
3. Heat 1 tbsp oil in large pot over med-high. Stir-fry half the pork 2–3 min; remove. Add 1 tbsp oil; stir-fry remaining pork.
4. Return pork to pot. Add onion, green beans, garlic; stir-fry 3–4 min until crisp-tender.
5. Add tomatoes, water, Italian seasoning + pepper; bring to a boil. Simmer 6–8 min until pork is cooked; stir in lemon juice.
6. Stir in kale to wilt, 1–2 min. Adjust pepper and lemon to taste.
7. To serve: place 1/2 cup pasta in each bowl; ladle ~1.5 cups soup over; top with 2 tbsp parmesan.



Nutritional Information:

Calories: 440, Protein: 38g, Carbs: 44g, Fat: 16g, Fiber: 10.5g, Sodium: 310mg, Sugar: 9g



SLOW-SIMMERED BEEF & BARLEY OPEN-FACED TACOS



Servings:
4



Prep:
15 min



Cook:
28 min



Ingredients:

- 1 lb extra-lean ground beef (90–96%)
- 2/3 cup pearl barley, rinsed
- 2 cups tomatoes, chopped
- 1 cup bell pepper, diced
- 1 cup onion + 3 cloves onion & garlic (diced/minced)
- 1 tbsp extra-virgin olive oil
- spice blend (chili powder 1 tbsp, cumin 1 tsp, oregano 1 tsp, smoked paprika 1/2 tsp, black pepper 1/2 tsp)
- 1 1/2 cups water
- 1 lime (zest and juice divided)
- 4 cups shredded cabbage
- 4 low-carb or whole wheat tortillas (6-in)
- 1/2 cup plain Greek yogurt (0% or 2%)



Directions:

1. Heat oil in a lidded Dutch oven on med-high. Brown beef 5–6 min, breaking up. Add onion & garlic; cook 2 min.
2. Stir in spice blend. Add barley, tomatoes, and water; bring to a gentle simmer.
3. Cover; slow-cook at low simmer 25–30 min, stirring 1–2x, until barley is tender and saucy.
4. In a bowl, toss cabbage with half the lime juice and all the zest; let stand 5 min.
5. Stir remaining lime juice into yogurt to make a light crema.
6. Warm tortillas in a dry skillet or microwave until pliable.
7. Spoon beef–barley onto tortillas; top with cabbage slaw and yogurt. Serve open-faced.



Nutritional Information:

Calories: 480, Protein: 33g, Carbs: 55g, Fat: 15g, Fiber: 11g, Sodium: 480mg, Sugar: 11g



ROSEMARY PORK CHOPS, ROAST SWEETS & ONION + YOGURT CUP



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.25 lb center-cut pork chops (4 chops, 1-in thick)
- 1 lb sweet potatoes (peeled, 3/4-in cubes)
- 8 oz yellow onion (thinly sliced)
- 12 oz broccoli florets
- 2 tbsp extra-virgin olive oil
- 2 cloves garlic (minced)
- 1 tsp rosemary (crushed)
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 1 cup plain Greek yogurt
- 1 ea orange (peeled, chopped)
- 2 tbsp almonds, chopped



Directions:

1. Heat oven to 425°F. Line a sheet pan. Cube sweets; slice onion; chop broccoli.
2. Toss sweets, onion, broccoli with 1 tbsp oil, 1 clove garlic, 1/2 tsp paprika, pepper. Roast 15 min, stir once.
3. Rub chops with 1 tbsp oil, 1 clove garlic, rosemary, 1/2 tsp paprika. Push veg aside; add chops to pan.
4. Roast 10–14 min, flipping chops once, to 145°F. Rest chops 5 min; toss veg in pan juices.
5. Layer yogurt cups: in 4 small glasses, add 1/4 cup yogurt, orange. Sprinkle almonds evenly.
6. Plate a chop with roasted veg. Serve the layered yogurt cup alongside.
7. Carb-swap: halve sweet potato and double broccoli to lower net carbs.



Nutritional Information:

Calories: 485, Protein: 38g, Carbs: 42g, Fat: 18g, Fiber: 8g, Sodium: 320mg, Sugar: 14g



SLOW-SIMMER PORK & SPINACH BENTO BOX



Servings:
4



Prep:
15 min



Cook:
35 min



Ingredients:

- 1 lb extra-lean ground pork (90–96% lean)
- 1 cup quinoa (rinsed)
- 6 cups baby spinach (packed)
- 1 1/4 cups tomatoes, diced
- 1/2 cup yellow onion, chopped
- 3 cloves garlic, minced
- 2 tsp extra-virgin olive oil
- 2 tsp spice blend (cumin, smoked paprika, oregano, pepper)
- 1 lemon (zest and juice)
- 2 cups bell pepper & carrots, sliced (1 cup each)
- 2 small apples, sliced
- 1/4 cup unsalted almonds



Directions:

1. Rinse quinoa. In a saucepan, combine 1 cup quinoa + 2 cups water; bring to a simmer, cover 15 min. Remove from heat, rest 5 min, fluff.
2. Heat oil in a large lidded skillet over med-high. Add pork and onion; cook 5–6 min, breaking up, until no pink. Drain if needed.
3. Stir in garlic, spice blend, tomatoes, lemon zest + 1/4 cup water.
4. Cover; slow-simmer on low 20 min, stirring once. Add a splash of water if dry.
5. Fold in spinach; cook 2–3 min to wilt. Squeeze in 1–2 tsp lemon juice.
6. Slice apples; toss with a little lemon juice. Divide crunchy veg (bell pepper + carrots) into 4 portions.
7. Pack 4 boxes: main well—1/2 cup quinoa + ~3/4 cup pork-spinach; sides—1/2 cup veg, 1/2 apple, 1 tbsp almonds. Keep fruit/veg/nuts cold.



Nutritional Information:

Calories: 410, Protein: 31g, Carbs: 42g, Fat: 13g, Fiber: 9g, Sodium: 160mg, Sugar: 14g



SMOKY LEMON PORK WITH ROAST CABBAGE & BROWN RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.5 lb pork loin roast, trimmed
- 10 cups green cabbage, thinly sliced
- 1 large yellow onion, sliced
- 1 cup brown rice (uncooked)
- 1.5 tbsp extra-virgin olive oil
- 1 medium lemon (zest + 2 tbsp juice)
- 3 cloves garlic, minced
- 1.5 tsp smoked paprika
- 1 tsp dried oregano
- 1 tsp black pepper
- 2 oz sliced almonds



Directions:

1. Rinse 1 cup brown rice. Boil 2 cups water; add rice, cover; simmer 30 min. Off heat, rest 5.
2. Heat grill to med-high (about 450°F). Set a rimmed sheet pan ready.
3. Mix oil, lemon zest + 2 tbsp juice, garlic, paprika, oregano, pepper. Rub 1 tbsp on pork; toss cabbage and onion with the rest on pan.
4. Grill-sear pork 2–3 min/side to mark; not cooked through.
5. Spread cabbage/onion evenly; nest pork on top. Set pan on grill; cover. Grill-roast 15–18 min to 145°F; rest pork 5 min.
6. Slice pork. Fluff rice with a fork.
7. Serve 3/4 cup rice per bowl, topped with cabbage and pork; sprinkle almonds. Add lemon or pepper to taste.






Nutritional Information:

Calories: 600, Protein: 45g, Carbs: 55g, Fat: 22g, Fiber: 10g, Sodium: 220mg, Sugar: 9g



LEMON-GARLIC STEAK & KALE STIR-FRY WITH FARRO

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

Ingredients:

- 1 lb top round steak (thinly sliced)
- 3/4 cup farro (dry)
- 8 cups kale (stemmed, thinly sliced)
- 3 cups broccoli florets (bite-size)
- 1 large red bell pepper (thinly sliced)
- 3 cloves garlic (minced)
- 1 tbsp fresh ginger (minced)
- 1/2 cup scallions (sliced, whites/greens divided)
- 1 ea lemon (zest & 2 tbsp juice)
- 3 tbsp extra-virgin olive oil
- 3/4 tsp black pepper (freshly ground)
- 1 tbsp sesame seeds (toasted)

Directions:




1. Boil farro in a saucepan of water (3–4 cups) 18–20 min until tender; drain well.
2. Prep: Thin-slice steak across grain. Mince garlic/ginger. Slice veg; divide scallion whites/greens. Zest/juice lemon.
3. Heat 1 tbsp oil in a large skillet/wok on high. Stir-fry steak with pepper 2–3 min until just browned; transfer to a bowl.
4. Add 1 tbsp oil; stir-fry bell pepper, broccoli, and scallion whites 3–4 min until crisp-tender.
5. Push veg aside; add remaining 1 tbsp oil, garlic, and ginger; sizzle 30 sec. Add kale; stir-fry 2–3 min to wilt.
6. Return steak; add lemon juice and zest. Toss 1–2 min, scraping browned bits for a light pan sauce.
7. Spoon 1/2 cup cooked farro into 4 bowls. Top with stir-fry; sprinkle scallion greens and sesame. Adjust lemon/pepper.

Nutritional Information:

Calories: 470, Protein: 35g, Carbs: 41g, Fat: 18g, Fiber: 9g, Sodium: 200mg, Sugar: 6g



LEMON-THYME BEEF & MUSHROOM JAR SALADS WITH WILD RICE

 **Servings:** 4  **Prep:** 20 min  **Cook:** 360 min

Ingredients:

- 1 lb beef stew meat (lean)
- 12 oz mushrooms (sliced)
- 1 cup wild rice (dry)
- 1 yellow onion (medium, sliced)
- 4 garlic cloves
- 2 tbsp extra-virgin olive oil
- 1 lemon (juiced)
- 1 tsp dried thyme
- 1 tsp black pepper (divided)
- 6 cups baby spinach
- 1 red bell pepper (large, diced)
- 1/2 cup plain Greek yogurt (0%)

Directions:

1. In slow cooker, add beef, mushrooms, onion, 2 cloves garlic, lemon juice, thyme, pepper. Cook Low 6–7 hr or High 3–4 hr until tender; cool 10 min; chop.
2. Rinse wild rice. Simmer 1 cup rice in 3 cups water, covered, 45–50 min until tender; drain if needed; cool.
3. Whisk yogurt, 2 tbsp oil, 2 tbsp lemon juice, 2 minced garlic, pinch thyme, 1/4 tsp pepper. Thin with 1–2 tsp water.
4. Dice bell pepper; keep spinach ready. Break beef into bite-size pieces; toss with cooked mushrooms/onion.
5. Layer 4 qt jars: 3 tbsp dressing, then bell pepper. Add 3/4 cup cooked wild rice to each.
6. Add about 1 cup beef–mushroom mix to each; top with 1.5 cups spinach. Seal.
7. Chill up to 4 days. To eat, shake into a bowl. Faster: pressure cook beef/mushrooms 25 min with 1/4 cup water; natural release 10 min.

Nutritional Information:

Calories: 440, Protein: 36g, Carbs: 38g, Fat: 16g, Fiber: 6g, Sodium: 200mg, Sugar: 7g

A close-up photograph of a bowl filled with a fresh salad. The salad consists of vibrant green kale leaves, numerous white beans, and finely shredded white cheese. It is garnished with thin slices of yellow lemon zest and small red seeds. The bowl is dark-colored and sits on a wooden surface. A semi-transparent white banner is overlaid across the middle of the image, containing the text 'SIDES & VEGETABLES' in bold, black, uppercase letters.

SIDES & VEGETABLES



ZESTY ONE-PAN AIR-FRYER CAULI, BULGUR & BEANS



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 6 cups cauliflower florets
- 1/2 cup bulgur (fine or medium)
- 3/4 cup water (hot)
- 1.5 cups black beans, cooked (rinsed, drained)
- 1.5 tbsp extra-virgin olive oil
- 2 cloves garlic (minced)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 lemon (zest + 2 tbsp juice)
- 1/4 cup fresh parsley (chopped)



Directions:

1. Heat air fryer to 400°F. In a bowl, toss cauliflower with oil, garlic, cumin, paprika, and half the lemon zest.
2. Make a tight foil packet: add bulgur, hot water, and remaining zest; seal well to steam.
3. Place cauliflower in basket; set bulgur packet alongside. Air fry 12 min, shaking cauliflower halfway.
4. Open basket; scatter black beans over cauliflower. Air fry 4–5 min more to warm beans and crisp edges.
5. Transfer cauliflower/beans to bowl. Open bulgur packet carefully; fluff with a fork.
6. Add bulgur, lemon juice, and parsley to bowl; toss. Serve warm with extra lemon if desired.



Nutritional Information:

Calories: 245, Protein: 11g, Carbs: 40g, Fat: 6g, Fiber: 12g, Sodium: 220mg, Sugar: 4g



CHARRED BROCCOLINI & EDAMAME WITH LEMON-ALMOND



Servings:
4



Prep:
10 min



Cook:
15 min



Ingredients:

- 1 lb broccolini (or broccoli florets) (trim ends)
- 1 ea red bell pepper (seeded, thinly sliced)
- 1 cup shelled edamame (thawed if frozen, unsalted)
- 1.5 tbsp olive oil (divided)
- 2 cloves garlic (thinly sliced)
- 2 tbsp water
- 1 ea lemon (zest 1 tsp, juice 1 tbsp)
- 2 tbsp fresh parsley (chopped)
- 2 tbsp sliced almonds (toasted)
- 1/4 tsp red pepper flakes
- 1/4 tsp kosher salt
- 1/4 tsp black pepper



Directions:

1. Heat a large skillet over med-high. Add 1 tbsp oil, broccolini, and bell pepper; sear 3–4 min until lightly charred.
2. Add 2 tbsp water; cover and steam 2–3 min until crisp-tender. Uncover.
3. Push veg aside. Add 1/2 tbsp oil and garlic to center; sauté 30–60 sec until fragrant.
4. Stir in edamame; cook 2–3 min to heat through.
5. Off heat, add lemon zest, lemon juice, parsley, red pepper flakes, almonds, salt, and black pepper; toss well.
6. Taste, adjust lemon or pepper, and serve warm.



Nutritional Information:

Calories: 170, Protein: 9g, Carbs: 16g, Fat: 9g, Fiber: 6.5g, Sodium: 170mg, Sugar: 5g



TUSCAN KALE WITH CANNELLINI & LEMON



Servings:
4



Prep:
10 min



Cook:
12 min



Ingredients:

- 10 cups curly kale, chopped, packed (stems removed)
- 1.5 cups low-sodium cannellini beans (drained & rinsed (from 15-oz can))
- 1 tbsp extra-virgin olive oil
- 3 cloves garlic (minced)
- 1/4 tsp red pepper flakes (optional heat)
- 1/2 cup low-sodium vegetable broth
- 1 ea lemon (zest & juice)
- 1/4 tsp kosher salt (or to taste)
- 1/4 tsp black pepper (freshly ground)
- 2 tbsp Parmesan cheese (finely grated, optional)



Directions:

1. Rinse kale; strip stems, chop. Drain/rinse beans. Zest and juice lemon. Mince garlic.
2. Heat oil in a large skillet over med-high. Sauté garlic and red pepper flakes 30 sec until fragrant.
3. Add kale; toss with tongs until starting to wilt, 1–2 min.
4. Pour in broth; cover and cook until tender-crisp, 4–5 min.
5. Stir in beans, lemon zest and juice, salt, and pepper; cook 2–3 min to warm through.
6. Taste; add more lemon or salt if needed. Sprinkle Parmesan if using. Serve warm.



Nutritional Information:

Calories: 230, Protein: 12g, Carbs: 32g, Fat: 6g, Fiber: 9g, Sodium: 260mg, Sugar: 3g



TAHINI-LEMON ROASTED CAULIFLOWER & CHICKPEAS



Servings:
4



Prep:
10 min



Cook:
20 min



Ingredients:

- 2 lb cauliflower (cut into florets)
- 15 oz chickpeas (no-salt-added can, drained, rinsed)
- 2 tbsp olive oil (extra-virgin)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp kosher salt (or to taste)
- 1/2 tsp black pepper (freshly ground)
- 2 tbsp tahini (sesame paste)
- 1 lemon (zested & juiced (2 tbsp juice))
- 1/4 cup parsley (chopped)
- 1–2 tbsp water (to thin tahini)



Directions:

1. Heat oven to 450°F. Line a sheet pan with parchment.
2. On pan, toss cauliflower and chickpeas with oil, cumin, paprika, garlic, salt, and pepper.
3. Spread in a single layer. Roast 18–22 min, stirring once, until browned and tender.
4. Whisk tahini, lemon zest/juice, and 1–2 tbsp water until creamy; adjust salt to taste.
5. Transfer hot veg to a platter and drizzle with tahini sauce.
6. Top with parsley and serve warm.



Nutritional Information:

Calories: 270, Protein: 11g, Carbs: 30g, Fat: 13g, Fiber: 10g, Sodium: 320mg, Sugar: 7g



SICILIAN BROCCOLI & CHICKPEAS WITH LEMON-CHILE



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 1.5 lb broccoli crowns, cut to florets (swap 1 lb green beans if limiting potassium)
- 15 oz low-sodium chickpeas, drained, rinsed (canned)
- 2 tbsp extra-virgin olive oil
- 3 cloves garlic, minced
- 1 ea lemon, juiced
- 0.5 tsp red pepper flakes
- 0.5 tsp kosher salt
- 0.25 tsp black pepper
- 0.25 cup fresh parsley, chopped
- 2 tbsp sliced almonds, toasted



Directions:

1. Heat oven to 425°F. Pat chickpeas dry; mince garlic; halve and juice lemon.
2. On a rimmed sheet pan, toss broccoli, chickpeas, oil, garlic, red pepper, salt, and black pepper to coat.
3. Spread in an even layer. Roast 20–25 min, stirring once, until broccoli is tender and edges are browned.
4. Drizzle with lemon juice; toss on the hot pan to absorb.
5. Sprinkle parsley and almonds. Taste; add a pinch of salt or more lemon if needed.
6. Serve warm. Each serving ≈ 1½ cups.



Nutritional Information:

Calories: 260, Protein: 11g, Carbs: 31g, Fat: 10g, Fiber: 10g, Sodium: 300mg, Sugar: 6g



MASALA ROASTED CAULIFLOWER & CHICKPEAS



Servings:
4



Prep:
15 min



Cook:
22 min



Ingredients:

- 8 cups cauliflower florets (from 1 large head)
- 1 can canned chickpeas, no-salt-added (15 oz, drained, rinsed)
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp garam masala
- 0.5 tsp turmeric
- 0.5 tsp kosher salt (or to taste)
- 0.25 tsp black pepper
- 2 tbsp lemon juice (fresh)
- 0.5 cup plain nonfat Greek yogurt
- 0.25 cup cilantro or mint, chopped



Directions:

1. Heat oven to 425°F. Line a rimmed sheet pan with foil or parchment.
2. In a bowl, toss cauliflower + chickpeas with oil, garlic, cumin, garam masala, turmeric, salt, and pepper.
3. Spread in an even layer. Roast 20–22 min, stirring once, until edges are browned and veg is tender.
4. In a small bowl, mix yogurt with 1 tbsp lemon juice and a pinch of salt; add 1–2 tsp water to drizzle.
5. Transfer roasted veg to a platter; finish with remaining 1 tbsp lemon juice.
6. Drizzle yogurt sauce and scatter cilantro or mint. Serve warm.



Nutritional Information:

Calories: 235, Protein: 12g, Carbs: 29g, Fat: 9g, Fiber: 9g, Sodium: 290mg, Sugar: 8g



TUSCAN SAUTEED CHARD & CANNELLINI



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 medium yellow onion (thinly sliced)
- 3 garlic cloves (sliced)
- 1/4 tsp red pepper flakes (optional)
- 2 bunches Swiss chard (stems chopped, leaves torn)
- 1.5 cups low-sodium cannellini beans (drained, rinsed)
- 1/2 cup low-sodium broth (vegetable or chicken)
- 1 lemon (zest and juice)
- 1/4 cup fresh parsley (chopped)
- 1/4 tsp kosher salt
- 1/4 tsp black pepper



Directions:

1. Prep chard: separate stems/leaves; chop stems, tear leaves. Rinse beans; zest and juice lemon.
2. Heat oil in large skillet over med-high. Add onion and chard stems; saute until crisp-tender, 4-5 min.
3. Stir in garlic and red pepper flakes; cook 30 sec until fragrant.
4. Add chard leaves and broth; toss. Cover and steam until wilted, 3-4 min.
5. Uncover; fold in beans, lemon zest and juice. Cook 2-3 min to warm. Season with salt and pepper.
6. Off heat, stir in parsley. Taste and adjust lemon or salt. Serve warm.



Nutritional Information:

Calories: 170, Protein: 8g, Carbs: 21g, Fat: 7g, Fiber: 7g, Sodium: 270mg, Sugar: 3g



LEBANESE ROASTED CAULIFLOWER WITH TAHINI-LEMON



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 8 cups cauliflower florets (from 1 large head)
- 15 oz chickpeas, low-sodium (rinsed, drained)
- 2 tbsp extra-virgin olive oil
- 1 tsp ground cumin
- 1/2 tsp kosher salt (or to taste)
- 1/4 tsp black pepper
- 3 tbsp tahini
- 2 tbsp lemon juice (fresh)
- 1 small clove garlic (grated)
- 3 tbsp warm water (more as needed)
- 1/4 cup flat-leaf parsley (chopped)
- 1 tbsp toasted sesame seeds (optional)



Directions:

1. Heat oven to 425°F. Line a sheet pan.
2. Toss cauliflower and chickpeas with oil, cumin, salt, pepper on pan.
3. Roast 20–25 min, stirring once, until edges are browned and tender.
4. Whisk tahini, lemon, garlic, 3 tbsp warm water, pinch salt until silky.
5. Transfer veg to bowl; add parsley. Toss lightly.
6. Drizzle tahini sauce; sprinkle sesame. Serve warm.



Nutritional Information:

Calories: 295, Protein: 12g, Carbs: 31g, Fat: 16g, Fiber: 10g, Sodium: 240mg, Sugar: 4g



ROASTED BROCCOLI WITH TAHINI-LEMON DRIZZLE



Servings:
4



Prep:
10 min



Cook:
20 min



Ingredients:

- 8 cup broccoli florets (about 1.5 lb)
- 2 tbsp olive oil
- 1 tbsp za'atar (salt-free if possible)
- 2 clove garlic (minced)
- 0.5 tsp kosher salt
- 0.25 tsp black pepper
- 3 tbsp tahini (stirred)
- 1 each lemon (zest + 2 tbsp juice)
- 2-3 tbsp warm water (to thin sauce)
- 2 tbsp fresh parsley (chopped)
- 2 tbsp sliced almonds (toasted)



Directions:

1. Heat oven to 425°F; line a sheet pan.
2. Toss broccoli with oil, za'atar, garlic, salt, and pepper in a bowl; spread on pan.
3. Roast 18–20 min, stirring once, until edges are browned and stems are crisp-tender.
4. Whisk tahini, lemon juice, zest, and 2 tbsp warm water; thin with more water to a drizzle.
5. Transfer broccoli to a platter; drizzle tahini; sprinkle parsley and almonds.
6. Serve warm. Air-fryer: cook at 390°F for 10–12 min, shaking once halfway.



Nutritional Information:

Calories: 210, Protein: 8g, Carbs: 15g, Fat: 15g, Fiber: 6g, Sodium: 260mg, Sugar: 3g



SMOKY CARROT-CHICKPEA FARRO BAKE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1/3 cup farro, dry
- 1 cup chickpeas, cooked (rinsed)
- 3 cup carrots, sliced (1/4-in thick)
- 2 cup kale, chopped (packed)
- 2 tbsp extra-virgin olive oil (divided)
- 2 clove garlic, minced
- 1 tsp lemon zest
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp ground coriander
- 1/2 tsp black pepper
- 2 oz feta, crumbled



Directions:

1. Heat grill to med-high; heat oven to 400°F.
2. Simmer farro in 2 cups water until tender, 15–18 min; drain.
3. Toss carrots (1/4-in slices) + chickpeas with 1 tbsp oil, garlic, cumin, paprika, coriander, pepper.
4. Grill in a basket, turning, until carrots are tender and lightly charred, 6–8 min.
5. In bowl, mix farro, grilled mix, kale, and lemon zest; add 1 tsp oil if dry.
6. Spread in 8-in square dish; top with feta; bake 8 min to wilt kale and meld flavors.
7. Rest 5 min; cut into 4 squares for meal prep. Serve warm or room temp.



Nutritional Information:

Calories: 275, Protein: 10g, Carbs: 36g, Fat: 11g, Fiber: 8g, Sodium: 220mg, Sugar: 6g



CHARRED CAULIFLOWER & PEA COUSCOUS, GRILL-PAN STYLE



Servings:
4



Prep:
10 min



Cook:
20 min



Ingredients:

- 6 cups cauliflower florets (1 large head, bite-size)
- 2 cups green peas (frozen ok, unthawed)
- 0.5 cup whole wheat couscous (dry)
- 2 tbsp extra-virgin olive oil
- 2 cloves garlic (minced)
- 1 lemon (zested and juiced)
- 1 tsp ground cumin
- 1 tsp paprika
- 0.5 tsp black pepper (plus more to taste)
- 0.25 tsp red pepper flakes (optional heat)
- 0.25 cup fresh parsley (chopped)
- 1 oz feta (crumbled, optional)



Directions:

1. Heat grill to med-high (400–450°F). Set a rimmed sheet pan on grates to preheat 5 min.
2. In a bowl, toss cauliflower and peas with oil, garlic, cumin, paprika, pepper, and flakes.
3. Carefully spread on hot pan; close lid. Grill-roast 12–14 min, stirring once, until charred-tender.
4. Meanwhile, pour 1/2 cup boiling water over couscous in a bowl. Cover 5 min; fluff with lemon zest.
5. Transfer grilled veg to a bowl. Add couscous, parsley, and lemon juice; toss to coat.
6. Top with feta (optional). Add more pepper or lemon to taste. Serve warm.



Nutritional Information:

Calories: 265, Protein: 11g, Carbs: 38g, Fat: 10g, Fiber: 9g, Sodium: 200mg, Sugar: 6g



CHARRED KALE-FARRO LETTUCE WRAPS WITH COTTAGE CHEESE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1/2 cup farro (dry)
- 10 cups kale, stemmed & torn
- 1 1/2 tbsp extra-virgin olive oil
- 2 cloves garlic, minced
- 1 lemon (zest + 1 tbsp juice)
- 1 1/2 cups cottage cheese
- 2 tbsp fresh chives, chopped
- 1/2 tsp black pepper
- 1/4 tsp red pepper flakes
- 12 leaves romaine lettuce leaves (crisp, whole)
- 2 tbsp pumpkin seeds (unsalted)



Directions:

1. Cook farro in boiling water until tender, 20–25 min; drain and cool.
2. Heat grill or grill pan to med-high. Toss kale with 1 tbsp oil and garlic.
3. Grill kale in batches 1–2 min/side until lightly charred; cool, then chop.
4. In a bowl, mix cottage cheese, lemon zest, 1 tbsp juice, chives, pepper, red flakes, 1/2 tbsp oil.
5. Fold farro and chopped kale into the cottage cheese mixture; adjust lemon to taste.
6. Fill 12 crisp romaine leaves with about 1/3 cup filling each; sprinkle pumpkin seeds.
7. Serve at once so the lettuce stays crisp.



Nutritional Information:

Calories: 280, Protein: 17g, Carbs: 29g, Fat: 10.5g, Fiber: 5.5g, Sodium: 300mg, Sugar: 4g



ZESTY ONE-PAN AIR-FRYER CAULI, BULGUR & BEANS



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 6 cups cauliflower florets
- 1/2 cup bulgur (fine or medium)
- 3/4 cup water (hot)
- 1.5 cups black beans, cooked (rinsed, drained)
- 1.5 tbsp extra-virgin olive oil
- 2 cloves garlic (minced)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 lemon (zest + 2 tbsp juice)
- 1/4 cup fresh parsley (chopped)



Directions:

1. Heat air fryer to 400°F. In a bowl, toss cauliflower with oil, garlic, cumin, paprika, and half the lemon zest.
2. Make a tight foil packet: add bulgur, hot water, and remaining zest; seal well to steam.
3. Place cauliflower in basket; set bulgur packet alongside. Air fry 12 min, shaking cauliflower halfway.
4. Open basket; scatter black beans over cauliflower. Air fry 4–5 min more to warm beans and crisp edges.
5. Transfer cauliflower/beans to bowl. Open bulgur packet carefully; fluff with a fork.
6. Add bulgur, lemon juice, and parsley to bowl; toss. Serve warm with extra lemon if desired.



Nutritional Information:

Calories: 245, Protein: 11g, Carbs: 40g, Fat: 6g, Fiber: 12g, Sodium: 220mg, Sugar: 4g



GREEN BEANS AMANDINE WITH LEMON & GARLIC



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 1.5 lb green beans (trimmed)
- 0.33 cup sliced almonds
- 1 tbsp extra-virgin olive oil
- 1 small shallot (thinly sliced)
- 2 cloves garlic (thinly sliced)
- 1 ea lemon (zest + 1 tbsp juice)
- 2 tbsp flat-leaf parsley (chopped)
- 0.5 tsp kosher salt
- 0.25 tsp black pepper
- 0.125 tsp red pepper flakes (optional)



Directions:

1. Toast almonds in a dry skillet over med heat until golden, 3–4 min; transfer to a bowl.
2. Bring a large pot of salted water to a boil. Blanch green beans 3–4 min; drain and rinse cold to stop cooking.
3. Heat oil in the skillet over med-high. Add shallot and garlic; sauté until fragrant, 1–2 min.
4. Add beans; toss to coat. Sauté until crisp-tender with light char, 3–4 min. Season with salt and pepper.
5. Off heat, add lemon zest and 1 tbsp juice; toss in almonds and parsley. Adjust seasoning.
6. Serve warm. Sprinkle red pepper flakes if using.



Nutritional Information:

Calories: 150, Protein: 5g, Carbs: 16g, Fat: 8g, Fiber: 7g, Sodium: 300mg, Sugar: 6.5g



POULTRY MAINS





ANDALUSIAN CHICKPEA CHICKEN SKILLET



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.5 lb boneless skinless chicken thighs
- 1.5 tbsp olive oil
- 2 tsp smoked paprika
- 4 cloves garlic, minced
- 2 medium bell peppers, sliced (any color)
- 1 medium yellow onion, sliced
- 1 14.5-oz can no-salt-added diced tomatoes
- 1 15-oz can no-salt-added chickpeas, rinsed
- 1 15-oz can no-salt-added cannellini beans, rinsed
- 0.5 cup low-sodium chicken broth
- 0.5 tsp kosher salt & black pepper (salt + 1/4 tsp pepper)
- 2 cups cooked brown rice, warm



Directions:

1. Pat chicken dry; toss with paprika, 1/2 tsp salt, 1/4 tsp pepper.
2. Heat oil in large lidded skillet (med-high). Sear chicken 4–5 min/side; remove.
3. Sauté onion and peppers 4 min; add garlic 30 sec until fragrant.
4. Stir in tomatoes and broth; scrape browned bits.
5. Add chickpeas and cannellini; nestle chicken; cover; simmer 12–15 min to 165°F.
6. Uncover; simmer 3–5 min to thicken; adjust seasoning.
7. Serve chicken and stew over 1/2 cup warm cooked brown rice.



Nutritional Information:

Calories: 540, Protein: 45g, Carbs: 54g, Fat: 15g, Fiber: 10g, Sodium: 520mg, Sugar: 9g



MEDITERRANEAN CHICKEN & QUINOA JAR SALAD



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.25 lb skinless chicken thighs (boneless, cut in strips)
- 3 medium bell peppers (sliced)
- 2/3 cup quinoa (rinsed, dry)
- 2 tbsp extra-virgin olive oil (divided)
- 1 large lemon (zest & juice)
- 3 cloves garlic (minced)
- 1.5 tsp dried oregano
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 6 cups spinach & kale mix (chopped)
- 1.5 cups tomatoes (diced)
- 0.5 cup pumpkin seeds (unsalted)



Directions:

1. Cook quinoa: In saucepan, combine 2/3 cup quinoa + 1 1/3 cups water; boil, cover, simmer 15 min; rest 5, fluff; cool.
2. Season chicken: Toss thighs with 1 tbsp oil, lemon zest, 2 cloves garlic, oregano, paprika, cumin. Add sliced peppers.
3. Sauté: Heat skillet med-high. Cook chicken 6–8 min to 165°F. Add peppers last 3–4 min; toss until char-tender. Cool.
4. Dressing: Whisk 1 tbsp oil with juice of 1 lemon + 1 minced garlic clove. Divide among 4 wide-mouth quart jars.
5. Layer per jar: dressing; 1 cup chicken+peppers; 1/2 cup cooked quinoa; 3/8 cup diced tomatoes; 1 1/2 cups greens; 2 tbsp pumpkin seeds.
6. Seal and chill up to 4 days. To serve, shake to coat or pour into a bowl and toss.



Nutritional Information:

Calories: 520, Protein: 34g, Carbs: 33g, Fat: 27g, Fiber: 7g, Sodium: 200mg, Sugar: 6g



LIME-BRAISED TURKEY ASPARAGUS TACOS WITH WILD RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb ground turkey (93–99% lean)
- 1 lb asparagus, trimmed, 1-in pieces
- 2 cups cooked wild rice
- 4 ea low-carb or whole wheat tortillas, 6-in (open-faced)
- 3 cups diced tomatoes & yellow onion (2 c tomatoes + 1 c onion)
- 3 cloves garlic, minced
- 1 tbsp extra-virgin olive oil
- 1 lime lime, zest + juice
- 2.75 tsp spice mix (cumin, smoked paprika, oregano, pepper) (1+1+0.5+0.25 tsp respectively)
- 1/2 cup plain Greek yogurt
- 1/2 cup scallions, thinly sliced
- 2 tbsp pumpkin seeds (pepitas), toasted



Directions:

1. Heat oil in a large lidded skillet over med-high. Brown turkey 4–5 min, breaking up.
2. Add onion, tomatoes, and garlic; cook 2–3 min until softened and juicy.
3. Stir in lime zest/juice and spice mix; bring to a gentle simmer.
4. Add asparagus; cover. Braise on low 10–12 min until turkey hits 165°F and asparagus is crisp-tender.
5. Fold in cooked wild rice; simmer uncovered 2–3 min to heat and reduce slightly.
6. Warm tortillas. Spoon ~1 cup braise onto each for open-faced tacos.
7. Top with yogurt, scallions, and pepitas. Serve immediately.



Nutritional Information:

Calories: 455, Protein: 33g, Carbs: 42g, Fat: 17g, Fiber: 9g, Sodium: 520mg, Sugar: 8g



SMOKY CARROT AND CHICKEN SAUSAGE PASTA BAKE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 10 oz chicken sausage (no sugar added)
- 6 oz whole wheat pasta (dry)
- 3 cup carrots (1/4-in slices)
- 3 cup bell pepper & zucchini (sliced)
- 1 ea yellow onion (small, wedges)
- 1.5 tbsp extra-virgin olive oil
- 1.25 cup plain Greek yogurt (nonfat)
- 1 ea lemon (zest + 2 tbsp juice)
- 2 clove garlic (minced)
- 1 tsp smoked paprika
- 1 tsp Italian seasoning
- 0.25 cup part-skim mozzarella (shredded)



Directions:

1. Heat grill to med-high. Toss carrots, peppers, zucchini, onion, and sausage with 1.5 tbsp oil.
2. Grill veg in basket 8–10 min until charred-tender. Grill sausage 6–8 min, turning. Slice sausage.
3. Boil pasta until al dente; drain. Heat oven to 400°F.
4. Whisk yogurt, lemon zest/juice, garlic, paprika, and Italian seasoning; thin with 1–2 tbsp water.
5. In 9x13 dish, combine pasta, grilled veg, sliced sausage, and sauce; toss to coat. Top with mozzarella.
6. Bake 10 min until hot; broil 1–2 min for light color if desired.
7. Rest 5 min. Portion into 4 meal-prep containers. Add extra lemon if you like.



Nutritional Information:

Calories: 470, Protein: 26g, Carbs: 55g, Fat: 16g, Fiber: 9g, Sodium: 560mg, Sugar: 11g



SPICED DRUMSTICKS WITH PEPPER BULGUR + CITRUS YOGURT



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.5 lb skinless chicken drumsticks
- 2 each bell peppers (medium, sliced)
- 1 each yellow onion (small, sliced)
- 1 tbsp extra-virgin olive oil
- 3 cloves garlic (minced)
- 1 each lemon (zest + 2 tbsp juice)
- 1 cup bulgur (dry)
- 2 cups water (for bulgur)
- 2 tsp mixed spices (smoked paprika, cumin, oregano, black pepper)
- 2 cups plain Greek yogurt
- 1 each orange (segmented, diced)
- 8 tsp pumpkin seeds (toasted)



Directions:

1. Heat oven to 425°F. Line sheet pan. Mix oil, garlic, lemon zest, 1 tbsp juice, and spices.
2. Coat drumsticks with 2/3 of mix; arrange on pan. Roast 12 min.
3. Toss peppers & onion with remaining mix; add to pan. Roast 15–18 min, flip once, to 165°F.
4. Simmer bulgur in 2 cups water 12 min; cover 5 min; fluff.
5. Toss bulgur with roasted peppers/onion and 1 tbsp lemon juice.
6. Parfaits (4): in each glass, layer 1/4 cup yogurt, 1 tbsp orange, 1 tsp seeds; repeat once.
7. Serve drumsticks over pepper bulgur with the citrus yogurt on the side.



Nutritional Information:

Calories: 490, Protein: 43g, Carbs: 42g, Fat: 15g, Fiber: 9g, Sodium: 360mg, Sugar: 11g



MEDITERRANEAN TURKEY MEATBALL BENTO WITH SPINACH



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb lean turkey meatballs (about 16 meatballs)
- 1.5 tbsp extra-virgin olive oil
- 1/2 cup yellow onion, small dice
- 2 cloves garlic, minced
- 2 cups tomatoes, diced (with juices)
- 2 tsp Italian seasoning & black pepper (total)
- 6 cups baby spinach (packed)
- 2/3 cup brown rice (dry)
- 4 cups bell pepper & carrot sticks (mixed)
- 1 medium apple, sliced
- 1 tbsp lemon juice
- 1/4 cup almonds, unsalted



Directions:

1. Rinse rice. In pressure cooker add rice + 3/4 cup water. Cook High 20 min; natural release 10 min. Fluff.
2. Warm oil in a large lidded skillet. Sauté onion and garlic 3–4 min until soft.
3. Add tomatoes, 1/2 cup water, seasoning. Nestle meatballs. Cover and braise 15–18 min, to 165°F.
4. Stir in spinach; braise 2–3 min to wilt. Adjust pepper to taste.
5. Toss apple slices with lemon juice. Keep pepper/carrot sticks crisp and dry.
6. Portion into 4 boxes: 1/2 cup cooked rice; 4 meatballs with spinach and sauce.
7. Add 1 cup crunchy veg, 1/4 apple, and 1 tbsp almonds to each box. Cool, then chill.



Nutritional Information:

Calories: 470, Protein: 30g, Carbs: 49g, Fat: 19g, Fiber: 9.5g, Sodium: 520mg, Sugar: 14g



SMOKY LEMON CHICKEN-ASPARAGUS QUINOA SHEET PAN



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 12 oz rotisserie chicken, skin removed (shredded)
- 1 cup quinoa (dry, rinsed)
- 1 lb asparagus (trimmed, 2-in pieces)
- 1 large bell pepper (sliced)
- 1 cup tomatoes (cut in wedges)
- 1/4 cup sliced almonds
- 3 tbsp extra-virgin olive oil
- 2 cloves garlic (minced)
- 1 lemon (zest & juice)
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1/2 tsp black pepper (or to taste)



Directions:

1. Cook quinoa: bring 2 cups water to a boil; add quinoa, cover, simmer 15 min. Off heat 5 min; fluff.
2. Heat grill to med-high (about 425°F). Place empty rimmed sheet pan on grates 3 min to preheat.
3. In a large bowl, toss chicken, asparagus, bell pepper, tomatoes, oil, garlic, lemon zest/juice, paprika, oregano, and pepper.
4. Spread on hot sheet pan. Grill covered 10–12 min, tossing once, until asparagus is crisp-tender and tomatoes blister.
5. Scatter almonds on pan; grill 2–3 min more until lightly toasted.
6. Divide quinoa among 4 plates. Top with chicken/veg and pan juices; squeeze extra lemon if desired.
7. Oven option: roast on center rack at 425°F for 14–16 min (add almonds last 2–3 min).



Nutritional Information:

Calories: 486, Protein: 33g, Carbs: 39g, Fat: 22g, Fiber: 8g, Sodium: 620mg, Sugar: 6g



MEDITERRANEAN TURKEY LETTUCE WRAPS WITH FARRO & SPINACH



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.25 lb turkey breast (cut into 1/2-in strips)
- 2/3 cup farro, dry (rinsed)
- 3 tbsp extra-virgin olive oil
- 3 cloves garlic (minced)
- 1 tsp smoked paprika
- 1 tsp oregano, dried
- 1/2 tsp black pepper
- 2 cups bell peppers (thin strips)
- 4 cups broccoli florets (small)
- 6 cups spinach (chopped)
- 1 whole lemon (zest & 2 tbsp juice)
- 12 leaves romaine lettuce leaves (large, crisp)



Directions:

1. Heat oven to 425°F. Toss turkey, peppers, broccoli, 1.5 tbsp oil, garlic, paprika, oregano, pepper, and lemon zest.
2. Spread on a sheet pan; roast 15–18 min, stirring once, until turkey hits 165°F and veg are tender-caramelized.
3. Meanwhile, boil farro in a pot of water until tender, 15–20 min; drain well in a colander.
4. Off heat, toss hot farro with spinach, 0.5 tbsp oil and 2 tbsp lemon juice to wilt.
5. Separate 12 romaine leaves; pat dry so they stay crisp.
6. Chop roasted turkey/veg into bite-size pieces; toss with pan juices and remaining 1 tbsp oil.
7. Build wraps: fill each leaf with 1/4 cup farro-spinach and about 1/3 cup turkey mix. Serve 3 wraps per person.






Nutritional Information:

Calories: 441, Protein: 42g, Carbs: 39g, Fat: 13g, Fiber: 9g, Sodium: 250mg, Sugar: 8g



SKILLET LEMON-THYME CHICKEN WITH FARRO & CARROTS

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

Ingredients:

- 1 lb chicken cutlets (patted dry)
- 1 cup farro, dry (rinsed)
- 3 cups carrots (thinly sliced)
- 1 shallot (large, sliced)
- 3 cloves garlic (minced)
- 3 tbsp extra-virgin olive oil (divided)
- 1 lemon (zest + juice)
- 1 tsp thyme (dried)
- 1/2 tsp black pepper (freshly ground)
- 3 cups water (for farro)
- 4 cups baby spinach (lightly packed)
- 1 oz parmesan (finely grated)

Directions:




1. Pat cutlets dry; season with pepper, half the thyme, and lemon zest. Heat 1 tbsp oil in a large lidded skillet over med-high.
2. Sauté cutlets 2–3 min/side until golden and 165°F; transfer to a plate (reserve juices).
3. Add 1 tbsp oil; sauté shallot and carrots 4–5 min until browned. Add garlic; cook 30 sec.
4. Stir in farro and remaining thyme; toast 1 min. Add 3 cups water and half the lemon juice; scrape up browned bits.
5. Cover; reduce heat to med-low; cook 15–18 min until farro is tender, adding splashes of water if dry.
6. Stir in spinach to wilt. Return chicken and juices; add remaining lemon juice and 1 tbsp oil; toss to form a light pan sauce.
7. Off heat, sprinkle parmesan. Rest 2 min. Serve chicken over farro-carrot mix with pan juices.

Nutritional Information:

Calories: 510, Protein: 41g, Carbs: 49g, Fat: 14g, Fiber: 9g, Sodium: 320mg, Sugar: 6g



LEMON-OREGANO TURKEY BOWL WITH WILD RICE & BROCCOLI

 **Servings:** 4  **Prep:** 15 min  **Cook:** 40 min

Ingredients:

- 1 lb turkey cutlets (patted dry)
- 1 cup wild rice (uncooked, rinsed)
- 5 cups broccoli florets
- 6 cups kale, chopped
- 2 tbsp extra-virgin olive oil (divided)
- 1/2 cup plain Greek yogurt
- 1 lemon (zest and juice)
- 2 cloves garlic (1 minced, 1 grated)
- 1 tsp dried oregano
- 1/2 tsp smoked paprika
- 1/4 cup sliced almonds
- 1 1/4 tsp kosher salt & black pepper (divided: 3/4 tsp salt + 1/2 tsp pepper)

Directions:

1. Rinse rice. Boil 3 cups water + 1/4 tsp salt; add rice. Simmer covered 35–40 min until tender; drain. Keep warm.
2. Heat oven to 425°F. On a sheet pan, toss broccoli with 1 tbsp oil, 1 minced garlic clove, 1/8 tsp salt, pepper. Spread.
3. Pat turkey dry. Rub with lemon zest, oregano, paprika, 1 tsp oil, 1/4 tsp salt, pepper.
4. Add turkey to sheet with broccoli. Roast 12–15 min, flipping broccoli once, until turkey hits 165°F. Add almonds last 3 min.
5. Whisk yogurt, lemon juice, grated garlic, 1 tsp oil, pinch salt/pepper. Thin with 1–2 tsp water if needed.
6. Fold chopped kale into hot rice to wilt; add a squeeze of lemon and a pinch of salt/pepper. Toss.
7. Build bowls: 3/4 cup rice-kale, sliced turkey, roasted broccoli. Drizzle yogurt sauce; serve warm.

Nutritional Information:

Calories: 495, Protein: 44g, Carbs: 53g, Fat: 12g, Fiber: 9g, Sodium: 480mg, Sugar: 5g



MEDITERRANEAN PASTA JARS WITH BRAISED CHICKEN



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb ground chicken (lean)
- 6 oz whole wheat pasta (dry, small shapes)
- 2 cups bell peppers (thinly sliced)
- 1 cup yellow onion (thinly sliced)
- 2 cups tomatoes (diced)
- 3 cloves garlic (minced)
- 3 tbsp extra-virgin olive oil
- 1 ea lemon (juice + zest)
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 4 cups baby spinach



Directions:

1. Cook pasta in boiling water until al dente, 8–10 min. Drain and rinse cool.
2. Heat 1 tbsp oil in skillet over med-high. Add chicken; cook, breaking up, until lightly browned.
3. Add peppers, onion, garlic; cook 3 min. Stir in tomatoes, lemon zest, oregano, paprika, 2 tbsp water, pepper. Cover 10 min, then uncover 2–3 min to thicken.
4. Whisk remaining 2 tbsp oil with lemon juice and a pinch pepper. Divide dressing into 4 pint jars.
5. Let chicken-pepper braise cool 10 min.
6. Layer each jar: 3/4 cup pasta, 1 cup braised chicken-peppers, then 1 cup spinach (keep spinach on top).
7. Seal and chill up to 4 days. To serve, shake to coat or pour into a bowl and toss.



Nutritional Information:

Calories: 475, Protein: 30g, Carbs: 44g, Fat: 21g, Fiber: 8g, Sodium: 150mg, Sugar: 9g



TUSCAN LEMON CHICKEN WITH WHITE BEANS & KALE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.25 lb chicken breast (skinless, boneless)
- 2 tbsp olive oil
- 4 cloves garlic (minced)
- 1 each yellow onion (medium, thinly sliced)
- 2 cups cherry tomatoes (halved)
- 15 oz cannellini beans, low-sodium (1 can, drained & rinsed)
- 6 cups kale (lacinato) (chopped, ribs removed)
- 1/2 cup chicken broth, low-sodium
- 1 each lemon (zest & juice)
- 1 tbsp rosemary (chopped (or 1 tsp dried))
- 1 1/2 cups farro, cooked
- 3/4 tsp kosher salt & black pepper (salt, divided; pepper to taste)



Directions:

1. Pat chicken dry; season with 1/2 tsp salt, pepper, lemon zest, and rosemary.
2. Heat 1 tbsp oil in skillet over med-high. Sear chicken 3–4 min/side until browned; transfer.
3. Add 1 tbsp oil. Sauté onion 3 min; add garlic 30 sec. Stir in tomatoes; cook 3–4 min to burst.
4. Stir in beans, broth, and farro; scrape up browned bits. Return chicken and any juices.
5. Reduce heat; cover and simmer 6–8 min, until chicken reaches 165°F.
6. Fold in kale; cover 2–3 min to wilt. Off heat, add lemon juice.
7. Taste; add remaining 1/4 tsp salt and pepper if needed. Serve with pan juices.



Nutritional Information:

Calories: 440, Protein: 38g, Carbs: 40g, Fat: 14g, Fiber: 10g, Sodium: 580mg, Sugar: 5g



SALADS & BOWLS





LEMON-TAHINI TOFU WILD RICE ARUGULA BOWLS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 20 oz firm tofu (patted dry, cubed)
- 1 cup wild rice (dry)
- 8 cups arugula
- 1 1/3 cups edamame, shelled (thawed)
- 1 large cucumber (diced)
- 1 large red bell pepper (diced)
- 2 tsp extra-virgin olive oil
- 1 1/2 tbsp tahini
- 1 large lemon (juiced)
- 1 clove garlic (minced)
- 1 1/2 tsp cumin & black pepper (ground, mixed)
- 2 tbsp pumpkin seeds



Directions:

1. Cook rice: PC 1 cup rice + 1.5 cups water on High 20 min, quick release; or simmer stovetop per package. Fluff.
2. Press, pat dry, and cube tofu. Toss with 1 tsp oil + half the cumin/pepper.
3. Heat skillet with remaining 1 tsp oil. Sear tofu 6–8 min over med-high until golden on most sides.
4. Whisk tahini, lemon juice (3 tbsp), garlic, 3–4 tbsp water, remaining cumin/pepper until pourable.
5. Dice cucumber and pepper. Rinse-thaw edamame. Keep arugula dry.
6. Meal-prep: Divide arugula in 4 boxes. Add 3/4 cup rice, tofu, edamame, veggies. Drizzle ~1 tbsp dressing. Top with seeds.
7. Seal 3 boxes for later. Chill up to 4 days. Pack dressing separate if storing. Enjoy cold.



Nutritional Information:

Calories: 430, Protein: 30g, Carbs: 38g, Fat: 17g, Fiber: 9g, Sodium: 260mg, Sugar: 5g



ZESTY BLACK BEAN RICE SALAD WITH QUICK-PICKLED CABBAGE



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 4 cup cabbage, thinly sliced
- 2 lemons (juiced)
- 1 tbsp extra-virgin olive oil
- 1 cup plain Greek yogurt
- 1 tsp ground cumin
- 4 cup black beans, low-sodium, rinsed
- 1 cup cooked brown rice (warm or room temp)
- 2 cup cucumbers & tomatoes (diced, combined)
- 2 scallions (thinly sliced)
- 2 tbsp fresh cilantro stems (chopped)
- 1/2 cup pumpkin seeds (unsalted)
- 1/2 tsp black pepper



Directions:

1. Quick-pickle cabbage: In a large bowl, toss cabbage with juice of 1 lemon. Massage 1 min; rest 10 min.
2. Toast pumpkin seeds in a dry skillet over medium heat 3–4 min until fragrant; cool.
3. Whisk dressing: in a small bowl mix yogurt, oil, juice of 1 lemon, cumin, and pepper until smooth.
4. Divide cooked brown rice among 4 bowls; top each with 1 cup black beans.
5. Drain cabbage lightly. Add cabbage, cucumbers, tomatoes, scallions, and cilantro to bowls.
6. Spoon dressing over salads; toss gently to coat.
7. Finish with pumpkin seeds; serve.



Nutritional Information:

Calories: 470, Protein: 29g, Carbs: 65g, Fat: 13g, Fiber: 20g, Sodium: 320mg, Sugar: 7g



AEGEAN CHOPPED CHICKEN & QUINOA ROMAINE SALAD



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 1 lb chicken breast (boneless, skinless)
- 3/4 cup quinoa (dry)
- 8 cups romaine lettuce (chopped)
- 1 cup cucumber (diced)
- 1 cup tomatoes (cherry/grape, halved)
- 1/4 cup red onion (thinly sliced)
- 1 cup chickpeas (canned, rinsed & drained)
- 2 oz feta (reduced-fat) (crumbled)
- 1 lemon (zest & juice)
- 3 tbsp extra-virgin olive oil (divided)
- 1 clove garlic (minced)
- 1 tsp oregano (dried)



Directions:

1. Simmer quinoa in 1.5 cups water, covered, 15 min; let rest off heat while you grill, then fluff.
2. Toss chicken with 1 tbsp oil, lemon zest, and 1/2 tsp oregano.
3. Grill on a hot grill pan 4–6 min/side to 165°F. Rest 5 min; slice.
4. Whisk dressing: lemon juice, 2 tbsp oil, garlic, and remaining 1/2 tsp oregano.
5. In a large bowl, combine romaine, warm quinoa, cucumber, tomatoes, onion, and chickpeas.
6. Add sliced chicken and feta. Drizzle dressing; toss well to coat and serve.



Nutritional Information:

Calories: 480, Protein: 38g, Carbs: 42g, Fat: 18g, Fiber: 8g, Sodium: 520mg, Sugar: 7g



LEMON-HERB FARRO & EDAMAME CHOPPED ROMAINE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 0.75 cup farro (dry) (pearled or semi-pearled)
- 3 cups edamame, shelled (thawed or cooked)
- 8 cups romaine lettuce, chopped
- 1.5 cups cucumbers & tomatoes, chopped
- 0.25 cup red onion, thinly sliced
- 1 cup plain Greek yogurt (nonfat)
- 2 tbsp extra-virgin olive oil
- 3 tbsp lemon juice (fresh)
- 1 clove garlic (minced)
- 0.25 cup fresh parsley (chopped)
- 0.25 cup pumpkin seeds (unsalted)



Directions:

1. Boil farro in 2 qt water 20–25 min until tender. Drain well; rinse briefly; let cool.
2. Chop romaine. Slice cucumbers, tomatoes, and red onion. Add all to a large bowl.
3. Steam or microwave edamame 3–4 min until hot. Rinse under cool water; drain very well.
4. Blend yogurt, olive oil, lemon juice, garlic, and parsley until smooth and creamy.
5. Add cooled farro and edamame to bowl. Pour on dressing; toss gently to coat.
6. Sprinkle pumpkin seeds. Serve chilled or at room temp.
7. Lower-carb swap: use 2 cups cauliflower rice instead of farro. For meal prep, pack dressing separate.



Nutritional Information:

Calories: 460, Protein: 27g, Carbs: 46g, Fat: 18g, Fiber: 13g, Sodium: 130mg, Sugar: 7g



HERBED BULGUR & ARUGULA BOWL WITH COTTAGE CHEESE



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 3/4 cup bulgur (dry)
- 2 2/3 cup cottage cheese (low-fat)
- 6 cup arugula (packed)
- 1 medium avocado (diced)
- 1 cup edamame (shelled, thawed)
- 1 cup cucumber (diced)
- 1 cup tomatoes (chopped)
- 1 cup bell pepper (chopped)
- 2 tbsp extra-virgin olive oil
- 1 lemon (zest + 3 tbsp juice)
- 1/4 cup parsley (chopped)
- 1/2 tsp black pepper (freshly ground)



Directions:

1. Boil 1 1/4 cups water. Stir in bulgur, cover, simmer 10–12 min until tender. Fluff; cool 5 min.
2. Dice cucumber, tomatoes, bell pepper; chop parsley. Dice avocado last.
3. Zest lemon; whisk zest, 3 tbsp juice, olive oil, and 1/4 tsp pepper to make dressing.
4. Add arugula to a large bowl; drizzle 1 tbsp dressing. Massage 30–60 sec to soften.
5. Toss cooled bulgur with edamame, cucumber, tomatoes, bell pepper, and remaining dressing.
6. Divide arugula among 4 bowls. Top with bulgur mix. Spoon 2/3 cup cottage cheese on each.
7. Finish with avocado and parsley; sprinkle remaining pepper. Serve.



Nutritional Information:

Calories: 420, Protein: 26g, Carbs: 38g, Fat: 20g, Fiber: 11g, Sodium: 600mg, Sugar: 8g



ZESTY TEMPEH & PEPPER CAULI-RICE SALAD BOWL



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 16 oz tempeh, cubed
- 4 cup cauliflower rice
- 2 cup quinoa, cooked (cooled)
- 2 cup bell peppers, diced (mix colors)
- 1 cup cucumber, diced
- 4 cup arugula
- 2 cup edamame, shelled (thawed if frozen)
- 2 tbsp tahini
- 1 ea lemon, zested & juiced (about 3 tbsp juice)
- 1 clove garlic, grated
- 0.5 tsp ground cumin
- 2 tsp extra-virgin olive oil (divided)



Directions:

1. Add cauliflower rice + 2 tbsp water to skillet; cook 3–4 min until tender-crisp. Spread on a plate to cool.
2. Return skillet; add 1 tsp oil. Add tempeh + cumin; cook 5–6 min, turning, until browned. Cool 5 min.
3. Whisk tahini, lemon zest/3 tbsp juice, garlic, 1 tsp oil + 2–3 tbsp water to a pourable dressing.
4. In a large bowl, combine cooled cauliflower rice, quinoa, and arugula. Toss with half the dressing.
5. Add bell peppers, cucumber, edamame, and tempeh. Toss gently with remaining dressing.
6. Rest 5 min to meld; toss once more. Serve room temp or chilled.



Nutritional Information:

Calories: 550, Protein: 40g, Carbs: 49g, Fat: 21g, Fiber: 13g, Sodium: 100mg, Sugar: 7g



SMOKY BROCCOLI & CHICKPEA QUINOA SALAD



Servings:
4



Prep:
15 min



Cook:
15 min



Ingredients:

- 1/2 cup quinoa, dry (rinsed)
- 2 cups canned chickpeas, rinsed & drained
- 4 cups broccoli florets
- 2 cups shelled edamame (thawed)
- 4 cups mixed greens (spinach & arugula) (loosely packed)
- 2 tbsp extra-virgin olive oil
- 1 large lemon, halved (3 tbsp juice)
- 1 cup plain Greek yogurt (nonfat)
- 2 tbsp tahini
- 1 clove garlic, minced
- 1 tsp ground cumin (divided)
- 1/2 tsp black pepper (divided)



Directions:

1. Rinse quinoa. Boil 1 cup water, add quinoa, simmer covered 15 min. Rest 5 min, fluff.
2. Heat grill pan med-high; oil pan with 1 tbsp oil. Toss broccoli with 1 tbsp oil, 1/4 tsp cumin, pepper. Grill 6–8 min. Grill lemon halves 2–3 min.
3. Whisk yogurt, tahini, garlic, remaining cumin, and 3 tbsp lemon juice until pourable.
4. In a large bowl, combine quinoa, chickpeas, and edamame. Fold in 2–3 tbsp dressing to lightly coat.
5. Divide greens into 4 bowls. Top with quinoa mix and grilled broccoli. Drizzle more dressing; squeeze grilled lemon.
6. Finish with black pepper to taste. Serve warm or at room temp.



Nutritional Information:

Calories: 495, Protein: 29g, Carbs: 57g, Fat: 18g, Fiber: 16g, Sodium: 360mg, Sugar: 7g



CITRUS-OREGANO TURKEY ARUGULA RICE BOWL



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 1 lb turkey breast cutlets (thinly sliced)
- 3 cups cooked brown rice (warm)
- 6 cups arugula (loosely packed)
- 2 medium bell peppers (red/yellow) (thick strips)
- 1 cup cherry tomatoes (halved)
- 1 cup cucumber (half-moons)
- 0.25 cup red onion (thin slices)
- 1 oz feta (reduced-fat) (crumbled)
- 0.25 cup walnuts (toasted, chopped)
- 2 tbsp extra-virgin olive oil (divided)
- 1 lemon (zest & 2 tbsp juice)
- garlic, oregano, black pepper (1 clove; 1 tsp dried; to taste)



Directions:

1. Heat grill/grill pan to med-high. Zest lemon. Toss turkey with zest, 1 tsp oil, oregano, grated garlic, and pepper.
2. Brush peppers with 1 tsp oil. Grill 6–8 min, turning, until charred-tender. Set aside.
3. Grill turkey 3–4 min/side to 165°F. Rest 5 min; slice thin.
4. Whisk remaining oil with 2 tbsp lemon juice, a pinch oregano, and pepper.
5. In a large bowl, toss arugula, tomatoes, cucumber, and onion with half the dressing.
6. Divide warm brown rice among 4 bowls. Top with dressed greens, grilled peppers, and sliced turkey.
7. Drizzle remaining dressing. Sprinkle with feta and walnuts. Serve.






Nutritional Information:

Calories: 455, Protein: 34g, Carbs: 44g, Fat: 16g, Fiber: 5.5g, Sodium: 230mg, Sugar: 6g



PICKLED PEPPER TUNA & FARRO SALAD BOWL

 **Servings:** 4  **Prep:** 10 min  **Cook:** 20 min

Ingredients:

- 1 cup pearled farro (dry) (yields ~3 cups cooked)
- 4 cans canned tuna in water (5 oz each, drained)
- 2 medium bell peppers, thinly sliced (any colors)
- 1 small red onion, thinly sliced
- 1/2 cup apple cider vinegar
- 3 tbsp lemon juice (divided)
- 3 tbsp extra-virgin olive oil
- 1 cup cucumber, diced
- 1/2 cup fresh parsley, chopped
- 1/4 cup walnuts, chopped
- 1/2 tsp black pepper (plus more to taste)
- greens swap (optional) (Use cauliflower rice instead of farro for lower carbs)

Directions:




1. Cook farro in a large pot of boiling water until tender, 15–20 min. Drain; spread to cool 5 min.
2. Quick pickle: Mix vinegar, 1/4 cup warm water, and 1 tbsp lemon. Add peppers/onion; toss. Rest 10 min; drain.
3. Whisk dressing: olive oil + remaining 2 tbsp lemon juice + black pepper.
4. Flake drained tuna in a large bowl.
5. Add cooled farro, cucumber, parsley, and drained pickled veg to the bowl.
6. Toss with dressing. Top with walnuts. Adjust lemon/pepper to taste. Serve room temp or chilled.

Nutritional Information:

Calories: 460, Protein: 34g, Carbs: 43g, Fat: 17g, Fiber: 8g, Sodium: 360mg, Sugar: 5g



MEDITERRANEAN SALMON-BULGUR BROCCOLI SALAD

 **Servings:** 4  **Prep:** 12 min  **Cook:** 15 min

Ingredients:

- 1 cup bulgur (dry)
- 4 cups broccoli florets (bite-size)
- 16 oz canned salmon (boneless/skinless) (drained)
- 4 cups baby spinach (chopped)
- 2 cups cucumber & cherry tomatoes (diced/halved)
- 1/4 cup red onion (thinly sliced)
- 1/2 cup fresh parsley & dill (chopped)
- 1/3 cup plain Greek yogurt
- 2 tbsp tahini
- 1.5 tbsp extra-virgin olive oil
- 1 ea lemon (zest + 3 tbsp juice)
- 1 ea garlic & black pepper (1 garlic clove + 1/2 tsp pepper)

Directions:

1. Bring 2 cups water to a boil. Add bulgur; reduce heat and simmer 10 min until tender. Drain if needed, fluff, cool.
2. Boil fresh water in same pot. Add broccoli; cook 2 min until crisp-tender. Drain, rinse cold, pat dry.
3. Blend yogurt, tahini, lemon zest/juice, garlic, olive oil, pepper + 2–3 tbsp water until creamy.
4. Rinse salmon under cool water to reduce sodium; drain well. Flake into bite-size pieces.
5. In a large bowl, combine spinach, bulgur, broccoli, cucumber/tomatoes, onion, and herbs.
6. Add salmon. Pour in half the dressing; toss gently to coat. Add more dressing to taste.
7. Divide into 4 bowls. Finish with a squeeze of lemon and pepper. Serve extra dressing on the side.

Nutritional Information:

Calories: 445, Protein: 33g, Carbs: 43g, Fat: 15.5g, Fiber: 12g, Sodium: 500mg, Sugar: 6g



LEMON-DILL CABBAGE BARLEY SALAD WITH EGGS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 3/4 cup barley, dry
- 6 cups cabbage, thinly shredded
- 2 cups shelled edamame (thawed)
- 8 large hard-boiled eggs
- 1 cup cucumber, thinly sliced
- 1/2 cup red onion, thinly sliced
- 1/2 cup fresh dill & parsley, chopped (total)
- 1.5 tbsp extra-virgin olive oil
- 1 large lemon (juice & zest)
- 1 clove garlic, grated (small)
- 2 tbsp pumpkin seeds



Directions:

1. Cook barley in boiling water until tender, 25–30 min; drain and rinse cool.
2. Whisk oil, lemon juice/zest, and garlic with half the dill/parsley to make dressing.
3. Add shredded cabbage to a large bowl; pour in half the dressing and massage 2–3 min until pliable.
4. Fold in edamame, cucumber, and onion; add barley and remaining dressing. Toss to coat.
5. Peel eggs, quarter lengthwise, and arrange on salad. Sprinkle pumpkin seeds and rest of herbs.
6. Let sit 5 min to meld flavors. Serve chilled or at room temp.



Nutritional Information:

Calories: 495, Protein: 30g, Carbs: 50g, Fat: 21g, Fiber: 13g, Sodium: 220mg, Sugar: 6g



MEDITERRANEAN SHRIMP COUSCOUS ROMAINE BOWL



Servings:
4



Prep:
15 min



Cook:
25 min



Ingredients:

- 1 lb shrimp, peeled & deveined
- 1 cup whole wheat couscous (dry)
- 8 cups romaine lettuce, chopped
- 3 cups tomatoes & red onion, cut for roasting
- 1 cup chickpeas, canned, rinsed
- 1 cup cucumber, diced
- 3 tbsp extra-virgin olive oil
- 1 lemon (zest + 3 tbsp juice)
- 2 cloves garlic, minced
- 1 tsp oregano, dried
- 2 tbsp feta, crumbled



Directions:

1. Heat oven to 425°F. On a sheet pan, toss tomatoes, red onion, and chickpeas with 1 tbsp oil, half the garlic, and oregano. Roast 12 min.
2. Add shrimp to pan; drizzle 1 tbsp oil and toss. Roast 6–8 min, until shrimp are opaque and veg caramelized. Cool 5 min.
3. Boil 1 cup water. Stir in couscous, cover off heat 5 min. Fluff with lemon zest.
4. Whisk lemon juice (3 tbsp) with remaining 1 tbsp oil and remaining garlic to make dressing.
5. In a large bowl, combine romaine and cucumber. Add couscous; toss with half the dressing.
6. Top with roasted shrimp, tomatoes, onion, and chickpeas. Drizzle remaining dressing.
7. Finish with feta. Serve warm or at room temp.



Nutritional Information:

Calories: 455, Protein: 34g, Carbs: 51g, Fat: 12g, Fiber: 12g, Sodium: 480mg, Sugar: 7g



SEAFOOD MAINS





SALMON QUINOA LEAF WRAPS WITH ASPARAGUS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 lb salmon fillets, skin-on
- 1 cup quinoa, dry (rinse)
- 1 lb asparagus, trimmed
- 8 leaves kale leaves (large, ribs trimmed)
- 3 cups broccoli florets, small (raw)
- 0.5 cup plain Greek yogurt
- 1 lemon (zest + 2 tbsp juice + wedges)
- 2 cloves garlic, minced
- 2 tbsp dill, chopped
- 4 tsp extra-virgin olive oil (divided)
- 1 tsp paprika
- 1 tsp salt & black pepper (total; divided)



Directions:

1. Rinse quinoa. Simmer in 2 cups water, covered, 15 min; rest 5, fluff.
2. Mix 2 tsp oil, garlic, paprika, lemon zest, 1/4 tsp salt, 1/4 tsp pepper. Rub on salmon.
3. Heat 2 tsp oil in nonstick skillet med-high. Sear salmon skin-side down 4–5 min; flip 2–3 min. Rest 3.
4. In same pan, sear asparagus with pinch salt/pepper 3–4 min until crisp-tender; add 1 tbsp lemon juice.
5. Stir yogurt, dill, 1 tbsp lemon juice, pinch salt/pepper; thin with 1–2 tsp water if needed.
6. Assemble 8 kale leaves: add quinoa, flake salmon, asparagus pieces, and raw broccoli. Drizzle yogurt sauce.
7. Wrap leaves and serve 2 per person with lemon wedges.



Nutritional Information:

Calories: 520, Protein: 35g, Carbs: 44g, Fat: 21g, Fiber: 9g, Sodium: 460mg, Sugar: 5g



CITRUS-SPICED COD OPEN-FACED TACOS



Servings:
4



Prep:
15 min



Cook:
45 min



Ingredients:

- 1.5 lb cod fillets, skinless
- 2/3 cup brown rice (dry)
- 4 ea low-carb whole wheat tortillas (6 in)
- 12 oz green beans, trimmed
- 2 tbsp extra-virgin olive oil
- 2 ea limes (zest & juice)
- 2 ea garlic cloves, minced
- 2.5 tsp ground cumin & paprika (1.5 tsp cumin + 1 tsp paprika)
- 1/2 cup plain Greek yogurt
- 1 ea avocado, sliced
- 1 cup cherry tomatoes, halved
- 2 ea scallions



Directions:

1. Cook rice: Rinse 2/3 cup rice; simmer in 1 1/4 cups water, covered, 40 min (or pressure cook 20 min, natural release 5). Rest 5, then fluff with 1 tbsp lime juice.
2. Whisk crema: yogurt + 1 tbsp lime juice + 1/4 tsp cumin. Chill.
3. Season cod: pat dry; toss with 1 tbsp oil, lime zest, 1 clove minced garlic, 1 1/4 tsp cumin + 3/4 tsp paprika. Marinate 10 min.
4. Toss beans & tomatoes with 1 tbsp oil, 1/4 tsp paprika. Heat grill to med-high (400–450°F).
5. Grill beans 6–8 min, turning; add tomatoes last 2 min. Chop beans bite-size. Warm tortillas 30 sec/side.
6. Oil grates. Grill cod 3–4 min/side to 135°F; rest 2 min, then flake.
7. Assemble 4 open-faced tacos: tortilla + 1/2 cup rice + veg + cod + avocado + scallions + crema + lime squeeze. Serve.



Nutritional Information:

Calories: 515, Protein: 41g, Carbs: 52g, Fat: 17g, Fiber: 15g, Sodium: 480mg, Sugar: 6g



MEDITERRANEAN STEAMED HADDOCK BOWLS WITH PEPPERS & FARRO



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.5 lb haddock fillets, skinless (about 4 fillets)
- 1 cup farro, dry (rinsed)
- 3 large bell peppers, mixed colors, thin-sliced
- 2 cups zucchini, thin-sliced
- 3 cloves garlic, thin-sliced
- 1 whole lemon (zest and juice)
- 3 tbsp extra-virgin olive oil
- 0.25 cup parsley, chopped
- 1 tsp black pepper (divided)
- 1 tsp paprika
- 0.33 cup olives, pitted, sliced



Directions:

1. Heat oven to 400°F. Rinse farro; simmer in 3 cups water until tender, 20–25 min. Drain.
2. In a 9x13 dish, toss peppers, zucchini, garlic with 1 tbsp oil, half the lemon zest/juice, paprika, 1/2 tsp pepper. Add 1/2 cup water.
3. Lay haddock over veggies. Rub with remaining zest/juice, 1 tbsp oil, and 1/2 tsp pepper. Cover dish tightly (lid or foil).
4. Bake covered 15–18 min until fish flakes and is 140–145°F; uncover 2 min if you want the surface drier.
5. Toss drained farro with 1 tbsp oil and parsley; fluff.
6. Fold olives into the hot vegetables. Divide farro among 4 bowls; top with steamed veggies and haddock. Spoon pan juices over.
7. For meal prep, cool bowls, cover, and refrigerate up to 3 days. Reheat gently.



Nutritional Information:

Calories: 460, Protein: 38g, Carbs: 42g, Fat: 13g, Fiber: 8g, Sodium: 420mg, Sugar: 7g



LEMON-DILL TILAPIA SOUP WITH LEEKS AND WILD RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.25 lb tilapia fillets (4 fillets)
- 1 cup wild rice, dry
- 2 leeks (thinly sliced)
- 3 cloves garlic (minced)
- 4 cups broccoli florets (chopped)
- 2 cups kale (chopped)
- 1 lemon (zest + juice)
- 2 tbsp fresh dill (chopped)
- 4 tbsp extra-virgin olive oil
- 1/2 tsp black pepper (plus more to taste)
- 6 cups water



Directions:

1. Rinse rice. Instant Pot: 1 cup rice + 1 1/4 cups water, High 25 min, 10-min natural release. Stovetop: 1 cup rice + 3 cups water; simmer covered 40-45 min.
2. Heat broiler to High; oil a sheet pan. Pat tilapia dry; rub with 1 tbsp oil, half the dill, lemon zest, and pepper.
3. Broil 6 in from heat 6-8 min until opaque and flaky (130-135°F). Rest 3 min; flake into large pieces.
4. In a large pot, warm 1 tbsp oil. Sauté sliced leeks and minced garlic 4-5 min until soft, not browned.
5. Add broccoli, kale, 6 cups water, and lemon juice; simmer 8-10 min until veg are tender-crisp.
6. Stir in remaining dill and 2 tbsp oil; adjust pepper and lemon to taste.
7. To serve, place 2/3 cup cooked wild rice in each bowl. Ladle about 1 1/2 cups hot broth/veg; top with broiled tilapia.



Nutritional Information:

Calories: 465, Protein: 37g, Carbs: 41g, Fat: 17g, Fiber: 6.5g, Sodium: 180mg, Sugar: 7g



PAPRIKA-LEMON SHRIMP PACKETS WITH BARLEY & PEPPERS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.5 lb shrimp, peeled & deveined (large)
- 0.75 cup pearl barley (dry)
- 3 cup bell peppers, sliced (mixed colors)
- 1 cup yellow onion, sliced
- 3 clove garlic, minced
- 3 tbsp extra-virgin olive oil
- 1 ea lemon (zest + 2 tbsp juice)
- 1 tsp paprika
- 0.5 tsp black pepper (freshly ground)
- 0.25 cup slivered almonds
- 0.25 cup fresh parsley, chopped



Directions:

1. Heat oven to 425°F. Line a rimmed sheet pan. Cut four 12x16-in parchment sheets.
2. Boil 2 1/2 cups water. Add barley; simmer 25 min until tender. Drain; cover.
3. Toss shrimp with 1 tbsp oil, lemon zest, half the garlic, paprika, and black pepper.
4. Toss peppers and onion with 1 1/2 tbsp oil, remaining garlic, and 1 tbsp lemon juice.
5. Divide veg on parchment; top with shrimp. Drizzle 1 tbsp lemon juice. Fold into tight packets (en papillote).
6. Set packets on sheet pan; roast 12–14 min until shrimp are opaque (120–125°F).
7. Stir parsley, almonds, and remaining 1/2 tbsp oil into barley. Open packets; pour juices over barley. Serve.



Nutritional Information:

Calories: 460, Protein: 40g, Carbs: 41g, Fat: 14.5g, Fiber: 9g, Sodium: 420mg, Sugar: 6g



COASTAL MUSSEL & ASPARAGUS RICE BOWL, LEMON-DILL



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 4 lb mussels, scrubbed & debearded
- 1 cup brown rice (dry)
- 1 1/4 cups water (for pressure cooker rice)
- 1.5 lb asparagus, trimmed
- 1 cup cherry tomatoes, halved
- 3 tbsp extra-virgin olive oil
- 1 large lemon, zested & juiced
- 2 cloves garlic, grated
- 2 tbsp fresh dill, chopped
- 1/2 cup plain Greek yogurt
- 1/2 tsp black pepper
- 1/2 cup slivered almonds



Directions:

1. Rinse rice. Pressure cook rice + 1 1/4 cups water on High 20 min; natural release 10. Stovetop: simmer with 2 cups water 45 min, covered. Fluff.
2. Heat grill to med-high (450°F). Toss asparagus + tomatoes with 1 tbsp oil and 1/4 tsp pepper.
3. Toss mussels with 1 tbsp oil, lemon zest, 1 grated garlic clove, and 1/4 tsp pepper.
4. Grill asparagus (basket or across grates) 6–8 min, turning once. Grill mussels in basket/foil pan, lid on, 5–8 min until open; discard any shut.
5. Whisk yogurt, 2 tbsp lemon juice, dill, 1 grated garlic clove, and 2 tsp oil; thin with 1–2 tsp water if needed.
6. Divide rice (2/3 cup each) into 4 bowls. Add grilled asparagus + tomatoes (about 1–1.5 cups veg per bowl). Top with 8–10 mussels.
7. Drizzle ~2 tbsp sauce per bowl; sprinkle 2 tbsp almonds. Finish with extra lemon juice to taste.







Nutritional Information:

Calories: 540, Protein: 39g, Carbs: 51g, Fat: 20g, Fiber: 9g, Sodium: 560mg, Sugar: 6g



CITRUS HERB HALIBUT, ASPARAGUS SPAGHETTI + PARFAIT

 **Servings:**  **Prep:**  **15 min** **Cook:**  **30 min**

 **Ingredients:**

- 1.25 lb halibut fillets, skinless
- 8 oz whole wheat spaghetti
- 1 lb asparagus, trimmed
- 2 tbsp extra-virgin olive oil
- 1 ea lemon
- 2 cloves garlic, minced
- 1 1/4 cup plain Greek yogurt (divided)
- 1/3 cup fresh dill & parsley, chopped
- 1/2 tsp black pepper
- 1/2 cup pomegranate arils
- 1/4 cup pistachios, chopped (unsalted)

 **Directions:**





1. Heat oven to 425°F. On a sheet pan, toss asparagus with 1 tbsp oil, half the garlic, and 1/4 tsp pepper; spread. Place halibut in center; brush with 1 tbsp oil and lemon zest.
2. Bake 10–14 min, to 130–135°F internal and tender-crisp spears. Meanwhile, boil spaghetti in unsalted water to al dente; reserve 1/2 cup water, drain.
3. Whisk 1/2 cup yogurt, 2 tbsp lemon juice, remaining garlic, 2 tbsp herbs, and 2–3 tbsp hot pasta water until glossy. Season with remaining pepper.
4. Slice half the asparagus into 1-in pieces. Toss spaghetti with yogurt sauce and chopped asparagus; fold in 2 tbsp herbs.
5. Plate twirled spaghetti; top each with halibut. Squeeze any remaining lemon juice over fish; sprinkle remaining herbs.
6. Parfait: Layer 1/4 cup yogurt, 2 tbsp pomegranate, and 1 tbsp pistachios per serving in small glasses; chill or serve immediately.

 **Nutritional Information:**

Calories: 535, Protein: 47g, Carbs: 56.5g, Fat: 14g, Fiber: 9.5g, Sodium: 170mg, Sugar: 7g



LEMON-DILL POACHED TUNA MEAL PREP BOX

 **Servings:**  **Prep:**  **15 min** **Cook:**  **30 min**

 **Ingredients:**

- 1 lb tuna steaks (cut in 4 pieces)
- 1 cup whole wheat couscous (dry)
- 1 lb green beans (trimmed)
- 2 medium oranges (peeled, segmented)
- 1/2 cup shelled pistachios (unsalted)
- 1/2 cup plain Greek yogurt
- 1 each lemon (zest + 4 slices)
- 2 cloves garlic
- 1/4 cup fresh dill (chopped; reserve stems)
- 1 tbsp extra-virgin olive oil
- 1/2 tsp black pepper

 **Directions:**

1. In a saucepan, add 6 cups water, lemon slices + zest, garlic, dill stems, and pepper. Bring to a bare simmer.
2. Slide in tuna. Poach at a bare simmer 6–8 min to 125–130°F (medium). Transfer to a plate; tent loosely.
3. In the same liquid, add green beans; cook 3–4 min until crisp-tender. Lift out; rinse under cold water; pat dry.
4. Put couscous in a heatproof bowl with olive oil. Ladle 1 1/4 cups hot poaching liquid over. Cover 5 min, then fluff.
5. Stir yogurt with 1 tbsp lemon juice, 1 tbsp chopped dill, and a pinch of pepper.
6. Peel and segment oranges; blot dry to keep nuts crisp.
7. Pack 4-compartment boxes: tuna + yogurt; green beans; couscous; orange topped with pistachios. Chill up to 3 days.

 **Nutritional Information:**

Calories: 515, Protein: 42g, Carbs: 55g, Fat: 14g, Fiber: 11g, Sodium: 180mg, Sugar: 10g



COASTAL LEMON-LEEK SCALLOPS OVER QUINOA



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 cup quinoa, dry (rinsed)
- 2 cups water
- 1.5 lb scallops (large, patted dry)
- 2 large leeks (thinly sliced)
- 3 cups broccoli florets (small)
- 2 cloves garlic (minced)
- 1 lemon (zest and 2 tbsp juice)
- 2 tbsp avocado oil (divided)
- 1 tbsp unsalted butter (divided)
- 1 tsp black pepper (divided)
- 2 tbsp parsley (chopped)



Directions:

1. Rinse quinoa. In 12" skillet, add quinoa + 2 cups water; boil, cover, simmer 15 min. Fluff, transfer to bowl; wipe skillet dry.
2. Pat scallops dry; season with black pepper. Heat skillet med-high; add 1 tbsp oil.
3. Sear scallops 2–3 min/side until browned and just opaque. Transfer to plate; tent loosely.
4. Lower heat to med; add 1 tbsp oil. Sauté leeks, broccoli, and garlic 3–4 min, adding 2–3 tbsp water to steam-tender.
5. Stir in lemon zest + 2 tbsp juice; simmer 30 sec. Off heat, swirl in butter + parsley to form light sauce.
6. Return scallops to pan 30–60 sec to warm; spoon some sauce over.
7. Divide quinoa among 4 plates; top with leeks/broccoli and scallops. Spoon remaining sauce over. Serve with extra parsley/lemon.



Nutritional Information:

Calories: 470, Protein: 38g, Carbs: 44g, Fat: 14g, Fiber: 7g, Sodium: 420mg, Sugar: 5g



LEMON-PARSLEY CLAM & FARRO JAR SALADS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 5 lb Live littleneck clams, scrubbed
- 3/4 cup Farro (dry)
- 12 oz Green beans, trimmed, cut 1-in
- 2 cups Cherry tomatoes, halved
- 4 cups Baby spinach (loosely packed)
- 3 tbsp Extra-virgin olive oil
- 1/2 cup Plain Greek yogurt
- 1 Lemon, zested & juiced (zest 1 tsp, juice 3 tbsp)
- 1 clove Garlic, minced (small)
- 1/4 cup Fresh parsley, chopped
- 1/2 tsp Black pepper
- 1/4 tsp Red pepper flakes (optional)



Directions:

1. In large pot, simmer 1 cup water with 2 lemon slices. Add clams; cover and steam 6–8 min until open. Discard any closed; cool.
2. Remove clam meats; chop bite-size. Rinse pot and fit steamer basket.
3. Steam green beans 4–5 min until crisp-tender; rinse under cold water; drain well.
4. Cook farro in a saucepan of boiling water 20–25 min until tender; drain; cool.
5. Whisk yogurt, olive oil, lemon juice/zest, parsley, garlic, pepper, and flakes.
6. Divide dressing among 4 quart jars (2 tbsp each). Layer 1/2 cup farro, 3/4 cup beans, 1/2 cup tomatoes, 4 oz clams, then 1 cup spinach.
7. Seal; chill up to 3 days. To serve, shake to coat and pour into a bowl, or toss in the jar.



Nutritional Information:

Calories: 420, Protein: 34g, Carbs: 42g, Fat: 13g, Fiber: 9g, Sodium: 350mg, Sugar: 7g



CHARRED PEPPER CRAB WRAPS WITH WILD RICE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 20 oz lump crab meat (picked over; rinse if canned)
- 4 cups cooked wild rice
- 3 cups bell peppers (red/yellow, sliced)
- 1 cup plain Greek yogurt
- 1 large avocado (diced)
- 12 leaves romaine lettuce leaves (crisp)
- 3 stalks scallions (thinly sliced)
- 1 lemon (zest + 2 tbsp juice)
- 1 tbsp extra-virgin olive oil (divided)
- 1/2 tsp Old Bay seasoning
- 1/2 tsp black pepper
- 2 tbsp dill or parsley (chopped)



Directions:

1. Set rack 6 in from heat; heat broiler. Toss peppers with 2 tsp oil on a sheet pan; broil 6–8 min, turning, until blistered. Cool; chop.
2. In a bowl, whisk yogurt, lemon zest and 2 tbsp juice, Old Bay, black pepper, and dill.
3. Fold in crab (well drained), wild rice, scallions, chopped peppers, and avocado until just combined.
4. Spread mixture on the sheet pan; broil 2–3 min to warm and lightly brown. Do not overcook.
5. Separate 12 crisp romaine leaves.
6. Spoon filling into leaves (3 per serving). Drizzle remaining 1 tsp oil over wraps and serve at once.



Nutritional Information:

Calories: 465, Protein: 39g, Carbs: 49g, Fat: 13g, Fiber: 9g, Sodium: 560mg, Sugar: 6g



CITRUS MAHI-MAHI OPEN TACOS WITH LEEK SPAGHETTI



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.25 lb mahi-mahi fillets
- 4 oz whole wheat spaghetti (dry)
- 2 cups leeks, thin-sliced (white/light green)
- 2 cups bell peppers, sliced (mixed colors)
- 4 each whole wheat tortillas (6-in)
- 1/2 cup plain Greek yogurt (nonfat)
- 1 medium avocado, sliced
- 1 each lime (zest + juice)
- 2 tbsp extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tsp each ground cumin, paprika, black pepper
- 1/4 cup fresh parsley, chopped



Directions:

1. Heat oven to 425°F. Bring a pot of water to boil. Line a sheet pan.
2. Toss leeks, peppers, garlic with 1 tbsp oil + half the spices. Spread on pan; bake 10 min.
3. Cook spaghetti until al dente (7–9 min); drain.
4. Pat fish dry; rub with 1 tbsp oil, lime zest, remaining spices. Add to pan; bake 10–12 min to 140–145°F.
5. Toss pasta with 2 tbsp lime juice, 2 tbsp yogurt, half the parsley, and 1 cup roasted veg.
6. Stir remaining yogurt with 1 tsp lime juice + pinch pepper. Warm tortillas on oven rack 2–3 min.
7. Flake fish. Build 4 open-faced tacos: tortilla, 1/2 cup pasta slaw, fish, extra veg, avocado, yogurt sauce.



Nutritional Information:

Calories: 550, Protein: 40g, Carbs: 57g, Fat: 18g, Fiber: 11g, Sodium: 420mg, Sugar: 8g



CITRUS-DILL POACHED TROUT & ASPARAGUS COUSCOUS BAKE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 20 oz trout fillets (4 skin-on pieces)
- 1 cup whole wheat couscous (dry)
- 5 cups asparagus & broccoli florets (mix: 1 lb asparagus + 3 cups broccoli)
- 1.5 cups cherry tomatoes (halved)
- 1 large lemon (zest + juice; add slices for poach)
- 2 tbsp fresh dill (chopped, divided)
- 2 cloves garlic (minced)
- 1 tbsp extra-virgin olive oil
- 1/2 tsp black pepper (to taste)
- 6 cups water (for poaching + couscous)



Directions:

1. Heat oven to 425°F. Bring 6 cups water to a bare simmer in a large pot; zest and juice the lemon.
2. On a sheet pan, toss asparagus, broccoli, tomatoes, garlic, 1/2 the zest, oil, and pepper. Bake 15–18 min until tender.
3. In a bowl, pour 1 1/4 cups boiling water over couscous; cover 5 min, then fluff. Stir in baked veg, 1 tbsp dill, and 1 tbsp lemon juice.
4. To the pot, add remaining zest, lemon slices, and juice. Slide in trout; keep 170–180°F. Poach 8–10 min to 125°F internal.
5. Portion couscous-veg into 4 bowls/containers. Top with trout; spoon a little poaching liquid over. Finish with remaining dill.



Nutritional Information:

Calories: 450, Protein: 36g, Carbs: 45g, Fat: 14g, Fiber: 10g, Sodium: 220mg, Sugar: 7g



LEMON-DILL SARDINE BROTH WITH BARLEY



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.5 lb sardines, cleaned (heads off, gutted)
- 3/4 cup barley, dry
- 5 cup green beans, trimmed (cut 1–2 in)
- 9 cup water
- 1 each lemon (half sliced; zest & juice reserved)
- 3 clove garlic (2 sliced, 1 minced)
- 1 each shallot (thinly sliced)
- 2 tbsp dill, fresh (chopped; use stems in packets)
- 2 tbsp extra-virgin olive oil
- 1/2 tsp black pepper
- 1/4 tsp red pepper flakes (optional heat)
- 2 tbsp parsley, chopped



Directions:

1. Heat oven to 400°F. On 2 parchment sheets, add sardines, 1 tbsp oil, 1/2 lemon (sliced), 1 minced garlic clove, dill stems, pepper. Seal packets (en papillote). Bake 12–14 min, till flaky.
2. Rinse barley. In a large pot, boil 3 cups water; add barley, reduce heat, simmer 25 min until tender. Drain; reserve barley. Rinse pot.
3. Add 1 tsp oil to pot; sauté shallot + 2 sliced garlic cloves 2 min. Add 6 cups water, lemon zest, black and red pepper. Simmer 8 min.
4. Add green beans; simmer 4–5 min until crisp-tender. Stir in lemon juice and chopped dill.
5. Open packets; flake sardines and remove any large bones. Pour packet juices into the pot.
6. To serve, place 1/2 cup cooked barley in each bowl. Ladle ~1.5 cups hot broth/beans over. Top with sardines; finish with parsley and pepper.



Nutritional Information:

Calories: 450, Protein: 32g, Carbs: 38g, Fat: 19g, Fiber: 8g, Sodium: 200mg, Sugar: 6g



LOWCOUNTRY SHRIMP AND GRITS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1 cup stone-ground grits
- 3 cup water
- 1 cup whole milk
- 3 tbsp unsalted butter
- to taste kosher salt & black pepper
- 6 oz thick-cut bacon
- 1.5 lb large shrimp, peeled/deveined
- 1 cup yellow onion, small dice
- 3 cloves garlic, minced
- 1 lemon (zest + juice)
- 4 tsp hot sauce + Worcestershire (2 tsp each)
- 3 each scallions, sliced



Directions:

1. Bring water and milk to simmer. Whisk in grits, 1 tsp salt. Reduce heat; cook, stirring, 20–25 min until creamy. Stir in 2 tbsp butter, pepper; keep warm.
2. In a large skillet, cook bacon over medium heat until crisp, 7–9 min. Transfer to plate; crumble. Reserve 2 tbsp drippings in skillet.
3. Add onion to drippings; sauté 4–5 min until translucent. Add garlic; cook 30 sec. Season shrimp with salt and pepper.
4. Push onion aside; add shrimp in a single layer. Cook 1–2 min per side until just pink; remove to plate.
5. Return bacon to pan with onion. Add lemon zest and juice, hot sauce + Worcestershire, and 2–3 tbsp water; simmer 1 min.
6. Return shrimp to skillet; toss in sauce 30 sec. Taste and adjust salt, pepper, heat, or lemon.
7. Spoon grits into bowls; top with shrimp, pan sauce, and bacon. Scatter scallions; dot with remaining 1 tbsp butter. Serve hot.



Nutritional Information:

Calories: 660, Protein: 40g, Carbs: 42g, Fat: 26g, Fiber: 1g, Sodium: 1100mg, Sugar: 5g



CITRUS HERB COD, GREEN BEANS & BROWN RICE BAKE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.5 lb cod fillets, skinless
- 3 cups cooked brown rice
- 1 lb green beans, trimmed
- 2 cups grape or cherry tomatoes, halved
- 3 tbsp extra-virgin olive oil
- 3 cloves garlic, minced
- 1 tsp paprika
- 0.75 tsp black pepper
- 2 tbsp lemon juice (from 1 lemon)
- 0.25 cup slivered almonds
- 0.25 cup fresh parsley, chopped



Directions:

1. Heat oven to 425°F. Line a rimmed sheet pan. Spread cooked brown rice with 1 tbsp oil; bake 8 min to dry.
2. In a bowl, toss green beans and tomatoes with 1 tbsp oil, garlic, paprika, and 1/4 tsp pepper.
3. Push rice to one side of pan. Spread veggies on the other; make 4 spaces for fish.
4. Pat cod dry. Brush with 1 tbsp oil, 1/2 tsp pepper, and 1 tbsp lemon juice. Nestle fillets on pan.
5. Bake 10 min. Spoon remaining 1 tbsp lemon juice over fish. Scatter almonds over beans. Bake 2–4 min until cod flakes (145°F).
6. Sprinkle parsley. Rest 2 min; fluff rice and gently toss vegetables with pan juices.
7. Serve a fillet over rice with beans and tomatoes on the side.



Nutritional Information:

Calories: 487, Protein: 38g, Carbs: 50g, Fat: 15g, Fiber: 8.5g, Sodium: 180mg, Sugar: 6g



SUNNY LEMON SALMON, QUINOA & SPINACH SKILLET



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.25 lb salmon fillets, skin-on (4 pieces)
- 1 cup quinoa, rinsed
- 1 tbsp extra-virgin olive oil
- 3 cloves garlic, minced
- 1 small shallot, minced
- 10 cups baby spinach
- 2 cups broccoli florets (bite-size)
- 2 cups cherry tomatoes, halved
- 1 large lemon (zest + 2 tbsp juice)
- 1 tsp black pepper (divided)
- 1/4 cup dill & parsley, chopped
- 2 cups water



Directions:

1. Rinse quinoa. Pat salmon dry. Season with 1/2 tsp pepper, lemon zest, and 1 clove garlic.
2. Heat oil in large lidded skillet over med-high. Pan-sear salmon skin-side down 4–5 min; flip 1 min. Transfer to plate.
3. Reduce to med. Add shallot and remaining garlic; sauté 30 sec. Stir in quinoa; toast 1 min.
4. Add water, lemon juice, and remaining pepper. Bring to a boil; cover and simmer 12 min.
5. Stir in broccoli and tomatoes. Cover 3 min to steam until crisp-tender.
6. Pile spinach on top; cover 2–3 min to wilt. Fluff quinoa and veg together.
7. Nestle salmon over quinoa; cover 2–3 min off heat to finish (125–130°F). Sprinkle dill & parsley; serve with lemon.



Nutritional Information:

Calories: 520, Protein: 39g, Carbs: 36g, Fat: 24g, Fiber: 8g, Sodium: 200mg, Sugar: 6g



CITRUS HERB COD, GREEN BEANS & BROWN RICE BAKE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1.5 lb cod fillets, skinless
- 3 cups cooked brown rice
- 1 lb green beans, trimmed
- 2 cups grape or cherry tomatoes, halved
- 3 tbsp extra-virgin olive oil
- 3 cloves garlic, minced
- 1 tsp paprika
- 0.75 tsp black pepper
- 2 tbsp lemon juice (from 1 lemon)
- 0.25 cup slivered almonds
- 0.25 cup fresh parsley, chopped



Directions:

1. Heat oven to 425°F. Line a rimmed sheet pan. Spread cooked brown rice with 1 tbsp oil; bake 8 min to dry.
2. In a bowl, toss green beans and tomatoes with 1 tbsp oil, garlic, paprika, and 1/4 tsp pepper.
3. Push rice to one side of pan. Spread veggies on the other; make 4 spaces for fish.
4. Pat cod dry. Brush with 1 tbsp oil, 1/2 tsp pepper, and 1 tbsp lemon juice. Nestle fillets on pan.
5. Bake 10 min. Spoon remaining 1 tbsp lemon juice over fish. Scatter almonds over beans. Bake 2–4 min until cod flakes (145°F).
6. Sprinkle parsley. Rest 2 min; fluff rice and gently toss vegetables with pan juices.
7. Serve a fillet over rice with beans and tomatoes on the side.



Nutritional Information:

Calories: 487, Protein: 38g, Carbs: 50g, Fat: 15g, Fiber: 8.5g, Sodium: 180mg, Sugar: 6g



SNACKS



RANCH YOGURT DIP WITH VEGGIE STICKS & AVOCADO



Servings:
4



Prep:
15 min



Cook:
0 min



Ingredients:

- 1 cup plain Greek yogurt, nonfat
- 2 tsp lemon juice
- 1 tsp dried dill (or 1 tbsp fresh)
- 1 tsp dried chives or parsley (or 1 tbsp fresh)
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp fine sea salt
- 1/8 tsp black pepper (freshly ground)
- 4 cups mixed veggie sticks (carrot, bell pepper, cucumber, celery)
- 1 each ripe avocado (medium, pitted, sliced (CKD: omit or reduce))



Directions:

1. Whisk yogurt, lemon juice, dill, chives, onion powder, garlic powder, salt, and pepper in a bowl until smooth.
2. Slice carrots, bell pepper, cucumber, and celery into sticks (4 cups total).
3. Halve, pit, and slice the avocado.
4. Serve 1/4 cup dip with 1 cup veggie sticks and 1/4 avocado per person.
5. Refrigerate dip up to 3 days; cut avocado just before serving to avoid browning.



Nutritional Information:

Calories: 130, Protein: 7g, Carbs: 12g, Fat: 6g, Fiber: 5g, Sodium: 200mg, Sugar: 6g



CARROT-STUFFED SPROUTED BREAD CUPS



Servings:
4



Prep:
10 min



Cook:
5 min



Ingredients:

- 2 slices sprouted grain bread
- 1 cup cottage cheese (low-fat)
- 16 sticks carrot sticks (about 1 cup)
- 1 tsp extra-virgin olive oil
- 1 tsp lemon zest
- 2 tbsp dill & chives, chopped
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika
- 2 tbsp chia seeds
- 2 tbsp pumpkin seeds



Directions:

1. Heat broiler. Brush 1 tsp oil over both bread slices; tear each in half and press into 4 muffin cups to form shells.
2. Broil 2–3 min until crisp and browned at edges; cool 1 min.
3. In a bowl, mix cottage cheese, lemon zest, dill & chives, black pepper, smoked paprika, and chia seeds.
4. Divide cottage mixture among warm bread cups, packing gently.
5. Stuff 4 carrot sticks upright into each cup; sprinkle pumpkin seeds.
6. Optional: Return to broiler 30–60 sec to warm; serve at once.



Nutritional Information:

Calories: 200, Protein: 11g, Carbs: 17g, Fat: 9g, Fiber: 6g, Sodium: 230mg, Sugar: 4g



CINNAMON BERRY YOGURT CRUNCH CUPS



Servings:
4



Prep:
10 min



Cook:
0 min



Ingredients:

- 2 cups plain Greek yogurt, 2%
- 2 cups mixed berries (strawberries, blueberries, raspberries)
- 4 tbsp walnuts, chopped
- 4 tsp chia seeds
- 1 tsp ground cinnamon
- 1 tsp vanilla extract



Directions:

1. Whisk yogurt, cinnamon, and vanilla in a bowl until smooth.
2. Divide yogurt into 4 small bowls (about 1/2 cup each).
3. Top each with 1/2 cup mixed berries.
4. Sprinkle 1 tbsp walnuts and 1 tsp chia over each cup.
5. Let stand 5 min so chia softens slightly; serve.



Nutritional Information:

Calories: 200, Protein: 13g, Carbs: 16g, Fat: 10g, Fiber: 5g, Sodium: 80mg, Sugar: 10g



ZA'ATAR LEMON CRUNCHY CHICKPEAS



Servings:
4



Prep:
8 min



Cook:
16 min



Ingredients:

- 30 oz chickpeas, no-salt-added, canned (drained, rinsed well)
- 1.5 tbsp extra-virgin olive oil
- 1 tbsp za'atar seasoning
- 0.25 tsp garlic powder
- 0.25 tsp kosher salt
- 0.125 tsp black pepper
- 1 lime lemon (zest + 1 tsp juice)



Directions:

1. Heat oven to 425°F (or air fryer to 400°F). Place rack in center.
2. Rinse chickpeas, drain in colander, then pat very dry with a towel for max crunch.
3. Toss chickpeas with oil, za'atar, garlic powder, salt, pepper, and lemon zest in a bowl.
4. Spread on sheet pan in one layer. Roast 16–20 min, shaking halfway (air fryer 12–14 min), till crisp.
5. Toss hot chickpeas with 1 tsp lemon juice. Cool 5 min to set crunch; serve warm or fully cooled.



Nutritional Information:

Calories: 205, Protein: 8.5g, Carbs: 28g, Fat: 8g, Fiber: 8g, Sodium: 180mg, Sugar: 4g



LEMON-DILL TUNA BROCCOLI GRILL FOLDS



Servings:
4



Prep:
10 min



Cook:
12 min



Ingredients:

- 2 packets tuna packets (low-sodium, 2.6 oz each)
- 4 pieces mini whole wheat tortillas
- 1 cup broccoli florets, finely chopped
- 0.25 cup plain Greek yogurt
- 0.25 cup reduced-fat cheddar, shredded
- 3 tbsp ground flaxseed
- 1 tsp lemon zest
- 1 tsp dill, chopped
- 0.25 tsp black pepper
- 1 tbsp avocado oil



Directions:

1. In a bowl, mix tuna, yogurt, lemon zest, dill, flax, and black pepper.
2. Heat grill pan over med heat; add 1 tsp oil. Shallow-fry chopped broccoli 2–3 min to soften; cool 1 min.
3. Fold broccoli into tuna mix.
4. Spread ~1/2 cup filling on half of each tortilla; top with 1 tbsp cheddar; fold to close.
5. Return pan to med heat; add remaining oil. Shallow-fry folds 2–3 min/side, pressing with spatula for grill-style marks.
6. Rest 1 min. Cut each in half. Serve warm.



Nutritional Information:

Calories: 260, Protein: 17g, Carbs: 24g, Fat: 11g, Fiber: 5g, Sodium: 360mg, Sugar: 3g



CLASSIC MUMBAI BHEL PURI



Servings:
4



Prep:
15 min



Cook:
0 min



Ingredients:

- 4 cup puffed rice
- 1 cup fine sev (crispy chickpea noodles) (plus extra to garnish)
- 1 cup boiled potato (small dice, cooled)
- 1/2 cup red onion (finely chopped)
- 1/2 cup tomato (seeded, chopped)
- 1/4 cup cilantro (chopped)
- 1/2 cup roasted peanuts
- 4 tbsp green chutney (cilantro-mint)
- 4 tbsp tamarind chutney (sweet-sour)
- 2 tsp chaat masala
- 1/2 tsp Kashmiri chili powder (mild heat)
- 2 tbsp lemon juice (fresh)



Directions:

1. In a large bowl, combine puffed rice, sev, potato, onion, tomato, and peanuts.
2. In a small bowl, whisk green chutney, tamarind chutney, lemon juice, chaat masala, and chili powder.
3. Just before serving, drizzle dressing over the mix. Toss briskly to coat without crushing.
4. Fold in cilantro. Taste and adjust chutneys or masala for tang, heat, and saltiness.
5. Portion into bowls. Top with extra sev and an extra squeeze of lemon if desired.
6. Serve immediately so the puffed rice stays light and crisp.



Nutritional Information:

Calories: 400, Protein: 9g, Carbs: 52g, Fat: 18g, Fiber: 5g, Sodium: 520mg, Sugar: 7g



ESQUITES: MEXICAN STREET CORN CUPS



Servings:
4



Prep:
10 min



Cook:
15 min



Ingredients:

- 4 cups corn kernels (fresh or frozen)
- 2 tbsp unsalted butter
- 1/2 cup white onion (finely chopped)
- 1 jalapeño (minced)
- 1 garlic clove (minced)
- 1 tbsp epazote (chopped (or cilantro))
- 4 tbsp mayonnaise
- 2 tbsp fresh lime juice
- 3 oz cotija cheese (crumbled)
- 1 tsp chile powder or Tajín
- 3/4 tsp kosher salt (to taste)
- 1/4 tsp black pepper (optional)



Directions:

1. Melt butter in a large skillet over med heat. Sauté onion and jalapeño with a pinch of salt until soft, 2–3 min.
2. Add corn; cook undisturbed to char, then stir; 6–8 min total. Add garlic; cook 30 sec.
3. Stir in epazote, salt, and pepper; cook 30 sec. Remove from heat.
4. In a bowl, whisk mayonnaise, lime juice, and chile powder until smooth.
5. Add hot corn to bowl; toss to coat. Fold in 2/3 of the cotija.
6. Taste; adjust salt, lime, or chile to balance creamy, tangy, and spicy.
7. Spoon into cups; top with remaining cotija and a pinch of chile. Serve warm.



Nutritional Information:

Calories: 380, Protein: 10g, Carbs: 35g, Fat: 25g, Fiber: 4g, Sodium: 760mg, Sugar: 7g



CRUNCHY TOFU-CUCUMBER BREAD WRAPS



Servings:
4



Prep:
15 min



Cook:
7 min



Ingredients:

- 4 slices sprouted grain bread (trim crusts, keep for crumbs)
- 8 oz marinated tofu cubes
- 1 cucumber (medium, thin ribbons)
- 1/3 cup plain Greek yogurt
- 1 tsp lemon zest
- 1 tbsp dill, chopped
- 1/4 tsp black pepper
- 2 tbsp almonds, finely chopped
- 2 tbsp ground flaxseed
- 1/4 tsp smoked paprika
- 1 tsp extra-virgin olive oil



Directions:

1. Trim crusts from bread; reserve for crumbs. Flatten slices with a rolling pin.
2. Mix yogurt, lemon zest, dill, and black pepper in a bowl.
3. Finely chop reserved crusts into crumbs; combine with almonds and smoked paprika.
4. Heat oil in skillet on med; toast crumb-nut mix, stirring, until crisp, 3–4 min. Cool.
5. Pat tofu cubes dry. Slice cucumber into thin ribbons or matchsticks.
6. Spread yogurt on each bread slice. Add cucumber, line tofu on one edge, sprinkle 2 tbsp toasted crumbs.
7. Roll tightly into wraps, seam down. Halve and serve.



Nutritional Information:

Calories: 205, Protein: 14g, Carbs: 20g, Fat: 8g, Fiber: 5g, Sodium: 350mg, Sugar: 2g



SMOKY BROCCOLI-EGG RICE CAKES, GRILLED-STYLE



Servings:
4



Prep:
12 min



Cook:
10 min



Ingredients:

- 4 large hard-boiled eggs (peeled)
- 4 cups broccoli florets (small pieces)
- 4 brown rice cakes
- 2 tsp avocado oil (divided)
- 0.25 cup plain Greek yogurt
- 2 tbsp tahini
- 1 lemon (zest 1 tsp + 2 tsp juice)
- 1 clove garlic (small, grated)
- 0.5 tsp smoked paprika
- 0.25 tsp black pepper
- 1 tbsp chives (chopped)



Directions:

1. Whisk yogurt, tahini, 2 tsp lemon juice, 1/2 tsp zest, and grated garlic in a small bowl. Reserve.
2. Toss broccoli with 1 tsp oil, remaining 1/2 tsp zest, smoked paprika, and black pepper.
3. Heat nonstick skillet with 1 tsp oil over med-high. Shallow-fry broccoli 5–6 min, turning, until crisp-tender with char. Set aside.
4. Heat grill pan on high. Press rice cakes 30–60 sec per side to get grill marks (dry, no oil).
5. Slice eggs. Spread 1 tbsp sauce on each cake; top with egg slices and a mound of broccoli.
6. Finish with chives and a squeeze of lemon if desired. Serve warm for a grilled-style snack.



Nutritional Information:

Calories: 230, Protein: 12g, Carbs: 17g, Fat: 12.5g, Fiber: 4g, Sodium: 150mg, Sugar: 3g



CHARRED CARROT BOATS STUFFED WITH EDAMAME-OAT MASH



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 1 lb carrot sticks (halve lengthwise; 3–4 in long)
- 1.5 cups shelled edamame (thawed)
- 1/2 cup rolled oats (or swap half with ground flax for fewer carbs)
- 1/4 cup plain Greek yogurt
- 1 tbsp tahini
- 2 tsp extra-virgin olive oil (divided)
- 1 tbsp lemon juice (plus 1/2 tsp zest)
- 1 clove garlic (small, minced)
- 2 tbsp fresh dill (chopped)
- 1/4 tsp black pepper



Directions:

1. Set oven to broil. Toss carrot sticks with 1 tsp oil; arrange cut side up on a baking sheet. Broil 6–8 min, turning once, until crisp-tender.
2. Pulse edamame, oats, yogurt, tahini, lemon juice + zest, garlic, dill, and pepper in a processor to a coarse mash.
3. Using a spoon, press a shallow channel into each warm carrot stick to form boats.
4. Spoon mash into the carrot boats, mounding slightly.
5. Broil stuffed boats 2–3 min to warm and lightly brown tops.
6. Cool 2 min and serve. Portion 4 stuffed boats per serving; add extra lemon if desired.



Nutritional Information:

Calories: 208, Protein: 11g, Carbs: 25g, Fat: 9g, Fiber: 8g, Sodium: 100mg, Sugar: 8g



CHICKPEA-STUFFED CARROT STICKS ON RICE CAKES



Servings:
4



Prep:
10 min



Cook:
10 min



Ingredients:

- 2 cups carrot sticks (thicker sticks if possible)
- 1 tbsp extra-virgin olive oil
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika
- 1/2 cup roasted chickpeas (unsalted if possible)
- 1/4 cup plain Greek yogurt
- 2 tsp tahini
- 1 small lemon (juiced (1 tbsp))
- 2 tbsp fresh dill (chopped)
- 1/4 tsp black pepper
- 4 each brown rice cakes



Directions:

1. Heat broiler; line sheet. Toss carrots with oil, cumin, paprika. Broil 6–8 min, turning once, until crisp-tender.
2. Mash chickpeas with yogurt, tahini, lemon juice, pepper, and 1 tbsp dill to a chunky spread.
3. Cool carrots 2 min. Halve thicker sticks lengthwise to form shallow boats.
4. Spoon chickpea spread into each carrot boat, pressing to stuff.
5. Smear a thin swipe of spread on each rice cake to anchor.
6. Arrange 3–4 stuffed sticks on each rice cake; top with remaining dill.
7. Serve warm or at room temp; add extra lemon if desired.



Nutritional Information:

Calories: 190, Protein: 6g, Carbs: 23g, Fat: 8g, Fiber: 5g, Sodium: 180mg, Sugar: 5g



CHARRED BROCCOLI PITA BITES WITH LEMON YOGURT



Servings:
4



Prep:
10 min



Cook:
12 min



Ingredients:

- 1 cup plain Greek yogurt (2% preferred)
- 1 ea lemon (zest + 1 tbsp juice)
- 2 tbsp fresh dill (chopped)
- 1 clove garlic (minced)
- 1 tbsp ground flaxseed
- 4 cup broccoli florets (small bite-size)
- 1.5 tbsp extra-virgin olive oil
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1 ea whole wheat pita (6-inch, cut into 8 wedges)



Directions:

1. Whisk yogurt, lemon zest + 1 tbsp juice, garlic, dill, flax, and a pinch of pepper in a bowl; chill.
2. Toss broccoli florets with 1 tbsp oil, cumin, smoked paprika, and black pepper to coat.
3. Heat a grill pan on med-high; add 1/2 tbsp oil. Shallow-fry broccoli in a single layer, pressing for grill marks, 5–7 min until crisp-tender.
4. Wipe pan. Add pita wedges to the hot dry pan; grill 30–60 sec/side until toasty with ridges.
5. Serve 1 cup broccoli and 2 pita wedges per person with lemon yogurt for dipping; squeeze extra lemon if desired.



Nutritional Information:

Calories: 165, Protein: 9g, Carbs: 18g, Fat: 7g, Fiber: 4g, Sodium: 180mg, Sugar: 4g



CITRUS-AVOCADO TURKEY STUFFED MINI TORTILLAS



Servings:
4



Prep:
12 min



Cook:
8 min



Ingredients:

- 4 mini whole wheat tortillas (4–5 in)
- 4 oz turkey slices (nitrate-free) (thin-sliced)
- 2 cups carrot sticks (thin 3-in sticks, divided)
- 1 medium avocado (ripe)
- 2 tsp lemon juice (fresh)
- 1 small clove garlic (minced)
- 2 tbsp cilantro (chopped)
- 1/4 tsp black pepper
- 1 tsp avocado oil (for brushing)



Directions:

1. In a bowl, mash avocado with lemon juice, garlic, cilantro, and pepper.
2. Heat grill pan over med-high or set broiler to high. Brush tortillas lightly with oil.
3. Spread 2 tbsp avocado mash on each tortilla.
4. Add 1 oz turkey and 1/4 cup carrot sticks to each; fold into half-moons, pressing edges.
5. Grill 2–3 min/side until marked and warm; or broil 2–3 min/side on a sheet, flipping once.
6. Rest 1 min; slice each stuffed tortilla in half. Serve with remaining carrot sticks.



Nutritional Information:

Calories: 230, Protein: 11g, Carbs: 23g, Fat: 9g, Fiber: 7g, Sodium: 360mg, Sugar: 4g



ZA'ATAR AIR-FRIED CHICKPEAS



Servings:
4



Prep:
10 min



Cook:
15 min



Ingredients:

- 15 oz no-salt-added chickpeas (canned; rinsed, well-dried)
- 1 tbsp extra-virgin olive oil
- 1.5 tsp za'atar (salt-free)
- 0.5 tsp smoked paprika
- 0.5 tsp ground cumin
- 1 tsp lemon zest (finely grated)
- 0.25 tsp kosher salt (or to taste)
- 0.125 tsp black pepper



Directions:

1. Preheat air fryer to 390°F (oven 425°F if baking).
2. Rinse chickpeas; drain well. Pat very dry with paper towels for max crisp.
3. In a bowl, toss chickpeas with oil, za'atar, paprika, cumin, lemon zest, salt, and pepper.
4. Air-fry in a single layer 12–15 min, shaking basket twice, until crisp and deep golden.
5. Cool 5 min to finish crisping. Taste and add a pinch more za'atar if needed; serve warm or room temp.



Nutritional Information:

Calories: 130, Protein: 5.3g, Carbs: 16.5g, Fat: 4.9g, Fiber: 4.6g, Sodium: 170mg, Sugar: 2.9g



DESSERTS



CINNAMON APPLE CRISP WITH OATS & ALMONDS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 2 medium apples (firm; peel optional)
- 1 tbsp lemon juice (fresh)
- 1 tsp ground cinnamon
- 3 tbsp granulated allulose or erythritol (to taste)
- 0.5 cup rolled oats (use certified GF if needed)
- 0.25 cup almond flour (blanched, fine)
- 2 tbsp chopped pecans (or walnuts)
- 1 tbsp extra-virgin olive oil
- 1 tsp vanilla extract
- 0.125 tsp salt (pinch)



Directions:

1. Heat oven to 375°F. Lightly oil an 8-in square baking dish.
2. Core and thinly slice apples. Toss with lemon, 1/2 tsp cinnamon, 1 tbsp sweetener, 1/2 tsp vanilla, and a pinch of salt. Spread in dish.
3. In a bowl, mix oats, almond flour, pecans, 2 tbsp sweetener, 1/2 tsp cinnamon, 1/2 tsp vanilla, and olive oil until clumpy.
4. Sprinkle crumble evenly over apples. Roast 25–30 min, until apples are tender and the top is golden.
5. Cool 5–10 min to set. Serve warm. Optional: top with 1–2 tbsp plain Greek yogurt (not in nutrition).



Nutritional Information:

Calories: 180, Protein: 3g, Carbs: 21g, Fat: 10g, Fiber: 4g, Sodium: 80mg, Sugar: 9g



ROASTED PEARS WITH WALNUT-OAT CRUMBLE & YOGURT



Servings:
4



Prep:
15 min



Cook:
20 min



Ingredients:

- 2 medium pears, Bosc or Anjou (ripe but firm)
- 1 tsp lemon juice
- 1 tsp ground cinnamon
- 1/2 tsp pure vanilla extract
- 2 tbsp allulose, granulated
- 1/3 cup old-fashioned rolled oats
- 1/3 cup walnuts, chopped
- 1 tbsp extra-virgin olive oil
- 1 cup plain 2% Greek yogurt
- 1/8 tsp kosher salt



Directions:

1. Heat oven to 400°F. Line a baking sheet with parchment.
2. Halve pears lengthwise; core. Place cut side up on sheet. Drizzle with lemon juice.
3. In a bowl, mix oats, walnuts, allulose, cinnamon, salt, vanilla, and olive oil until clumpy.
4. Spoon crumble evenly over pear cavities and tops; press lightly so it adheres.
5. Roast 18–22 min, until pears are tender when pierced and topping is browned.
6. Cool 5 min. Serve each pear half with 1/4 cup yogurt.



Nutritional Information:

Calories: 220, Protein: 8g, Carbs: 22g, Fat: 11g, Fiber: 4.5g, Sodium: 95mg, Sugar: 11g



CHERRY-OAT STRUDEL WRAPS



Servings:
4



Prep:
20 min



Cook:
20 min



Ingredients:

- 2 cups cherries, pitted and halved
- 1 cup rolled oats (divided)
- 3 tbsp ground flaxseed
- 1/2 cup plain Greek yogurt
- 1/2 cup 1% milk
- 3 tbsp monk fruit sweetener (granular)
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 1 tsp cinnamon
- 1/8 tsp sea salt (pinch)
- 1 tsp extra-virgin olive oil (for brushing)



Directions:

1. Heat oven to 375°F; line a baking sheet with parchment.
2. Blend 3/4 cup oats to flour. Mix with flax, yogurt, milk, and salt to a thin batter; rest 5 min.
3. Toss cherries with sweetener, vanilla, lemon zest, cinnamon, and remaining 1/4 cup oats.
4. Spread batter into four 6x8-in thin ovals on sheet; bake 6–7 min until set and pliable.
5. Spoon cherry mix along centers; roll seam-side down. Brush tops with oil; bake 10–12 min. Cool 5 min.



Nutritional Information:

Calories: 200, Protein: 8g, Carbs: 30g, Fat: 5g, Fiber: 5g, Sodium: 120mg, Sugar: 15g



NO-BAKE BLUEBERRY ALMOND CHEESECAKE CASSEROLE



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 1/2 cup almond flour
- 1 tbsp ground flaxseed
- 6 tbsp allulose (divided)
- 1 tsp avocado oil
- 1 pinch sea salt
- 2 oz light cream cheese, softened
- 1/2 cup cottage cheese (blended)
- 1 cup plain Greek yogurt
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 1 1/2 cups blueberries (divided)



Directions:

1. For crust: mix almond flour, flaxseed, 1 tbsp allulose, salt, and oil. Press firmly into an 8x8-in casserole dish.
2. Beat cream cheese with cottage cheese until smooth. Whisk in yogurt, 3 tbsp allulose, vanilla, and lemon zest.
3. Spread filling evenly over crust.
4. Cook 1 cup blueberries with 2 tbsp allulose in a small saucepan over low, 3–4 min, until saucy. Cool 10 min.
5. Stir in remaining 1/2 cup fresh berries; spread topping over filling.
6. Chill uncovered 30–60 min until set. Spoon or cut into 4 portions.






Nutritional Information:

Calories: 215, Protein: 12g, Carbs: 15g, Fat: 12g, Fiber: 3g, Sodium: 195mg, Sugar: 8g



FROZEN APPLE CRISP YOGURT BOWLS


Servings: 4
 
Prep: 15 min
 
Cook: 140 min

Ingredients:

- 2 medium apples (peeled, small dice)
- 1 tbsp lemon juice
- 1 tsp ground cinnamon
- 2 tbsp allulose (divided)
- 3/4 cup plain Greek yogurt
- 1 tsp vanilla extract
- 1/3 cup oat flour
- 2 tbsp almonds (finely chopped)
- 1 tbsp ground flaxseed
- 2 tsp coconut oil (melted)
- 1 pinch sea salt
- 1/2 tsp lemon zest (optional)

Directions:




1. In a skillet, cook diced apples with lemon juice, 1 tbsp allulose, cinnamon, and a pinch of salt over med heat 5–7 min, until tender and syrupy. Cool.
2. Spread apples on a sheet pan; freeze until solid, 2–3 hr.
3. For crumble, mix oat flour, almonds, flax, 1 tbsp allulose, and a pinch of salt. Stir in melted coconut oil to form small clumps.
4. Blend frozen apples with yogurt and vanilla until creamy, scraping bowl as needed.
5. Divide into 4 bowls. Top with crumble and lemon zest. Serve immediately.

Nutritional Information:

Calories: 170, Protein: 6g, Carbs: 23g, Fat: 6g, Fiber: 4g, Sodium: 70mg, Sugar: 11g



RASPBERRY-STUFFED BAKED APPLES WITH WHIPPED YOGURT


Servings: 4
 
Prep: 15 min
 
Cook: 30 min

Ingredients:

- 2 medium apples (halved, cored)
- 1 cup raspberries (fresh)
- 1/4 cup white whole wheat flour
- 2 tbsp ground flaxseed
- 2 tbsp walnuts (chopped)
- 3 tbsp granular erythritol/monk fruit (divided)
- 1 tsp cinnamon
- 2 tsp avocado oil
- 2/3 cup plain Greek yogurt
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 1 pinch sea salt

Directions:

1. Heat oven to 375°F. Halve apples; scoop cores to make 4 cups. Place cut-side up in a small baking dish.
2. Toss raspberries with lemon zest and 1 tsp sweetener. Spoon into apple cups.
3. Mix flour, flax, walnuts, 2 tbsp sweetener, cinnamon, and a pinch salt in a bowl.
4. Drizzle in avocado oil; rub with fingers to form moist crumbs.
5. Mound crumbs over berries. Bake 25–30 min until apples are tender and tops are golden. Cool 5 min.
6. Whip yogurt, vanilla, and remaining 2 tsp sweetener 1–2 min until fluffy.
7. Serve each apple half warm with a dollop of whipped yogurt.

Nutritional Information:

Calories: 178, Protein: 6g, Carbs: 25g, Fat: 6g, Fiber: 6g, Sodium: 55mg, Sugar: 12g



CINNAMON PEACH-STUFFED MUG CAKES



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 1 1/3 cups peaches, diced (small dice)
- 1/3 cup granular allulose (or erythritol; divided)
- 1 1/2 tsp ground cinnamon (divided)
- 2 tsp lemon juice
- 4 large egg whites
- 1/2 cup plain Greek yogurt (nonfat)
- 2 tsp avocado oil
- 1 tsp vanilla extract
- 1/2 cup whole wheat pastry flour
- 1/4 cup almond flour
- 2 tbsp ground flaxseed
- 1 tsp baking powder



Directions:

1. In one mug, mix peaches, 2 tbsp allulose, 1/2 tsp cinnamon, and lemon juice. Microwave 1–2 min until juicy; cool 1 min.
2. In a bowl, whisk egg whites, yogurt, oil, vanilla, and remaining allulose. Stir in flours, flax, baking powder, and remaining cinnamon.
3. Lightly oil 4 microwave-safe mugs (8–12 oz). Add 2 tbsp batter to each; spoon in 2–3 tbsp peach filling; cover with more batter, leaving 1 in headspace.
4. Microwave 1 mug at a time on High 60–90 sec until set and springy. Rest 1 min; repeat with remaining mugs.
5. Spoon leftover peach juices over cakes. Serve warm for a cobbler-style, stuffed finish.



Nutritional Information:

Calories: 195, Protein: 10g, Carbs: 20g, Fat: 8g, Fiber: 4g, Sodium: 190mg, Sugar: 6g



WHIPPED LEMON RICOTTA SPOON CASSEROLE



Servings:
4



Prep:
15 min



Cook:
12 min



Ingredients:

- 1/2 cup rolled oats
- 5 tbsp white whole wheat flour (divided)
- 1 tbsp avocado oil
- 6 tbsp erythritol or allulose (granular) (divided)
- 1 pinch sea salt
- 3/4 cup plain Greek yogurt
- 1/3 cup ricotta (part-skim)
- 1 oz light cream cheese (softened)
- 1 tbsp lemon zest
- 1/4 cup fresh lemon juice
- 1 tsp vanilla extract



Directions:

1. Heat oven to 350°F. Mist 8x8 dish. Mix oats, 4 tbsp flour, 2 tbsp sweetener, pinch salt, and oil to sandy crumbs.
2. Press into dish. Bake 10–12 min until lightly golden; cool 5 min.
3. In a bowl, whip yogurt, ricotta, and cream cheese 2–3 min until very fluffy.
4. Beat in 1 tbsp flour, 4 tbsp sweetener, zest, juice, and vanilla; whip 30 sec more.
5. Spread over crust. Chill 30+ min to set. Spoon from casserole to serve; add a touch of extra zest if desired.



Nutritional Information:

Calories: 180, Protein: 9g, Carbs: 18g, Fat: 8g, Fiber: 2g, Sodium: 120mg, Sugar: 4g



WARM STRAWBERRY-OAT CRISP BOWLS



Servings:
4



Prep:
15 min



Cook:
30 min



Ingredients:

- 4 cups strawberries, sliced
- 1 tsp lemon zest
- 1 tsp vanilla extract
- 3 tbsp allulose, granulated (divided)
- 1/2 cup rolled oats
- 1/4 cup almond flour
- 2 tbsp pecans, chopped
- 1/2 tsp cinnamon
- 1.5 tbsp unsalted butter, melted
- 1/8 tsp sea salt (pinch)
- 1/2 cup plain Greek yogurt (for serving, optional)



Directions:

1. Heat oven to 350°F. Lightly grease an 8-in baking dish.
2. Mix strawberries, 2 tbsp allulose, lemon zest, vanilla, and a pinch salt. Spread in dish.
3. In bowl, combine oats, almond flour, nuts, cinnamon, 1 tbsp allulose, and 1/8 tsp salt.
4. Stir in melted butter until crumbs form. Scatter evenly over berries.
5. Bake 25–30 min, until berries bubble and topping is golden.
6. Rest 10 min so juices thicken.
7. Spoon into bowls. Optional: top each with 2 tbsp Greek yogurt.



Nutritional Information:

Calories: 195, Protein: 4g, Carbs: 21g, Fat: 11g, Fiber: 5g, Sodium: 90mg, Sugar: 9g



BLACKBERRY FLAX CREPE WRAPS



Servings:
4



Prep:
15 min



Cook:
10 min



Ingredients:

- 1/3 cup ground flaxseed
- 1/3 cup whole wheat pastry flour
- 1 cup 1% milk
- 2 tbsp erythritol or allulose (divided)
- 1 tsp vanilla extract
- 1/8 tsp sea salt
- 1 tsp avocado oil (for pan)
- 2 oz light cream cheese (softened)
- 1/2 cup plain Greek yogurt (nonfat)
- 2 cups blackberries (halve large berries)
- 1 tsp lemon zest



Directions:

1. Whisk flour, flax, 1 tbsp sweetener, and salt. Whisk in milk and vanilla to a thin batter; rest 5 min to hydrate.
2. Beat cream cheese smooth; fold in yogurt, remaining 1 tbsp sweetener, and lemon zest until just combined.
3. Heat skillet med; brush with oil. Pour 1/4 cup batter, swirl thin. Cook 60–90 sec/side; repeat for 4 crepes.
4. Gently fold blackberries into the cream mixture to keep them intact.
5. Spread ~2 tbsp berry cream on each crepe. Fold sides in and roll into wraps; seam down. Serve.






Nutritional Information:

Calories: 200, Protein: 10g, Carbs: 22g, Fat: 9g, Fiber: 7.5g, Sodium: 150mg, Sugar: 8g



CREAMY ORANGE-ALMOND CHEESECAKE BOWLS

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

Ingredients:

- 1 cup plain Greek yogurt
- 4 tbsp light cream cheese (softened)
- 2 medium oranges (zested and segmented)
- 1/4 cup almond flour
- 1 tbsp ground flaxseed
- 1 tsp coconut oil (melted)
- 3 tbsp powdered erythritol (divided)
- 1 tsp vanilla extract
- 1/4 tsp cinnamon (optional)
- 1 pinch sea salt

Directions:




1. Zest 1 orange. Peel both oranges; segment and chop the flesh. Reserve 1 tbsp juice.
2. Crumble: Mix almond flour, flaxseed, 1 tbsp erythritol, cinnamon, and a pinch salt. Stir in coconut oil until sandy. Divide into 4 bowls.
3. Cream: Whisk yogurt, light cream cheese, 2 tbsp erythritol, vanilla, zest, and 1 tbsp reserved orange juice until smooth.
4. Assemble: Spoon orange cream over the crumble in each bowl. Top with chopped orange.
5. Chill 30 min to set. Serve cold.

Nutritional Information:

Calories: 170, Protein: 8g, Carbs: 14g, Fat: 9g, Fiber: 3g, Sodium: 170mg, Sugar: 8g



FROZEN FIG-RICOTTA OAT WRAPS

 **Servings:** 4  **Prep:** 15 min  **Cook:** 30 min

Ingredients:

- 4 medium fresh figs (thinly sliced)
- 1/2 cup plain Greek yogurt
- 1/2 cup part-skim ricotta
- 1/2 cup oat flour
- 2 tbsp ground flaxseed
- 2 tbsp 1% milk
- 3 tbsp granulated allulose
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 1/4 tsp cinnamon
- 2 tbsp pistachios, chopped (unsalted)
- 1 pinch sea salt

Directions:




1. Line a rimmed sheet pan with parchment. Whisk yogurt, milk, 2 tbsp allulose, vanilla, oat flour, flax, and a pinch salt until smooth.
2. Spread into a 10x12-in thin rectangle on parchment (about 1/8 in thick). Freeze until firm but bendable, 20–30 min.
3. Stir ricotta, 1 tbsp allulose, lemon zest, and cinnamon.
4. Slice figs. Cut frozen sheet into 4 rectangles. Spread ricotta mix on each; line with figs; sprinkle pistachios.
5. Roll each into a wrap. Freeze 10–15 min to set. Rest 3–5 min at room temp before serving; slice diagonally if desired.

Nutritional Information:

Calories: 210, Protein: 11g, Carbs: 25g, Fat: 9g, Fiber: 5.5g, Sodium: 110mg, Sugar: 11g



STEVIA-STEVED BERRY CRISP BOWLS

 **Servings:**  **4** **Prep:**  **15 min** **Cook:** **15 min**

 **Ingredients:**

- 3 cups mixed berries (strawberries, blueberries, raspberries, blackberries)
- 1/2 tsp stevia (or to taste)
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 cup coconut flour
- 1/4 cup almond flour
- 2 tbsp walnuts, chopped
- 1 tbsp avocado oil
- 3/4 cup plain Greek yogurt (nonfat)
- 1/8 tsp sea salt (pinch)

 **Directions:**




1. In a saucepan, combine berries, lemon juice, zest, stevia, and cinnamon. Cook on med-low, stirring, 10–12 min until saucy.
2. Remove from heat; stir in vanilla. Let stand 5 min to thicken.
3. In a bowl, mix coconut flour, almond flour, walnuts, and salt. Heat oil in skillet; cook mix 3–4 min, stirring, until golden.
4. Taste berries; add a pinch more stevia if needed.
5. Divide yogurt among 4 small bowls.
6. Spoon warm stewed berries over yogurt.
7. Top with the coconut flour crumble and serve warm.

 **Nutritional Information:**

Calories: 210, Protein: 8g, Carbs: 20g, Fat: 10g, Fiber: 7g, Sodium: 70mg, Sugar: 9g



COBBLER-STYLE BERRY MUG-CAKE CASSEROLE

 **Servings:**  **4** **Prep:**  **10 min** **Cook:** **8 min**

 **Ingredients:**

- 2 cups mixed berries (blueberries, raspberries, strawberries)
- 1/4 cup almond flour
- 2 tbsp ground flaxseed
- 1/2 cup plain Greek yogurt
- 1/4 cup monk fruit sweetener (granular)
- 1/2 cup 1% milk
- 1 tsp lemon zest
- 1 tsp vanilla extract
- 6 tbsp whole wheat pastry flour
- 1 tbsp unsalted butter (melted; plus a little to grease)
- 1/2 tsp cinnamon
- 1/8 tsp sea salt

 **Directions:**

1. Grease an 8x8 microwave-safe dish. In it, toss berries with 1 tbsp monk fruit, lemon zest, 1/4 tsp cinnamon, and a pinch salt; spread evenly.
2. Whisk yogurt, milk, melted butter, vanilla, remaining monk fruit, and a small pinch salt in a bowl until smooth.
3. Stir in whole wheat pastry flour, almond flour, and ground flax until just combined; batter will be thick.
4. Dollop batter over berries; gently spread to cover. Microwave on High 6–8 min, rotating once, until center is set.
5. Rest 3 min. Spoon warm casserole-style into bowls and serve.

 **Nutritional Information:**

Calories: 190, Protein: 8g, Carbs: 22g, Fat: 8.5g, Fiber: 5g, Sodium: 120mg, Sugar: 7g

Conclusion

Thank you for inviting me into your kitchen and into this season of change. Whether you're newly diagnosed, cooking for someone you love, navigating pregnancy, or simply ready to steady your blood sugar and feel better, I'm honored to have cooked alongside you. You've proved that healthy can be hearty, budget-friendly, and deeply satisfying—even on a busy weeknight.

Keep experimenting. Swap in the vegetables you have, choose whole grains that sit well with you, and adjust spices until the dish sings. If you need gluten-free, dairy-free, vegetarian, or lower-sodium choices, use the swaps and build the plate that fits your life. Let your meter, energy, and taste be your guides—take notes, tweak, repeat. Keep carbs consistent; pair them with lean protein, fiber, and healthy fats. Build plates: half non-starchy veg, the rest lean protein and smart carbs. Hydrate, slow down, and savor.

A few parting tips I love: season boldly with herbs, spices, citrus, and vinegar to keep salt modest without losing flavor. Roast to deepen natural sweetness, and lean on frozen produce when fresh isn't practical. Stock a small, smart pantry—beans, oats, quinoa or brown rice, tomatoes, low-sodium broth, olive oil, nuts, and seeds. Batch-cook proteins and grains, then mix and match through the week. Freeze portions for future you. Read labels, mind portions, and work with your care team to personalize targets, especially if you're managing other health needs. Progress, not perfection, will carry you far.

Food tastes better when shared. Invite family and friends to your table, trade recipes, host a potluck, or pack an extra container for a neighbor. Teach kids to taste colors, not just count carbs. Let your kitchen be a place of welcome and wellness.

Remember: every meal is a small act of care, and small acts done often become a life. May your skillet stay warm, your greens stay bright, and your confidence grow with every bite.

With gratitude and good health,
Hana Stone