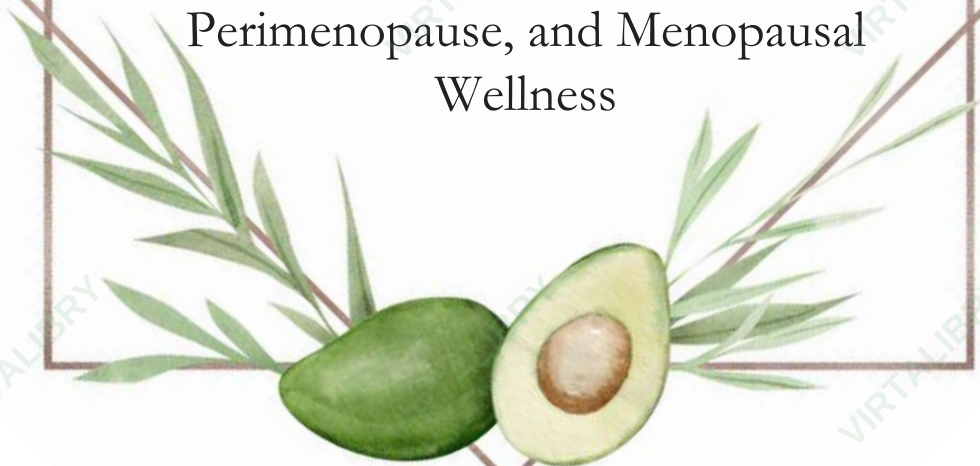


The Ultimate Menopause Diet Cookbook for Women

100+ Anti-Inflammatory Recipes
and an 8-Week Plan for
Hormonal Balance,
Perimenopause, and Menopausal
Wellness



Iris Kennedy

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Introduction

The Menopause Diet is not just another weight-loss plan – it's a revolutionary approach to health and wellness specifically designed for women in midlife. As hormonal changes during perimenopause and menopause often lead to challenges like weight gain, fatigue, and inflammation, traditional diets fall short of addressing these unique needs. The Menopause Diet breaks away from the one-size-fits-all mold by focusing on anti-inflammatory nutrition, intermittent fasting, and refocusing the body's energy sources for sustainable health benefits. Balancing hormones, reducing inflammation, and improving metabolic health offer a comprehensive solution for women seeking not just weight management but long-lasting vitality and well-being.

At its core, the Menopause Diet empowers you to take control of your health through smart food choices and mindful habits. It emphasizes whole, nutrient-dense foods that work with your body rather than against it. From reducing sugar and refined carbs to prioritizing healthy fats and lean proteins, the diet teaches you how to fuel your body in a way that feels both satisfying and nourishing. It's about creating a lifestyle that supports you, helping you feel more energized, focused, and in tune with your body's needs.

The Menopause Diet Cookbook for Beginners is your ultimate guide to making this lifestyle change not only manageable but also delicious. This cookbook, packed with easy-to-follow recipes and practical tips, takes the guesswork out of incorporating the Menopause Diet into your daily routine. Whether you're preparing a quick breakfast before work, a family-friendly dinner, or a snack to curb afternoon cravings, this book offers something for every occasion.

Breakfast is transformed into a meal that energizes and sustains you, with options like protein-rich scrambles, creamy smoothie bowls, and avocado-based creations that are as delicious as they are nutrient-packed. Lunchtime becomes an opportunity to refuel with wholesome recipes such as vibrant salads topped with lean proteins, hearty bowls filled with greens and healthy fats, and simple yet satisfying dishes that keep you going through the day.

Dinner, often the centerpiece of family life, is made easy and flavorful with recipes that include roasted salmon paired with seasonal vegetables, savory chicken dishes, and even inventive plant-based options that showcase the power of anti-inflammatory ingredients. Snacks, too, become a purposeful part of your routine, offering quick and nourishing options like roasted nuts, veggie sticks with homemade dips, and chia pudding that's both indulgent and healthful.

This cookbook also dives into the comforting realm of soups and stews, with recipes like creamy tomato basil soup and chicken zoodle soup that are perfect for any time of year. For dessert lovers, you'll find guilt-free treats like dark chocolate almond bark and berry chia parfaits, proving that you don't have to sacrifice your sweet tooth to stay on track. And for those who enjoy fresh, crisp flavors, the salad section offers endless inspiration with creative pairings and homemade dressings.

Whether you're just beginning your wellness journey or looking for ways to refresh your routine, The Menopause Diet Cookbook for Beginners provides all the tools you need to succeed. With its focus on practical recipes, nutritional insights, and real-life applicability, it's your step-by-step guide to embracing this transformative diet and living your healthiest, happiest life.

Chapter 1: The Science Behind Hormonal Balance

For women, hormonal balance is particularly critical during life stages. When these hormones become imbalanced, they can lead to significant health challenges.

What Are Hormones?

Endocrine glands create hormones, which are chemical messengers that reach tissues and organs via the bloodstream and control vital body processes. In women, hormonal balance is essential for physical, mental, and emotional health. Key roles include:

- Maintains body weight and fat distribution.
- Controls ovulation, menstrual cycles, and fertility.
- Supports the growth of the fetus and gets the uterus ready for pregnancy.
- Influences the production of serotonin and dopamine for emotional well-being.
- Stimulates bone formation and maintains bone density.
- Prevents age-related muscle wasting (sarcopenia).

Key Hormones in Women's Health

Hormones play a critical role in regulating nearly every aspect of a woman's physical, emotional, and reproductive health.

Estrogen

Primary female sex hormone that the ovaries generate.

- Encourages the formation and expansion of reproductive tissues.
- Protects cardiovascular health by increasing HDL ("good" cholesterol) and lowering LDL ("bad" cholesterol).
- Enhances skin hydration and elasticity.
- Prevents bone loss by inhibiting osteoclast activity.

Progesterone

Produced in the ovaries after ovulation and by the placenta during pregnancy.

- Balances the effects of estrogen and prevents estrogen dominance.
- Gets the lining of the uterus ready for a fertilized egg to be implanted.
- Reduces anxiety and promotes calmness by interacting with GABA receptors in the brain.

Testosterone

Present in smaller amounts in women compared to men.

- Maintains muscle tone and physical strength.
- Boosts libido and sexual satisfaction.
- Enhances motivation and mental clarity.

Thyroid Hormones (T3 and T4)

Vital to metabolism and is produced by the thyroid gland.

- Regulate energy production in cells.
- Maintain body temperature and heart rate.
- Influence digestion and gastrointestinal function.

Insulin

Released to control blood sugar levels by the pancreas.

- Helps cells absorb glucose for energy.
- Prevents fat storage when functioning optimally.
- Promotes stable energy levels and prevents hypoglycemia or hyperglycemia.

Cortisol

This hormone A condition is characterized by an excessive proliferation of hair on the face and body, known as hirsutism. It is also known as the stress hormone and is produced by the adrenal glands.

- Regulates the body's stress response.
- Increases blood sugar during stressful situations to provide energy.
- Modulates inflammation and immune responses.

Causes of Hormonal Imbalance in Women

In women, hormonal imbalances can result from a variety of internal and external factors that disrupt the delicate equilibrium of the endocrine system.

Puberty

During puberty, the body undergoes rapid hormonal changes as the endocrine system matures.

Causes

- Increased production of estrogen and progesterone to support reproductive health.
- Elevated androgens can lead to acne and hair growth.
- Irregular menstrual cycles as hormonal pathways stabilize.

Effects

- Mood swings and emotional instability.
- Acne and changes in skin health.

Pregnancy and Postpartum

Pregnancy involves significant increases in estrogen, progesterone, and other hormones to support fetal development. Postpartum, these hormones drop rapidly.

Causes

- Elevated hormones during pregnancy, including human chorionic gonadotropin (hCG).
- Postpartum estrogen and progesterone declines.
- Changes in prolactin levels during breastfeeding.

Effects

- Postpartum depression is caused by hormonal fluctuations.
- Fatigue and weight retention due to imbalances in cortisol and thyroid hormones.
- Postpartum thyroiditis leads to temporary hyperthyroidism or hypothyroidism.

Perimenopause and Menopause

Significant physical and emotional changes can be the consequence of hormonal changes in the years preceding menopause and beyond.

Causes

- Gradual decline in ovarian production of estrogen and progesterone.
- Fluctuating levels of follicle-stimulating hormone (FSH) and luteinizing hormone (LH).
- Loss of ovarian follicles over time.

Effects

- Hot flashes, night sweats, and sleep disturbances.
- Mood fluctuations, irritability, and an elevated risk of depression.
- Weight gain and slowed metabolism due to decreased estrogen.

Polycystic Ovary Syndrome (PCOS)

PCOS is a hormonal disorder that is distinguished by insulin resistance and an overabundance of androgens.

Causes

- Imbalanced androgen production by the ovaries.
- Insulin resistance and hyperinsulinemia.
- Genetic predisposition.

Effects

- Irregular or absent menstrual cycles.
- A disorder called hirsutism is characterized by an excessive amount of hair growing on the face and body.
- Acne, weight gain, and infertility.

Hypothyroidism (Underactive Thyroid)

The production of thyroid hormones (T3 and T4) is insufficient as a result of iodine deficiency, autoimmune conditions such as Hashimoto's thyroiditis, or thyroid gland damage.

Effects

- Fatigue, weight gain, and depression.
- Cold intolerance and dry skin.
- Slow metabolism and constipation.

Hyperthyroidism (Overactive Thyroid)

Overproduction of thyroid hormones, often due to Graves' disease or thyroid nodules.

Effects

- Anxiety, rapid heartbeat, and weight loss.
- Heat intolerance and tremors.
- Increased appetite and diarrhea.

Insulin Resistance

A disorder where high blood sugar levels are caused by the body's cells' ineffective response to insulin.

Causes

- High sugar and refined carbohydrate consumption.
- Sedentary lifestyle and obesity.
- Chronic inflammation and genetic predisposition.

Effects

- Elevated insulin levels disrupt ovarian function and androgen production.
- Elevated risk of Type 2 diabetes and metabolic syndrome.
- Weight gain, particularly in the abdominal region.

Obesity

Excess fat tissue acts as an endocrine organ, influencing hormone production.

Causes

- Poor diet high in calories and processed foods.
- Lack of physical activity.
- Genetic predisposition and environmental factors.

Effects

- Increased estrogen production by adipose tissue leads to estrogen dominance.
- Higher levels of inflammatory markers disrupting hormonal balance.

Chronic Stress

Long-term stress activates the hypothalamic-pituitary-adrenal (HPA) axis, increasing cortisol production.

Causes

- Persistent emotional stress (e.g., work, relationships).
- Physical stress (e.g., illness, injury).
- Inadequate stress management techniques.

Effects

- Suppresses reproductive hormones, leading to irregular menstrual cycles.
- Disrupts thyroid function, causing fatigue and weight gain.
- Weakens the immune system, increasing susceptibility to infections.

Poor Diet

A diet lacking essential nutrients disrupts hormone production and increases inflammation.

Causes

- Excessive consumption of refined sugar, processed foods, and unhealthy lipids.
- Low consumption of fiber, vitamins, and minerals.

Effects

- Blood sugar instability and insulin resistance.
- Estrogen dominance due to poor liver detoxification.

Exposure to Endocrine Disruptors

Environmental chemicals that interfere with hormonal pathways.

Causes

- Chemicals in plastics (e.g., BPA), pesticides, and cosmetics.
- Hormone residues in non-organic meat and dairy.

Effects

- Mimic or block natural hormone function.
- Increase the risk of estrogen dominance and infertility.

Chapter 2: Understanding the Menopause Diet

The Menopause Diet is a structured, science-backed nutritional approach designed to balance hormones, reduce inflammation, and enhance metabolic health in women, particularly those experiencing perimenopause and menopause.

The Role of the Menopause Diet in Hormonal

Control Regulating Estrogen and Progesterone

- High-fiber foods (leafy greens, cruciferous vegetables, and flaxseeds) support liver detoxification, helping to eliminate excess estrogen.
- Healthy fats (avocados, olive oil, and nuts) support progesterone production and hormonal stability.
- Phytoestrogens from plant-based sources (flaxseeds, soy, legumes) provide natural estrogen-like compounds that regulate hormonal fluctuations.

Reducing Inflammation and Cortisol Levels

- Eliminating refined sugars, artificial additives, and inflammatory oils.
- Prioritizing antioxidant-rich foods like berries, turmeric, and omega-3-rich fish.
- Incorporating magnesium-rich foods (dark leafy greens, nuts, seeds) to lower cortisol naturally.

Improving Insulin Sensitivity and Blood Sugar Control

- Encourages low-glycemic, high-fiber foods that prevent blood sugar spikes.
- Eliminates processed sugars and refined carbohydrates, stabilizing insulin response.
- Promotes healthy fats and lean proteins, which slow glucose absorption and improve insulin function.

Supporting Thyroid Function and Metabolism

- Provides iodine-rich foods (seaweed, fish, eggs) and selenium (Brazil nuts, sunflower seeds) to maintain thyroid hormone production.
- Eliminates processed foods, gluten, and inflammatory oils that disrupt thyroid function.
- Encourages high-protein intake to sustain metabolic rate and muscle mass.

Enhancing Fat Metabolism and Sustainable Weight Loss

- The combination of intermittent fasting and balanced macronutrient intake helps the body shift into fat-burning mode.
- Encourages ketosis and lipolysis for effective fat loss.
- Increases satiety with healthy fats, reducing overeating and cravings.
- Improves energy levels and mental clarity by preventing blood sugar fluctuations.

Foods Allowed on the Menopause Diet

The Menopause Diet prioritizes anti-inflammatory, nutrient-dense whole foods to support hormonal regulation, gut health, and metabolic efficiency.

Healthy Fats (Supports Hormone Production & Brain Health)

- Avocados – contains monounsaturated fats and potassium that support blood pressure regulation and skin health.

- Extra-virgin olive oil – high in polyphenols and anti-inflammatory compounds.
- Coconut oil – provides medium-chain triglycerides (MCTs) that enhance fat metabolism.
- Fatty fish (salmon, sardines, mackerel, trout) – rich in DHA and EPA omega-3s, essential for reducing inflammation and supporting thyroid health.
- Nuts and seeds (almonds, walnuts, chia seeds, flaxseeds, sunflower seeds) – high in healthy fats, fiber, and magnesium, essential for cortisol balance and insulin sensitivity.

High-Quality Proteins (Essential for Muscle Maintenance & Metabolism)

- Grass-fed beef and pasture-raised poultry – higher in omega-3s and free of inflammatory additives.
- Wild-caught fish (tuna, halibut, cod) – contains iodine and selenium, crucial for thyroid function.
- Eggs (organic, free-range preferred) – a complete protein source with choline for brain function.
- Plant-based proteins (lentils, chickpeas, tempeh, quinoa) – high in fiber, iron, and phytoestrogens to aid hormonal balance.

Low-Glycemic Vegetables (Regulate Blood Sugar & Improve Digestion)

- Leafy greens (kale, spinach, arugula, Swiss chard) – high in magnesium, vitamin K, and fiber.
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, cabbage) – contain glucosinolates that support estrogen metabolism and detoxification.

Hydration and Beverages

- Filtered water – promotes cellular hydration and detoxification.
- Herbal teas (green tea, chamomile, peppermint, turmeric tea) – have anti-inflammatory and digestive benefits.
- Black coffee (without added sugars or creamers) – helps support fat metabolism.

Foods to Avoid on the Menopause Diet

The Menopause Diet focuses on reducing inflammation, stabilizing hormones, and improving metabolic health by eliminating foods that disrupt insulin function, promote inflammation, and contribute to hormonal imbalances.

Refined Carbohydrates & Sugars (Cause Inflammation & Hormonal Dysregulation)

- White bread, pasta, white rice
- Sugary snacks and desserts
- Processed cereals

Industrial Seed Oils (Cause Inflammation & Oxidative Stress)

- Canola oil
- Soybean oil
- Corn oil

Dairy (Limited Due to Hormonal Impact & Sensitivity Issues)

- Conventional cow's milk
- Processed cheeses

Alcohol & Sugary Beverages (Disrupt Insulin & Liver Detoxification)

- Soda, energy drinks, sweetened fruit juices
- Beer, sugary cocktails

Tips for Hormonal Balance on the Menopause Diet

Achieving hormonal balance is essential for maintaining metabolic health, stable energy levels, and overall well-being, especially during perimenopause and menopause.

Prioritize Anti-Inflammatory Foods

- Eat fatty fish (salmon, sardines, mackerel) at least 2-3 times per week.
- Add flaxseeds and chia seeds to smoothies, yogurt, or salads.
- Use extra virgin olive oil instead of vegetable oils.
- Consume berries, dark leafy greens, cruciferous vegetables, and turmeric regularly.
- Drink green tea for its anti-inflammatory and metabolism-boosting effects.

Balance Blood Sugar and Improve Insulin Sensitivity

- Eat fiber-rich vegetables, quinoa, sweet potatoes, and legumes in moderation.
- Avoid white bread, pasta, rice, and sugary snacks that spike blood sugar.
- Practice intermittent fasting (IF) for insulin control, follow a 16:8 fasting window (16 hours fasting, 8 hours eating) to improve insulin sensitivity.
- During fasting periods, drink water, herbal tea, or black coffee to enhance fat metabolism.

Support Estrogen and Progesterone Balance

- A well-balanced diet can help regulate estrogen and progesterone and ease menopause symptoms.
- Consume avocados, nuts, coconut oil, and olive oil to support progesterone synthesis and hormonal stability.
- Eliminate xenoestrogens (toxic estrogens from the environment)
- Avoid plastics, pesticides, and chemicals in personal care products that mimic estrogen and disrupt hormonal function.
- Instead of utilizing plastic containers for food storage, opt for glass or stainless steel containers.

Improve Gut Health for Better Hormonal Function

- If tolerated, incorporate fermented foods such as sauerkraut, kimchi, kefir, and yogurt.
- Consume leafy greens, flaxseeds, chia seeds, and whole grains to support digestion and estrogen metabolism.
- It is recommended that you consume a minimum of 8-10 glasses of water each day to promote digestion and eliminate contaminants.

Prioritize Sleep for Hormonal Repair

- Hormone regulation and metabolic health necessitate deep, restorative sleep.
- Go to bed and wake up at the same time daily to support circadian rhythm and melatonin production.
- Avoid blue light exposure (phones, tablets, and TVs) at least 1 hour before bed.
- Use herbal teas like chamomile or valerian root to promote relaxation.
- Finish meals at least 2-3 hours before bedtime to prevent insulin spikes and digestive discomfort.

Maintain an Active Lifestyle for Hormonal Balance

- Engage in weight lifting, resistance band exercises, or bodyweight training at least 3-4 times per week to preserve lean muscle and improve metabolism.
- Include brisk walking, cycling, or swimming to boost fat-burning and circulation.
- Practice yoga or pilates as it helps reduce cortisol, improve flexibility, and enhance relaxation.

Breakfasts



Green Avocado Smoothie



Ingredients Required:

- Small-sized avocado – 1, peel removed, pitted & cut up
- Small-sized bell pepper – ½, seeded & cut up
- Fresh spinach – 1 cup, cut up
- Fresh arugula – 1 cup, cut up
- Fresh ginger root – 1 (1-inch) piece, peel & cut up
- Fresh parsley – ¾ cup
- Water – 1½ cups
- Ice cubes – ¼ cup

Procedure:



1. Put the avocado and remnant ingredients into an electric blender and process to form a smooth and creamy smoothie.
2. Enjoy right away.



Nutritional Info:

Calories: 174 Carbs (g): 16.2
Fats (g): 11.8 Protein (g): 4.1



Strawberry & Spinach Smoothie

Ingredients Required:

- Frozen strawberries – 1½ cups
- Fresh spinach – 2 cups
- Celery – 1 cup, cut up
- Fresh ginger root – 1 (2-inch) piece, peel removed & cut up
- Hemp protein powder – 3 tbsp
- Water – 1½ cups

Procedure:



1. Put the strawberries and remnant ingredients into an electric blender and process to form a smooth and creamy smoothie.
2. Enjoy right away.



Nutritional Info:

Calories: 119 Carbs (g): 14.8
Fats (g): 3.2 Protein (g): 8.6

Berries Smoothie Bowl



Ingredients Required:

- Frozen mixed berries – 2 cups
- Unsweetened almond milk – ½ cup
- Plain Greek yogurt – 1/3 cup
- Ice cubes – 4-6

Procedure:



1. Put the berries and remnant ingredients into an electric blender and process to form a smooth mixture.
2. Enjoy right away with your favorite topping.



Nutritional Info:

Calories: 121 Carbs (g): 19.4
Fats (g): 1.8 Protein (g): 6



Raspberry Chia Pudding

Ingredients Required:

- Fresh raspberries – ½ cup
- Unsweetened almond milk – 1 cup
- Maple syrup – 1 tsp
- Chia seeds – 3 tbsp

Procedure:



1. Put the raspberries, maple syrup, and almond milk into an electric blender and process to form a smooth mixture.
2. Transfer the mixture into a basin and blend in chia seeds. Put into your fridge for at least 2 hours before enjoying.



Nutritional Info:

Calories: 244 Carbs (g): 29.7
Fats (g): 10.1 Protein (g): 9.6

Blueberry Muffins



15 min



25 min



Ingredients Required:

- Olive oil baking spray
- Almond flour – 2½ cups
- Coconut flour – 1 tbsp
- Baking soda – ½ tsp
- Powdered cinnamon – 3 tsp, divided
- Eggs – 2
- Unsweetened coconut milk – ¼ cup
- Coconut oil – ¼ cup
- Honey – ¼ cup
- Vanilla extract – 1 tbsp
- Fresh blueberries – 1 cup



Procedure:



1. For preheating, set your oven at 350 °F.
2. Spray a 12-hole muffin tin with baking spray.
3. Put the flour, baking soda, 2 tsp of cinnamon, and salt into a basin and blend to incorporate.
4. Put the eggs, milk, oil, honey, and vanilla extract into another basin and whisk to incorporate thoroughly.
5. Put the egg mixture in the basin of flour mixture and blend to incorporate thoroughly.
6. Lightly blend in blueberries.
7. Put the mixture into the muffin holes and sprinkle each with remnant cinnamon.
8. Bake for around 22-25 minutes.
9. Take off the muffin tin from the oven and put it onto a cooling metal rack to cool for around 10 minutes.
10. Carefully invert the muffins onto the cooling rack to cool thoroughly before enjoying it.

Nutritional Info:

Calories: 252

Carbs (g): 14.3

Fats (g): 19.2

Protein (g): 1.4



10 min



20 min



Chicken & Bell Pepper Muffins

Ingredients Required:

- Olive oil baking spray
- Eggs – 8
- Salt & powdered black pepper – as desired
- Water – 2 tbsp
- Cooked chicken – 8 oz, finely cut up
- Bell pepper – 1 cup, seeded & cut up
- Onion – 1 cup, cut up



Procedure:



1. For preheating, set your oven at 350 °F.
2. Apply baking spray to the eight openings of a muffin tin.
3. Put the eggs, salt, pepper, and water into a basin and whisk to incorporate them thoroughly.
4. Put in chicken, bell pepper, and onion and blend to incorporate.
5. Transfer the mixture to muffin holes.
6. Bake for around 18-20 minutes.
7. Take off the muffin tin from the oven and put it onto a cooling metal rack to cool for around 10 minutes.
8. Carefully invert the muffins onto a platter and enjoy moderately hot.

Nutritional Info:

Calories: 232

Carbs (g): 5.6

Fats (g): 10.6

Protein (g): 28.1

Poppy Seed Bread



Ingredients Required:

- Olive oil baking spray
- Almond flour – 1½ cups
- Coconut flour – ½ cup
- Baking powder – 2 tsp
- Erythritol – ½ cup
- Cottage cheese – 2/3 cup
- Unsalted butter – ¼ cup, liquefied
- Eggs – 4
- Lemon juice – 3 tbsp, freshly squeezed
- Lemon zest – 1 tsp, grated
- Poppy seeds – 2 tbsp



Procedure:



1. For preheating, set your oven at 350 °F.
2. Generously spray a bread loaf pan with baking spray.
3. Put the flour and baking powder into a basin and blend thoroughly. Put the erythritol, cottage cheese, and butter into an electric food processor and process it to form a smooth mixture.
4. Put the flour mixture, eggs, lemon juice, and lemon zest into the mixture and process to incorporate thoroughly.
5. Put the poppy seeds and process them thoroughly.
6. Put the mixture into the loaf pan. Bake for around 55-65 minutes. Take off the loaf pan from the oven and place it onto a cooling metal rack to cool for around 10 minutes. Carefully turn the bread onto the cooling rack to cool thoroughly.
7. Cut the bread loaf into slices and enjoy.

Nutritional Info:

Calories: 177 Carbs (g): 16.6
Fats (g): 10.2 Protein (g): 6.4



Carrot Bread

Ingredients Required:

- Almond meal – 2 cups
- Baking powder – 1 tsp
- Cumin seeds – 1 tbsp
- Salt – ¼ tsp, Eggs – 3
- Extra-virgin olive oil – 2 tbsp
- Apple cider vinegar – 1 tbsp
- Carrots – 3 cups, peel removed & grated
- Fresh ginger root – 1 (½-inch) piece, peeled, grated
- Walnuts – ¼ cup cut up



Procedure:



1. For preheating, set your oven at 350 °F.
2. Lay out a bakery paper into a loaf pan.
3. Put the almond meal, baking powder, cumin seeds, and salt into a large basin and blend them to incorporate. Put the eggs, oil, and vinegar into another basin and whisk to incorporate them thoroughly.
4. Place the egg mixture into the flour mixture and blend to incorporate thoroughly.
5. Lightly blend in carrot, ginger and walnuts. Place the mixture into the loaf pan. Bake for around 1 hour. Take off the loaf pan from the oven and place it onto a cooling metal rack to cool for around 10 minutes.
6. Carefully turn the bread onto the cooling rack to cool thoroughly. Cut the bread loaf into slices and enjoy.

Nutritional Info:

Calories: 238 Carbs (g): 11.7
Fats (g): 19.2 Protein (g): 8.6

Cream Crepes



10 min



12 min



Ingredients Required:

- Unsalted butter – 1 tbsp, liquefied
- Eggs – 2
- Erythritol – 1 tsp
- Salt – 1/8 tsp
- Coconut flour – 2 tbsp
- Heavy cream – 1/3 cup
- Olive oil baking spray



Procedure:



1. Put the butter, eggs, erythritol, and salt into a basin and whisk to incorporate them thoroughly.
2. Slowly put the flour, whisking all the time to incorporate thoroughly.
3. Put the heavy cream and blend to incorporate thoroughly.
4. Spray an anti-sticking wok with baking spray and sizzle on the burner at around medium heat.
5. Put 1/4 of the mixture and tilt the pot to spread into a thin layer.
6. Cook for around 3 minutes, flipping once after 2 minutes. Cook the remnant crepes using the very same method.
7. Enjoy moderately hot.

Nutritional Info:

Calories: 213

Carbs (g): 4.9

Fats (g): 18.5

Protein (g): 7



10 min



25 min



Ricotta Pancakes

Ingredients Required:

- Eggs – 4
- Ricotta cheese – 1/2 cup
- Unsweetened vanilla whey protein powder – 1/4 cup
- Baking powder – 1/2 tsp
- Salt – 1 pinch
- Liquid stevia – 1/2 tsp
- Unsalted butter – 2 tbsp



Procedure:



1. Put the cheese and remnant ingredients except for butter into an electric blender and process to incorporate thoroughly.
2. Sizzle butter into an anti-sticking wok on the burner at around medium heat.
3. Put the desired amount of mixture and spread it.
4. Cook the pancake for around 2-3 minutes.
5. Flip and cook for around 1-2 minutes.
6. Cook the remnant pancakes using the very same method.
7. Enjoy moderately hot.

Nutritional Info:

Calories: 189

Carbs (g): 2.9

Fats (g): 12.9

Protein (g): 15.5

Spiced Waffles



10 min



10 min



Ingredients Required:

- Almond flour – ¼ cup
- Erythritol – ¼ tsp
- Baking powder – 1/8 tsp
- Baking soda – 1/8 tsp
- Powdered cinnamon – 1/8 tsp
- Powdered cloves – 1 pinch
- Powdered nutmeg – 1 pinch
- Salt – 1/8 tsp
- Egg – 1 (white and yolk separated)
- Unsalted butter – 1 tbsp, liquefied
- Vanilla extract – ½ tsp
- Olive oil baking spray



Procedure:



1. Put the flour, erythritol, baking powder, baking soda, spices, and salt into a basin and blend thoroughly.
2. Put the egg yolks, butter, and vanilla extract into a second basin and whisk to incorporate thoroughly.
3. Put the egg whites into a third small-sized glass basin and whisk to form soft peaks.
4. Put the egg yolk mixture into the flour mixture and blend to incorporate thoroughly.
5. Lightly blend in whisked egg whites.
6. Preheat your waffle iron and then spray it with baking spray. Put the ¼ of the mixture into a preheated waffle iron and cook for around 4-5 minutes.
7. Cook the remnant waffle using the very same method.
8. Enjoy moderately hot.

Nutritional Info:

Calories: 177

Carbs (g): 3.1

Fats (g): 15.5

Protein (g): 2.8



10 min



4 min



Salmon & Spinach Egg Scramble

Ingredients Required:

- Eggs – 3
- Unsweetened almond milk – 1 tbsp
- Salt & powdered black pepper – as desired
- Smoked salmon – 1/3 cup, cut into bite-sized pieces
- Fresh spinach – 1 cup, cut up
- Dried dill – ¼ tsp
- Coconut oil – 1 tbsp



Procedure:



1. Put the eggs, almond milk, salt, and pepper into a basin and whisk to incorporate.
2. Put in salmon, spinach, and dill and blend to incorporate.
3. Sizzle oil into an anti-sticking wok on the burner at around medium heat.
4. Put in egg mixture and cook for around 3-4 minutes, stirring all the time.
5. Enjoy right away.

Nutritional Info:

Calories: 164

Carbs (g): 1.3

Fats (g): 12

Protein (g): 10

Spinach & Mushroom Omelet



10 min



14 min



Ingredients Required:

- Extra-virgin olive oil – 2 tsp, divided
- Fresh mushrooms – 2 cups, slivered
- Small-sized onion – 1, cut up
- Fresh spinach – 4 cups, cut up
- Dried oregano – 1 tsp, divided
- Salt & powdered black pepper – as desired
- Eggs – 4, whisked



Procedure:



1. Sizzle 1 tsp of oil into an anti-sticking wok on the burner at around medium heat.
2. Cook the mushroom and onions for around 4-5 minutes. Blend in spinach, half of the oregano, salt, and pepper, and cook for around 2-3 minutes.
3. In the meantime, put the eggs, remnant oregano, salt, and pepper into a basin and whisk to incorporate.
4. Transfer the cooked veggie mixture onto a plate.
5. Sizzle remnant oil in the same wok on the burner at around medium heat. Put in egg mixture and tilt the wok to spread. Cook for around 3-4 minutes.
6. Put the cooked veggie mixture onto one side of the omelet. Fold the omelet over the and, with a spatula, press the edges lightly. Cook for around 1-2 minutes.
7. Cut the omelet into serving portions and enjoy.

Nutritional Info:

Calories: 221

Carbs (g): 12

Fats (g): 13

Protein (g): 16



10 min



6 min



Tuna Omelet

Ingredients Required:

- Unsalted butter – 1 tbsp
- Unsweetened almond milk – ¼ cup
- Scallion – 1 tbsp, cut up, garlic clove – 1, minced
- Jalapeño pepper – ½, minced
- Water-packed tuna – 1 (5-oz) can, liquid removed & flaked
- Bell pepper – 1/3 cup, seeded & cut up
- Cheddar cheese – ¼ cup, shredded
- Eggs – 4



Procedure:



1. Put the eggs, almond milk, scallions, garlic, jalapeño pepper, salt, and pepper into a basin and whisk thoroughly. Put in tuna and blend to incorporate.
2. Sizzle butter into a large-sized anti-sticking wok on the burner at around medium heat.
3. Put in egg mixture and cook for around 2-3 minutes without stirring. Carefully lift the edges to run the uncooked portion flow underneath.
4. Spread the bell pepper over the egg mixture and sprinkle with the cheese.
5. Cover the wok and cook for around 1-2 minutes.
6. Take off the lid and fold the omelet in half.
7. Take off from burner & cut the omelet into 2 portions. Enjoy right away.

Nutritional Info:

Calories: 302

Carbs (g): 3.1

Fats (g): 15.4

Protein (g): 31.4

Bell Pepper Frittata



10 min



9 min



Ingredients Required:

- Eggs – 8
- Fresh cilantro – 1 tbsp, cut up
- Fresh basil – 1 tbsp, cut up
- Red pepper flakes – ¼ tsp, crushed
- Salt & powdered black pepper – as desired
- Unsalted butter – 2 tbsp
- Scallion bunch – 1, cut up
- Bell pepper – 1 cup, seeded & slivered thinly
- Goat cheese – ½ cup, crumbled



Procedure:



1. For preheating: arrange a rack in the upper third of the oven. Set your oven to a broiler.
2. Put the eggs, fresh herbs, red pepper flakes, salt, and pepper into a basin and whisk thoroughly.
3. Sizzle butter into an ovenproof wok on the burner at around medium heat.
4. Cook the scallion and bell pepper for around 1 minute. Place the egg mixture on top of the bell pepper mixture and elevate the edges to allow the egg mixture to flow underneath.
5. Cook for around 2-3 minutes. Put the cheese on top in the form of dots.
6. Immediately transfer the wok under the broiler and broil for around 2-3 minutes. Take off from the oven and set aside for around 5 minutes before enjoying.
7. Cut the frittata into serving portions and enjoy.

Nutritional Info:

Calories: 183

Carbs (g): 2.3

Fats (g): 14.4

Protein (g): 11.7



10 min



22 min



Eggs & Spinach Bake

Ingredients Required:

- Olive oil baking spray
- Fresh spinach – 6 cups
- Water – 2-3 tbsp
- Eggs – 4
- Salt & powdered black pepper – as desired
- Feta cheese – 2-3 tbsp, crumbled



Procedure:



1. For preheating, set your oven at 400 °F.
2. Lightly spray 2 small-sized baking pans with baking spray. Put the spinach and water into a large-sized wok on the burner at around medium heat.
3. Cook for around 3-4 minutes.
4. Take off the wok from the burner and drain the excess water thoroughly.
5. Divide the spinach into baking pans.
6. Carefully crack 2 eggs in each baking pan over spinach. Sprinkle with salt and pepper and top with feta cheese.
7. Arrange the baking pans onto a large-sized baking tray. Bake for around 15-18 minutes.
8. Enjoy moderately hot.

Nutritional Info:

Calories: 171

Carbs (g): 4.3

Fats (g): 11.1

Protein (g): 15

Lunch



Salmon Lettuce Wraps



10 min



0 min



Ingredients Required:

- Mozzarella cheese – ¼ cup, cubed
- Tomatoes – ¼ cup, cut up
- Fresh dill – 2 tbsp, cut up
- Lemon juice – 1 tsp, freshly squeezed
- Salt – as desired
- Lettuce leaves – 4
- Smoked salmon slices – 4

Procedure:



1. Put the mozzarella, tomato, dill, lemon juice, and salt into a small-sized basin and blend to incorporate.
2. Arrange the lettuce leaves onto serving plates.
3. Divide the salmon slices and tomato mixture over each lettuce leaf and enjoy right away.



Nutritional Info:

Calories: 103

Carbs (g): 3.1

Fats (g): 3.8

Protein (g): 14.2



15 min



0 min



Chickpeas Lettuce Wraps

Ingredients Required:

- Cooked chickpeas – 16 oz
- Extra-virgin olive oil – 2 tbsp
- Garlic powder – ½ tsp
- Paprika – ¼ tsp
- Powdered cumin – ¼ tsp
- Salt & powdered black pepper – as desired
- Large-sized lettuce leaves – 8
- Large-sized avocado – 1, peel removed, pitted & cut up
- Cherry tomatoes – 2 cups, quartered

Procedure:



1. For preheating, set your oven at 400 °F.
2. Line a large-sized baking tray with bakery paper.
3. Put the chickpeas, oil, spices, salt, and pepper and toss to incorporate thoroughly.
4. Put the chickpeas onto the baking tray and then spread in an even layer.
5. Bake for around 20-25 minutes.
6. Transfer the chickpeas into a glass basin and set aside to cool.
7. Arrange the lettuce leaves onto serving plates.
8. Divide the chickpeas, avocado, and tomatoes over each leaf.
9. Enjoy right away.



Nutritional Info:

Calories: 317

Carbs (g): 34.1

Fats (g): 18.3

Protein (g): 7.5



Crab Cakes

Ingredients Required:

- Extra-virgin olive oil – 1½ tbsp plus 2 tsp, divided
- Onion – ½ cup, finely cut up
- Blanched almond flour – 3 tbsp
- Egg whites – ¼ cup
- Mayonnaise – 2 tbsp
- Dried parsley – 1 tsp, crushed
- Yellow mustard – 1 tsp
- Worcestershire sauce – 1 tsp
- Old Bay seasoning – 1 tsp
- Salt & powdered black pepper – as desired
- Lump crabmeat – 1 lb, liquid removed
- Fresh baby greens – 4 cups



Procedure:



1. Sizzle 2 tsp of oil into an anti-sticking wok on the burner at around medium heat.
2. Cook the onion for around 8-10 minutes.
3. Take off the wok from the burner and set aside to cool slightly. Put the cooked onion and remnant ingredients, except for crabmeat, into a basin and blend to incorporate thoroughly.
4. Put in crabmeat and lightly blend to incorporate.
5. Make 8 small-sized patties from the mixture.
6. Arrange the patties onto a foil-lined tray and put into your fridge for around 30 minutes.
7. Sizzle remnant oil into another wok on the burner at around medium-low heat. Cook the patties in 2 batches for around 3-4 minutes per side.
8. Enjoy right away alongside the greens.

Nutritional Info:

Calories: 215

Carbs (g): 4.6

Fats (g): 21.6

Protein (g): 18.4

Beef Burgers



Ingredients Required:

- Extra-lean ground beef – 1 lb
- Fresh spinach – 1 cup, cut up
- Small-sized onion – ½, cut up
- Sun-dried tomatoes – ¼ cup, cut up
- Egg – 1, whisked
- Feta cheese – ¼ cup, crumbled
- Salt & powdered black pepper – as desired
- Extra-virgin olive oil – 2 tbsp
- Fresh baby spinach – 4 cups

Procedure:



1. Put the ground beef and remnant ingredients except for oil and spinach into a basin and blend to incorporate thoroughly. Make 4 equal-sized patties from the mixture.
2. Sizzle oil into a wok on the burner at around medium-high heat. Cook the patties for around 5-6 minutes per side. Enjoy alongside the spinach.



Nutritional Info:

Calories: 261

Carbs (g): 2

Fats (g): 12.9

Protein (g): 32.9

Turkey Meatballs



Ingredients Required:

For the Meatballs:

- Extra-lean ground turkey – 1 lb
- Extra-virgin olive oil – 1 tbsp
- Fresh ginger root – 1 (½-inch) piece, finely cut up
- Dehydrated onion flakes – 1 tsp
- Granulated garlic – ½ tsp
- Powdered cumin – ½ tsp
- Red pepper flakes – ½ tsp
- Salt – as desired

For the Scallions:

- Scallions – 8, trimmed
- Coconut oil – 2 tbsp, liquefied
- Salt – as desired
- Water – ½ cup



Procedure:



1. For preheating, set your oven at 375 °F.
2. Line a large-sized baking tray with bakery paper.
3. For the meatballs: put the ground turkey and remnant ingredients into a large-sized basin, and with your hands, blend to incorporate thoroughly.
4. Shape the mixture into 1-inch-sized balls.
5. Lay out the meatballs on the baking tray.
6. Lay out the scallions into another rimmed baking pan.
7. Drizzle the scallions with liquefied coconut oil and then dust with salt.
8. Put the water over the scallions, and with a piece of heavy-duty foil, cover it tightly.
9. Bake the scallion for around 30 minutes.
10. Bake the meatballs for around 30-35 minutes.
11. Enjoy meatballs alongside the scallions.

Nutritional Info:

Calories: 187

Carbs (g): 4.5

Fats (g): 12.5

Protein (g): 15.9



Stuffed Avocado

Ingredients Required:

- Feta cheese – 2/3 cup, crumbled
- Small-sized tomatoes – 2, cut up
- Medium-sized onion – ½, cut up
- Fresh parsley – 2 tbsp, cut up
- Extra-virgin olive oil – 2 tbsp
- Balsamic vinegar – 1 tbsp
- Dried oregano – 1 tsp
- Salt & powdered black pepper – as desired
- Large-sized avocados – 2, halved & pitted

Nutritional Info:

Calories: 334

Carbs (g): 14.6

Fats (g): 29.9

Protein (g): 6.6

Procedure:



1. Put the cheese and remnant ingredients except for avocados into a basin and blend to incorporate.
2. Stuff each avocado half with cheese mixture and enjoy.



Chicken Kabobs



10 min



16 min



Ingredients Required:

- Boneless & skinless chicken breasts – 1½ lb, cut into bite-sized pieces
- Garlic cloves – 2, minced
- Extra-virgin olive oil – ¼ cup
- Lemon juice – 2 tbsp, freshly squeezed
- Dried oregano – 1 tsp
- Salt – ½ tsp
- Olive oil baking spray



Procedure:



1. Put the chicken pieces and remnant ingredients into a large-sized resealable bag and seal it.
2. Shake the bag vigorously to coat thoroughly.
3. Put into your fridge to marinate for around 2 hours.
4. For preheating, set your outdoor grill to medium-high heat.
5. Spray the grill grate with baking spray.
6. Take off the chicken from the marinade.
7. Thread the chicken pieces onto the pre-soaked wooden skewers.
8. Place the skewers on the grill and cook for approximately 14-16 minutes, rotating them frequently.
9. Enjoy right away.

Nutritional Info:

Calories: 268

Carbs (g): 3

Fats (g): 17

Protein (g): 26



15 min



10 min



Veggie Kabobs

Ingredients Required:

- Large-sized zucchini – 1, cut into half-moons
- Baby Bella mushrooms – 8 oz, trimmed
- Brussels sprouts – 6 oz, trimmed & halved
- Grape tomatoes – 1 cup
- Medium-sized onion – 1, cut into chunks
- Garlic cloves – 4, minced
- Fresh parsley – ½ cup, cut up
- Extra-virgin olive oil – 1/3 cup
- Lemon juice – ¼ cup, freshly squeezed
- Dried oregano – ½ tsp
- Red pepper flakes – ½ tsp
- Salt & powdered black pepper – as desired

Procedure:



1. Put the zucchini and remnant ingredients into a large-sized basin and blend to incorporate thoroughly.
2. Set aside for around 20 minutes.
3. For preheating, set your outdoor grill to medium heat. Spray the grill grate with baking spray.
4. Thread the vegetables onto the pre-soaked wooden skewers. Place the skewers on the grill and simmer for approximately 10 minutes, rotating them frequently. Enjoy right away.



Nutritional Info:

Calories: 146.3

Carbs (g): 8.4

Fats (g): 2.7

Protein (g): 2.9

Tuna Sandwiches



15 min



0 min



Ingredients Required:

- Water-packed tuna – 1 (5-oz) can, liquid removed
- Medium-sized apple – 1, peel removed, cored & cut up
- Plain Greek yogurt – 3 tbsp
- Dijon mustard – 1 tsp
- Honey – ½ tsp
- Whole-wheat bread slices – 4
- Lettuce leaves – 2

Procedure:



1. Put the tuna, apple, yogurt mustard, and honey into a basin and blend to incorporate thoroughly.
2. Spread about ½ cup of tuna mix over 2 bread slices.
3. Top each sandwich with 1 lettuce leaf.
4. Close with the remnant bread slices.
5. Cut the sandwiches in half and enjoy.



Nutritional Info:

Calories: 283

Carbs (g): 40.2

Fats (g): 4

Protein (g): 26.6



15 min



6 min



Chicken Sandwiches

Ingredients Required:

- Olive oil baking spray
- Onion – ½ cup, slivered
- Garlic clove – 1, finely cut up
- Whole-wheat bread slices – 4
- Cheddar cheese – ¼ cup, shredded
- Lettuce leaves – 2
- Cooked chicken – ½ cup, shredded

Procedure:



1. Spray an anti-sticking wok with baking spray and sizzle on the burner at around medium-low heat.
2. Stir the onion and garlic intermittently for approximately 10 minutes.
3. Lay out 2 bread slices onto a platter.
4. Sprinkle about 2 tbsp cheese over each slice.
5. Arrange lettuce over each slice, followed by onion mixture and chicken. Sprinkle with remnant cheese.
6. Cover with remnant 2 bread slices.
7. Again, spray the same anti-sticking wok with baking spray and heat on the burner at around medium heat.
8. Cook the sandwiches for around 3 minutes from both sides. Cut each sandwich in half and enjoy.

Nutritional Info:

Calories: 172

Carbs (g): 12.6

Fats (g): 6.4

Protein (g): 15.4



Stuffed Eggplant



20 min



35 min



Ingredients Required:

- Powdered coriander – 1½ tsp
- Powdered cumin – 1½ tsp
- Paprika – 1 tsp
- Red pepper flakes – ¼ tsp, crushed
- Salt & powdered black pepper – as desired
- Medium-sized eggplants – 3, halved lengthwise
- Water – ¾ cup
- Couscous – ¾ cup
- Extra-virgin olive oil – 3 tbsp, divided
- Medium-sized onion – 1, cut up
- Medium-sized bell pepper – 1, seeded & cut up
- Extra-lean ground turkey – ½ lb
- Garlic cloves – 3, finely cut up
- Tomatoes – 3 cups, finely crushed
- Lemon juice – 1 tbsp, freshly squeezed
- Fresh cilantro – 1 cup, cut up & divided



Nutritional Info:

Calories: 297

Fats (g): 14

Carbohydrates 24.1

Protein (g): 12

Procedure:



1. For preheating, set your oven at 425 °F.
2. Put the spices, salt, and pepper into a small-sized basin and blend to incorporate.
3. Lay out the eggplant halves onto a baking tray, cut side up.
4. Rub the eggplant flesh with salt and then drizzle with 1 tbsp of oil.
5. Now rub the eggplant flesh with the spice mixture generously.
6. Bake for around 30-35 minutes.
7. In the meantime, put the water into a small-sized pot on the burner at around medium-high heat.
8. Cook the water until boiling.
9. Blend in couscous, 1 tbsp of oil and ¼ tsp of salt and immediately cover the pot.
10. Take off from the burner and set aside for around 5 minutes.
11. Sizzle remnant 1 tbsp of oil into a large-sized wok on the burner at around medium heat.
12. Cook the onion and bell pepper for around 3-5 minutes.
13. Put in ground turkey and cook for around 4-5 minutes.
14. Blend in garlic, salt, and remnant spice mixture and cook for around 1-2 minutes.
15. Blend in tomatoes and cook for around 6-8 minutes.
16. Blend in couscous, lemon juice, and ¾ cup of cilantro and take off from the burner.
17. Take off the baking pan from the oven and place the eggplant halves onto a serving platter.
18. With a fork, pull the eggplant flesh apart.
19. Stuff each explant half with beef mixture.
20. Garnish with the remnant cilantro, and enjoy.

Ground Beef with Tomatoes



10 min



40 min



Ingredients Required:

- Extra-virgin olive oil – 2 tbsp
- Small-sized onion – 1, cut up
- Medium-sized bell pepper – 1, seeded & cut up
- Garlic cloves – 4, finely cut up
- Jalapeño pepper – 1, cut up
- Dried thyme – 1 tsp
- Red chili powder – 2 tbsp
- Powdered cumin – 1 tbsp
- Extra-lean ground beef – 2 lb
- Tomatoes – 4 cups, finely cut up
- Homemade chicken broth – 1 cup
- Salt & powdered black pepper – as desired



Procedure:



1. Sizzle oil into a large-sized Dutch oven on the burner at around medium heat.
2. Cook the onion and bell pepper for around 5-7 minutes. Put in garlic, jalapeño pepper, thyme, and spices and cook for around 1 minute.
3. Put in beef and cook for around 4-5 minutes.
4. Blend in tomatoes and cook for around 2 minutes.
5. Put in broth and water and turn the heat to around high. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook the with the cover for around 15-20 minutes.
8. Blend in salt and pepper and take off from the burner. Enjoy right away.

Nutritional Info:

Calories: 234;

Carbs (g): 6.9

Fats (g): 12.6

Protein (g): 24.9



15 min



7 min



Shrimp in Lemon Sauce

Ingredients Required:

- Extra-virgin olive oil – ¼ cup
- Lemon juice – ¼ cup, freshly squeezed
- Small-sized onion – 1, finely cut up
- Fresh ginger root – 1 tbsp, minced
- Garlic cloves – 2, minced
- Lemon zest – 1 tsp, finely grated
- Green chili – 1, seeded & minced
- Powdered turmeric – 1 tsp
- Powdered cumin – ½ tsp
- Shrimp – 24, peeled & deveined
- Coconut oil – 1 tbsp
- Fresh parsley – 3 tbsp, cut up



Procedure:



1. Put the onion and remnant ingredients except for shrimp, coconut oil, and parsley into a large-sized basin and blend to incorporate.
2. Put the shrimp and coat with marinade generously.
3. Cover the basin of shrimp and put it into your fridge to marinate overnight.
4. Take off the shrimp from the basin, reserving the marinade. Sizzle coconut oil into a large-sized anti-sticking wok on the burner at around medium-high heat. Stir-fry the shrimp for around 3-4 minutes.
5. Put in reserved marinade and cook the mixture until boiling, tossing from time to time.
6. Cook for around 1-2 minutes. Enjoy right away with the garnishing of parsley.

Nutritional Info:

Calories: 269

Carbs (g): 4.2

Fats (g): 20.6

Protein (g): 17.2

Shrimp with Zucchini



15 min



10 min



Ingredients Required:

- Shrimp – 1 lb, peeled & deveined
- Salt & powdered black pepper – as desired
- Extra-virgin olive oil – 3 tbsp
- Large-sized zucchinis – 2, slivered
- Garlic cloves – 4, minced
- Lemon juice – 1½ tbsp, freshly squeezed
- Fresh parsley – 2 tbsp, finely cut up



Procedure:



1. Put the shrimp, salt, and pepper into a basin and blend to incorporate thoroughly.
2. Sizzle half of the oil into a pot on a burner at around medium-high heat.
3. Cook the shrimp for around 1-2 minutes per side.
4. Transfer the shrimp onto a plate.
5. Sizzle remnant oil in the same wok on the burner at around medium heat.
6. Cook the zucchini for around 3-4 minutes.
7. Blend in shrimp, garlic, salt, and pepper and cook for around 1-2 minutes.
8. Blend in lemon juice and parsley, and enjoy right away.

Nutritional Info:

Calories: 216

Carbs (g): 6

Fats (g): 6

Protein (g): 33



15 min



14 min



Scallop in Yogurt Sauce

Ingredients Required:

- Unsweetened coconut milk – 2 tbsp
- Shallots – ½ cup, finely cut up
- Homemade tomato paste – ¼ cup
- Fresh ginger paste – 2 tsp
- Garlic paste – 2 tsp
- Powdered cinnamon – ¼ tsp
- Powdered cumin – ¼ tsp
- Cayenne pepper powder – 1/8 tsp
- Salt – as desired
- Sea scallops – 1 lb, side muscles removed
- Plain Greek yogurt – 8 oz, whipped

Procedure:



1. Sizzle coconut oil into a large-sized wok on the burner at around medium-high heat.
2. Cook the shallots for around 2-3 minutes.
3. Blend in remnant ingredients except for scallops, yogurt, and cilantro. Cook for around 3-5 minutes.
4. Blend in scallops and yogurt and cook for around 5 minutes. Enjoy right away.



Nutritional Info:

Calories: 191

Carbs (g): 14.9

Fats (g): 3.5

Protein (g): 23.9

Scallops with Brussels Sprouts



Ingredients Required:

- Extra-virgin olive oil – 2 tbsp, divided
- Medium-sized shallot – 1, thinly slivered
- Brussels sprouts – 1 lb, trimmed & roughly cut up
- Salt & powdered black pepper – as desired
- Balsamic vinegar – 2 tbsp
- Sea scallops – 12 oz, side muscles removed



Procedure:



1. Sizzle 1 tbsp oil into a wok on the burner at around medium-high heat.
2. Cook the shallots for around 2 minutes.
3. Blend in Brussels sprout, salt, and pepper and cook for around 5-6 minutes.
4. Blend in vinegar and transfer the Brussels sprout mixture onto a plate.
5. Sizzle remnant oil in the same wok on the burner at around medium-high heat.
6. Cook the scallops with salt and pepper for around 2 minutes per side.
7. Blend in Brussels sprout mixture and cook for around 1-2 minutes.
8. Enjoy right away.

Nutritional Info:

Calories: 296

Carbs (g): 16.2

Fats (g): 14

Protein (g): 24

Dinner



Seasoned Chicken Breasts



10 min



14 min



Ingredients Required:

- Balsamic vinegar – ¼ cup
- Extra-virgin olive oil – 2 tbsp
- Lemon juice – 1½ tsp, freshly squeezed
- Lemon-pepper seasoning – 2 tsp
- Salt & powdered black pepper – as desired
- Boneless & skinless chicken breasts – 4 (6 oz), pounded slightly



Procedure:



1. Put the vinegar, oil, lemon juice, seasoning, salt, and pepper into a glass baking pan and blend thoroughly.
2. Put in chicken breasts and coat generously with the mixture. Put into your fridge to marinate for around 25-30 minutes.
3. For preheating, set your grill to medium heat.
4. Spray the grill grate with baking spray.
5. Take off the chicken from the basin and discard the remnant marinade.
6. Put the chicken breasts onto the grill and cover with the lid.
7. Cook for around 5-7 minutes per side.
8. Enjoy right away.

Nutritional Info:

Calories: 258

Carbs (g): 0.4

Fats (g): 11.3

Protein (g): 36.1



10 min



40 min



Chicken & Spinach Curry

Ingredients Required:

- Unsalted butter – 2 tbsp
- Medium-sized onion – 1, cut up
- Garlic – 1 tbsp, minced
- Fresh ginger root – 1 tbsp, minced
- Powdered turmeric – 1 tsp
- Powdered cumin – 1 tsp
- Powdered coriander – 1 tsp
- Paprika – 1 tsp
- Cayenne pepper powder – ½ tsp
- Boneless & skinless chicken thighs – 6 (4 oz) cut into 1-inch pieces
- Large-sized tomatoes – 4, finely cut up
- Unsweetened coconut milk – 1 (14-oz) can
- Fresh spinach – 3 cups, cut up



Procedure:



1. Sizzle butter into a large-sized, heavy-bottomed pot on a burner at around medium heat.
2. Cook the onion for around 3-4 minutes.
3. Put the ginger, garlic, and spices in it and cook for around 1 minute.
4. Put in chicken and cook for around 4-5 minutes.
5. Put in tomatoes, coconut milk, salt, and pepper, and turn the heat to around high. Cook the mixture until boiling. Turn the heat to around low.
6. Cook with the cover for around 15-20 minutes.
7. Blend in spinach and cook for around 4-5 minutes.
8. Enjoy right away.

Nutritional Info:

Calories: 231

Carbs (g): 6.3

Fats (g): 13.1

Protein (g): 20.9

Chicken with Pears



15 min



30 min



Ingredients Required:

- Homemade chicken broth – 1 cup
- Apple cider vinegar – 2 tbsp
- Tapioca flour – 2 tsp
- Extra-virgin olive oil – 2 tbsp
- Garlic cloves – 4, minced
- Fresh basil – 2 tbsp, minced
- Boneless & skinless chicken breasts – 4 (4-oz)
- Salt & powdered black pepper – as desired
- Bosc pears – 2, cored & slivered



Procedure:



1. Put the broth, vinegar, and tapioca starch into a basin and blend them to incorporate. Set aside.
2. Sizzle oil into a large-sized cast-iron wok on the burner at around medium heat.
3. Cook the garlic and basil for around 1 minute.
4. Put in chicken, salt, and pepper and cook for around 12-15 minutes. Transfer the chicken to a basin.
5. Put the pears in the same wok and cook for around 4-5 minutes.
6. Put in broth mixture and turn the heat at around high. Cook the mixture until boiling.
7. Put in chicken and turn the heat at around low.
8. Cook for around 3-4 minutes.
9. Enjoy right away.

Nutritional Info:

Calories: 284

Carbs (g): 18.7

Fats (g): 11.6

Protein (g): 27.1



10 min



25 min



Chicken with Mushrooms

Ingredients Required:

- Extra-virgin olive oil – 3 tbsp
- Boneless & skinless chicken breasts – 1 lb, cubed, medium-sized onion – 1, cut up
- Garlic cloves – 4, minced
- Fresh mushrooms – 1½ lb, slivered
- Water – ¼ cup
- Salt & powdered black pepper – as desired



Procedure:



1. Sizzle oil into a large-sized wok on the burner at around medium heat.
2. Cook the chicken cubes for around 4-5 minutes.
3. With a slotted spoon, transfer the chicken cubes onto a plate. Put the onion in the same wok and cook for around 4-5 minutes.
4. Put in mushrooms and cook for around 4-5 minutes.
5. Blend in cooked chicken and water and cook with the cover for around 8-10 minutes, stirring from time to time. Blend in salt and pepper and take off from the burner.
6. Enjoy right away.

Nutritional Info:

Calories: 197

Carbs (g): 8.5

Fats (g): 10.1

Protein (g): 20.1

Chicken & Carrot Bake



Ingredients Required:

- Olive oil baking spray
- Boneless & skinless chicken thighs – 4 (4 oz)
- Carrots – 1 lb, peel removed & cut into 1½-inch pieces
- Medium-sized onion – 1, thinly slivered
- Scallions – 3, slivered
- Garlic cloves – 2, slivered
- Fresh ginger root – 1 (2-inch) piece, grated
- Extra-virgin olive oil – ¼ cup
- Dried thyme – 1 tsp, crushed
- Powdered cumin – ½ tsp
- Powdered coriander – ½ tsp
- Powdered turmeric – ½ tsp
- Red pepper flakes – ½ tsp, crushed
- Salt & powdered black pepper – as desired
- Fresh parsley – 2 tbsp, minced

Nutritional Info:

Calories: 329

Carbs (g): 25.2

Fats (g): 18.5

Protein (g): 29.3

Procedure:



1. For preheating, set your oven at 450 °F.
2. Lightly spray a large-sized baking pan with baking spray.
3. Put the chicken and remnant ingredients except for parsley into a basin and blend thoroughly.
4. Transfer the chicken mixture to the baking pan.
5. Bake for around 22-25 minutes.
6. Enjoy right away with the garnishing of parsley.



Turkey Stew

Ingredients Required:

- Boneless turkey meat – 1½ lb, cubed
- Salt & powdered black pepper – as desired
- Extra-virgin olive oil – 1 tbsp
- Homemade tomato puree – 1 cup
- Homemade chicken broth – 4 cups
- Medium-sized carrots – 3, peel removed & slivered, garlic cloves – 2, minced
- Dried thyme – ½ tsp
- Dried parsley – ½ tsp
- Dried rosemary – ½ tsp
- Paprika – 1 tsp
- Onion powder – ½ tsp
- Garlic powder – ½ tsp
- Fresh parsley – 3 tbsp, cut up

Nutritional Info:

Calories: 295

Carbs (g): 8

Fats (g): 10.5

Protein (g): 39

Procedure:



1. Put the turkey cubes, salt, and pepper into a large-sized basin and toss to incorporate thoroughly.
2. Sizzle oil into a Dutch oven on the burner at around medium-high heat. Cook the turkey cubes for around 4-5 minutes. Blend in remnant ingredients and turn the heat at around high.
3. Cook the mixture until boiling. Turn the heat to around low. Cook with the cover for around 55-65 minutes. Blend in salt and pepper and take off from the burner. Enjoy right away.



Turkey & Veggie Casserole



15 min



48 min



Ingredients Required:

- Olive oil baking spray
- Medium-sized zucchinis – 2, slivered
- Medium-sized tomatoes – 2, slivered
- Olive oil baking spray
- Extra-lean ground turkey – $\frac{3}{4}$ lb
- Large-sized onion – 1, cut up
- Garlic cloves – 2, minced
- Homemade tomato paste – 1 cup
- Cheddar cheese – $\frac{1}{2}$ cup, shredded
- Cottage cheese – 2 cups, shredded
- Egg yolk – 1
- Fresh rosemary – 1 tbsp, minced
- Salt & powdered black pepper – as desired



Procedure:



1. For preheating, set your oven at 500 °F.
2. Spray a large-sized roasting pan with baking spray.
3. Arrange zucchini and tomato slices into the roasting pan and spray with baking spray. Roast for around 10-12 minutes. Take off from oven and set aside.
4. In the meantime, sizzle an anti-sticking wok on the burner at around medium-high heat. Cook the turkey for around 4-5 minutes. Add the onion and garlic and cook for around 4-5 minutes. Blend in tomato sauce and cook for around 2-3 minutes. Again, set your oven to 350 °F.
5. Take off the burner and place the turkey mixture into a shallow baking pan. Put the remnant ingredients into a basin and blend to incorporate thoroughly.
6. Put the roasted vegetables over the turkey mixture, followed by the cheese mixture. Bake for around 35 minutes.
7. Take off from oven and set aside for around 5-10 minutes.

Nutritional Info:

Calories: 258

Carbs (g): 10

Fats (g): 11.9

Protein (g): 30.4



10 min



20 min



Spiced Flank Steak

Ingredients Required:

- Dried thyme – 1 tsp, crushed
- Red chili powder – 1 tsp
- Powdered cumin – $\frac{1}{2}$ tsp
- Garlic powder – $\frac{1}{4}$ tsp
- Salt & powdered black pepper – as desired
- Beef flank steak – $1\frac{1}{2}$ lb, trimmed
- Olive oil baking spray



Procedure:



1. Put the thyme, chili powder, cumin, garlic powder, salt, and pepper into a large-sized basin and blend thoroughly.
2. Put in steak and rub with mixture generously.
3. Set aside for around 15-20 minutes.
4. For preheating, set your outdoor grill to medium heat. Spray the grill grate with baking spray.
5. Lay out the steak onto the grill over medium coals.
6. Cook for around 18-20 minutes, flipping once halfway through. Take off the steak from the grill and put it onto a chopping board for around 10 minutes.
7. Cut steak into serving portions and enjoy.

Nutritional Info:

Calories: 218

Carbs (g): 1.6

Fats (g): 8.5

Protein (g): 28

Steak Pinwheels



15 min



35 min



Ingredients Required:

- Dried oregano – 1 tbsp
- Lemon juice – 1/3 cup, freshly squeezed
- Extra-virgin olive oil – 2 tbsp
- Beef flank steak – 1 (2 lb), pounded into 1/2-inch thickness.
- Olive tapenade – 1/3 cup
- Frozen chopped spinach – 1 cup, thawed & squeezed
- Feta cheese – 1/4 cup, crumbled
- Cherry tomatoes – 4 cups
- Salt – as desired



Procedure:



1. Put the oregano, lemon juice, and oil into a large-sized baking pan and blend thoroughly.
2. Put in steak and coat generously with the marinade.
3. Put into your fridge to marinate for around 4 hours, flipping from time to time. For preheating, set your oven at 425 °F. Line a shallow baking pan with bakery paper.
4. Take off the steak from the baking pan, reserving the remnant marinade into a basin. Cover the basin of the marinade and put it into your fridge. Arrange the steak onto a chopping board. Put the tapenade over the steak and top with the spinach, followed by feta cheese.
5. Carefully roll the steak tightly to form a log.
6. With 6 kitchen string pieces, tie the log at 6 places.
7. Carefully cut the log between strings into 6 equal pieces, leaving the string in place. Put the reserved marinade, tomatoes, and salt into a basin and toss to incorporate.
8. Arrange the log pieces into the baking pan, cut side up.
9. Now, arrange the tomatoes around the pinwheels.
10. Bake for around 25-35 minutes. Take off from the oven and set aside for around 5 minutes before enjoying.

Nutritional Info:

Calories: 305, Fats (g): 14.2, Carbs (g): 5



15 min



1 hr 10 min



Beef & Lentil Chili

Ingredients Required:

- Extra-virgin olive oil – 1 tbsp
- Small-sized onion – 1, cut up
- Medium-sized bell pepper – 1, seeded & cut up, extra-lean ground beef – 1 lb
- Medium-sized carrot – 1, peel removed & cut up, garlic cloves – 2, finely cut up
- Jalapeño pepper – 1, seeded & cut up
- Tomatoes – 2 1/2 cups, cut up
- Red lentils – 1 cup, rinsed
- Dried oregano – 1 tsp, crushed
- Red chili powder – 1 1/2 tbsp
- Powdered cumin – 2 tsp
- Homemade chicken broth – 5 cups

Procedure:



1. Sizzle oil into a large-sized Dutch oven on the burner at around medium heat.
2. Cook the onion and bell pepper for around 3-5 minutes. Put in ground beef and cook for around 5-8 minutes. Put in carrot, garlic, and jalapeño pepper and cook for around 2 minutes, stirring from time to time. Blend in remnant ingredients and turn the heat at around high. Cook the mixture until boiling.
3. Turn the heat to around low. Cook with the cover for around 40-50 minutes, stirring from time to time.
4. Enjoy right away.



Nutritional Info:

Calories: 350 Carbs (g): 27.7

Fats (g): 15.4 Protein (g): 27

Stuffed Pork Tenderloin



15 min



1 hr 20 min



Ingredients Required:

- Pork tenderloin – 1 lb, trimmed
- Unsalted butter – 1 tbsp
- Garlic – 2 tsp, minced
- Fresh spinach – 2 oz, cut up
- Cream cheese – 4 oz, softened
- Salt & powdered black pepper – as desired



Procedure:



1. For preheating, set your oven at 350 °F.
2. Line a casserole dish with a piece of heavy-duty foil.
3. Arrange a plastic wrap onto a smooth surface.
4. Put the pork tenderloin on top of plastic wrap.
5. Now, put another plastic wrap over the pork tenderloin. With a meat mallet, pound the pork tenderloin slightly into an even thickness. Take off the plastic wraps and carefully cut the edges of tenderloin to shape into a rectangle.
6. Sizzle butter into a wok on the burner at around medium heat. Cook the garlic for around 1 minute.
7. Put in spinach, cream cheese, salt, and pepper, and cook for around 3-4 minutes. Take off the wok from the burner and let it cool slightly. Put the spinach mixture onto pork tenderloin about 1/2-inch from the edges.
8. Carefully roll the tenderloin into a log and secure it with toothpicks. Arrange tenderloin into the casserole dish, seam-side down. Bake for around 1 1/4 hours.
9. Take off the casserole dish from the oven and let it cool slightly before cutting. Cut the tenderloin into serving portions and enjoy.

Nutritional Info:

Calories: 329

Carbs (g): 2.3

Fats (g): 17.4

Protein (g): 34.1



10 min



20 min



Creamy Salmon Bake

Ingredients Required:

- Olive oil baking spray
- Cream cheese – 1/4 cup, softened
- Fresh chives – 2 tbsp, cut up
- Garlic powder – 1/4 tsp
- Cayenne pepper powder – 1/4 tsp
- Salt & powdered black pepper – as desired
- Boneless & skinless salmon fillets – 2 (4 oz)



Procedure:



1. For preheating, set your oven at 350 °F.
2. Lightly spray a small-sized baking pan with baking spray.
3. Put the cream cheese, chives, spices, salt, and pepper into a basin and blend thoroughly.
4. Arrange the salmon fillets into a baking pan and top with the cream cheese mixture.
5. Bake for around 15-20 minutes.
6. Enjoy right away.

Nutritional Info:

Calories: 257

Carbs (g): 2.1

Fats (g): 17.2

Protein (g): 24.6

Cod in Lemon Sauce



10 min



13 min



Ingredients Required:

- Boneless cod fillets – 2 (6 oz)
- Salt & powdered black pepper – as desired
- Unsalted butter – 3 tbsp, divided
- Garlic cloves – 2, minced
- Lemon slices – 2
- Fresh dill – 2 tsp, minced



Procedure:



1. Sprinkle salt and pepper over each halibut fillet.
2. Sizzle 1 tbsp of butter into a medium-sized wok on the burner at around high heat.
3. Cook the cod fillets for around 4-5 minutes per side.
4. Transfer the cod fillets onto a plate.
5. In the meantime, sizzle remnant butter into a wok on the burner at around low heat.
6. Cook the garlic and lemon slices for around 40-60 seconds.
7. Blend in cooked cod fillets and dill and cook with the cover for around 1-2 minutes.
8. Take off the cod fillets from the burner and transfer them onto the serving plates.
9. Top with the pan sauce and enjoy right away.

Nutritional Info:

Calories: 301

Carbs (g): 2.5

Fats (g): 18.9

Protein (g): 31.1



10 min



20 min



Cod Casserole

Ingredients Required:

- Olive oil baking spray
- Extra-virgin olive oil – 1 tsp
- Onion – ½ cup, minced
- Zucchini – 1 cup, cut up
- Garlic clove – 1, minced
- Fresh basil – 2 tbsp, cut up
- Tomatoes – 2 cups, cut up
- Salt & powdered black pepper – as desired
- Boneless cod fillets – 4 (6-oz)
- Feta cheese – 1/3 cup, crumbled



Procedure:



1. For preheating, set your oven at 450 °F.
2. Spray a large-sized shallow baking pan with baking spray. Sizzle oil into a wok on the burner at around medium heat. Cook the onion, zucchini, and garlic for around 4-5 minutes.
3. Blend in basil, tomatoes, salt, and pepper, and immediately take off the burner.
4. Put the cod steaks into the baking pan in a single layer and top with the tomato mixture.
5. Sprinkle with feta cheese. Bake for around 15 minutes. Enjoy right away.

Nutritional Info:

Calories: 208

Carbs (g): 6.6

Fats (g): 5.6

Protein (g): 33.5

Tilapia with Capers



Ingredients Required:

- Olive oil baking spray
- Lemon juice – 3 tbsp, freshly squeezed
- Extra-virgin olive oil – 2 tbsp
- Garlic cloves – 2, minced
- Lemon zest – ½ tsp, grated
- Capers – 2 tsp, liquid removed
- Fresh basil – 3 tbsp, minced & divided
- Boneless tilapia fillets – 4 (6 oz)
- Salt & powdered black pepper – as desired



Procedure:



1. For preheating, arrange a rack about 4 inches from the heating element.
2. Set your oven to a broiler.
3. Spray a broiler pan with baking spray.
4. Put the lemon juice, oil, garlic, and lemon zest into a small-sized basin and whisk to incorporate thoroughly. Put the capers and 2 tbsp of basil and blend to incorporate. Reserve 2 tbsp of the mixture into a small-sized basin. Coat the fish fillets with remnant capers mixture and sprinkle with salt and pepper. Lay out the tilapia fillets onto the broiler pan.
5. Broil for around 3-4 minutes per side. Take off from the oven and transfer the fish fillets onto serving plates. Drizzle with reserved capers mixture and enjoy with the garnishing of remnant basil.

Nutritional Info:

Calories: 206

Carbs (g): 0.9

Fats (g): 8.7

Protein (g): 31.9



Snapper Parcel

Ingredients Required:

- Garlic – 2 tsp, minced
- Fresh turmeric – 1 tsp, finely grated
- Fresh ginger root – 1 tsp, finely grated
- Lime juice – 2 tbsp, freshly squeezed
- Extra-virgin olive oil – 2 tbsp
- Fresh cilantro – 1 bunch, cut up
- Boneless snapper fillets – 4 (6 oz)



Procedure:



1. Put the garlic, turmeric, ginger, lime juice, and oil into an electric food processor and process to form a smooth mixture.
2. Transfer the mixture into a basin with cilantro and blend thoroughly.
3. Put in snapper fillets and coat generously with the mixture.
4. Lay out 2 pieces of fish fillets over each piece of foil.
5. Wrap each foil around the fish to form a parcel.
6. Arrange a steamer basket into a pot of boiling water.
7. Put the parcels in the steamer basket.
8. Cover the pot and steam for around 10 minutes.

Nutritional Info:

Calories: 388

Carbs (g): 5.5

Fats (g): 16.5

Protein (g): 44.9



sdnoS

Chicken & Avocado Soup



10 min



22 min



Ingredients Required:

- Homemade chicken broth – 4 cups
- Large-sized tomatoes – 2, peel removed, seeded & cut up
- Jalapeño pepper – 1, seeded & minced
- Garlic clove – 1, minced
- Powdered cumin – ½ tsp
- Cooked chicken – 1 cup, shredded
- Scallions – 3, finely cut up
- Salt – as desired
- Fresh cilantro – ¼ cup, cut up
- Lime juice – 2 tbsp, freshly squeezed
- Medium-sized avocado – 1, peel removed, pitted & cut up

Procedure:



1. Put the broth into a soup pot on the burner at around medium heat.
2. Cook the mixture until boiling.
3. Put in tomatoes, jalapeño pepper, garlic, and cumin and cook for around 15 minutes.
4. Blend in chicken, scallion, and salt, and turn the heat to around low. Cook for around 1-2 minutes.
5. Blend in cilantro and lime juice and take off from the burner. Divide the avocado pieces into soup bowls and top with hot soup. Enjoy right away.



Nutritional Info:

Calories: 160

Carbs 7

Fats (g): 6.9

Protein (g): 16.8



15 min



20 min



Meatballs & Scallion Soup

Ingredients Required:

For the Meatballs:

- Ground chicken – 10 oz
- Fresh ginger root – 1 tbsp, minced finely
- Fresh chives – 1 tbsp, finely cut up
- Extra-virgin olive oil – 2 tbsp

For the Soup:

- Homemade chicken broth – 2½ cups
- Fresh ginger root – 1 (2-inch) piece, slivered
- Bay leaf – 1, star anise pods – 2,
- Scallions – 2, slivered

Procedure:



1. For the meatballs, put the ground chicken, ginger, chives, salt, and pepper into a basin and blend to incorporate thoroughly. Make small-sized balls from the mixture. Arrange the balls onto a plate and put them into your fridge for around 15 minutes.
2. For the soup, put the broth, ginger slices, bay leaf, and star anise into a pot on the burner at around medium-high heat. Cook the mixture until boiling.
3. Turn the heat to around low. Cook for around 15 minutes. In the meantime, sizzle oil into a pot on the burner at around medium heat.
4. Cook the meatballs for around 8-10 minutes.
5. Divide the meatballs into soup bowls.
6. Strain the broth and pour it into bowls.
7. Enjoy with the topping of scallions.



Nutritional Info:

Calories: 392; Fats (g): 25.1; Carbs 2.7; Protein (g): 35.6

Turkey & Veggie Soup



15 min



20 min



Ingredients Required:

- Homemade chicken broth – 8 cups
- Broccoli – 2-3 cups, cut up
- Fresh mushrooms – 8 oz, sliced
- Scallion bunch – 1, cut up
- Fresh ginger root – 1 (1-inch) piece, minced
- Garlic cloves – 4, minced
- Cooked turkey meat – 1½ lb, thinly sliced
- Red pepper flakes – ½ tsp, crushed
- Salt & powdered black pepper – as desired

Procedure:



1. Put the broth into a soup pot on the burner at around medium-high heat.
2. Cook the broth until boiling.
3. Blend in broccoli pieces and cook for around 1-2 minutes. Blend in mushrooms, scallions, ginger, and garlic and cook for around 7-8 minutes.
4. Blend in beef, red pepper flakes, salt, and pepper, and turn the heat around low. Cook for around 3-5 minutes. Enjoy right away.



Nutritional Info:

Calories: 222

Carbs (g): 5.9

Fats (g): 6.9

Protein (g): 32.5



15 min



45 min



Beef & Cauliflower Rice Soup

Ingredients Required:

- Extra-lean ground beef – 1 lb
- Medium-sized onion – ½, cut up
- Salt & powdered black pepper – as desired
- Garlic cloves – 2, minced
- Frozen cauliflower rice – 1 lb
- Tomatoes – 4-5 cups, finely cut up
- Homemade chicken broth – 6 cups
- Italian seasoning – 1 tbsp

Procedure:



1. Sizzle a large-sized Dutch oven on the burner at around high heat.
2. Cook the ground beef, onion, salt and pepper for around 8-9 minutes.
3. Put the garlic and cook for around 1 minute.
4. Put in cauliflower rice, tomatoes, broth, and Italian seasoning, and turn the heat around high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook with the cover for around 25-30 minutes.
8. Blend in salt and pepper, and enjoy right away.



Nutritional Info:

Calories: 286

Carbs (g): 15.6

Fats (g): 14.3

Protein (g): 18.4

Shrimp & Carrot Soup



15 min



20 min



Ingredients Required:

- Extra-virgin olive oil – 1 tbsp
- Medium-sized carrots – 2, peel removed & cut up, large-sized onion – 1, cut up
- Large-sized bell peppers – 1, seeded & cut up, Celery stalks – 2, cut up
- Tomatoes – 1 cup, cut up
- Garlic cloves – 3, crushed
- Bay leaves – 2
- Cajun seasoning – 2 tbsp
- Salt & powdered black pepper – as desired
- Homemade chicken broth – 8 cups
- Shrimp – 2 lb, peeled & deveined
- Fresh parsley – ¼ cup, cut up

Procedure:



1. Sizzle oil into a large-sized soup pot on the burner at around medium heat. Cook the carrots, onions, bell pepper, and celery for around 4-5 minutes.
2. Blend in tomatoes, garlic, bay leaves, Cajun seasoning, salt, pepper, and broth, and turn the heat around high. Cook the mixture until boiling.
3. Cook for around 10 minutes.
4. Blend in shrimp and cook for around 5 minutes.
5. Enjoy right away with the garnishing of parsley.



Nutritional Info:

Calories: 191

Carbs 6.9

Fats (g): 7.9

Protein (g): 22.1



15 min



50 min



Lentil & Sweet Potato Soup

Ingredients Required:

- Extra-virgin olive oil – 1 tbsp
- Leeks – 4, cut up
- Tomatoes – 1¾ cups, cut up
- Homemade vegetable broth – 6 cups
- Brown lentils – ½ cup, rinsed
- Sweet potatoes – 2, peel removed & cubed
- Fresh kale – 4 cups, tough ribs removed & cut up, fresh thyme – 1 tbsp, cut up
- Salt & powdered black pepper – as desired

Procedure:



1. Sizzle oil into a large-sized soup pot on the burner at around medium heat.
2. Cook the leeks for around 3-4 minutes.
3. Put in tomatoes and cook for 5-6 minutes, crushing with the back of a spoon.
4. Put the broth and turn the heat around high.
5. Cook the mixture until boiling.
6. Put in lentils, sweet potato, kale, and thyme, and cook until boiling again.
7. Turn the heat to around low.
8. Cook with the cover for around 25-30 minutes.
9. Blend in salt and pepper, and enjoy right away.



Nutritional Info:

Calories: 239

Carbs (g): 38.9

Fats (g): 4.2

Protein (g): 12.4

Tofu & Mushroom Soup



15 min



35 min



Ingredients Required:

- Extra-virgin olive oil – 1 tbsp
- Medium-sized onion – ½, slivered
- Medium-sized carrot – 1, slivered into ribbons
- Fresh mushrooms – 12 oz, slivered
- Water – 5-6 cups
- Extra-firm tofu – 12 oz, pressed, drained & cubed
- Dried porcini mushrooms – ½ oz
- Celery stalks – 2, slivered
- Garlic cloves – 4, smashed
- Fresh ginger root – 1 tsp, grated
- Salt & powdered black pepper – as desired
- Fresh spinach – 4 cups, cut up
- Scallions – 2, thinly slivered

Procedure:



1. Sizzle oil into a soup pot on the burner at around medium heat. Cook the onion, carrots and mushrooms for around 5 minutes.
2. Put in water and remnant ingredients except spinach and scallion, and turn the heat around high.
3. Cook the mixture until boiling. Turn the heat around to medium. Cook for around 15-20 minutes.
4. Blend in spinach and cook for around 3-5 minutes.
5. Blend in scallion and enjoy right away.



Nutritional Info:

Calories: 232

Carbs (g): 22.6

Fats (g): 9.9

Protein (g): 16.5



10 min



4 min



Zucchini Soup

Ingredients Required:

- Zucchini – 2 cups, cut up
- Dried onion – 2 tbsp, minced
- Hot vegetable broth – 1 cup
- Sharp cheddar cheese – ½ cup, shredded
- Extra-virgin olive oil – 1 tbsp
- Dried thyme – ¼ tsp
- Salt & powdered black pepper – as desired

Procedure:



1. Put the zucchini and dried onion into a microwave-safe basin and microwave on high for around 4 minutes.
2. Transfer the zucchini into an electric blender and process to cut up finely.
3. Put the broth, half of the cheese, oil, thyme, salt, and pepper in the blender and process to form a smooth mixture.
4. Enjoy right away with the topping of the remnant cheese.



Nutritional Info:

Calories: 197

Carbs 5.2

Fats (g): 16.6

Protein (g): 8.5

Broccoli Soup



10 min



15 min



Ingredients Required:

- Homemade vegetable broth – 3 cups
- Frozen broccoli – 1 (16-oz) bag
- Garlic cloves – 2, peel removed
- Extra-virgin olive oil – 1 tbsp
- Salt & powdered black pepper – as desired

Procedure:



1. Put the broth, broccoli, and garlic into a soup pot on a burner at around medium-high heat.
2. Cook the mixture until boiling.
3. Turn the heat to around low.
4. Cook with the cover for around 10 minutes.
5. Blend in oil, salt, and pepper, and take off the burner.
6. Blend with an immersion blender to form a smooth mixture.
7. Enjoy right away.



Nutritional Info:

Calories: 93

Carbs 7

Fats (g): 4.9

Protein (g): 7.1



10 min



25 min



Creamy Mushroom Soup

Ingredients Required:

- Unsalted butter – 3 tbsp
- Scallion – 1, slivered
- Garlic clove – 1, crushed
- Fresh mushrooms – 5 cups, slivered
- Homemade vegetable broth – 3 cups
- Salt & powdered black pepper – as desired
- Heavy cream – 1 cup

Procedure:



1. Sizzle butter into a large-sized soup pot on the burner at around medium heat.
2. Cook the scallion and garlic for around 2 minutes.
3. Put in mushrooms and cook for around 5 minutes.
4. Blend in broth and turn the heat around high.
5. Cook the mixture until boiling.
6. Cook for around 10 minutes.
7. Return the pot to the burner at around medium heat.
8. Remove the soup container from the burner and use a stick blender to blend the soup until it is smooth.
9. Blend in cream, salt, and pepper and cook for around 2-3 minutes, stirring all the time.
10. Enjoy right away.



Nutritional Info:

Calories: 220

Carbs (g): 4.7

Fats (g): 20.7

Protein (g): 6



Salads

Chicken & Cranberry Salad



10 min



0 min



Ingredients Required:

- Cooked chicken – 3 cups, cut into bite-sized pieces
- Fresh cranberries – ½ cup
- Large-sized bell pepper – 1, seeded & cut up
- Celery stalks – 2, cut up
- Onion – ¼ cup, cut up
- Sour cream – 1/3 cup
- Mayonnaise – 1/3 cup
- Salt & powdered black pepper – as desired
- Almonds – ¼ cup, cut up
- Feta cheese – 4 oz, crumbled

Procedure:



1. Put the chicken and remnant ingredients except for almonds and cheese into a large-sized salad dish and blend to incorporate thoroughly.
2. Cover the salad dish and put it into your fridge to chill for around 6-8 hours before enjoying it.
3. Top with almonds and cheese, and enjoy.



Nutritional Info:

Calories: 296

Carbs (g): 4.8

Fats (g): 21.6

Protein (g): 28.7



15 min



0 min



Chicken & Veggie Salad

Ingredients Required:

For the Dressing:

- Garlic clove – 1, minced
- Extra-virgin olive oil – ¼ cup
- Lime juice – 3 tbsp, freshly squeezed
- Red pepper flakes – ¼ tsp, crushed
- Salt & powdered black pepper – as desired

For the Salad:

- Cooked chicken – 1½ lb, cut up
- Cucumber – 3 cups, slivered
- Cherry tomatoes – 3 cups, halved
- Onion – 1 cup, slivered thinly
- Fresh mint leaves – ¼ cup cut up
- Fresh spinach – 8 cups, torn

Procedure:



1. For the dressing, put the garlic and remnant ingredients into a small-sized basin and whisk thoroughly. For the salad: put the chicken and remnant ingredients into a large-sized salad dish and blend to incorporate.
2. Drizzle with dressing and toss to incorporate.
3. Enjoy right away.



Nutritional Info:

Calories: 278

Carbs (g): 9.4

Fats (g): 14.9

Protein (g): 22.7

Salmon Salad



Ingredients Required:

For the Dressing:

- Extra-virgin olive oil – 2 tbsp
- Lemon juice – 1 tbsp, freshly squeezed
- Salt & powdered black pepper – as desired

For the Salad:

- Cooked salmon – $\frac{3}{4}$ lb, slivered
- Carrots – 2 cups, peel removed & shredded
- Fresh baby kale – 4 cups

Procedure:



1. For the dressing, put the garlic and remnant ingredients into a small-sized basin and whisk thoroughly.
2. For the salad: put the salmon and remnant ingredients into a large-sized salad dish and blend to incorporate.
3. Drizzle with dressing and toss to incorporate.
4. Enjoy right away.



Nutritional Info:

Calories: 258

Carbs (g): 6.4

Fats (g): 11.9

Protein (g): 20.7



Tuna Salad

Ingredients Required:

For the Dressing:

- Extra-virgin olive oil – 3 tbsp
- Lime juice – 2 tbsp, freshly squeezed
- Salt & powdered black pepper – as desired

For the Salad:

- Water-packed tuna – 2 (6-oz) cans, liquid removed & flaked
- Hard-boiled eggs – 4, peel removed & slivered
- Large-sized tomato – 1, slivered
- Large-sized cucumber – 1, slivered
- Small-sized carrot – 1, peel removed & slivered

Procedure:



1. For the dressing, put the oil, lime juice, salt, and pepper into a small-sized basin and whisk to incorporate thoroughly.
2. Divide the tuna, egg, cucumber, carrot, and tomato onto serving plates.
3. Drizzle with dressing and enjoy.



Nutritional Info:

Calories: 277

Carbs (g): 6.2

Fats (g): 15.7

Protein (g): 28.2

Shrimp Salad



10 min



0 min



Ingredients Required:

- Extra-virgin olive oil – 2 tbsp
- Lemon juice – 2 tsp, freshly squeezed
- Salt & powdered black pepper – as desired
- Cooked shrimp – 1 lb
- Large-sized tomatoes – 2, slivered
- Lettuce – 4 cups, torn

Procedure:



1. In a small bowl, combine the oil, lemon juice, salt, and pepper and emulsify until well incorporated.
2. Divide the shrimp, tomato and lettuce onto serving plates.
3. Drizzle with oil mixture and enjoy.



Nutritional Info:

Calories: 217

Carbs (g): 6.6

Fats (g): 9.2

Protein (g): 26.7



15 min



0 min



Quinoa Salad

Ingredients Required:

For the Dressing:

- Fresh ginger root – 1 tbsp, finely cut up
- Extra-virgin olive oil – 3 tbsp
- Apple cider vinegar – 2 tbsp
- Salt & powdered black pepper – as desired

For the Salad:

- Cooked quinoa – 2 cups
- Cherry tomatoes – 1½ cups, halved
- Bell peppers – 1 cup, seeded & cut up
- Black olives – 1 cup, pitted
- Scallion greens – ¼ cup, cut up

Procedure:



1. For the dressing, put the ginger and remnant ingredients into a small-sized basin and whisk thoroughly.
2. For the salad: put the quinoa and remnant ingredients into a large-sized salad dish and blend to incorporate.
3. Drizzle with dressing and toss to incorporate.
4. Enjoy right away.



Nutritional Info:

Calories: 288

Carbs (g): 23.9

Fats (g): 11.7

Protein (g): 7.9

Chickpeas Salad



10 min



0 min



Ingredients Required:

- Cooked chickpeas – 1 cup
- Fresh spinach – 2 cups
- Bell pepper – ½ cup, seeded & cut up
- Tomato – ½ cup, cut up
- Small-sized cucumber – 1, slivered
- Onion – ¼ cup, slivered
- Extra-virgin olive oil – 2 tbsp
- Lime juice – 2 tsp, freshly squeezed
- Salt, a desired

Procedure:



1. Put the chickpeas and remnant ingredients into a large-sized salad dish and blend to incorporate.
2. Enjoy right away.



Nutritional Info:

Calories: 308

Carbs (g): 34.4

Fats (g): 16.6

Protein (g): 10



10 min



0 min



Kale & Brussels Sprout Salad

Ingredients Required:



For the Salad:

- Fresh kale – 1½ lb, tough ribs removed & thinly slivered
- Brussels sprouts – 14 oz, trimmed & finely grated
- Almonds – ½ cup, toasted & cut up

For the Dressing:

- Garlic clove – 1, minced
- Shallot – 1 tbsp, minced
- Lemon juice – ¼ cup, freshly squeezed
- Extra-virgin olive oil – ¼ cup
- Salt & powdered black pepper – as desired

Procedure:

1. For the salad, put the kale and remnant ingredients into a large-sized salad dish and blend.
2. For the dressing, put the garlic and remnant ingredients into a small-sized basin and whisk to incorporate thoroughly. Put the dressing over the salad and toss to incorporate thoroughly.
3. Enjoy right away.



Nutritional Info:

Calories: 155

Carbs (g): 15.2

Fats (g): 9.5

Protein (g): 5.6

Arugula & Zucchini Salad



Ingredients Required:

For the Salad:

- Large-sized zucchinis – 2, cut into ribbons
- Fresh baby arugula – 4 cups
- Walnuts – ¼ cup, cut up

For the Dressing:

- Extra-virgin olive oil – 3 tbsp
- Lemon juice – 3 tbsp, freshly squeezed
- Dijon mustard – 1 tbsp
- Lemon zest – 1 tsp, grated
- Salt & powdered black pepper – as desired

Procedure:



1. For the salad, put the zucchini and arugula into a large-sized salad dish and blend.
2. For the dressing, put the oil and remnant ingredients into a small-sized basin and whisk to incorporate thoroughly.
3. Put the dressing over the salad and toss to incorporate thoroughly.
4. Top with the walnuts, and enjoy right away.



Nutritional Info:

Calories: 175

Carbs (g): 7.5

Fats (g): 15.8

Protein (g): 4.6



Olives & Cucumber Salad

Ingredients Required:

For the Salad:

- Large-sized cucumbers – 2, peel removed & slivered thinly
- Medium-sized tomatoes – 2, cut up
- Olives – 1 cup, pitted

For the Dressing:

- Extra-virgin olive oil – 3 tbsp
- Balsamic vinegar – 1 tbsp
- Lemon juice – 1 tbsp, freshly squeezed
- Salt & powdered black pepper – as desired

Procedure:



1. For the salad, put the cucumbers, tomato, and olives into a large-sized salad dish and blend.
2. For the dressing, put the oil and remnant ingredients into a small-sized basin and whisk to incorporate thoroughly.
3. Put the dressing over the salad and toss to incorporate thoroughly. Enjoy right away.



Nutritional Info:

Calories: 131

Carbs (g): 8.1

Fats (g): 11.5

Protein (g): 1.5

Plant-Based



Lentil Curry



15 min



1 hr



Ingredients Required:

- Extra-virgin olive oil – 2 tsp
- Large-sized onion – 1, cut up
- Medium-sized carrots – 3, peel removed & cut up, celery stalks – 4, cut up
- Garlic cloves – 2, minced
- Jalapeño pepper – 1, seeded & cut up
- Red chili powder – 1 tsp
- Powdered coriander – 1 tsp
- Powdered cumin – 1 tsp
- Powdered turmeric – 1 tsp
- Salt & powdered black pepper – as desired
- Tomatoes – 2 cups, finely cut up
- Red lentils – 1 lb, rinsed
- Homemade vegetable broth – 6 cups
- Fresh spinach – 6 cups
- Fresh cilantro – ½ cup, cut up

Procedure:



1. Sizzle oil into a large-sized Dutch oven on the burner at around medium heat. Cook the onion, carrot, and celery for around 5 minutes.
2. Put in garlic, jalapeño pepper, and spices and cook for around 1 minute. Put in tomatoes, lentils, and broth, and turn the heat around high.
3. Cook the mixture until boiling. Turn the heat to around low. Cook for around 45-50
4. Blend in spinach and cook for around 3-4 minutes.
5. Blend in cilantro and take it off the burner.
6. Enjoy right away.



Nutritional Info:

Calories: 298

Carbs (g): 44

Fats (g): 4.5

Protein (g): 21.8



15 min



50 min



Lentil with Veggies

Ingredients Required:

- Extra-virgin olive oil – 1 tbsp
- Medium-sized onion – 1, peel removed & cut up, garlic cloves – 2, minced
- Fresh ginger root – 1 tsp, minced
- Sweet potato – 1, peel removed & cut up
- Large-sized carrot – 1, peel removed & cut up, celery stalks – 2, cut up
- Zucchini – 1, cut up
- Green lentils – 1½ cups, soaked for 15 minutes & liquid removed
- Tomatoes – 3 cups, finely cut up
- Powdered cumin – 1 tsp
- Powdered coriander – 1 tsp
- Powdered turmeric – 1 tsp
- Cayenne pepper powder – ½ tsp
- Salt & powdered black pepper – as desired
- Water – 2½-3 cups
- Fresh parsley – ¼ cup, cut up

Procedure:



1. Sizzle oil into a large-sized Dutch oven on the burner at around medium heat. Cook the onion, garlic, and ginger for around 4-5 minutes.
2. Put in vegetables and cook for around 5 minutes.
3. Blend in lentils, tomatoes, spices, and water, and turn the heat around high. Cook the mixture until boiling.
4. Cook for around 5 minutes, stirring from time to time. Turn the heat to around low. Cook with the cover for around 25-30 minutes. Blend in parsley and enjoy right away.



Nutritional Info:

Calories: 253;

Carbs (g): 42.8;

Fats (g): 3.4;

Protein (g): 14.8

Chickpeas Stew



15 min



1 hr



Ingredients Required:

- Extra-virgin olive oil – 2 tbsp
- Large-sized onion – 1, peel removed & cut up, large-sized bell pepper – 1, seeded & cut up, garlic cloves – 2, minced
- Sweet potatoes – 1½ lb, peel removed & cut into 1-inch chunks
- Tomatoes – 3 cups, cut up
- Water – 1½ cups
- Cooked chickpeas – 30 oz
- Lime juice – 2 tbsp, freshly squeezed
- Salt & powdered black pepper – as desired



Procedure:



1. Sizzle oil into a Dutch oven on the burner at around medium heat. Cook the onion for around 5 minutes.
2. Put in bell pepper and garlic and cook for around 5 minutes, stirring from time to time.
3. Put in potatoes and cook for around 5 minutes, stirring from time to time.
4. Put in tomatoes and water and turn the heat to around high. Cook the mixture until boiling.
5. Turn the heat to around low. Cook with the cover for around 20-30 minutes. Put in chickpeas and turn the heat to around medium-high.
6. Cook the mixture until boiling. Turn the heat to around medium-low. Cook, uncovered, for around 5 minutes. Blend in lime juice, salt, and pepper, and take off the burner. Enjoy right away.

Nutritional Info:

Calories: 237

Carbs (g): 40.4

Fats (g): 4.6

Protein (g): 11.5



15 min



1¼ hr



Chickpeas Chili

Ingredients Required:

- Extra-virgin olive oil – 2 tbsp
- Medium-sized onion – 1, peel removed & cut up
- Garlic cloves – 4, minced
- Red chili powder – 1 tbsp
- Powdered cumin – 1 tsp
- Powdered coriander – ¼ tsp
- Salt & powdered black pepper – as desired
- Large-sized bell pepper – 1, seeded & cut up
- Medium-sized zucchinis – 2, cut up
- Tomatoes – 3 cups, cut up
- Cooked chickpeas – 3 cups
- Homemade vegetable broth – 2 cups
- Fresh cilantro leaves – ¼ cup, cut up

Nutritional Info:

Calories: 220

Carbs (g): 34.5

Fats (g): 6.2

Protein (g): 12.1

Procedure:



1. Sizzle oil into a Dutch oven on the burner at around medium heat. Cook the onion for around 8-9 minutes, stirring frequently.
2. Put garlic, spices, salt and pepper in it and cook for around 1 minute. Put in remnant ingredients except cilantro and turn the heat around high.
3. Cook the mixture until boiling. Turn the heat to around low. Cook with the cover for around 1 hour.
4. Enjoy right away with the garnishing of cilantro.



Barley & Mushroom Bake



10 min



1 hr 10 min



Ingredients Required:

- Unsalted butter – 3 tbsp
- Garlic cloves – 2, minced
- Fresh mushrooms – 8 oz, sliced
- Pearl barley – 1 cup
- Homemade vegetable broth – 2 cups
- Dried thyme – ½ tsp
- Fresh parsley – 3 tbsp, cut up

Procedure:



1. For preheating, set your oven at 350 °F.
2. Sizzle butter in a Dutch oven on the burner at around medium heat.
3. Cook the garlic for around 1-2 minutes, stirring all the time.
4. Put in mushrooms and cook for around 7-8 minutes, stirring frequently.
5. Put in barley, broth, and thyme and blend to incorporate.
6. Cover the Dutch oven and transfer into the oven.
7. Bake for around 1 hour.
8. Take off the Dutch oven from the oven and, with a fork, fluff the barley mixture.
9. Blend in parsley and enjoy.



Nutritional Info:

Calories: 287

Carbs (g): 42

Fats (g): 10.1

Protein (g): 9.4



10 min



30 min



Quinoa with Green Beans

Ingredients Required:

- Small-sized onion – 1 cut up
- Quinoa – 1 cup, rinsed, water – 2 cups
- Silken tofu – 1 cup, pressed, liquid removed & crumbled
- Unsweetened coconut milk – 1 cup
- Extra-virgin olive oil – 1 tbsp
- Frozen green beans – 1½ cups
- Salt & powdered black pepper – as desired

Procedure:



1. Put the quinoa, onion, and water into a small-sized pot on a burner at around medium-high heat.
2. Cook the mixture until boiling.
3. Turn the heat to around low.
4. Cook with the cover for around 15 minutes.
5. Blend in tofu, coconut milk, and oil, and turn the heat to around medium-low.
6. Cook for around 3-5 minutes, stirring frequently.
7. Blend in green beans and cook for around 3-5 minutes, stirring frequently.
8. Blend in salt and pepper, and enjoy right away.



Nutritional Info:

Calories: 227

Carbs (g): 27

Fats (g): 8

Protein (g): 6

Quinoa with Veggies



15 min



18 min



Ingredients Required:

- Fresh Baby Bella mushrooms – 2 cups
- Extra-virgin olive oil – 3 tbsp, divided
- Salt & powdered black pepper – as desired
- Cooked quinoa – 2 cups
- Fresh baby kale leaves – 2 cups
- Fresh parsley – 2 tbsp, cut up



Procedure:



1. For preheating, set your oven at 425 °F.
2. Line a large-sized rimmed baking tray with bakery paper.
3. Put the mushrooms, 1 tbsp of oil, salt, and pepper into a basin and toss to incorporate them thoroughly.
4. Arrange the mushrooms onto the baking tray in a single layer.
5. Roast for around 18 minutes, tossing once halfway through.
6. Divide the quinoa, mushrooms, kale, and parsley into serving dishes and drizzle them with remnant oil.
7. Enjoy right away.

Nutritional Info:

Calories: 366

Carbs (g): 49.2

Fats (g): 14.4

Protein (g): 11.4



10 min



20 min



Tofu & Veggie Stew

Ingredients Required:

- Garlic cloves – 3 cut up
- Jalapeño pepper – 1, seeded & cut up
- Roasted red peppers – 1 (16-oz) jar, rinsed, liquid removed & cut up
- Homemade vegetable broth – 2 cups
- Water – 2 cups
- Medium-sized bell peppers – 2, seeded & slivered thinly
- Extra firm tofu – 1 (16-oz) package, pressed, liquid removed & cubed
- Frozen baby spinach – 1 (10-oz) package, thawed
- Salt & powdered black pepper – as desired

Procedure:



1. Put the garlic, jalapeño pepper, and roasted red peppers into an electric food processor and pulse to form a smooth mixture. Put the peppers puree, broth, and water into a large Dutch oven on the burner at medium-high heat. Cook the mixture until boiling. Put in bell peppers and tofu and turn the heat at around medium. Cook for around 10 minutes.
2. Blend in spinach and cook for around 5 minutes.
3. Blend in salt and pepper, and enjoy right away.



Nutritional Info:

Calories: 130

Carbs (g): 12.2

Fats (g): 5.3

Protein (g): 11.8

Spicy Veggie Stew



15 min



45 min



Ingredients Required:

- Large-sized onion – 1, cut up
- Homemade tomato paste – ¼ cup
- Garlic cloves – 4, minced
- Powdered cumin – 1 tsp
- Powdered cinnamon – ½ tsp
- Cayenne pepper powder – ¼ tsp
- Large-sized carrots – 2, trimmed, peel removed & cut up
- Large-sized sweet potatoes – 3, peel removed & cut up
- Homemade vegetable broth – 4 cups
- Lemon juice – 2 tbsp, freshly squeezed
- Fresh kale – 2 cups, tough ribs removed & cut up
- Salt & powdered black pepper – as desired
- Fresh cilantro – ¼ cup, cut up



Procedure:



1. Sizzle coconut oil into a large-sized Dutch oven on the burner at around medium-high heat.
2. Cook the onion for around 5 minutes.
3. Blend in tomato paste, garlic, and spices and cook for around 2 minutes. Put in carrots and sweet potatoes and cook for around 2-3 minutes.
4. Put the broth in and turn the heat to around high.
5. Cook the mixture until boiling.
6. Turn the heat to around medium-low.
7. Cook for around 20-25 minutes.
8. Blend in lemon juice and kale and cook for around 4-5 minutes.
9. Blend in salt and pepper and enjoy right away with the garnishing of cilantro.

Nutritional Info:

Calories: 169

Carbs (g): 28.1

Fats (g): 4.4

Protein (g): 5.3



15 min



40 min



Veggie Curry

Ingredients Required:

- Coconut oil – 1 tbsp
- Medium-sized bell pepper – 1, seeded & cut up
- Medium-sized onion – 1, peel removed & cut up, homemade tomato puree – 1 cup
- Curry powder – 1 tbsp
- Powdered cinnamon – ¼ tsp
- Powdered ginger – ¼ tsp
- Salt – as desired
- Unsweetened coconut milk – 1 (14-oz) can
- Water – 1½ cup
- Large-sized sweet potato – 1, peel removed & cut into 1-inch cubes
- Broccoli head – 1, cut into florets

Procedure:



1. Sizzle coconut oil into a large-sized Dutch oven on the burner at around medium heat. Cook the onion for around 4-5 minutes. Put in tomato puree, curry powder, cinnamon, ginger, salt, coconut milk, and water, and turn the heat to around high.
2. Cook the mixture until boiling. Blend in sweet potato and broccoli, and again, cook the mixture until boiling. Turn the heat to around low.
3. Cook with the cover for around 20-25 minutes.
4. Enjoy right away.



Nutritional Info:

Calories: 287

Carbs (g): 22.6

Fats (g): 22.3

Protein (g): 5

Lean Protein



Herbed Chicken Thighs



10 min



1 hr



Ingredients Required:

- Olive oil baking spray
- Dried oregano – ¼ tsp
- Dried thyme – ¼ tsp
- Dried rosemary – ¼ tsp
- Dried parsley – ¼ tsp
- Paprika – 1 tsp
- Garlic salt – ¼ tsp
- Onion salt – ¼ tsp
- Salt & powdered black pepper – as desired
- Bone-in, skinless chicken thighs – 8

Procedure:



1. For preheating, set your oven at 350 °F.
2. Line a baking tray with a piece of heavy-duty foil and then spray it with baking spray.
3. Put the herbs, spices, salt, and pepper into a small-sized basin and blend to incorporate.
4. Rub the chicken thighs with the herb mixture generously. Arrange the chicken thighs onto the baking tray, skin-side up. Bake for around 1 hour.
5. Enjoy right away.

Nutritional Info:

Calories: 190

Carbs (g): 0

Fats (g): 12

Protein (g): 19



15 min



27 min



Stuffed Chicken Breasts

Ingredients Required:

- Feta cheese – ½ cup, crumbled
- Fresh spinach – ½ cup, cut up
- Roasted red peppers – ½ cup, cut up
- Kalamata olives – ¼ cup, pitted & quartered
- Garlic cloves – 2, minced
- Fresh parsley – 1 tbsp, cut up
- Fresh basil – 1 tbsp, cut up
- Boneless & skinless chicken breasts – 4 (8-oz)
- Salt & powdered black pepper – as desired
- Extra-virgin olive oil – 1 tbsp
- Lemon juice – 1 tbsp, freshly squeezed

Procedure:



1. For preheating, set your oven at 400 °F.
2. Put the feta, spinach, red peppers, olives, garlic, and fresh herbs into a medium-sized basin and blend them to incorporate. Using a tiny knife, make a horizontal cut through the thickest part of each chicken breast to create a pocket.
3. Stuff each breast pocket with feta mixture. With toothpicks, secure each pocket. Sprinkle each chicken pocket with salt and pepper. Sizzle oil into a large-sized, oven-safe wok on the burner at around medium-high heat. Cook the chicken breasts for around 2 minutes. Transfer the wok to the oven immediately after flipping the chicken breasts.
4. Bake for around 20-25 minutes.
5. Take off the wok from the oven and drizzle the chicken with lemon juice. Take off the toothpicks and cut each chicken breast into serving portions.
6. Enjoy right away.

Nutritional Info:

Calories: 179

Carbs (g): 2

Fats (g): 7

Protein (g): 24



Chicken with Brussels Sprout



Ingredients Required:

- Extra-virgin olive oil – 1½ tbsp
- Brussels sprout – ½ lb, trimmed & halved
- Chicken tenderloin – 1 lb, cut into 1-inch pieces
- Garlic cloves – 4, minced
- Homemade chicken broth – ¼ cup
- Salt & powdered black pepper – as desired



Procedure:



1. Sizzle oil into a large-sized, cast-iron wok on the burner at around medium-high heat.
2. Cook the Brussels sprout for around 5-6 minutes.
3. With a slotted spoon, transfer the Brussels sprout onto a plate.
4. Put the chicken and garlic into the same wok and cook for around 3-5 minutes.
5. Blend in Brussels sprouts, broth, salt, and pepper and cook for around 3-4 minutes.
6. Enjoy right away.

Nutritional Info:

Calories: 249

Carbs (g): 12

Fats (g): 6

Protein (g): 35



Ground Turkey with Zoodles

Ingredients Required:

- Extra-virgin olive oil – 1 tsp
- Extra-lean ground turkey – 1¼ lb
- Bell pepper – 1 cup, seeded & cut up
- Garlic cloves – 3, minced
- Italian seasoning – 2 tsp
- Red pepper flakes – ¼ tsp
- Salt & powdered black pepper – as desired
- Homemade tomato paste – 3 cups
- Fresh baby spinach leaves – 2 cups
- Zucchini – 4, spiralized with Blade C

Procedure:



1. Sizzle oil into a large-sized wok on the burner at around medium heat.
2. Cook the turkey, bell pepper, garlic, Italian seasoning, red pepper flakes, salt and pepper for around 8-10 minutes. Blend in tomato paste and spinach and cook for around 3 minutes. Blend in zucchini noodles and cook for around 2-3 minutes.
3. Enjoy right away.



Nutritional Info:

Calories: 271

Carbs (g): 17.1

Fats (g): 5

Protein (g): 25.4

Braised Round Steak



10 min



1 1/2 hr



Ingredients Required:

- Dried oregano – 1 tsp
- Onion powder – 1 tsp
- Garlic powder – 1 tsp
- Cayenne pepper powder – 1/2 tsp
- Paprika – 1/2 tsp
- Salt & powdered black pepper – as desired
- Top round steak – 1 (2-lb), trimmed
- Medium-sized onion – 1, cut up
- Celery stalks – 2, cut up
- Homemade chicken broth – 1 1/2 cups



Procedure:



1. For preheating, set your oven at 325 °F.
2. Put the oregano, spices, salt, and pepper into a small-sized basin and blend to incorporate.
3. Arrange the celery and onion in the base of a Dutch oven.
4. Arrange the round steak on top and sprinkle with spice mixture.
5. Pour the broth around the steak.
6. Cover the pot and bake for around 1 1/2 hours.
7. Take off the Dutch oven from the oven and transfer the steak onto a chopping board for around 10 minutes.
8. Cut the steak into serving portions and enjoy.

Nutritional Info:

Calories: 288

Carbs (g): 2.1

Fats (g): 10.9

Protein (g): 31.6



15 min



20 min



Ground Beef with Broccoli

Ingredients Required:

- Coconut oil – 1 tbsp
- Extra-lean ground beef – 1 lb
- Medium-sized onion – 1/2, cut up
- Garlic cloves – 3, minced
- Broccoli florets – 2 cups
- Homemade chicken broth – 1/3 cup
- Apple cider vinegar – 1 tbsp
- Honey – 1 tbsp
- Powdered ginger – 1/4 tsp
- Salt & powdered black pepper – as desired

Procedure:



1. Sizzle coconut oil into a large-sized wok on the burner at around medium heat. Cook the ground beef for around 4-5 minutes.
2. Blend in onion and garlic and cook for around 4-5 minutes. Blend in broccoli and remnant ingredients and turn the heat to medium-high.
3. Turn the heat to medium. Cook for around 3-5 minutes, stirring from time to time. Enjoy right away.



Nutritional Info:

Calories: 236

Carbs (g): 15.1

Fats (g): 7.5

Protein (g): 26.5

Garlicky Pork Tenderloin



10 min



30 min



Ingredients Required:

- Olive oil baking spray
- Garlic cloves – 4, minced
- Dried rosemary – 2 tsp, crushed
- Cayenne pepper powder – ½ tsp
- Salt & powdered black pepper – as desired
- Pork tenderloin – 2 lb, trimmed



Procedure:



1. For preheating, set your oven at 400 °F.
2. Spray a roasting pan with baking spray.
3. Put the garlic, rosemary, cayenne pepper, salt, and pepper into a basin and blend to incorporate.
4. Rub the pork tenderloin with the garlic mixture.
5. Lay out the pork tenderloin into the roasting pan.
6. Roast for around 25-30 minutes.
7. Take off the roasting pan from the oven and transfer the pork tenderloin onto a chopping board for around 10-15 minutes.
8. Cut the pork tenderloin into serving portions and enjoy.

Nutritional Info:

Calories: 259

Carbs (g): 1.1

Fats (g): 7.9

Protein (g): 24.2



10 min



8 min



Spiced Salmon

Ingredients Required:

- Extra-virgin olive oil – 1 tbsp
- Balsamic vinegar – 1 tbsp
- Paprika – 1 tsp
- Powdered cumin – ½ tsp
- Powdered coriander – ½ tsp
- Salt & powdered black pepper – as desired
- Boneless salmon fillets – 4 (4 oz)



Procedure:



1. Put the oil, vinegar, spices, salt, and pepper into a baking pan and blend thoroughly.
2. Coat the salmon fillets with the mixture and then arrange skin side-up in the baking pan.
3. Set aside for around 15 minutes.
4. For preheating, arrange the oven rack to be about 6 inches from the heating element.
5. Set your oven to a broiler.
6. Line a broiler pan with a piece of heavy-duty foil.
7. Take off the salmon fillets from the baking pan and arrange them onto the broiler pan, skin side down.
8. Broil for around 6-8 minutes.
9. Enjoy right away.

Nutritional Info:

Calories: 223

Carbs (g): 0.4

Fats (g): 10.4

Protein (g): 28.1

Garlicky Tilapia



Ingredients Required:

- Extra-virgin olive oil – 2 tbsp
- tilapia fillets – 4 (4-oz)
- Garlic cloves – 3, minced
- Fresh ginger root – 1 tbsp minced
- Homemade chicken broth – 2-3 tbsp
- Salt & powdered black pepper – as desired



Procedure:



1. Sizzle oil into a large-sized wok on the burner at around medium heat.
2. Cook the tilapia fillets for around 4 minutes.
3. Flip the side and blend in garlic and ginger.
4. Cook for around 1-2 minutes.
5. Put in broth and cook for around 2-3 more minutes.
6. Blend in salt and pepper and take off from the burner.
7. Enjoy right away.

Nutritional Info:

Calories: 162

Carbs (g): 0.8

Fats (g): 5.9

Protein (g): 26.7

Sea Bass with Mushrooms

Ingredients Required:

- Sea bass fillet – 1 (8-oz), cubed
- Ginger paste – ¼ tsp
- Garlic paste – ¼ tsp
- Red chili powder – 1 tsp
- Powdered cumin – ½ tsp
- Salt – as desired
- Balsamic vinegar – 1 tbsp
- Extra-virgin olive oil – 1 tbsp, divided
- Fresh mushrooms – 1½ cups, slivered
- Scallions – 2, cut up



Procedure:



1. Put the fish cubes, ginger, garlic, chili powder, cumin, and salt into a basin and blend them to incorporate.
2. Set aside for around 20 minutes.
3. Sizzle half of the oil into a large-sized, anti-sticking wok on the burner at around medium-high heat.
4. Sear the fish cubes for around 3-4 minutes.
5. With a slotted spoon, transfer the fish cubes into a basin. Sizzle remnant oil into the same wok on the burner at around medium heat.
6. Stir-fry the mushrooms for around 5-7 minutes.
7. Put in fish cubes and cook for around 2-3 minutes.
8. Put in scallion and cook for around 1 minute.
9. Enjoy right away.

Nutritional Info:

Calories: 238

Carbs (g): 8.2

Fats (g): 10.3

Protein (g): 28.5



Snacks & Appetizers

Cacao Almonds



Ingredients Required:

- Maple syrup – 1 tbsp
- Vanilla extract – ¼ tsp
- Almonds – 1 cup
- Salt – ¼ tsp
- Cacao powder – 1 tbsp

Procedure:



1. For preheating, set your oven at 350 °F.
2. Put the maple syrup and vanilla extract into a medium-sized basin and blend to incorporate.
3. Put in almonds and coat with the mixture thoroughly.
4. Dust almonds with cacao powder and salt.
5. Lay out the coated almonds onto a baking tray.
6. Roast for around 15 minutes.
7. Take off the baking tray from the oven and set it aside for around 10 minutes before enjoying.



Nutritional Info:

Calories: 157

Carbs (g): 10.2

Fats (g): 12.1

Protein (g): 5.3



Candied Cashews

Ingredients Required:

- Honey – 2 tbsp
- Coconut oil – 1 tbsp, liquefied
- Salt – ½ tsp
- Raw cashews – 2 cups

Procedure:



1. For preheating, set your oven at 325 °F.
2. Line a baking tray with bakery paper.
3. Put the maple syrup, coconut oil, and salt into a large-sized basin and blend to incorporate thoroughly.
4. Put in cashews and toss to incorporate thoroughly.
5. Put the cashews onto the baking tray and spread them into an even layer.
6. Roast for around 10-12 minutes, stirring after every 4 minutes.
7. Take off from the oven and let the cashews cool for 10-12 minutes before enjoying.



Nutritional Info:

Calories: 225

Carbs (g): 15.7

Fats (g): 17.2

Protein (g): 5.5

Oat Bites



Ingredients Required:

- Gluten-free old-fashioned oats – 1 cup
- Peanut butter – ½ cup
- Maple syrup – 3 tbsp
- Vanilla extract – 1 tsp
- Powdered cinnamon – ½ tsp
- Unsweetened dark chocolate chips – ¼ cup



Procedure:



1. Put the oats and process until powdered.
2. Put peanut butter, maple syrup, vanilla, and cinnamon in an electric food processor and process until just incorporated.
3. Transfer the mixture into a basin and blend in chocolate chips.
4. Cover the basin and put into your fridge for at least 20 minutes.
5. Make 1-inch balls from the mixture.
6. Enjoy right away.

Nutritional Info:

Calories: 150

Carbs (g): 15.9

Fats (g): 8.3

Protein (g): 4.7



Peanut Butter Celery Sticks

Ingredients Required:

- Celery stalks – 4
- Peanut butter – 1 cup

Procedure:



1. Cut each celery stalk into 4-inch lengths.
2. Spread peanut butter over each celery stalk piece and enjoy.



Nutritional Info:

Calories: 191

Carbs (g): 6.6

Fats (g): 16.2

Protein (g): 8.1

Stuffed Cherry Tomatoes



20 min



0 min



Ingredients Required:

- Cherry tomatoes – 2¼ cups
- Small-sized avocado – 1, peel removed, pitted & cut up
- Cashews – 2 tbsp, cut up
- Garlic cloves – 2, cut up
- Jalapeño pepper – 1, seeded & cut up
- Fresh basil leaves – 2 tbsp
- Lemon juice – 1 tbsp, freshly squeezed



Procedure:



1. With a small-sized knife, cut the top of each tomato.
2. With a little scooper, take off the seeds from tomatoes to create a cup.
3. Lay out the tomatoes onto a large-sized plate, cut side up.
4. Combine the remaining avocado and ingredients in an electric food processor and process until fully combined.
5. Carefully stuff each tomato cup with avocado mixture.
6. Enjoy right away.

Nutritional Info:

Calories: 70

Carbs (g): 5.7

Fats (g): 5.2

Protein (g): 1.5



15 min



0 min



Green Deviled Eggs

Ingredients Required:

- Hard-boiled eggs – 6
- Medium-sized avocado – 1, peel removed, pitted & cut up
- Lime juice – 2 tsp, freshly squeezed
- Salt – as desired



Procedure:



1. Peel the eggs and slice them in half vertically with a knife.
2. Carefully scoop out the yolks from each egg half.
3. Put half of the egg yolks, avocado, lime juice, and salt into a basin, and with a fork, mash to incorporate thoroughly.
4. Scoop the avocado mixture into the egg halves and savor.

Nutritional Info:

Calories: 120

Carbs (g): 2.4

Fats (g): 9.6

Protein (g): 6.7

Sweet Potato Chips



15 min



25 min



Ingredients Required:

- Sweet potatoes – 1½ lb, peel removed & cut into thin rounds
- Extra-virgin olive oil – 1/3 cup
- Salt – as desired



15 min



35 min



Procedure:



1. For preheating, set your oven at 300 °F.
2. Line 2-3 large-sized baking trays with bakery paper.
3. Put the sweet potato rounds and oil into a large basin and toss to incorporate.
4. Lay out the sweet potato rounds onto the baking trays.
5. Sprinkle with salt.
6. Bake for around 20-25 minutes.
7. Take off the baking trays from the oven and set aside for around 5 minutes before enjoying.

Nutritional Info:

Calories: 152

Carbs (g): 17

Fats (g): 9

Protein (g): 20

Broccoli Tots

Ingredients Required:

- Olive oil baking spray
- Frozen chopped broccoli – 1 (16-oz) package, large-sized eggs – 3
- Dried oregano – ½ tsp
- Garlic powder – ½ tsp
- Cayenne pepper powder – 1/8 tsp
- Red pepper flakes – 1/8 tsp, crushed
- Salt & powdered white pepper – as desired
- Sharp cheddar cheese – 1 cup, grated
- Almond flour – 1 cup



Procedure:



1. For preheating, set your oven at 400 °F.
2. Line two baking trays with bakery paper and then lightly spray each with baking spray.
3. Put the broccoli into a microwave-safe basin and microwave with the cover for around 5 minutes, stirring once halfway through.
4. Drain the broccoli thoroughly.
5. Put the eggs, oregano, garlic powder, cayenne pepper, red pepper flakes, salt, and white pepper into a large-sized basin and whisk to incorporate thoroughly.
6. Put in cooked broccoli, cheddar cheese, and almond flour and blend to incorporate thoroughly.
7. With slightly wet hands, make 24 equal-sized patties from the mixture. Arrange the patties onto baking trays into a single layer about 2 inches apart.
8. Lightly spray each patty with the baking spray.
9. Bake for around 15 minutes per side.
10. Take off from oven and enjoy moderately hot.

Nutritional Info:

Calories: 165

Carbs (g): 4.9

Fats (g): 7.5

Protein (g): 3.2

Tuna Croquettes



Ingredients Required:

- Coconut oil – 1 tbsp
- Large-sized onion – ½ cut up
- Fresh ginger root – 1 (1-inch) piece, finely cut up, garlic cloves – 3, finely cut up
- Serrano pepper – 1, seeded & finely cut up
- Powdered coriander – ½ tsp
- Powdered cumin – ½ tsp
- Red chili powder – ¼ tsp
- Water-packed tuna – 2 (5-oz) cans, liquid removed
- Cooked sweet potato – 1 cup, peel removed & mashed, egg – 1, powdered turmeric – ¼ tsp
- Almond flour – ½ cup



Procedure:



1. Sizzle coconut oil into a small-sized pot on the burner at around medium heat.
2. Cook the onion, ginger, garlic, and Serrano pepper for around 5-6 minutes. Blend in spices and cook for around 1 minute. Shift the onion mixture into a basin. Put in tuna and sweet potato and blend to incorporate thoroughly.
3. Make equal-sized oblong-shaped patties from the mixture. Lay out the croquettes onto a baking tray and shift into your refrigerator overnight.
4. For preheating, set your oven at 350 °F.
5. Line a large-sized baking tray with bakery paper.
6. Whisk the egg into a shallow dish.
7. Put the flour into another shallow dish.
8. Dip the croquettes into whisked eggs and then coat with flour. Lay out the croquettes onto the baking tray. Bake for around 10 minutes, flipping once after 5 minutes.
9. Enjoy moderately hot.

Nutritional Info:

Calories: 126

Carbs (g): 10.6

Fats (g): 4.3

Protein (g): 11.2



Parmesan Chicken Wings

Ingredients Required:

- Olive oil baking spray
- Chicken wings – 3 lb
- Baking powder – 1½ tbsp
- Salt & powdered black pepper – as desired
- Extra-virgin olive oil – 2 tbsp
- Garlic cloves – 4, minced
- Dried parsley flakes – 2 tsp
- Red pepper flakes – ½ tsp, crushed
- Parmesan cheese – ½ cup, grated
- Fresh parsley – 2 tbsp, cut up



Procedure:



1. For preheating, arrange a rack in the lower third of the oven. Set your oven to 250 °F.
2. Line a baking tray with a piece of heavy-duty foil.
3. Arrange a rack onto the baking tray and then spray with baking spray.
4. Into a basin, put the wings, baking powder, salt, and pepper and toss to incorporate thoroughly.
5. Arrange wings over the rack onto the baking tray.
6. Bake for around 30 minutes. Take off the chicken wings from the oven and transfer them into a large basin. Sizzle butter into a small-sized wok on the burner at around medium heat.
7. Cook the garlic, dried parsley, and red pepper flakes for around 20-30 seconds. Take off the burner and immediately pour over the chicken wings.
8. Sprinkle with Parmesan and toss to incorporate thoroughly.
9. Garnish with fresh parsley and savor immediately.

Nutritional Info:

Calories: 307

Carbs (g): 1.9

Fats (g): 16.9

Protein (g): 40.4



Desserts

Chocolate Mousse



10 min



5 min



Ingredients Required:

- Cacao powder – ½ cup
- Erythritol – ½ cup
- Unsweetened almond milk – ¾ cup
- Plain Greek yogurt – 12 oz
- Vanilla extract – ½ tsp



Procedure:



1. Put the cacao powder, erythritol, and almond milk into a pot on the burner at around medium-low heat.
2. Cook for around 4-5 minutes, whisking all the time.
3. Take off from the burner and set aside at room temperature to cool slightly.
4. In the meantime, put the yogurt and vanilla extract into a large-sized glass basin and whisk thoroughly.
5. Put in chocolate mixture and lightly blend to incorporate.
6. Cover the basin and put into your fridge to chill for at least 2 hours before enjoying.

Nutritional Info:

Calories: 76

Carbs (g): 9

Fats (g): 3

Protein (g): 56



10 min



5 min



Chocolate Pana Cotta

Ingredients Required:

- Unsweetened almond milk – 1½ cups, divided
- Unflavored gelatine powder – 1 tbsp
- Unsweetened coconut milk – 1 cup
- Erythritol – 1/3 cup
- Cacao powder – 3 tbsp
- Instant coffee granules – 2 tsp
- Liquid stevia – 6 drops



Procedure:



1. Put ½ cup of almond milk into a large-sized basin and sprinkle with gelatine. Set aside until soaked.
2. Put the remnant almond milk, coconut milk, almond milk, erythritol, cacao powder, coffee granules, and stevia into a pot on a burner at around medium heat.
3. Cook the mixture until boiling, stirring all the time.
4. Take off the pot from the burner.
5. Put the gelatine mixture and hot milk mixture into an electric blender and process to form a smooth mixture.
6. Transfer the mixture into serving glasses and set aside to cool thoroughly.
7. With plastic wrap, cover each glass and put it into your fridge for around 3-4 hours before enjoying.

Nutritional Info:

Calories: 173

Carbs (g): 6

Fats (g): 16.4

Protein (g): 5.3

Lemon Soufflé



15 min



20 min



Ingredients Required:

- Olive oil baking spray
- Large-sized eggs – 2 (whites and yolks separated)
- Erythritol – ¼ cup, divided
- Ricotta cheese – 1 cup
- Lemon juice – 1 tbsp, freshly squeezed
- Lemon zest – 2 tsp, grated
- Poppy seeds
- Vanilla extract – 1 tsp



Procedure:



1. For preheating, set your oven at 375 °F.
2. Lightly spray 4 (6-oz) ramekins with baking spray.
3. Put the egg whites into a clean glass basin and whisk them with an electric beater until foamy.
4. Put 2 tbsp of erythritol in the basin of egg whites and whisk to form stiff peaks. Put the remnant erythritol, ricotta cheese, and egg yolks into a separate basin and whisk to incorporate them thoroughly. Put in lemon juice and lemon zest and blend to incorporate.
5. Put in poppy seeds and vanilla extract and blend to incorporate thoroughly. Put the whipped egg whites into the basin of ricotta mixture and lightly blend to incorporate. Divide the mixture into ramekins.
6. Bake for around 20 minutes.
7. Take off the ramekins from the oven and enjoy right away.

Nutritional Info:

Calories: 130

Carbs (g): 4

Fats (g): 7.7

Protein (g): 10.4



10 min



3 min



Vanilla Pudding

Ingredients Required:

- Powdered stevia – 1 tbsp
- Xanthan gum – 1/8 tsp
- Egg whites – 3
- Heavy cream – 1 cup
- Unsweetened coconut milk – ½ cup
- Vanilla extract – 1 tsp



Procedure:



1. Put the stevia and xanthan gum into a large-sized basin and blend to incorporate.
2. Put the remaining ingredients in an electric mixer and whisk at high speed for around 3 minutes.
3. Transfer the mixture into a heavy-bottomed pot on the burner at around medium-high heat.
4. Cook for around 3 minutes, stirring all the time.
5. Put the mixture into a basin and set aside to cool thoroughly.
6. Put into your fridge for around 1 hour before enjoying.

Nutritional Info:

Calories: 220

Carbs (g): 2.7

Fats (g): 20.4

Protein (g): 4.9

Chocolate Custard



10 min



35 min



Ingredients Required:

- Olive oil akin spray
- Whole milk – 2½ cups, plus 2 tbsp
- Large-sized eggs – 5
- Honey – ½ cup
- Vanilla extract – 1 tbsp
- Cacao powder – 3 tbsp
- Hot water – 2 tbsp
- Powdered cinnamon – 1 pinch



Procedure:



1. For preheating, set your oven at 325 °F.
2. Spray a baking pan with baking spray.
3. Put the milk, eggs, and honey into a basin and whisk to incorporate them thoroughly.
4. Put the cacao powder and hot water into a small basin and blend to form a paste. Put the chocolate paste into the egg mixture and blend to incorporate.
5. Pour the custard mixture into the baking tin.
6. Sprinkle with cinnamon and nutmeg.
7. Arrange the baking pan into a large-sized roasting pan. Pour scalding water into the roasting pan with caution, ensuring that it reaches approximately halfway up the side of the baking pan.
8. Bake for around 35 minutes.
9. Enjoy moderately hot.

Nutritional Info:

Calories: 208

Carbs (g): 30.3

Fats (g): 6.5

Protein (g): 9.1



15 min



16 min



Vanilla Donuts

Ingredients Required:

- Olive oil baking spray
- For the Donuts:**
- Eggs – 2
 - Almond flour – ½ cup
 - Coconut flour – 2 tbsp
 - Unsweetened protein powder – ¼ cup
 - Erythritol – ¼ cup
 - Salt – ¼ tsp
 - Baking powder – 2 tsp
 - Vanilla extract – 1 tsp
 - Unsweetened almond milk – 2-4 tbsp

For the Glaze:

- Unsalted butter – ¼ cup, liquefied
- Erythritol – ¼ cup
- Vanilla extract – 1 tsp

Nutritional Info:

Calories: 193

Carbs (g): 5.4

Fats (g): 15.1

Protein (g): 6.9

Procedure:



1. For preheating, set your oven at 350 °F.
2. Spray a donut pan with baking spray.
3. For donuts: put the eggs and remnant ingredients into a basin and blend to incorporate thoroughly.
4. Put the mixture into each donut hole about ¾ full.
5. Bake for around 14-16 minutes. Take it off from the oven and put the pot onto a cooling metal rack to cool it thoroughly. For the glaze, put the butter and remnant ingredients into a basin and whisk to incorporate thoroughly.
6. Spread the glaze over the donuts and enjoy.



MasCarpone Brownies



Ingredients Required:

- Unsweetened dark chocolate – 5 oz, roughly cut up
- Unsalted butter – ¼ cup
- Large-sized eggs – 3
- Erythritol – ½ cup
- Mascarpone cheese – ¼ cup
- Cacao powder – ¼ cup, divided
- Salt – ½ tsp



Procedure:



1. For preheating, set your oven at 375 °F.
2. Line a 9x9-inch baking pan with bakery paper.
3. Put the chocolate into a medium-sized microwave-safe basin and microwave on high for around 2 minutes, stirring every 30 seconds. Put the butter and microwave for around 1 minute, stirring after every 10 seconds. Take off from the microwave and blend to form a smooth mixture.
4. Set aside to cool slightly. Put the eggs and erythritol into a large-sized basin and, with an electric mixer, whisk at high speed until frothy. Put the mascarpone cheese and whisk to form a smooth mixture.
5. Put 2 tbsp of the cacao powder and salt and lightly blend to incorporate. Now, sift in the remnant cacao powder and blend to incorporate thoroughly.
6. Blend the chocolate mixture into the egg mixture until it is all incorporated. Put the mixture into the baking pan.
7. Bake for around 25 minutes.
8. Take it off the oven and let it cool thoroughly before cutting.
9. Cut into squares and enjoy.

Nutritional Info:

Calories: 94

Carbs (g): 3.1

Fats (g): 9.4

Protein (g): 3.2



Chocolate Lava Cake

Ingredients Required:

- Olive oil baking spray
- Coconut oil – 3 tbsp
- Unsweetened dark chocolate – 4 oz, cut up
- Maple syrup – 2 tbsp
- Eggs – 2
- Vanilla extract – ½ tsp
- Salt – 1 pinch
- Cacao powder – 1 tbsp
- Almond flour – 1 tbsp



Procedure:



1. For preheating, set your oven at 375 °F.
2. Spray 4 ramekins with baking spray and then dust each with a little cacao powder.
3. Arrange ramekins into a large-sized baking pan.
4. Put the coconut oil and chocolate into a large-sized microwave-safe basin and blend to incorporate.
5. Microwave on high setting for around 1-1½ minutes, stirring from time to time. Put the maple syrup, eggs, vanilla, and salt into another basin and whisk to incorporate thoroughly.
6. Put in chocolate mixture and blend to incorporate thoroughly. Put in almond flour and cacao powder and blend to incorporate thoroughly. Transfer the mixture to ramekins.
7. Bake for around 10-12 minutes. Take off the ramekins from the oven and set aside for around 1-2 minutes.
8. Carefully invert the cakes onto the serving plates.

Nutritional Info:

Calories: 350

Carbs (g): 15.5

Fats (g): 28.7

Protein (g): 6.8

Cherry Cobbler



10 min



25 min



Ingredients Required:

- Fresh cherries – 2 cups, pitted
- Erythritol – ¼ cup plus 1 tbsp, divided
- Pecans – ¼ cup, cut up
- Unsweetened coconut – ¼ cup, shredded
- Coconut flour – ¼ cup
- Arrowroot flour – 1 tbsp
- Powdered cinnamon – ½ tsp
- Salt – 1 pinch



Procedure:



1. For preheating, set your oven at 375 °F.
2. Put the cherries into a 7x5-inch baking pan and sprinkle the top with ¼ cup of erythritol.
3. Put 1 tbsp of erythritol and remnant ingredients into a basin and blend thoroughly.
4. Spread pecan mixture over cherries.
5. Bake for around 20-25 minutes.
6. Take off the baking pan of the cobbler from the oven and set aside to cool slightly.
7. Enjoy moderately hot.

Nutritional Info:

Calories: 173

Carbs (g): 27.2

Fats (g): 7.4

Protein (g): 3



15 min



30 min



Cherry Clafoutis

Ingredients Required:

- Olive oil akin spray
- Fresh cherries – 12 oz, pitted
- Large-sized eggs – 2
- Erythritol – ¼ cup
- Almond flour – ½ cup
- Whole milk – ½ cup
- Vanilla extract – 1 tsp



Procedure:



1. For preheating, arrange a rack in the middle of the oven.
2. Set your oven to 400 °F.
3. Generously spray a Dutch oven with baking spray.
4. Spread the cherries in the bottom of the Dutch oven.
5. Put the eggs and erythritol into a basin and whisk until frothy and lightened in color.
6. Put in flour, milk, and vanilla extract and whisk to incorporate thoroughly.
7. Put the flour mixture over the cherries.
8. Bake for around 30 minutes.
9. Take off from the oven and let it cool for 30 minutes.
10. Cut into serving portions and enjoy.

Nutritional Info:

Calories: 129

Carbs (g): 25

Fats (g): 1.9

Protein (g): 3

8 Weeks Meal Plan

Week 1	Breakfast	Lunch	Dinner
Day 1	Berries Smoothie Bowl	Turkey Meatballs	Lentil Curry
Day 2	Poppy Seed Bread	Tuna Sandwiches	Spiced Flank Steak
Day 3	Salmon & Spinach Egg Scramble	Mushroom Soup	Herbed Chicken Thighs
Day 4	Green Avocado Smoothie	Stuffed Eggplant	Beef & Cauliflower Rice Soup
Day 5	Ricotta Pancakes	Veggie Kabobs	Sea Bass with Mushrooms
Day 6	Tuna Omelet	Arugula & Zucchini Salad	T Ground Turkey with Zoodles
Day 7	Blueberry Muffins	Salmon Lettuce Wraps	Chickpeas Stew
Week 2	Breakfast	Lunch	Dinner
Day 1	Cream Crepes	Quinoa with Veggies	Garlicky Tilapia
Day 2	Raspberry Chia Pudding	Kale & Brussels Sprout Salad	Turkey & Veggie Soup
Day 3	Bell Pepper Frittata	Crab Cakes	Tofu & Veggie Stew
Day 4	Carrot Bread	Stuffed Avocado	Shrimp & Carrot Soup
Day 5	Spinach & Mushroom Omelet	Chicken Kabobs	Steak Pinwheels
Day 6	Strawberry & Spinach Smoothie	Broccoli Soup	Sea Bass with Mushrooms
Day 7	Eggs & Spinach Bake	Scallop in Yogurt Sauce	Spicy Veggie Stew
Week 3	Breakfast	Lunch	Dinner
Day 1	Spiced Waffles	Quinoa with Green Beans	Turkey & Veggie Casserole
Day 2	Berries Smoothie Bowl	Ground Beef with Tomatoes	Lentil & Sweet Potato Soup
Day 3	Salmon & Spinach Egg Scramble	Olives & Cucumber Salad	Beef & Lentil Chili
Day 4	Cream Crepes	Tofu & Mushroom Soup	Creamy Salmon Bake

Day 5	Green Avocado Smoothie	Chicken Sandwiches	Chickpeas Chili
Day 6	Poppy Seed Bread	Barley & Mushroom Bake	Chicken & Spinach Curry
Day 7	Tuna Omelet	Quinoa with Green Beans	Stuffed Pork Tenderloin
Week 4	Breakfast	Lunch	Dinner
Day 1	Raspberry Chia Pudding	Mushroom Soup	Spiced Salmon
Day 2	Cream Crepes	Salmon Lettuce Wraps	Garlicky Pork Tenderloin
Day 3	Ricotta Pancakes	Stuffed Avocado	Seasoned Chicken Breasts
Day 4	Strawberry & Spinach Smoothie	Tuna Sandwiches	Ground Beef with Broccoli
Day 5	Bell Pepper Frittata	Shrimp with Zucchini	Veggie Curry
Day 6	Carrot Bread	Olives & Cucumber Salad	Turkey & Veggie Casserole
Day 7	Eggs & Spinach Bake	Veggie Kabobs	Cod in Lemon Sauce
Week 5	Breakfast	Lunch	Dinner
Day 1	Bell Pepper Frittata	Chicken Sandwiches	Ground Beef with Broccoli
Day 2	Green Avocado Smoothie	Tofu & Mushroom Soup	Chicken & Carrot Bake
Day 3	Chicken & Bell Pepper Muffins	Kale & Brussels Sprout Salad	Ground Beef with Broccoli
Day 4	Spiced Waffles	Shrimp in Lemon Sauce	Lentil with Veggies
Day 5	Tuna Omelet	Quinoa with Green Beans	Cod Casserole
Day 6	Berries Smoothie Bowl	Chickpeas Lettuce Wraps	Turkey Stew
Day 7	Poppy Seed Bread	Beef Kabobs	Creamy Salmon Bake
Week 6	Breakfast	Lunch	Dinner
Day 1	Eggs & Spinach Bake	Scallops with Brussels Sprout	Braised Round Steak
Day 2	Carrot Bread	Chicken Kabobs	Tofu & Veggie Stew

Day 3	Spinach & Mushroom Omelet	Mushroom Soup	Steak Pinwheels
Day 4	Strawberry & Spinach Smoothie	Beef Burgers	Chicken with Mushrooms
Day 5	Carrot Bread	Arugula & Zucchini Salad	Meatballs & Scallion Soup
Day 6	Cream Crepes	Tuna Sandwiches	Spiced Salmon
Day 7	Blueberry Muffins	Chickpeas Lettuce Wraps	Ground Beef with Broccoli
Week 7	Breakfast	Lunch	Dinner
Day 1	Spiced Waffles	Barley & Mushroom Bake	Chicken & Avocado Soup
Day 2	Eggs & Spinach Bake	Ground Beef with Tomatoes	Chickpeas Chili
Day 3	Raspberry Chia Pudding	Tofu & Mushroom Soup	Snapper Parcel
Day 4	Bell Pepper Frittata	Stuffed Avocado	Chicken with Brussels Sprout
Day 5	Poppy Seed Bread	Shrimp with Zucchini	Garlicky Pork Tenderloin
Day 6	Spinach & Mushroom Omelet	Arugula & Zucchini Salad	Chicken with Pears
Day 7	Green Avocado Smoothie	Beef Kabobs	Garlicky Tilapia
Week 8	Breakfast	Lunch	Dinner
Day 1	Ricotta Pancakes	Shrimp in Lemon Sauce	Chickpeas Curry
Day 2	Berries Smoothie Bowl	Olives & Cucumber Salad	Stuffed Chicken Breasts
Day 3	Tuna Omelet	Stuffed Eggplant	Lentil with Veggies
Day 4	Chicken & Bell Pepper Muffins	Veggie Kabobs	Tilapia with Capers
Day 5	Spiced Waffles	Beef Burgers	Garlicky Pork Tenderloin
Day 6	Salmon & Spinach Egg Scramble	Broccoli Soup	Chicken & Spinach Curry
Day 7	Carrot Bread	Tuna Sandwiches	Ground Beef with Broccoli

SHOPPING LISTS

Week 1 Shopping List

Proteins:

- Ground turkey – 1 lb (450 g)
- Ground beef – 1 lb (450 g)
- Flank steak – 1.5 lb (680 g)
- Chicken thighs – 2 lb (900 g)
- Salmon fillets – 1 lb (450 g)
- Sea bass – 1 lb (450 g)
- Tuna (fresh or canned) – 2 small cans or 1 fillet (200 g)
- Eggs – 12 large

Dairy & Dairy Alternatives:

- Ricotta cheese – ½ cup (125 g)
- Greek yogurt (plain) – 1 cup (240 ml)
- Almond milk (unsweetened) – 1 cup (240 ml)

Grains & Legumes:

- Lentils – 1 lb (450 g)
- Chickpeas – 1 can (16 oz | 450 g)
- Quinoa – 1 cup (200 g)
- Almond flour – 2 cups (250 g)
- Coconut flour – ½ cup (60 g)
- Baking powder – 2 tsp

Vegetables:

- Spinach – 6 cups (240 g)
- Arugula – 2 cups (100 g)
- Zucchini – 2 medium
- Carrots – 2 large
- Eggplant – 1 large
- Bell peppers (red, yellow, green) – 3 total
- Mushrooms – 8 oz (225 g)
- Broccoli – 1 head

- Cauliflower – 1 head
- Onion – 2 large
- Garlic – 1 head
- Lettuce (romaine or iceberg) – 1 head
- Tomatoes (fresh) – 4 cups (600 g)

Fruits:

- Blueberries – 1 cup (150 g)
- Strawberries – 1 cup (150 g)
- Lemons – 3
- Avocado – 2 medium

Nuts, Seeds & Oils:

- Almonds – ½ cup (75 g)
- Chia seeds – 3 tbsp
- Poppy seeds – 2 tbsp
- Olive oil (extra virgin) – 1 bottle (500 ml)
- Coconut oil – ¼ cup (60 ml)

Spices & Condiments:

- Salt & black pepper
- Red pepper flakes – ½ tsp
- Paprika – ¼ tsp
- Cumin – 1 tbsp
- Coriander – 1 tsp
- Turmeric – 1 tsp
- Cinnamon – 3 tsp
- Garlic powder – ½ tsp
- Dijon mustard – 1 tsp
- Honey – ¼ cup (60 ml)
- Maple syrup – 3 tbsp
- Vanilla extract – 1 tbsp
- Balsamic vinegar – 1 tbsp

Week 2 Shopping List

Proteins:

- Tilapia fillets – 1 lb (450 g)
- Ground turkey – 1 lb (450 g)
- Chicken kabobs – 1.5 lb (680 g)
- Beef steak pinwheels – 1 lb (450 g)
- Sea bass fillets – 1 lb (450 g)
- Shrimp (peeled, deveined) – 1 lb (450 g)
- Scallops – 12 oz (340 g)
- Eggs – 12 large

Dairy & Dairy Alternatives:

- Greek yogurt (plain) – 1 cup (240 ml)
- Almond milk (unsweetened) – 1 cup (240 ml)
- Feta cheese – ½ cup (100 g)

Grains & Legumes:

- Quinoa – 1 cup (200 g)
- Lentils – 1 lb (450 g)
- Almond flour – 2 cups (250 g)
- Coconut flour – ½ cup (60 g)
- Baking powder – 2 tsp

Vegetables:

- Spinach – 6 cups (240 g)
- Kale – 2 cups (100 g)
- Brussels sprouts – 6 oz (170 g)
- Zucchini – 2 medium
- Carrots – 3 large
- Celery – 4 stalks
- Bell peppers (red, yellow, green) – 3 total
- Mushrooms – 8 oz (225 g)
- Broccoli – 1 head
- Cauliflower – 1 head
- Onion – 2 large
- Garlic – 1 head

- Avocado – 2 medium
- Tomatoes (fresh) – 4 cups (600 g)
- Cherry tomatoes – 2 cups (300 g)
- Cucumbers – 2 large
- Lettuce (romaine or iceberg) – 1 head

Fruits:

- Blueberries – 1 cup (150 g)
- Raspberries – ½ cup (75 g)
- Strawberries – 1 cup (150 g)
- Lemons – 3
- Limes – 2
- Apple – 1 medium

Nuts, Seeds & Oils:

- Almonds – ½ cup (75 g)
- Chia seeds – 3 tbsp
- Poppy seeds – 2 tbsp
- Olive oil (extra virgin) – 1 bottle (500 ml)
- Coconut oil – ¼ cup (60 ml)

Spices & Condiments:

- Salt & black pepper
- Red pepper flakes – ½ tsp
- Paprika – ¼ tsp
- Cumin – 1 tbsp
- Coriander – 1 tsp
- Turmeric – 1 tsp
- Cinnamon – 3 tsp
- Garlic powder – ½ tsp
- Dijon mustard – 1 tsp
- Honey – ¼ cup (60 ml)
- Maple syrup – 3 tbsp
- Vanilla extract – 1 tbsp
- Balsamic vinegar – 1 tbsp

Week 3 Shopping List

Proteins:

- Ground turkey – 1 lb (450 g)
- Ground beef – 1 lb (450 g)
- Turkey breast – 1 lb (450 g)
- Chicken breasts – 2 lb (900 g)
- Salmon fillets – 1 lb (450 g)
- Sea bass fillets – 1 lb (450 g)
- Tuna (fresh or canned) – 2 small cans or 1 fillet (200 g)
- Eggs – 12 large
- Tofu – 1 block (14 oz | 400 g)

Dairy & Dairy Alternatives:

- Greek yogurt (plain) – 1 cup (240 ml)
- Ricotta cheese – ½ cup (125 g)
- Almond milk (unsweetened) – 1 cup (240 ml)

Grains & Legumes:

- Quinoa – 1 cup (200 g)
- Lentils – 1 lb (450 g)
- Barley – 1 cup (200 g)
- Almond flour – 2 cups (250 g)
- Coconut flour – ½ cup (60 g)
- Baking powder – 2 tsp

Vegetables:

- Spinach – 6 cups (240 g)
- Kale – 2 cups (100 g)
- Brussels sprouts – 6 oz (170 g)
- Zucchini – 2 medium
- Carrots – 3 large
- Celery – 4 stalks
- Bell peppers (red, yellow, green) – 3 total
- Mushrooms – 8 oz (225 g)
- Broccoli – 1 head
- Cauliflower – 1 head

- Onion – 2 large
- Garlic – 1 head
- Avocado – 2 medium
- Tomatoes (fresh) – 4 cups (600 g)
- Cherry tomatoes – 2 cups (300 g)
- Cucumbers – 2 large
- Lettuce (romaine or iceberg) – 1 head

Fruits:

- Blueberries – 1 cup (150 g)
- Raspberries – ½ cup (75 g)
- Strawberries – 1 cup (150 g)
- Lemons – 3
- Limes – 2
- Apple – 1 medium

Nuts, Seeds & Oils:

- Almonds – ½ cup (75 g)
- Chia seeds – 3 tbsp
- Poppy seeds – 2 tbsp
- Olive oil (extra virgin) – 1 bottle (500 ml)
- Coconut oil – ¼ cup (60 ml)

Spices & Condiments:

- Salt & black pepper
- Red pepper flakes – ½ tsp
- Paprika – ¼ tsp
- Cumin – 1 tbsp
- Coriander – 1 tsp
- Turmeric – 1 tsp
- Cinnamon – 3 tsp
- Garlic powder – ½ tsp
- Dijon mustard – 1 tsp
- Honey – ¼ cup (60 ml)
- Maple syrup – 3 tbsp
- Vanilla extract – 1 tbsp
- Balsamic vinegar – 1 tbsp

Week 4 Shopping List

Proteins:

- Ground beef – 1 lb (450 g)
- Chicken breasts – 1.5 lb (680 g)
- Salmon fillets – 1 lb (450 g)
- Cod fillets – 1 lb (450 g)
- Tuna (fresh or canned) – 2 small cans or 1 fillet (200 g)
- Shrimp – 1 lb (450 g)
- Turkey breast – 1 lb (450 g)
- Eggs – 12 large

Dairy & Dairy Alternatives:

- Greek yogurt (plain) – 1 cup (240 ml)
- Ricotta cheese – ½ cup (125 g)
- Almond milk (unsweetened) – 1 cup (240 ml)

Grains & Legumes:

- Quinoa – 1 cup (200 g)
- Lentils – 1 lb (450 g)
- Almond flour – 2 cups (250 g)
- Coconut flour – ½ cup (60 g)
- Baking powder – 2 tsp

Vegetables:

- Spinach – 6 cups (240 g)
- Kale – 2 cups (100 g)
- Zucchini – 2 medium
- Carrots – 3 large
- Celery – 4 stalks
- Bell peppers (red, yellow, green) – 3 total
- Mushrooms – 8 oz (225 g)
- Broccoli – 1 head
- Cauliflower – 1 head
- Onion – 2 large
- Garlic – 1 head
- Avocado – 2 medium

- Tomatoes (fresh) – 4 cups (600 g)
- Cherry tomatoes – 2 cups (300 g)
- Cucumbers – 2 large
- Lettuce (romaine or iceberg) – 1 head

Fruits:

- Blueberries – 1 cup (150 g)
- Raspberries – ½ cup (75 g)
- Strawberries – 1 cup (150 g)
- Lemons – 3
- Limes – 2
- Apple – 1 medium

Nuts, Seeds & Oils:

- Almonds – ½ cup (75 g)
- Chia seeds – 3 tbsp
- Poppy seeds – 2 tbsp
- Olive oil (extra virgin) – 1 bottle (500 ml)
- Coconut oil – ¼ cup (60 ml)

Spices & Condiments:

- Salt & black pepper
- Red pepper flakes – ½ tsp
- Paprika – ¼ tsp
- Cumin – 1 tbsp
- Coriander – 1 tsp
- Turmeric – 1 tsp
- Cinnamon – 3 tsp
- Garlic powder – ½ tsp
- Dijon mustard – 1 tsp
- Honey – ¼ cup (60 ml)
- Maple syrup – 3 tbsp
- Vanilla extract – 1 tbsp
- Balsamic vinegar – 1 tbsp

Week 5 Shopping List

Proteins:

- Ground beef – 1 lb (450 g)
- Chicken breasts – 1.5 lb (680 g)
- Turkey breast – 1 lb (450 g)
- Salmon fillets – 1 lb (450 g)
- Cod fillets – 1 lb (450 g)
- Tuna (fresh or canned) – 2 small cans or 1 fillet (200 g)
- Shrimp – 1 lb (450 g)
- Eggs – 12 large

Dairy & Dairy Alternatives:

- Greek yogurt (plain) – 1 cup (240 ml)
- Ricotta cheese – ½ cup (125 g)
- Almond milk (unsweetened) – 1 cup (240 ml)

Grains & Legumes:

- Quinoa – 1 cup (200 g)
- Lentils – 1 lb (450 g)
- Chickpeas – 1 can (16 oz | 450 g)
- Almond flour – 2 cups (250 g)
- Coconut flour – ½ cup (60 g)
- Baking powder – 2 tsp

Vegetables:

- Spinach – 6 cups (240 g)
- Kale – 2 cups (100 g)
- Zucchini – 2 medium
- Carrots – 3 large
- Celery – 4 stalks
- Bell peppers (red, yellow, green) – 3 total
- Mushrooms – 8 oz (225 g)
- Broccoli – 1 head
- Cauliflower – 1 head
- Onion – 2 large

- Garlic – 1 head
- Avocado – 2 medium
- Tomatoes (fresh) – 4 cups (600 g)
- Cherry tomatoes – 2 cups (300 g)
- Cucumbers – 2 large
- Lettuce (romaine or iceberg) – 1 head

Fruits:

- Blueberries – 1 cup (150 g)
- Raspberries – ½ cup (75 g)
- Strawberries – 1 cup (150 g)
- Lemons – 3
- Limes – 2
- Apple – 1 medium

Nuts, Seeds & Oils:

- Almonds – ½ cup (75 g)
- Chia seeds – 3 tbsp
- Poppy seeds – 2 tbsp
- Olive oil (extra virgin) – 1 bottle (500 ml)
- Coconut oil – ¼ cup (60 ml)

Spices & Condiments:

- Salt & black pepper
- Red pepper flakes – ½ tsp
- Paprika – ¼ tsp
- Cumin – 1 tbsp
- Coriander – 1 tsp
- Turmeric – 1 tsp
- Cinnamon – 3 tsp
- Garlic powder – ½ tsp
- Dijon mustard – 1 tsp
- Honey – ¼ cup (60 ml)
- Maple syrup – 3 tbsp
- Vanilla extract – 1 tbsp
- Balsamic vinegar – 1 tbsp

Week 6 Shopping List

Proteins:

- Ground beef – 1 lb (450 g)
- Chicken breasts – 1.5 lb (680 g)
- Turkey breast – 1 lb (450 g)
- Salmon fillets – 1 lb (450 g)
- Cod fillets – 1 lb (450 g)
- Tuna (fresh or canned) – 2 small cans or 1 fillet (200 g)
- Shrimp – 1 lb (450 g)
- Scallops – 12 oz (340 g)
- Eggs – 12 large

Dairy & Dairy Alternatives:

- Greek yogurt (plain) – 1 cup (240 ml)
- Ricotta cheese – ½ cup (125 g)
- Almond milk (unsweetened) – 1 cup (240 ml)

Grains & Legumes:

- Quinoa – 1 cup (200 g)
- Lentils – 1 lb (450 g)
- Chickpeas – 1 can (16 oz | 450 g)
- Almond flour – 2 cups (250 g)
- Coconut flour – ½ cup (60 g)
- Baking powder – 2 tsp

Vegetables:

- Spinach – 6 cups (240 g)
- Kale – 2 cups (100 g)
- Zucchini – 2 medium
- Carrots – 3 large
- Celery – 4 stalks
- Bell peppers (red, yellow, green) – 3 total
- Mushrooms – 8 oz (225 g)
- Broccoli – 1 head
- Cauliflower – 1 head

- Onion – 2 large
- Garlic – 1 head
- Avocado – 2 medium
- Tomatoes (fresh) – 4 cups (600 g)
- Cherry tomatoes – 2 cups (300 g)
- Cucumbers – 2 large
- Lettuce (romaine or iceberg) – 1 head

Fruits:

- Blueberries – 1 cup (150 g)
- Raspberries – ½ cup (75 g)
- Strawberries – 1 cup (150 g)
- Lemons – 3
- Limes – 2
- Apple – 1 medium

Nuts, Seeds & Oils:

- Almonds – ½ cup (75 g)
- Chia seeds – 3 tbsp
- Poppy seeds – 2 tbsp
- Olive oil (extra virgin) – 1 bottle (500 ml)
- Coconut oil – ¼ cup (60 ml)

Spices & Condiments:

- Salt & black pepper
- Red pepper flakes – ½ tsp
- Paprika – ¼ tsp
- Cumin – 1 tbsp
- Coriander – 1 tsp
- Turmeric – 1 tsp
- Cinnamon – 3 tsp
- Garlic powder – ½ tsp
- Dijon mustard – 1 tsp
- Honey – ¼ cup (60 ml)
- Maple syrup – 3 tbsp
- Vanilla extract – 1 tbsp
- Balsamic vinegar – 1 tbsp

Week 7 Shopping List

Proteins:

- Ground beef – 1 lb (450 g)
- Chicken breasts – 1.5 lb (680 g)
- Turkey breast – 1 lb (450 g)
- Salmon fillets – 1 lb (450 g)
- Snapper fillets – 1 lb (450 g)
- Tuna (fresh or canned) – 2 small cans or 1 fillet (200 g)
- Shrimp – 1 lb (450 g)
- Eggs – 12 large

Dairy & Dairy Alternatives:

- Greek yogurt (plain) – 1 cup (240 ml)
- Ricotta cheese – ½ cup (125 g)
- Almond milk (unsweetened) – 1 cup (240 ml)

Grains & Legumes:

- Quinoa – 1 cup (200 g)
- Lentils – 1 lb (450 g)
- Chickpeas – 1 can (16 oz | 450 g)
- Barley – 1 cup (200 g)
- Almond flour – 2 cups (250 g)
- Coconut flour – ½ cup (60 g)
- Baking powder – 2 tsp

Vegetables:

- Spinach – 6 cups (240 g)
- Kale – 2 cups (100 g)
- Zucchini – 2 medium
- Carrots – 3 large
- Celery – 4 stalks
- Bell peppers (red, yellow, green) – 3 total
- Mushrooms – 8 oz (225 g)
- Broccoli – 1 head
- Cauliflower – 1 head
- Onion – 2 large

- Garlic – 1 head
- Avocado – 2 medium
- Tomatoes (fresh) – 4 cups (600 g)
- Cherry tomatoes – 2 cups (300 g)
- Cucumbers – 2 large
- Lettuce (romaine or iceberg) – 1 head
- Brussels sprouts – 6 oz (170 g)

Fruits:

- Blueberries – 1 cup (150 g)
- Raspberries – ½ cup (75 g)
- Strawberries – 1 cup (150 g)
- Lemons – 3
- Limes – 2
- Apple – 1 medium

Nuts, Seeds & Oils:

- Almonds – ½ cup (75 g)
- Chia seeds – 3 tbsp
- Poppy seeds – 2 tbsp
- Olive oil (extra virgin) – 1 bottle (500 ml)
- Coconut oil – ¼ cup (60 ml)

Spices & Condiments:

- Salt & black pepper
- Red pepper flakes – ½ tsp
- Paprika – ¼ tsp
- Cumin – 1 tbsp
- Coriander – 1 tsp
- Turmeric – 1 tsp
- Cinnamon – 3 tsp
- Garlic powder – ½ tsp
- Dijon mustard – 1 tsp
- Honey – ¼ cup (60 ml)
- Maple syrup – 3 tbsp
- Vanilla extract – 1 tbsp
- Balsamic vinegar – 1 tbsp

Week 8 Shopping List

Proteins:

- Ground beef – 1 lb (450 g)
- Chicken breasts – 1.5 lb (680 g)
- Turkey breast – 1 lb (450 g)
- Salmon fillets – 1 lb (450 g)
- Tilapia fillets – 1 lb (450 g)
- Tuna (fresh or canned) – 2 small cans or 1 fillet (200 g)
- Shrimp – 1 lb (450 g)
- Eggs – 12 large

Dairy & Dairy Alternatives:

- Greek yogurt (plain) – 1 cup (240 ml)
- Ricotta cheese – ½ cup (125 g)
- Almond milk (unsweetened) – 1 cup (240 ml)

Grains & Legumes:

- Quinoa – 1 cup (200 g)
- Lentils – 1 lb (450 g)
- Chickpeas – 1 can (16 oz | 450 g)
- Almond flour – 2 cups (250 g)
- Coconut flour – ½ cup (60 g)
- Baking powder – 2 tsp

Vegetables:

- Spinach – 6 cups (240 g)
- Kale – 2 cups (100 g)
- Zucchini – 2 medium
- Carrots – 3 large
- Celery – 4 stalks
- Bell peppers (red, yellow, green) – 3 total
- Mushrooms – 8 oz (225 g)
- Broccoli – 1 head
- Cauliflower – 1 head
- Onion – 2 large
- Garlic – 1 head

- Avocado – 2 medium
- Tomatoes (fresh) – 4 cups (600 g)
- Cherry tomatoes – 2 cups (300 g)
- Cucumbers – 2 large
- Lettuce (romaine or iceberg) – 1 head
- Brussels sprouts – 6 oz (170 g)

Fruits:

- Blueberries – 1 cup (150 g)
- Raspberries – ½ cup (75 g)
- Strawberries – 1 cup (150 g)
- Lemons – 3
- Limes – 2
- Apple – 1 medium

Nuts, Seeds & Oils:

- Almonds – ½ cup (75 g)
- Chia seeds – 3 tbsp
- Poppy seeds – 2 tbsp
- Olive oil (extra virgin) – 1 bottle (500 ml)
- Coconut oil – ¼ cup (60 ml)

Spices & Condiments:

- Salt & black pepper
- Red pepper flakes – ½ tsp
- Paprika – ¼ tsp
- Cumin – 1 tbsp
- Coriander – 1 tsp
- Turmeric – 1 tsp
- Cinnamon – 3 tsp
- Garlic powder – ½ tsp
- Dijon mustard – 1 tsp
- Honey – ¼ cup (60 ml)
- Maple syrup – 3 tbsp
- Vanilla extract – 1 tbsp
- Balsamic vinegar – 1 tbsp

Conclusion

The Menopause Diet is more than just a way of eating – it's a shift toward sustainable, anti-inflammatory nutrition that supports your long-term health and well-being. This cookbook has equipped you with simple, flavorful recipes designed to fit seamlessly into your lifestyle, whether you're just starting out or refining your approach. As you continue on this journey, remember that progress is about consistency, not perfection. Listen to your body, enjoy the process, and make choices that nourish both your health and happiness. Here's to a future of balanced eating, vibrant energy, and feeling your absolute best.

Thanks for the journey!

Congratulations! You've completed your 8-week journey with The Ultimate Menopause Diet Cookbook for Women.

But this isn't the end — it's the beginning of a new, more conscious lifestyle where you choose to take care of yourself at every meal.

Following a structured meal plan is already a meaningful step toward stabilizing your blood sugar and improving your overall health. If you're looking for more flexibility or variety, explore additional companion catalogs and plan extensions related to this book. These may include alternative meals, adaptive plans, or focused themes to support your ongoing journey. All such resources are published on Iris Kennedy's official Amazon author page.

If you want to:

- Stay up to date with new books and meal plans,
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Thank you for choosing mindful eating with us.

See you in the next book!

— Iris Kennedy