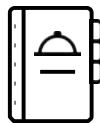


THE ULTIMATE DIABETIC DIET COOKBOOK FOR BEGINNERS:

**35-Day Meal Plan, Low-Carb Recipes & 3000 + Tips for
Blood Sugar Control and Healthy Eating at Any Age**

Leonora Key



Copyright © 2025 by Leonora Key

All rights reserved. No part of this book may be copied, shared, or transmitted without written permission, except for brief quotes in reviews and certain noncommercial uses allowed by law. For permission, contact the author.

This cookbook is for informational purposes only. Consult a healthcare professional for any health concerns. The author is not responsible for any effects. Individual results may vary.

Leonora Key



CONTENTS

BEFORE YOU BEGIN 7

Types of Diabetes	7
Symptoms of Diabetes	8
Comprehensive Guide to Type 2 Diabetes Diet	8
Health Benefits of the Type 2 Diabetes Diet	12
Meal Planning & Grocery Shopping Tips	13
Tips for Overcoming Challenges	14

YOUR 35-DAY GUIDE TO BALANCED EATING WITH DIABETES 16



BREAKFAST 21

Sweet Potato and Egg Casserole	22
Scrambled Egg Muffins with Spinach and Feta	22
Healthy Cottage Cheese Pancakes with Berries	23
Baked Apples Stuffed with Cottage Cheese	23
Tofu Scramble with Bell Peppers and Mushrooms	24
Low-Carb Coconut Flour Pancakes	24
Chia Seed Pudding with Berries	25
Keto Blueberry Muffins with Almond Flour	25
Protein Smoothie with Peanut Butter and Cocoa	26
Avocado and Berry Smoothie	26
Nutritious Sweet Potato Pancakes	27
Zucchini Omelet with Mixed Vegetables	27

BEVERAGES 28

Green Smoothie with Avocado	29
Berry Almond Milk Smoothie	29
Turmeric Golden Milk	30
Coconut Water with Chia Seeds	30
Low-Sugar Lemonade	31
Cucumber and Mint Detox Water	31
Chia and Flaxseed Energy Drink	32
Smoothie with beetroot and ginger	32

SALADS 33

Waldorf Salad	34
Grilled Chicken Caesar Salad	34
Coleslaw	35
Quinoa and Roasted Vegetable Salad	35
Shrimp salad	36
Tuna salad	36
Healthy Tabbouleh	37
Asparagus Salad	37
Grilled Chicken Salad with Avocado Dressing	38
Chickpea and Cucumber Salad with Lemon Dressing	38

SOUPS

39

Vegetable Soup with Lentils and Spinach	40
Creamy Cauliflower and Celery Soup	40
Chicken Soup with Vegetables and Quinoa	41
Mushroom Soup with Coconut Milk and Herbs	41
Tomato Soup with Basil and Roasted Peppers	42
Pumpkin Soup with Ginger and Garlic	42
Fish Soup with Salmon and Vegetables	43
Broccoli Soup with Feta Cheese	43
Spicy Carrot Soup with Turmeric	44
Green Pea and Mint Soup	44
Clam Chowder	45
Poultry Meatball Soup	45

LUNCH

46

Buckwheat Porridge with Vegetables and Cutlets	47
Lentil and Quinoa Bowl	47
Turkey and Veggie Wraps	48
Spinach and Feta Stuffed Peppers	48
Cauliflower Fried Rice with Tofu	49
Whole-Grain Wraps with Hummus and Vegetables	49
Baked Salmon with Roasted Asparagus	50
Burritos	50

DINNER

51

Shakshuka	52
Grilled Chicken with Brussels Sprouts	52
Mediterranean Baked Cod with Olives	53
Ratatouille	53
Healthy & Delicious Pizza	54
Easy One-Pan Cabbage Roll Skillet	54
Low-Carb Tex-Mex Chicken Fajitas	55
Turkey Meatballs with Tomato Sauce	55
Zucchini Lasagna with Ricotta and Spinach	56
Mushroom & Spinach Sauté with Nuts	56



POULTRY

57

Grilled Chicken with Avocado Salsa	58
Spicy Chicken Lettuce Wraps with Peanut Sauce	58
Turkey and Spinach Meatballs with Marinara Sauce	59
Baked Garlic Parmesan Chicken Wings	59
Greek-Style Chicken Kabobs with Tzatziki Sauce	60
Chicken and Cauliflower Rice Stir-Fry	60
Buffalo Chicken Stuffed Peppers	61
Yogurt-Marinated Chicken Breast	61



MEAT

62

Grilled Steak with Chimichurri Sauce	63
Spicy Beef and Cabbage Stir-Fry	63
Low-carb meatloaf with Almond Flour	64
Beef and Cauliflower Shepherd's Pie	64
Balsamic Glazed Pork Chops with Roasted Garlic	65
Lamb and Eggplant Skillet with Mediterranean Spices	65
American-Style Breaded Beef Cutlets	66
Grilled Rabbit in Barbecue Sauce	66
Venison with Creamy Mushroom	67
Slow Cooker Hearty Beef Stew	67

FISH AND SEAFOOD

Spicy Shrimp Stir-Fry with Zucchini Noodles	69
Mediterranean-Style Baked Trout with Herbs	69
Cucumber and Smoked Salmon Roll-Ups	70
Coconut Curry Fish Stew with Vegetables	70
Grilled Red Fish Skewers	71
Healthy She-Crab Soup	71
Bagel with Smoked Salmon	72
Steamed Fish Patties	72



VEGETABLE SIDES

Loaded Cauliflower “Mac & Cheese”	74
Roasted Broccoli with Garlic and Lemon	74
Baked Sweet Potato Fries	75
Roasted Brussels Sprouts with Balsamic Glaze	75
Sautéed Garlic Spinach with Toasted Almonds	76
Cauliflower Mash with Parmesan and Herbs	76
Spaghetti Squash with Garlic and Olive Oil	77
Stuffed Bell Peppers with Mushrooms and Feta	77
Zucchini and Tomato Gratin with Basil	78
Creamy Avocado and Cucumber Gazpacho	78
Roasted Carrot and Ginger Soup	79
Grilled Portobello Mushrooms with Garlic Butter	79
Baked Asparagus with Parmesan	80
Black Bean & Avocado Salad	80

68

SNACKS

Homemade Guacamole with Flaxseed Crackers	82
Smoked Salmon and Avocado Roll-Ups	82
Mini Caprese Skewers with Balsamic Glaze	83
Cheese and Nut Snack Pack with Dark Chocolate Bits	83
Sugar-Free Energy Balls with Nuts and Coconut	84
Roasted Bell Pepper & Avocado Dip	84

81

DESSERTS

Blackberry Cobbler	86
Dark Chocolate Avocado Mousse	86
Keto Cheesecake Bites with Coconut Crust	87
Almond Flour Chocolate Chip Cookies	87
Low-Carb Pumpkin Pie with Coconut Whipped Cream	88
Raspberry and Greek Yogurt Popsicles	88
Sugar-Free Apple Cinnamon Muffins	89
No-Bake Coconut Macaroons	89
Diabetic-Friendly Brownies	90
Diabetic-Friendly Lime Dessert	90
Donuts	91
Crème Brulee	91
Ginger Cookies	92
Berry Shortbread Pie	92
Conclusion	93

85

73

KITCHEN REFERENCE TABLES

94



Welcome, Friend!

Imagine waking up every morning feeling energized, light, and completely in control of your health. No more worrying about sudden blood sugar spikes, second-guessing your food choices, or feeling trapped by cravings. Instead, you'll enjoy meals that are not only delicious but also nourishing, helping you thrive and ensuring you feel your best every day.

If you've ever felt lost or overwhelmed when preparing meals that support diabetes management, know that you're not alone. Striking the right balance between enjoying food and maintaining stable blood sugar levels is a challenge for millions worldwide. In fact, as of November 2024, The Lancet reported that over 800 million adults globally are living with diabetes. With so much contradictory advice on healthy eating, even something as simple as grocery shopping can feel overwhelming.

But here is the good news: You don't have to figure this out alone.

This book is your trusted guide. Inside, you'll find simple, delicious, and science-backed recipes designed to help people with diabetes take control of their nutrition without sacrificing flavor. Every chapter is packed with practical tips and carefully crafted meals that will empower you to stabilize blood sugar, boost energy, and nourish your body—so you can feel confident in your food choices.

Whether you were recently diagnosed or have been managing diabetes for years, you'll discover valuable tools to support your journey, allowing you to live an active, fulfilling life without stress or deprivation.

I know firsthand how overwhelming it can feel to rethink your entire approach to food. There was a time when I had to completely transform my diet—searching for meals that met medical recommendations while still bringing joy to eating. It was not easy, but through trial and experience, I discovered a way to make healthy eating enjoyable, simple, and sustainable. That is exactly what I want to share with you.

I am dedicated to empowering as many people as I can to take charge of their nutrition and achieve their best health.

Beyond meal plans and recipes, you will also find easy-to-follow strategies to make healthy eating a lifelong habit—without ever feeling deprived.

This book is designed to bring joy, creativity, and confidence into your kitchen, making every meal a fulfilling step toward better health.

Now, let us take the first step together!

In the next chapter, we will dive into the fundamental principles of a diabetes-friendly diet—knowledge that will serve as your foundation for success in the kitchen and beyond.

Get ready to transform the way you eat, feel, and live!

Before You Begin: Understanding Diabetes

Diabetes is a chronic health condition that affects how your body turns food into energy. When you eat, your body breaks down most of the food into glucose (a type of sugar) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin, a hormone that allows glucose to enter your cells to be used for energy. For people with diabetes, this process doesn't work properly. Either their body doesn't produce enough insulin or it can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in the bloodstream. Over time, this can lead to serious health problems such as heart disease, vision loss, and kidney disease.

Types of Diabetes

❖ Type 1 Diabetes

Type 1 diabetes is an autoimmune condition in which the body's immune system attacks the pancreas, damaging its ability to produce insulin. As a result, the pancreas can no longer produce insulin. Type 1 diabetes often appears in childhood or adolescence, but it can develop in adults as well. Individuals with Type 1 diabetes need daily insulin injections to manage their blood sugar levels.

❖ Type 2 Diabetes

Type 2 diabetes is the most common form of diabetes. It occurs when the body's cells gradually lose their sensitivity to insulin or when the pancreas produces insufficient insulin, often influenced by lifestyle choices and genetic factors. This condition is frequently associated with excess weight, physical inactivity, and unhealthy eating habits. However, genetic predisposition and other elements can contribute. Type 2 diabetes is often manageable through lifestyle changes, medication, and, in some cases, insulin therapy.

❖ Gestational Diabetes

Gestational diabetes occurs during pregnancy and usually disappears after childbirth. However, it increases the risk of developing Type 2 diabetes later in life. Managing gestational diabetes involves monitoring blood sugar levels, maintaining a healthy diet, and exercising regularly.

❖ Prediabetes

Prediabetes is a condition where blood sugar levels are higher than normal but not high enough to be classified as Type 2 diabetes. Without lifestyle changes, people with prediabetes are at a higher risk of developing Type 2 diabetes, heart disease, and stroke.

Symptoms of Diabetes

- ✓ Frequent urination
- ✓ Excessive thirst
- ✓ Extreme hunger
- ✓ Unexplained weight loss
- ✓ Fatigue
- ✓ Blurred vision
- ✓ Slow-healing sores
- ✓ Frequent infections



The Importance of Diet in Diabetes Management

Diet plays a crucial role in managing diabetes. Eating the right foods can help keep blood sugar levels in check, reduce the risk of complications, and improve overall health. A well-balanced diet for diabetes typically focuses on low-carb, high-fiber foods, lean proteins, and healthy fats. It is also important to monitor portion sizes and meal timing.

This cookbook offers a comprehensive guide to managing diabetes through diet. Featuring over 200 low-carb recipes and a 35-day meal plan, it equips readers with essential tools to maintain healthy blood sugar levels and savor nutritious meals daily.

Comprehensive Guide to the Type 2 Diabetes Diet

Type 2 diabetes is a growing global health concern, but with the right dietary choices, individuals can effectively manage their blood sugar levels and lead healthier lives. The Type 2 Diabetes Diet is a structured eating plan that helps stabilize glucose levels, improve overall well-being, and support long-term health. This guide introduces the fundamental principles of this diet, its benefits, and practical ways to incorporate it into daily life.

Understanding the Type 2 Diabetes Diet

The Type 2 Diabetes Diet aims to regulate blood sugar while ensuring balanced nutrition. It emphasizes whole, nutrient-dense foods and encourages mindful eating habits. Unlike fad diets, this balanced and adaptable eating plan supports diverse cultural cuisines and individual preferences, ensuring sustainability and flexibility.



Food Groups Allowance Table

❏ Product Group	✓ Recommended /Allowed	⚠ Limit / Consume in Moderation	⊘ Avoid / Not Recommended
Bread and Pastries	Whole wheat bread, multigrain bread, bran bread	Pita bread, rye crispbreads (up to 2 oz per day)	White bread, pastries made with refined flour
Meat and Poultry	Skinless chicken, turkey, and rabbit	Lean beef, and veal	Fatty cuts of meat, sausages, processed meats, smoked products
Fish and Seafood	Whitefish, fatty fish (salmon, trout), seafood	Canned fish packed in water	Canned fish in oil, salted fish
Dairy Products	Skim milk, unsweetened Greek yogurt, low-fat cottage cheese (up to 2% fat)	Hard cheese (up to 30% fat)	Heavy cream, flavored yogurts with added sugar
Grains and Pasta	Oatmeal, buckwheat, quinoa, brown rice, wild rice	Whole wheat pasta (up to 2 oz per day)	White rice, refined pasta, semolina
Legumes	Black beans, garbanzo beans (chickpeas), and lentils	Green peas, cooked mung beans (in small amounts)	None
Vegetables	Leafy greens (spinach, kale), cabbage, zucchini, mushrooms, tomatoes	Carrots, beets (cooked), potatoes (up to 3.5 oz per day)	Mashed potatoes, canned vegetables high in sodium
Fruits and Berries	Berries (blueberries, raspberries, strawberries), green apples, avocado	Bananas (up to ½ per day), grapes (up to 5-6 berries)	Large quantities of grapes, raisins, high-sugar fruits (mango, melon)
Nuts and Seeds	Almonds, walnuts, sunflower seeds (up to 1 oz per day)	Cashews, peanuts (in small amounts)	None
Drinks	Water, herbal tea, black coffee (unsweetened)	Homemade sugar-free fruit infusions	Fruit juices, soda, and alcohol
Sweets	Homemade desserts with stevia, dark chocolate (85% cocoa or higher)	Dark chocolate (up to 0.35 oz per day or about 10g)	Candy, pastries, honey, sugar, syrups
Fats	Olive oil, avocado	Butter (up to 0.17 oz per day or about 5g)	Lard, margarine, and oils used for deep frying

Core Components of the Diet

For optimal management of Type 2 diabetes, individuals should follow these key dietary principles:

❖ **Balanced Carbohydrates**

Choose complex carbohydrates with a low glycemic index (GI), such as whole grains (quinoa, brown rice, and whole wheat), legumes, and non-starchy vegetables.

Carb Counting Chart

Food Item	Serving Size	Carbs (g)	Better Alternative
Oatmeal (cooked)	1/2 cup	27	Steel-cut Oats, Chia Pudding
Brown Rice (cooked)	1/2 cup	22	Quinoa, Cauliflower Rice
White Rice (cooked)	1/2 cup	23	Brown Rice, Quinoa
Whole Wheat Bread	1 slice	12	Sprouted Grain Bread
White Bread	1 slice	15	Whole Wheat Bread
Sweet Potato (baked)	1/2 medium	20	Butternut Squash, Cauliflower Mash
Regular Potato (boiled)	1 medium	37	Sweet Potatoes, Turnips
Apple (medium)	1 medium	25	Berries, Green Apple
Banana (medium)	1 medium	27	Berries, Citrus Fruits
Blueberries	1/2 cup	11	Nuts, Seeds
Chickpeas (cooked)	1/2 cup	22	Lentils, Black Beans
Black Beans (cooked)	1/2 cup	20	Lentils, Edamame
Greek Yogurt (unsweetened)	6 oz	7	Coconut Yogurt (unsweetened)
Milk (low-fat)	1 cup	12	Almond Milk (unsweetened)
Soda (regular)	12 oz can	39	Sparkling Water, Herbal Tea

❖ Healthy Fats

Incorporate unsaturated fats from sources like avocados, olive oil, nuts, and seeds to support heart health.

❖ Lean Proteins

To help maintain muscle mass and stabilize blood sugar levels, choose lean meats, fish, eggs, tofu, and plant-based proteins like lentils and beans.

❖ Fiber-Rich Foods

High-fiber foods such as vegetables, fruits (in moderation), and whole grains help slow digestion and prevent blood sugar spikes.

❖ Low-Sugar Alternatives

Limit added sugars and use natural sweeteners like monk fruit or stevia when needed

Sugar Substitute Guide

Sweetener	Type	Glycemic Index (GI)	Safe for Diabetics?	Best Use
Stevia	Natural	0	Yes	Baking, coffee, beverages
Erythritol	Natural	1	Yes	Baking, desserts, coffee
Monk Fruit Sweetener	Natural	0	Yes	Baking, beverages, yogurt
Xylitol	Natural	13	In Moderation	Baking, gum, toothpaste
Coconut Sugar	Natural	54	In Moderation	Baking, tea, coffee
Honey	Natural	58	No	Tea, coffee, raw use
Maple Syrup	Natural	55	No	Pancakes, waffles, coffee
Aspartame	Artificial	0	Controversial	Diet sodas, low-calorie foods
Saccharin	Artificial	0	Controversial	Diet sodas, artificial sweeteners
Sucralose (Splenda)	Artificial	0	Controversial	Baking, sugar-free drinks

❖ Hydration

Drinking enough water helps maintain optimal metabolic function and reduces cravings for sugary drinks.

Health Benefits of the Type 2 Diabetes Diet

Adopting this diet comes with multiple health advantages beyond just blood sugar control:

- **Weight Management** – A balanced diet helps regulate appetite and prevent excessive weight gain, a key factor in diabetes management.
- **Improved Insulin Sensitivity** – Eating nutrient-rich foods reduces insulin resistance and supports better glucose utilization.
- **Heart Health** – Healthy fats and fiber contribute to lower cholesterol levels and a reduced risk of cardiovascular diseases.
- **Enhanced Energy Levels** – Avoiding sugar crashes and focusing on whole foods leads to sustained energy throughout the day.
- **Reduced Inflammation** – Antioxidant-rich foods such as leafy greens, berries, and nuts help combat inflammation associated with diabetes complications.

How to Incorporate the Type 2 Diabetes Diet into Daily Life

By understanding the health benefits of a Type 2 diabetes diet, you can see how small adjustments in your daily eating habits can make a meaningful impact. The next step is learning how to incorporate these principles into your routine. Making dietary changes can seem overwhelming, but small adjustments can make a big difference. The good news is that eating well with diabetes doesn't have to be complicated or expensive. You don't need specialty products or costly superfoods—simple, everyday ingredients available at any grocery store are enough to create a balanced and nutritious diet.

Simple Food Swaps

Making dietary changes can seem overwhelming, but small adjustments can make a big difference. Here are some practical swaps to improve your diet:

- Replace white bread with whole grain or sprouted grain options.
- Choose brown rice or quinoa over white rice.
- Use olive oil instead of butter or margarine.
- Swap sugary sodas for herbal teas or infused water.
- Opt for Greek yogurt instead of flavored yogurts with added sugars.



Meal Planning & Grocery Shopping Tips

- **Plan Ahead:** Create a weekly meal plan to avoid last-minute unhealthy choices.
- **Read the Labels:** Check for hidden sugars and choose minimally processed foods.
- **Stock Up on Staples:** Keep healthy pantry essentials like lentils, nuts, whole grains, and frozen vegetables on hand.
- **Portion Control:** Use smaller plates and measure servings to prevent overeating.

Healthy Cooking Methods for Diabetes

The way you prepare food can significantly influence its nutritional value. Choosing healthier cooking methods helps preserve nutrients and to avoid excess fats.

- **Baking and Roasting** – A great way to cook meats, vegetables, and snacks without added oils.
- **Steaming** – Retains the most nutrients, making it ideal for vegetables, fish, and whole grains.
- **Grilling** – Enhances flavor without the need for heavy sauces or fats.
- **Sautéing with Healthy Oils** – Use olive or avocado oil in small amounts for added flavor without excessive fat.
- **Air Frying** – A fantastic alternative to deep-frying, an air fryer uses hot air circulation to create a crispy texture with minimal oil. This method works well for vegetables, lean proteins, and even homemade snacks.

🔗 *"By choosing the right cooking methods, you can enjoy flavorful meals while supporting healthy blood sugar levels"*

Beyond Food: Embracing the Diabetic Lifestyle

Managing Type 2 diabetes isn't just about food—it's a holistic lifestyle approach. Here are some additional habits to support overall well-being:

- **Regular Physical Activity:** Exercise regularly by walking, yoga, strength training, or any other activity that keeps you active.
- **Mindful Eating:** Slow down during meals, chew thoroughly, and listen to hunger cues.
- **Social Connection:** Enjoy meals with family and friends to enhance satisfaction and encourage healthy habits.
- **Stress Management:** Practice meditation, deep breathing, or hobbies to reduce stress, which can affect blood sugar levels.

Overcoming Common Challenges in Diabetes Management

Managing diabetes isn't always easy, but small challenges don't have to derail your progress. With the right mindset and strategies, you can stay in control and build long-term healthy habits. Here's how to tackle common obstacles and keep moving forward.

Tips for Overcoming Challenges

How to Deal with Sugar Cravings

Your hunger, stress, or habit can trigger sugar cravings. Instead of reaching for sugary foods, try these healthier alternatives:

- **Eat naturally sweet foods** – Berries, dark chocolate (85% cocoa or higher), or a handful of nuts can satisfy your cravings more healthily.
- **Identify triggers** – Are you craving sugar due to hunger, boredom, or stress? Recognizing patterns helps break the cycle.
- **Balance your meals** – Ensure you're getting enough protein and fiber to prevent blood sugar crashes that lead to cravings.
- **Drink water or herbal tea** – Dehydration can sometimes be mistaken for sugar cravings.
- **Try the 10-minute rule** – Delay eating sweets for 10 minutes and engage in another activity (like a short walk or stretching).

✦ *"Instead of giving in to sugar cravings, opt for healthier alternatives like berries, dark chocolate, or nuts. Keeping meals balanced and staying hydrated can also help curb cravings naturally."*

How to Avoid Setbacks

Everyone experiences occasional setbacks, but the key is to bounce back quickly without guilt.

- **Practice the 80/20 rule** – Eat healthy 80% of the time and allow for small treats 20% of the time.
- **Don't dwell on mistakes** – One unhealthy meal won't ruin your progress; focus on your next meal and make a better choice.
- **Plan for special occasions** – Decide beforehand what you'll allow yourself to enjoy and stay committed.
- **Keep healthy options available** – If you experience cravings, choose a better alternative.

✦ *"Occasional indulgences are part of a balanced lifestyle. The key is to plan, enjoy treats in moderation, and return to healthy eating without guilt. One meal won't undo your progress—your next choice matters more."*



How to Stay Motivated

Motivation comes from progress, not perfection. To stay on track, use these methods:

- **Set small, achievable goals** – Focus on daily wins rather than long-term perfection.
- **Use a habit tracker** – Apps or a simple checklist can keep you accountable.
- **Celebrate non-scale victories** – More energy, better sleep, and improved blood sugar levels are equally important as weight changes.
- **Find a support system** – Join a diabetes support group or connect with like-minded individuals.
- **Remind yourself why you started** – Keep a motivation board or journal to stay inspired.

🔥 *"Tracking small wins, celebrating non-scale victories, and finding a support system can keep you inspired on your journey. Every healthy choice you make is a step toward a better future."*

Building a Strong Support System

Managing diabetes is easier with the right support. Surround yourself with people who encourage your goals.

- **Talk to friends and family** – Let them know how they can support your journey.
- **Join a diabetes community** – Whether online or in person, sharing experiences helps.
- **Work with a healthcare team** – A dietitian, doctor, or diabetes coach can provide guidance and keep you accountable.

🔥 *"A strong support system makes diabetes management easier. Whether it's friends, family, or an online community, surrounding yourself with encouragement can help you stay motivated and consistent."*

Final Thoughts: Keep Moving Forward

Managing diabetes is about balance, not deprivation. Making small, consistent changes supports long-term success. Eating well, staying active, and maintaining healthy habits can help you feel your best and enjoy delicious meals.

- **Every meal is a new opportunity to make a better choice.**
- **A setback is just a detour, not the end of the road.**
- **Your health journey is about long-term habits, not quick fixes.**

🔥 *"Every choice you make is an investment in your health—keep moving forward!"*

Eating well with diabetes is simpler than you think. You don't need expensive ingredients or complicated recipes—basic, everyday foods from any grocery store can support a balanced, healthy lifestyle. In the next section, you'll find a structured 35-day plan using simple, affordable ingredients to help you stay on track without stress.

Up Next:

Now that you understand how to navigate diabetes-friendly nutrition, it's time to implement these principles. In the next section, you'll find a structured 35-day plan with delicious, diabetes-friendly recipes to guide you step by step.

Let's get started!

Your 35-Day Guide to Balanced Eating with Diabetes

Introduction: How to Use This Meal Plan

Managing diabetes requires consistency, balance, and thoughtful food choices. This **35-day meal plan** is designed to help you apply the principles of a diabetes-friendly diet in a structured yet flexible way. With this guide, you can stabilize blood sugar levels, maintain energy, and savor a balanced mix of flavorful and nutrient-rich meals.

Goals of This Meal Plan

- ✓ **Regulate Blood Sugar** – Focus on meals that promote stable glucose levels and prevent spikes.
- ✓ **Encourage Balanced Nutrition** – Incorporate healthy carbohydrates, lean proteins, and beneficial fats.
- ✓ **Promote Sustainability** – Provide a meal structure that can be adapted long-term, not just for a short period.
- ✓ **Support Weight Management** – Help maintain a healthy weight through portion control and nutrient-dense choices.
- ✓ **Simplify Meal Planning**—This will remove uncertainty from daily food choices, making healthy eating simpler and more enjoyable.

How to Use This Plan

- ✓ Each day includes **three main meals (breakfast, lunch, and dinner) and optional snacks** to maintain stable blood sugar.
- ✓ Meals are designed to be balanced, focusing on low-glycemic index foods, fiber-rich options, and lean proteins. **Portion sizes matter** – Adjust according to your caloric needs while maintaining proper macronutrient balance.
- ✓ **Flexibility is key** – Feel free to swap meals within the same category (e.g., replace one breakfast with another).
- ✓ If you have dietary restrictions, refer to the **adaptation tips** at the end of this chapter for suitable substitutions.

By following this plan, you'll build sustainable, healthy eating habits that support your diabetes management and overall well-being.

Let's get started!

Diabetic-Friendly Weekly Meal Plan (Week 1)

Days/Meals	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Scrambled Egg Muffins with Spinach and Feta	Almond Butter and Celery Sticks with Chia Seeds	Lentil and Quinoa Bowl	Smoothie with Beetroot and Ginger	Grilled Chicken with Brussels Sprouts
Tuesday	Chia Seed Pudding with Berries	Roasted Spiced Chickpeas	Turkey and Veggie Wraps	Low-Sugar Lemonade	Mediterranean Baked Cod with Olives
Wednesday	Low-Carb Coconut Flour Pancakes	Smoked Salmon and Avocado Roll-Ups	Spinach and Feta Stuffed Peppers	Cucumber and Smoked Salmon Roll-Ups	Shakshuka
Thursday	Keto Blueberry Muffins with Almond Flour	Cheese and Nut Snack Pack with Dark Chocolate Bits	Buckwheat Porridge with Vegetables and Boiled Cutlets	Homemade Guacamole with Flaxseed Crackers	Ratatouille
Friday	Tofu Scramble with Bell Peppers and Mushrooms	Mini Caprese Skewers with Balsamic Glaze	Whole-grain Wraps with Hummus and Vegetables	Berry Almond Milk Smoothie	Low-Carb Tex-Mex Chicken Fajitas
Saturday	Protein Smoothie with Peanut Butter and Cocoa	Sugar-Free Energy Balls with Nuts and Coconut	Baked Salmon with Roasted Asparagus	Roasted Bell Pepper & Avocado Dip	Turkey Meatballs with Tomato Sauce
Sunday	Healthy Cottage Cheese Pancakes with Berries	Dark Chocolate Avocado Mousse	Cauliflower Fried Rice with Tofu	Chia and Flaxseed Energy Drink	Mushroom & Spinach Sauté with Nuts

Shopping List (Divided into 3 Trips)

Trip 1 (Beginning of the Week)	Trip 2 (Mid-Week Refresh)	Trip 3 (End of the Week)
- Eggs (12) - Spinach (2 cups) - Feta cheese (200g) - Almond butter (100g) - Celery (4 sticks) - Chia seeds (50g) - Lentils (1 cup) - Quinoa (1 cup) - Beetroot (2 small) - Ginger (1 small piece) - Chicken breast (500g) - Brussels sprouts (2 cups) - Berries (1 cup) - Turkey (300g) - Whole-grain wraps (4 pieces) - Cod (300g)	- Coconut flour (100g) - Dark chocolate bits (50g) - Cheese mix (150g) - Mushrooms (1 cup) - Smoked salmon (200g) - Avocados (2 large) - Almond flour (100g) - Blueberries (1/2 cup) - Cauliflower (1 medium head) - Tofu (200g) - Hummus ingredients (chickpeas, tahini, lemon) - Flaxseeds (50g) - Red bell peppers (2 pieces)	- Greek yogurt (200g) - Nuts (almonds, walnuts, macadamia, 100g total) - Mini mozzarella balls (100g) - Basil (1 small bunch) - Lemon (2 pieces) - Coconut water (1 liter) - Herbs (parsley, cilantro, thyme, rosemary) - Fish (salmon, 300g) - Tomatoes (4 large) - Buckwheat (1 cup) - Additional fresh produce (lettuce, arugula, microgreens, 2 cups total)

Diabetic-Friendly Weekly Meal Plan (Week 2)

Days/Meals	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Baked Apples Stuffed with Cottage Cheese	Roasted Brussels Sprouts with Balsamic Glaze	Quinoa and Roasted Vegetable Salad	Turmeric Golden Milk	Mediterranean-Style Baked Trout with Herbs
Tuesday	Sweet Potato and Egg Casserole	Roasted Spiced Chickpeas	Shrimp Salad	Berry Almond Milk Smoothie	Easy One-Pan Cabbage Roll Skillet
Wednesday	Avocado and Berry Smoothie	Sugar-Free Apple Cinnamon Muffins	Tuna Salad	Coconut Water with Chia Seeds	Low-Carb Zucchini Ravioli
Thursday	Nutritious Sweet Potato Pancakes	No-Bake Coconut Macaroons	Chickpea and Cucumber Salad with Lemon Dressing	Cucumber and Mint Detox Water	Spicy Beef and Cabbage Stir-Fry
Friday	Smoothie with Beetroot and Ginger	Dark Chocolate Avocado Mousse	Poultry Meatball Soup	Healthy She-Crab Soup	Buffalo Chicken Stuffed Peppers
Saturday	Green Smoothie with Avocado	Sugar-Free Energy Balls with Nuts and Coconut	Asparagus Salad	Chia and Flaxseed Energy Drink	Grilled Rabbit in Barbecue Sauce
Sunday	Zucchini Omelet Roll with Mixed Vegetables	Almond Flour Chocolate Chip Cookies	Grilled Chicken Salad with Avocado Dressing	Raspberry and Greek Yogurt Popsicles	Balsamic Glazed Pork Chops with Roasted Garlic

Diabetic-Friendly Weekly Meal Plan (Week 3)

Days/Meals	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Healthy Cottage Cheese Pancakes with Berries	Cheese and Nut Snack Pack with Dark Chocolate Bits	Whole-grain Wraps with Hummus and Vegetables	Smoothie with Beetroot and Ginger	Grilled Steak with Chimichurri Sauce and Roasted Veggies
Tuesday	Low-Carb Coconut Flour Pancakes	Smoked Salmon and Avocado Roll-Ups	Lentil and Quinoa Bowl	Coconut Water with Chia Seeds	Baked Garlic Parmesan Chicken Wings
Wednesday	Tofu Scramble with Bell Peppers and Mushrooms	Sugar-Free Energy Balls with Nuts and Coconut	Tuna Salad	Chia and Flaxseed Energy Drink	Mediterranean Baked Cod with Olives
Thursday	Protein Smoothie with Peanut Butter and Cocoa	Almond Flour Chocolate Chip Cookies	Waldorf Salad	Roasted Bell Pepper & Avocado Dip	Spicy Shrimp Stir-Fry with Zucchini Noodles
Friday	Zucchini Omelet Roll with Mixed Vegetables	Mini Caprese Skewers with Balsamic Glaze	Asparagus Salad	Cucumber and Mint Detox Water	Turkey and Spinach Meatballs with Marinara Sauce
Saturday	Sweet Potato and Egg Casserole	No-Bake Coconut Macaroons	Poultry Meatball Soup	Turmeric Golden Milk	Mushroom & Spinach Sauté with Nuts
Sunday	Avocado and Berry Smoothie	Roasted Spiced Chickpeas	Black Bean & Avocado Salad	Berry Almond Milk Smoothie	Venison with Creamy Mushroom

Diabetic-Friendly Weekly Meal Plan (Week 4)

Days/Meals	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Chia Seed Pudding with Berries	No-Bake Coconut Macaroons	Grilled Chicken Caesar Salad	Low-Sugar Lemonade	Spicy Beef and Cabbage Stir-Fry
Tuesday	Baked Apples Stuffed with Cottage Cheese	Roasted Spiced Chickpeas	Quinoa and Roasted Vegetable Salad	Chia and Flaxseed Energy Drink	Balsamic Glazed Pork Chops with Roasted Garlic
Wednesday	Sweet Potato and Egg Casserole	Mini Caprese Skewers with Balsamic Glaze	Chickpea and Cucumber Salad with Lemon Dressing	Cucumber and Mint Detox Water	Greek-Style Chicken Kabobs with Tzatziki Sauce
Thursday	Nutritious Sweet Potato Pancakes	Sugar-Free Apple Cinnamon Muffins	Shrimp Salad	Coconut Water with Chia Seeds	Coconut Curry Fish Stew with Vegetables
Friday	Zucchini Omelet Roll with Mixed Vegetables	Almond Butter and Celery Sticks with Chia Seeds	Grilled Chicken Salad with Avocado Dressing	Turmeric Golden Milk	Stuffed Bell Peppers with Mushrooms and Feta
Saturday	Green Smoothie with Avocado	Dark Chocolate Avocado Mousse	Tuna Salad	Berry Almond Milk Smoothie	Grilled Red Fish Skewers
Sunday	Tofu Scramble with Bell Peppers and Mushrooms	Sugar-Free Energy Balls with Nuts and Coconut	Poultry Meatball Soup	Roasted Bell Pepper & Avocado Dip	Lamb and Eggplant Skillet with Mediterranean Spices

Diabetic-Friendly Weekly Meal Plan (Week 5)

Days/Meals	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Scrambled Egg Muffins with Spinach and Feta	Cheese and Nut Snack Pack with Dark Chocolate Bits	Tabbouleh	Low-Sugar Lemonade	Grilled Chicken with Avocado Salsa
Tuesday	Zucchini Omelet Roll with Mixed Vegetables	Roasted Brussels Sprouts with Balsamic Glaze	Buckwheat Porridge with Vegetables and Boiled Cutlets	Chia and Flaxseed Energy Drink	Venison with Creamy Mushroom
Wednesday	Smoothie with Beetroot and Ginger	Sugar-Free Apple Cinnamon Muffins	Asparagus Salad	Coconut Water with Chia Seeds	Low-Carb Tex-Mex Chicken Fajitas
Thursday	Protein Smoothie with Peanut Butter and Cocoa	Sugar-Free Energy Balls with Nuts and Coconut	Grilled Chicken Salad with Avocado Dressing	Roasted Bell Pepper & Avocado Dip	Mediterranean-Style Baked Trout with Herbs
Friday	Low-Carb Coconut Flour Pancakes	No-Bake Coconut Macaroons	Coleslaw	Berry Almond Milk Smoothie	Buffalo Chicken Stuffed Peppers
Saturday	Green Smoothie with Avocado	Dark Chocolate Avocado Mousse	Tuna Salad	Turmeric Golden Milk	Spicy Shrimp Stir-Fry with Zucchini Noodles
Sunday	Smoothie with Beetroot and Ginger	Mini Caprese Skewers with Balsamic Glaze	Poultry Meatball Soup	Cucumber and Mint Detox Water	Grilled Rabbit in Barbecue Sauce

Conclusion: Adapting the 35-Day Meal Plan to Your Needs

Understanding the foundations of a diabetes-friendly diet is just the first step—this 35-day meal plan will help you turn that knowledge into daily practice. However, flexibility is key. You may need to modify the plan based on food availability, personal preferences, or specific dietary needs. Here's how you can adapt the plan while maintaining balanced nutrition:

❖ Substituting Ingredients

If certain foods in the meal plan are unavailable, unappealing, or don't fit your dietary restrictions, you can swap them for similar alternatives:

- ✓ **Whole grains:** Replace brown rice with quinoa, bulgur, or whole wheat couscous.
- ✓ **Proteins:** Substitute chicken for turkey, fish, tofu, or lean beef.
- ✓ **Vegetables:** Select non-starchy vegetables like zucchini, eggplant, or bell peppers.
- ✓ **Dairy alternatives:** Use unsweetened almond, soy, or coconut milk instead of regular dairy.

❖ Adjusting for Individual Needs

Every person's nutritional requirements are different, and you may need to modify this plan to fit your specific goals:

- ✓ **Lower-carb option?** Reduce the portion size of grains and starchy vegetables while increasing non-starchy vegetables and proteins.
- ✓ **Higher energy needs?** Add healthy fats like nuts, seeds, or avocado to meals.
- ✓ **Vegetarian or vegan?** Replace animal proteins with plant-based options like lentils, chickpeas, or tempeh.

❖ Using This Plan Beyond 35 Days

Once you complete the 35-day plan, you can continue using it in different ways:

- ✓ **Follow the plan** again as structured, since it ensures variety and balance.
- ✓ **Mix and match meals** from different days to create a more personalized approach.
- ✓ **Incorporate favorite recipes** into your routine while exploring new diabetes-friendly meals.

Final Thoughts

A structured meal plan can help simplify diabetes management, but the key to long-term success is finding a balanced approach that works for you. Whether you follow this plan strictly or adapt it based on your needs, the goal is to make healthy eating a sustainable and enjoyable part of your lifestyle.

Stay consistent, listen to your body, and enjoy the journey to better health!



B R E A K F A S T



SWEET POTATO AND EGG CASSEROLE

INGREDIENTS

- 2 medium sweet potatoes
- 1 tbsp extra virgin olive oil
- ½ small onion, finely chopped
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 6 large eggs
- ¼ cup unsweetened almond milk (or low-fat milk)
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp smoked paprika
- ½ tsp dried oregano
- ¼ tsp red pepper flakes
- ½ cup shredded low-fat cheese
- ¼ cup fresh parsley

Prep. time: **10 min**

Cook time: **35 min**

Serves: **6**

DIRECTIONS

- ❖ Set to 375°F (190°C) and grease a baking dish with olive oil or cooking spray. Sauté diced sweet potatoes for 5-7 minutes until slightly softened. Stir onion, red bell pepper, and garlic; cook for 3-4 minutes.
- ❖ In a bowl, whisk eggs, almond milk, salt, black pepper, paprika, oregano, and red pepper flakes.
- ❖ Spread cooked sweet potatoes and vegetables evenly in the baking dish. Pour the egg mixture over the top and sprinkle with shredded cheese.
- ❖ Bake for 25-30 minutes, until eggs are set & top is golden.
- ❖ Let cool for 5 minutes before serving. Sprinkle with fresh parsley for extra flavor.
- ❖ Sweet potatoes have a low glycemic index and are high in fiber, making them a great alternative to regular potatoes for people managing type 2.



Calories: 210; Protein: 10g; Carbohydrates: 15g; Fiber: 3g; Sugars: 5g; Fats: 12g; Sodium: 90mg; Potassium: 0mg

SCRAMBLED EGG MUFFINS WITH SPINACH AND FETA

INGREDIENTS

Egg Mixture: 8 large eggs

- ¼ cup unsweetened almond milk
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder

Vegetables & Cheese:

- 1 cup fresh spinach, chopped
- ½ cup crumbled feta cheese
- ½ cup diced bell pepper
- ¼ cup chopped green onions

Healthy Fat: 1 teaspoon olive

Prep. time: **10 min**

Cook time: **20 min**

Serves: **6 (12 muffins)**

DIRECTIONS

- ❖ Preheat oven to 350°F (175°C). Lightly grease a 12-cup muffin tin with olive oil or use silicone liners.
- ❖ Whisk eggs, almond milk, salt, pepper, garlic powder, and onion powder until smooth and slightly frothy.
- ❖ Finely chop spinach, bell peppers, and green onions. Crumble feta cheese and set aside.
- ❖ Divide vegetables evenly among muffin cups. Pour egg mixture into each cup, filling about ¾ full. Top with crumbled feta.
- ❖ Bake for 18-20 minutes until eggs are set & lightly golden. Insert a toothpick—if it comes out clean, they're ready.
- ❖ Let muffins cool for 5 minutes before removing. Serve warm or store for meal prep.



Calories: 120; Protein: 10g; Carbohydrates: 2-4g; Fiber: 1g; Sugars: 1g; Fats: 8g; Sodium: 300mg; Potassium: 0mg

HEALTHY COTTAGE CHEESE PANCAKES WITH BERRIES

INGREDIENTS

- ½ cup cottage cheese
- 2 large eggs
- ⅓ cup almond flour
- 1 tablespoon ground flaxseeds
- ½ teaspoon baking powder
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 teaspoon stevia or monk fruit sweetener
- 1 teaspoon coconut oil
- ¼ cup fresh mixed berries
- 1 teaspoon Greek yogurt
- ½ teaspoon unsweetened shredded coconut
- 1 teaspoon crushed walnuts or almonds

Prep. time: **10 min**

Cook time: **10 min**

Serves: **2** (6 pancakes)

DIRECTIONS

❖ Prepare the Batter:

In a bowl, whisk cottage cheese, eggs, vanilla extract, and cinnamon until combined. Stir in almond flour, ground flaxseeds, baking powder, and sweetener (if using) until smooth. Let sit for 2–3 minutes to thicken.

❖ Cook the Pancakes:

Heat a non-stick skillet over medium-low heat; lightly grease with coconut oil. Pour 2 tbsp batter per pancake onto the skillet. Cook 2–3 minutes until edges set and bubbles appear. Flip gently and cook 1–2 more minutes until golden brown. Repeat until all batter is used, adding more oil if needed.

❖ Serve & Garnish:

Stack pancakes on a plate and top with fresh berries, Greek yogurt, shredded coconut, or crushed nuts. Add a dollop of Greek yogurt or cottage cheese on the side. A Natural Sweet Touch: A drizzle of sugar-free maple syrup or a sprinkle of cinnamon.



Calories: 250; Protein: 18g; Carbohydrates: 12g; Fiber: 4g; Fats: 14g; Sodium: 220mg; Potassium: 260mg

BAKED APPLES STUFFED WITH COTTAGE CHEESE

INGREDIENTS

- 2 medium apples
- ½ cup cottage cheese
- 1 tablespoon ground flaxseeds
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- ½ teaspoon lemon zest
- 1 teaspoon chopped walnuts or almonds
- ½ teaspoon ground nutmeg
- 1 teaspoon unsweetened shredded coconut
- ½ teaspoon stevia or monk fruit sweetener
- 1 teaspoon chia seeds (optional)

Prep. time: **10 min**

Cook time: **25 min**

Serves: **2**

DIRECTIONS

❖ Preheat oven to 350°F (175°C). Wash and dry apples, then slice off ½ inch from the top. Using a spoon or a melon baller, carefully scoop out the core and some of the flesh, ensuring you leave about a ¼-inch thickness on the sides and bottom. Be gentle to avoid piercing through the skin.

❖ In a bowl, mix: Cottage cheese, Ground flaxseeds, Cinnamon & vanilla extract, Lemon zest, and chopped nuts (if using). Optional:

Add nutmeg, shredded coconut, or a touch of stevia/monk fruit sweetener.

❖ Fill each hollowed apple with the cottage cheese mixture, pressing gently. Sprinkle with extra cinnamon & crushed nuts for crunch.

❖ Place apples in a small baking dish and add ¼ cup water to the bottom. Cover loosely with foil and bake for 20 minutes. Remove foil and bake 5 more



Calories: 160; Protein: 10g; Carbohydrates: 18g; Fiber: 5g; Sugars: 18g; Fats: 6g; Sodium: 150mg; Potassium: 320mg

TOFU SCRAMBLE WITH BELL PEPPERS AND MUSHROOMS

INGREDIENTS

- 7 oz firm or extra-firm tofu
- ½ tablespoon olive oil
- ½ cup red bell pepper, diced
- ½ cup mushrooms, sliced
- ¼ cup red onion, diced
- ½ teaspoon turmeric powder
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ¼ teaspoon sea salt (or to taste)
- 1 tablespoon nutritional yeast
- 2 tablespoons unsweetened almond milk
- 1 handful baby spinach or kale
- ½ teaspoon cumin or curry powder (optional)
- 1 teaspoon of fresh lemon juice

Prep. time: **5 min**

Cook time: **10 min**

Serves: **2**

DIRECTIONS

- ❖ **Prepare the Tofu:** Drain and pat dry with a paper towel. Crumble into small bite-sized pieces using hands or a fork.
- ❖ Heat olive oil in a non-stick skillet over medium heat. Sauté red onion for 1-2 minutes until softened. Add bell pepper & mushrooms; cook for 3-4 minutes, stirring occasionally.
- ❖ Stir in crumbled tofu. Season with Turmeric garlic powder, black pepper, sea salt, paprika, and nutritional yeast (if using). Add almond milk for moisture and creaminess. Cook for 4-5 minutes, stirring frequently, until tofu is heated through & golden.
- ❖ Stir in spinach or kale (if using) and cook for 1 minute until wilted. Remove from heat; add lemon juice & fresh herbs for extra freshness.
- ❖ Serve with: A side of avocado slices or a whole-grain toast.
- ❖ For crunch: Top with pumpkin or sunflower seeds.



Calories: 190; Protein: 14g; Carbohydrates: 10g; Fiber: 4g; Sugars: 4g; Fats: 10g; Sodium: 320mg; Potassium: 450mg

LOW-CARB COCONUT FLOUR PANCAKES

INGREDIENTS

- ¼ cup coconut flour
- 2 large eggs
- ¼ cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 tablespoon melted coconut oil (or butter)
- ½ teaspoon baking powder
- ¼ teaspoon cinnamon
- 1 teaspoon fruit sweetener
- 1 pinch sea salt
- 1 teaspoon flaxseeds (optional)
- 1 tablespoon unsweetened shredded coconut (optional)
- 1 tablespoon chopped nuts (optional)
- 1 teaspoon coconut oil

Prep. time: **5 min**

Cook time: **10 min**

Serves: **2**

DIRECTIONS

- ❖ In a bowl, whisk eggs, almond milk, vanilla extract, and melted coconut oil. Stir in coconut flour, baking powder, cinnamon, sweetener (if using), and salt. Let batter rest 2-3 minutes to thicken. (It will be thick.)
- ❖ Heat a non-stick skillet over medium-low heat. Lightly grease with coconut oil or butter.
- ❖ Pour 2 tbsp batter per pancake onto the pan. Spread slightly to form 3-inch pancakes. Cook 2-3 minutes until bubbles form & edges set. Flip carefully; cook 1-2 more minutes until golden brown.
- ❖ Transfer to a plate and repeat with remaining batter. Serve immediately with diabetes-friendly toppings.
- ❖ Toppings: Fresh berries (blueberries, raspberries, or strawberries), Greek yogurt, unsweetened nut butter, or a sprinkle of cinnamon.



Calories: 140; Protein: 6g; Carbohydrates: 8g; Fiber: 4g; Sugars: 1g; Fats: 10g; Sodium: 180mg; Potassium: 160mg

CHIA SEED PUDDING WITH BERRIES

INGREDIENTS

- ½ cup chia seeds
- 2 cups unsweetened almond milk
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- 1-2 teaspoons monk fruit sweetener or erythritol
- ½ cup fresh mixed berries (blueberries, raspberries, or strawberries, all low-glycemic)
- 1 tablespoon crushed nuts (almonds, walnuts, or pecans)
- 1 teaspoon unsweetened shredded coconut (optional)
- 1 teaspoon flaxseeds or hemp seeds

Prep. time: 5 min

Cook time: 4 hours

Serves: 4

DIRECTIONS

❖ Mix the Ingredients:

Whisk chia seeds, almond milk, vanilla extract, cinnamon, and sweetener. Stir well to prevent clumping.

❖ Let It Rest & Stir Again:

Let sit for 5 minutes, then stir again to distribute the chia seeds evenly.

❖ Refrigerate:

Cover and refrigerate for at least 4 hours or overnight until thick and pudding-like.

❖ Serve & Add Toppings:

Stir before serving. Top with fresh berries, crushed nuts, shredded coconut, or flaxseeds.

Add a scoop of unsweetened Greek yogurt or a spoonful of nut butter.

Sprinkle with cacao nibs or chopped nuts.

Blend the mixture before chilling for a smooth pudding.



Calories: 180; Protein: 5g; Carbohydrates: 14g; Fiber: 9g; Sugars: 2g; Fats: 10g; Sodium: 100mg; Potassium: 200mg

KETO BLUEBERRY MUFFINS WITH ALMOND FLOUR

INGREDIENTS

- 1 ½ cups almond flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- 2 large eggs
- ¼ cup unsweetened almond milk (or coconut milk)
- ¼ cup coconut oil (or melted butter)
- ½ cup erythritol, monk fruit sweetener, or stevia
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- ½ cup fresh or frozen blueberries
- 1 teaspoon chia seeds

Prep. time: 10 min

Cook time: 20-25 min

Serves: 4 (8 muffins)

DIRECTIONS

❖ Preheat to 350°F (175°C). Line 8 muffin cups with liners or grease with coconut oil.

❖ In a bowl, whisk almond flour, baking Soda, baking powder, salt, and cinnamon.

❖ In a separate bowl, beat eggs, almond milk melted coconut oil, sweetener, vanilla extract, and lemon zest until smooth.

❖ Gradually mix dry ingredients into wet ingredients, stirring until thick. Gently fold in blueberries & chia seeds (if using) without mashing. Divide the batter evenly, filling each cup ¾ full.

❖ Bake for 20-25 minutes until golden brown. Let muffins cool 5 minutes in the pan, then transfer to a wire rack to cool completely.

❖ Serve with Greek yogurt or almond butter for extra protein. Sprinkle with a few extra fresh blueberries or a pinch of cinnamon for extra flavor.



Calories: 190; Protein: 6g; Carbohydrates: 9g; Fiber: 4g; Sugars: 3g; Fats: 15g; Sodium: 120mg; Potassium: 90mg

PROTEIN SMOOTHIE WITH PEANUT BUTTER AND COCOA

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop unsweetened protein powder
- 1 tablespoon natural peanut butter
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon chia seeds
- ½ teaspoon ground cinnamon
- 1 teaspoon monk fruit sweetener, erythritol, or stevia
- ½ teaspoon vanilla extract
- ½ cup ice cubes
- ½ small avocado
- 1 teaspoon flaxseeds (optional)
- 1 tablespoon Greek yogurt

Prep. time: 5 min

Cook time: 5 min

Serves: 1

DIRECTIONS

❖ In a high-speed blender, add almond milk, protein powder, peanut butter, cocoa powder, chia seeds, cinnamon, sweetener, and vanilla extract.

Add ice cubes for a chilled texture.

❖ Blend on high speed for 30-45 seconds until smooth and creamy. If using avocado or Greek yogurt, blend an additional 10 seconds.

❖ If the smoothie is too thick, add a splash of almond milk and blend again. Pour into a glass and enjoy immediately.

❖ For an added energy boost: Add a few cacao nibs or a drizzle of unsweetened peanut butter on top.

❖ For added crunch: Sprinkle with chopped nuts or coconut flakes.

❖ For a thicker texture: Freeze the almond milk into ice cubes before blending.



Calories: 380; Protein: 28g; Carbohydrates: 35g; Fiber: 5g; Sugars: 20g; Fats: 18g; Sodium: 150mg; Potassium: 500mg

AVOCADO AND BERRY SMOOTHIE

INGREDIENTS

Base Ingredients:

- ½ avocado (about 70g)
- 100g mixed berries (raspberries, blueberries, strawberries – low glycemic index)
- 120ml water or unsweetened almond milk
- 1 tablespoon flaxseeds (about 10g)

Optional Additions:

- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- ½ teaspoon chia seeds
- 1 teaspoon lemon juice
- Ice cubes

Prep. time: 5 min

Cook time: 5 min

Serves: 2

DIRECTIONS

❖ Prepare Ingredients:

Peel the avocado and remove the pit. If using fresh berries, rinse them thoroughly.

❖ Blend the Smoothie:

Combine avocado, mixed berries, water (or almond milk), and flaxseeds. Add any optional ingredients if using. Blend on high for 30-60 seconds until smooth and creamy. If the smoothie is too thick, add a splash of water or extra almond milk to reach the desired consistency.

❖ Serve and Enjoy:

Pour into a glass and serve immediately. Garnish with a sprinkle of flaxseeds or a few whole berries for added texture.

❖ For Extra Protein: Add ½ scoop unsweetened plant-based protein powder.



Calories: 220; Protein: 4g; Carbohydrates: 20g; Fiber: 8g; Sugars: 7g; Fats: 14g; Sodium: 10mg; Potassium: 600mg

NUTRITIOUS SWEET POTATO PANCAKES

INGREDIENTS

- 1 cup mashed sweet potato
- 2 large eggs
- ¼ cup almond flour or oat flour
- ½ tsp cinnamon
- ½ tsp baking powder
- ¼ tsp sea salt
- ½ tsp vanilla extract
- 1 tbsp ground chia seeds
- 2 tbsp unsweetened almond milk (or low-fat milk)
- 1 tsp coconut oil or olive oil
- Fresh berries
- Greek yogurt
- Chopped nuts

Prep. time: **10 min**

Cook time: **15 min**

Serves: **4**

DIRECTIONS

❖ Prepare the Batter:

In a medium bowl, mix mashed sweet potato, eggs, almond flour, cinnamon, baking powder, salt, vanilla extract, chia seeds, and almond milk until well combined.

❖ Heat the Pan:

Heat a non-stick skillet over medium heat and lightly grease with coconut or olive oil.

❖ Cook the Pancakes:

Scoop about 2 tablespoons of batter for each pancake onto the skillet. Cook for 2-3 minutes per side, flipping once the edges set and bubbles form on top.

❖ Serve and Enjoy:

Stack the pancakes and top with fresh berries, Greek yogurt, or chopped nuts.

These diabetic-friendly sweet potato pancakes are high in fiber, low-glycemic, and packed with healthy nutrients.



Calories: 180; Protein: 7g; Carbohydrates: 20g; Fiber: 4g; Sugars: 5g; Fats: 8g; Sodium: 180mg; Potassium: 300mg

ZUCCHINI OMELET WITH MIXED VEGETABLES

INGREDIENTS

- 1 medium zucchini, grated
- 3 large eggs
- ¼ cup unsweetened almond milk (or regular milk)
- ¼ cup shredded cheese (cheddar, mozzarella, or feta)
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder
- 1 tbsp chopped fresh herbs (parsley, dill, or basil)
- ¼ cup Bell pepper, (diced)
- ¼ cup Mushrooms (sauté before adding).
- ¼ cup chopped olives

Prep. time: **10 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

❖ Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper and lightly grease.

❖ Grate zucchini and squeeze out excess moisture using a kitchen towel. Chop or grate additional vegetables. If using mushrooms, sauté briefly in olive oil before adding.

❖ Whisk eggs, almond milk, salt, pepper, and garlic powder in a bowl. Stir in zucchini, cheese, and extra vegetables.

❖ Pour batter onto the prepared baking sheet and spread evenly. Bake 12–17 minutes until set and lightly golden.

❖ Let cool 1 minute. Slice and garnish with fresh herbs. Serve with avocado slices or leafy greens.

❖ Perfect for a balanced and satisfying diabetic-friendly breakfast!



Calories: 190; Protein: 12g; Carbohydrates: 8g; Fiber: 2g; Sugars: 3g; Fats: 13g; Sodium: 120mg; Potassium: 250mg



B E V E R A G E S



BERRY ALMOND MILK SMOOTHIE

INGREDIENTS

- 1 cup unsweetened almond milk
 - 1 cup mixed berries (strawberries, blueberries, raspberries, or blackberries – fresh or frozen)
 - 1 tablespoon chia seeds or flaxseeds
 - ½ teaspoon ground cinnamon
 - ½ teaspoon vanilla extract
 - ½ cup ice cubes (optional)
- Optional Sweeteners:**
- ½ teaspoon stevia or monk fruit sweetener

Prep. time: 5 min

Cook time: 5 min

Serves: 2

DIRECTIONS

❖ Prepare the Ingredients:

Wash the berries if using fresh.

If using frozen berries, there's no need to thaw. Measure out chia seeds, cinnamon, and vanilla extract.

❖ Blend Until Smooth:

In a blender, combine almond milk, berries, chia seeds, cinnamon, vanilla extract, and ice cubes. Blend on high for 30–45 seconds until smooth and creamy. If the mixture is too thick, add more almond milk until the desired consistency is reached.

❖ Adjust & Serve:

Taste and adjust sweetness with stevia or monk fruit sweetener, if needed. Pour into two glasses and enjoy immediately.

❖ Pair with a handful of nuts for extra protein and healthy fats.



Calories: 130; Protein: 3g; Carbohydrates: 15g; Fiber: 6g; Sugars: 3g; Fats: 5g; Sodium: 100mg; Potassium: 350mg

GREEN SMOOTHIE WITH AVOCADO

INGREDIENTS

- ½ ripe avocado
- 1 cup unsweetened almond milk
- 1 cup fresh spinach
- ½ small cucumber, chopped
- ½ green apple, chopped
- 1 tablespoon chia seeds
- ½ teaspoon ground cinnamon
- ½ teaspoon fresh grated ginger
- ½ teaspoon vanilla extract
- ½ cup ice cubes (optional)
- ½ teaspoon stevia or monk

Prep. time: 5 min

Cook time: 5 min

Serves: 2

DIRECTIONS

❖ Slice ½ an avocado and scoop out the flesh.

❖ Wash and chop cucumber, apple, and spinach.

❖ Grate fresh ginger if adding.

❖ In a blender, combine avocado, spinach, cucumber, apple, chia seeds, cinnamon, ginger, and vanilla extract.

❖ Pour in almond milk and add ice cubes.

❖ Blend on high for 30–45 seconds until smooth and creamy.

❖ If thick, add a bit more almond milk.

❖ Adjust sweetness with stevia or monk fruit if needed.

❖ Pair with a handful of nuts or a boiled egg for additional protein.

❖ Serve with a slice of whole-grain or almond flour toast for a more filling meal.



Calories: 210; Protein: 6g; Carbohydrates: 18g; Fiber: 6g; Sugars: 5g; Fats: 14g; Sodium: 100mg; Potassium: 450mg

TURMERIC GOLDEN MILK

INGREDIENTS

- 2 cups unsweetened almond milk (or unsweetened coconut milk)
- 1 teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- ½ teaspoon fresh grated ginger
- ¼ teaspoon ground black pepper
- ½ teaspoon vanilla extract
- 1 teaspoon coconut oil

Optional Sweeteners:

- ½ teaspoon stevia or monk fruit sweetener
- 1 tablespoon chia seeds (or flaxseeds)
- 1 scoop plant-based protein powder

Prep. time: 2 min

Cook time: 5 min

Serves: 2

DIRECTIONS

❖ Set Heat the Ingredients:

Combine almond milk, turmeric, cinnamon, ginger, black pepper, vanilla extract, and coconut oil. Stir well to distribute the spices evenly. Heat over medium-low heat for 5 minutes, stirring occasionally. Do not let it boil, as this can reduce the effectiveness of some nutrients.

❖ Blend for a Creamy Texture:

For a frothy consistency, blend the mixture for 15–20 seconds using an immersion blender or in a regular blender.

❖ Sweeten & Serve:

If desired, add stevia or monk fruit sweetener and mix well. Pour into two mugs and enjoy warm. Serve with a handful of nuts or a small serving of Greek yogurt to boost protein intake.



Calories: 90; Protein: 10g; Carbohydrates: 4g; Fiber: 2g; Sugars: 3g; Fats: 8g; Sodium: 150mg; Potassium: 200mg

COCONUT WATER WITH CHIA SEEDS

INGREDIENTS

Base Ingredients:

- 2 cups unsweetened coconut water
- 2 tablespoons chia seeds
- ½ teaspoon fresh lemon juice
- ¼ teaspoon ground cinnamon

Optional Flavor Enhancements:

- For extra nutrients: Add 1 teaspoon ground flaxseeds for additional omega-3s and fiber.
- For natural sweetness: Add ½ teaspoon stevia or monk fruit sweetener if desired.
- For a tropical twist: Add a few fresh mint leaves or a small splash of unsweetened coconut milk

Prep. time: 5 min

Cook time: 15 min

Serves: 2

DIRECTIONS

❖ In a jar or glass, mix 2 cups of unsweetened coconut water with 2 tablespoons of chia seeds. Stir well to prevent the chia seeds from clumping together.

❖ Allow the mixture to sit for 15 minutes, stirring occasionally to help the chia seeds absorb the liquid and expand. The consistency should become slightly gel-like as the chia seeds absorb the coconut water.

❖ Stir in lemon juice and cinnamon for added flavor and health benefits.

If desired, add a natural sweetener and mix well. Serve chilled or with ice cubes for a refreshing drink.

❖ Serve alongside a fiber-rich meal to aid digestion and stabilize blood sugar levels.



Calories: 70; Protein: 2g; Carbohydrates: 8g; Fiber: 4g; Sugars: 1g; Fats: 3g; Sodium: 50mg; Potassium: 250mg

LOW-SUGAR LEMONADE

INGREDIENTS

- 4 cups filtered water
- ½ cup freshly squeezed lemon juice
- 2 tablespoons powdered erythritol, stevia, or monk fruit sweetener
- ¼ teaspoon ground cinnamon
- 4–6 fresh mint leaves
- Ice cubes

Optional Flavor Enhancements:

- For extra citrus flavor: Add zest of 1 lemon.
- For herbal infusion: Add 1 sprig of fresh rosemary or basil.
- For a bubbly version: Replace 1–2 cups of water with sparkling water

Prep. time: 5 min

Cook time: 5 min

Serves: 4

DIRECTIONS

- ❖ Squeeze fresh lemons until you have ½ cup of juice. Strain the juice through a fine-mesh sieve to remove pulp and seeds.
- ❖ In a large pitcher, combine 4 cups of filtered water, fresh lemon juice, and your chosen sweetener. Stir thoroughly until the sweetener is completely dissolved.
- ❖ Add ice cubes to glasses or the pitcher. Garnish with mint leaves, lemon slices, or a sprig of rosemary.
- ❖ If needed, add more sweetener for a slightly sweeter taste or more lemon juice for extra tartness.
- ❖ Pair with a light meal or snack, such as cucumber slices, almonds, or a green salad. Serve alongside grilled fish or lean chicken for a well-balanced meal. Enjoy on a hot summer day as a refreshing and hydrating drink.



Calories: 5; Protein: 0g; Carbohydrates: 1g; Fiber: 0,2g; Sugars: 0,8g; Fats: 0g; Sodium: 5mg; Potassium: 50mg

CUCUMBER AND MINT DETOX WATER

INGREDIENTS

- 4 cups filtered water
- 1 small cucumber, thinly sliced
- 8–10 fresh mint leaves
- ½ lemon, thinly sliced
- ½ teaspoon grated ginger
- Ice cubes

Optional Additions for Extra Benefits:

- For more hydration: Add ¼ cup coconut water
- For a touch of sweetness: Add ½ teaspoon stevia or monk fruit sweetener
- For a mild spice: Add a pinch of cayenne pepper

Prep. time: 5 min

Cook time: 1–2 hours

Serves: 4

DIRECTIONS

- ❖ Wash and slice the cucumber and lemon into thin rounds. Lightly crush the mint leaves between your fingers to release their oils. Grate the ginger if using.
- ❖ In a large pitcher, add sliced cucumber, mint leaves, lemon slices, and ginger. Pour in 4 cups of filtered water and stir gently.
- ❖ Cover the pitcher and refrigerate for 1–2 hours to allow the flavors to infuse. For a more intense flavor, refrigerate it overnight.
- ❖ Fill glasses with ice cubes and pour the detox water over them. Stir before serving and enjoy throughout the day.
- ❖ Drink first thing in the morning to kickstart hydration and digestion. Pair with a high-fiber breakfast to support gut health.



Calories: 5; Protein: 0g; Carbohydrates: 1g; Fiber: 0,5g; Sugars: 0,5g; Fats: 0g; Sodium: 5 mg; Potassium: 50mg

CHIA AND FLAXSEED ENERGY DRINK

INGREDIENTS

Base Ingredients:

- 2 cups filtered water
- 1 tablespoon ground flaxseeds
- ½ teaspoon fresh lemon juice
- ¼ teaspoon ground cinnamon

Optional Flavor Enhancements:

- For extra protein: Add 1 scoop unsweetened plant-based protein powder.
- For a touch of sweetness: Add ½ teaspoon stevia or monk fruit sweetener.
- For an antioxidant boost: Add ½ teaspoon matcha powder.
- For a refreshing taste: Add a few fresh mint leaves.

Prep. time: 5 min

Cook time: 15 min

Serves: 2

DIRECTIONS

❖ Mix the Ingredients:

In a large glass or jar, combine filtered water, flaxseeds, lemon juice, and cinnamon (if using). Stir thoroughly to ensure the seeds are evenly distributed.

❖ Let It Soak:

Allow the mixture to sit for 15 minutes, stirring occasionally to prevent clumping. The chia and flaxseeds will absorb the liquid and form a gel-like texture.

❖ Shake & Serve:

Stir or shake the mixture once more before serving. Serve chilled or over ice for a refreshing boost. Drink it in the morning for lasting energy and hydration.

- ❖ Enjoy before or after a workout as a natural energy booster.
- ❖ Pair with a handful of nuts or a boiled egg for a balanced snack.



Calories: 60; Protein: 2g; Carbohydrates: 5g; Fiber: 4g; Sugars: 1g; Fats: 4g; Sodium: 5mg; Potassium: 50mg

SMOOTHIE WITH BEETROOT AND GINGER

INGREDIENTS

Base Ingredients:

- ½ cup frozen spinach
- 1 medium beetroot
- ½ scoop unsweetened vanilla protein powder
- 3 tablespoons raw nuts
- ½ teaspoon freshly grated ginger
- ½ cup unsweetened milk alternative (almond, oat, or soy milk for a creamy texture)
- ½ teaspoon vanilla extract

Optional Additions:

- ½ teaspoon cinnamon
- 1 teaspoon chia or flaxseeds
- 1 teaspoon lemon juice
- A few ice cubes

Prep. time: 5 min

Cook time: 5 min

Serves: 2

DIRECTIONS

- ❖ Steam and peel the beetroot if not pre-cooked.

Wash the spinach if using fresh. Grate the fresh ginger for a more intense flavor.

- ❖ In a high-speed blender, combine frozen spinach, steamed beetroot, protein powder, nuts, ginger, milk alternative, and vanilla extract. Blend on high for 30-60 seconds until

completely smooth and creamy. If the smoothie is too thick, add a splash of water or extra milk alternative to reach the desired consistency.

- ❖ Pour into a glass and serve immediately. Optionally, garnish with a sprinkle of cinnamon or chopped nuts for extra texture.
- ❖ For Extra Protein: Add 1 full scoop of plant-based protein powder.
- ❖ For a Thicker Texture: Use less liquid or more frozen spinach.
- ❖ Pair with a boiled egg or a handful of nuts for more satiety.



Calories: 180; Protein: 8g; Carbohydrates: 15g; Fiber: 5g; Sugars: 2g; Fats: 9g; Sodium: 0mg; Potassium: 70mg



S

A

L

A

D

S



WALDORF SALAD

INGREDIENTS

Salad Base:

- 1 small green apple (Granny Smith), diced
- 1 cup celery, thinly sliced
- ¼ cup walnuts, chopped
- ¼ cup seedless green or red grapes, halved
- 1 tablespoon chia seeds or flaxseeds

For the Dressing:

- ¼ cup Greek yogurt
- 1 tablespoon fresh lemon juice
- ½ teaspoon Dijon mustard
- ½ teaspoon ground cinnamon
- ¼ teaspoon sea salt (or to taste)
- ¼ teaspoon of black pepper

Prep. time: **10 min**

Cook time: **10 min**

Serves: **2**

DIRECTIONS

- ❖ Dice apple into small cubes; sprinkle with lemon juice to prevent browning. Thinly slice celery and chop walnuts. If using grapes, halve them for even distribution.
- ❖ In a bowl, whisk Greek yogurt, Dijon mustard, cinnamon, salt, and black pepper. Adjust the seasoning to your taste.
- ❖ In a large bowl, combine apples, celery, walnuts, and grapes. Pour dressing over the salad and toss gently. Sprinkle with chia seeds or flaxseeds (if using) for extra fiber.
- ❖ Transfer to a serving dish and enjoy fresh. Optionally, garnish with extra walnuts or fresh herbs such as parsley or mint.
- ❖ **For Extra Protein:** Add grilled chicken, turkey, or tofu. For a Heartier Meal: Serve over a bed of mixed greens. For a Nut-Free Version: Replace walnuts with pumpkin or sunflower seeds.



Calories: 180; Protein: 6g; Carbohydrates: 15g; Fiber: 5g; Fats: 12g; Sodium: 150mg; Potassium: 300mg

GRILLED CHICKEN CAESAR SALAD

INGREDIENTS

- 2 cups chopped romaine lettuce
- 1 grilled chicken breast (about 200g), sliced
- ¼ cup Parmesan cheese, grated
- ½ avocado, sliced
- ¼ cup cherry tomatoes, halved
- 1 tablespoon pumpkin or sunflower seeds
- ¼ cup Greek yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 garlic clove, minced
- ½ teaspoon black pepper
- ¼ teaspoon sea salt

Prep. time: **10 min**

Cook time: **15 min**

Serves: **2**

DIRECTIONS

- ❖ Season chicken breast with salt, pepper, and olive oil. Grill over medium heat for 6-7 minutes per side until fully cooked. Let rest 5 minutes, then slice into strips.
- ❖ Whisk together Greek yogurt, olive oil, lemon juice, Dijon mustard, Worcestershire sauce, garlic, salt, and pepper in a bowl. Adjust seasoning to taste.
- ❖ In a large bowl, add chopped romaine lettuce. Top with grilled chicken, Parmesan cheese, avocado, and cherry tomatoes (if using). Sprinkle with pumpkin or sunflower seeds for extra crunch. Drizzle with homemade dressing and toss gently.
- ❖ Serve immediately while fresh & crisp. Garnish with extra Parmesan or lemon wedges, if desired. Add a boiled egg or extra grilled chicken.



Calories: 320; Protein: 35g; Carbohydrates: 10g; Fiber: 4g; Fats: 18g; Sodium: 300mg; Potassium: 600mg

COLESLAW

INGREDIENTS

- 3 cups green cabbage
- 1 cup purple cabbage
- 1 medium carrot, grated
- ¼ cup green onions
- 2 tablespoons fresh parsley
- ½ cup Greek yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon garlic powder
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 teaspoon chia or flaxseeds
- 1 tablespoon pumpkin

Prep. time: **10 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

❖ Shred green & purple cabbage using a sharp knife or food processor. Grate carrot with a box grater. Chop green onions & parsley (if using). Place all vegetables in a large mixing bowl.

❖ Whisk together Greek yogurt, olive oil, apple cider vinegar, Dijon mustard, garlic powder, salt, and black pepper in a small bowl. Adjust seasoning to taste.

❖ Pour dressing over the vegetables and toss well. Sprinkle with seeds (chia, flax, or pumpkin), if using, and mix gently. Let sit 5-10 minutes before serving to blend flavors. As a Side Dish: Serve with grilled chicken, fish, or lean meats.

❖ **With Protein:** Add shredded cooked turkey or grilled tofu for a complete meal.



Calories: 100; Protein: 4g; Carbohydrates: 8g; Fiber: 3g; Fats: 6g; Sodium: 150 mg; Potassium: 300mg

QUINOA AND ROASTED VEGETABLE SALAD

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup zucchini, chopped
- 1 cup bell peppers
- ½ cup cherry tomatoes, halved
- ½ cup eggplant, diced
- ¼ cup red onion, sliced
- 1 tablespoon olive oil
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon dried oregano
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin or paprika

Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

❖ Preheat Rinse ½ cup quinoa under cold water. In a saucepan, bring 1 cup water to a boil. Add quinoa, reduce heat, cover, and simmer 12-15 minutes until absorbed. Fluff with a fork and let cool.

❖ Preheat oven to 400°F (200°C). Toss zucchini, bell peppers, cherry tomatoes, eggplant, and red onion with 1 tbsp olive oil, sea salt, black pepper, and oregano. Spread on a baking sheet and roast 15-20 minutes, stirring once, until tender and caramelized.

❖ In a bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic powder, cumin or paprika (if using), and sea salt. Adjust seasoning to taste.

❖ In a large bowl, mix cooked quinoa & roasted vegetables. Drizzle with dressing and toss gently. Sprinkle with feta cheese, seeds, or fresh herbs.



Calories: 220; Protein: 6g; Carbohydrates: 25g; Fiber: 5g; Fats: 12g; Sodium: 180mg; Potassium: 450mg

SHRIMP SALAD

INGREDIENTS

- 8 oz (225g) shrimp, peeled
- 4 cups mixed salad greens (spinach, arugula, or romaine)
- ½ avocado, sliced
- ½ cup cherry tomatoes, halved
- ¼ cup cucumber, sliced
- ¼ cup red onion, thinly sliced
- 2 tablespoons feta cheese, crumbled
- 1 tablespoon pumpkin
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- salt & black pepper (to taste)

Prep. time: 10 min

Cook time: 5 min

Serves: 2

DIRECTIONS

❖ Heat a non-stick skillet over medium heat. Season shrimp with salt & pepper. Sauté in 1 tsp olive oil for 2-3 min per side until pink and opaque. Remove from heat and let cool. Whisk together olive oil, lemon juice, Dijon mustard, garlic powder, oregano, salt, and pepper. Adjust seasoning to taste.

- ❖ In a bowl, layer mixed greens, cherry tomatoes, cucumber, red onion, and avocado. Top with shrimp. Sprinkle with feta & seeds (if using). Drizzle with dressing and gently toss to combine.
- ❖ Serve immediately and enjoy this protein-rich, nutrient-dense salad!
- ❖ **For Extra Fiber:** Add ½ cup chickpeas or quinoa.
- ❖ **For More Protein:** Serve with a boiled egg or additional shrimp.
- ❖ This high-protein, low-carb shrimp salad is perfect for a diabetic-friendly diet.



Calories: 280; Protein: 30g; Carbohydrates: 10g; Fiber: 5g; Fats: 15g; Sodium: 320mg; Potassium: 600mg

TUNA SALAD

INGREDIENTS

- 1 can (5 oz/140g) tuna in water
- 2 cups spinach & arugula
- ¼ cup cucumber, diced
- ¼ cup cherry tomatoes, halved
- 2 tablespoons red onion
- ½ avocado, diced
- 1 tablespoon pumpkin or sunflower seeds
- 2 tablespoons Greek yogurt
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Prep. time: 10 min

Cook time: 10 min

Serves: 2

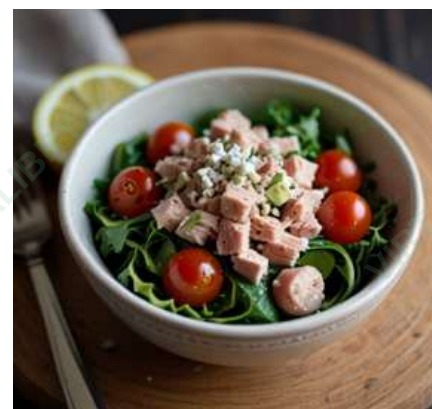
DIRECTIONS

❖ In a small bowl, whisk together Greek yogurt, olive oil, Dijon mustard, lemon juice, garlic powder, oregano, salt, and pepper.

❖ Taste and adjust seasoning as needed.

❖ In a large bowl, add mixed greens, diced cucumber, cherry tomatoes, red onion, and avocado.

- ❖ Add the drained tuna on top of the salad.
- ❖ Sprinkle with pumpkin or sunflower seeds for extra crunch.
- ❖ Drizzle the dressing over the salad and toss gently.
- ❖ Serve immediately as a light yet satisfying meal.
- ❖ **Serving Suggestions**
- ❖ Add ½ cup cooked quinoa or chickpeas. Serve with a boiled egg or extra tuna. Wrap in lettuce leaves to create a tuna salad wrap.



Calories: 290; Protein: 30g; Carbohydrates: 8g; Fiber: 5g; Fats: 16g; Sodium: 320mg; Potassium: 500mg

HEALTHY TABOULEH

INGREDIENTS

- 1 cup cooked quinoa or cauliflower rice
- 2 cups fresh parsley
- ½ cup fresh mint leaves
- 1 cup cherry tomatoes
- ½ cup cucumber
- ¼ cup red onion
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- ½ teaspoon ground cumin
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ cup cooked chickpeas
- 2 tablespoons pumpkin seeds
- ½ small avocado, diced

Prep. time: **15 min**

Cook time: **15 min**

Serves: **4**

DIRECTIONS

- ❖ If using quinoa, rinse ½ cup dry quinoa under cold water.
- ❖ Bring 1 cup water to a boil, add quinoa, reduce heat, cover, and simmer for 12-15 minutes until water is absorbed.
- ❖ Remove from heat, fluff with a fork, and let it cool. (For cauliflower rice, sauté 1 cup of riced cauliflower for 3-5 minutes until tender, then let cool.)
- ❖ Finely chop the parsley, mint, cherry tomatoes, cucumber, and red onion.
- ❖ If using, drain and rinse chickpeas.
- ❖ Whisk olive oil, lemon juice, garlic powder, cumin, salt, and pepper.
- ❖ Adjust seasoning as needed. Add pumpkin seeds and diced avocado.
- ❖ Assemble the Salad. Serve immediately or chill for 15-30 minutes.
- ❖ Serving Suggestions: Mix in nuts, or feta cheese.



Calories: 180; Protein: 5g; Carbohydrates: 14g; Fiber: 4g; Fats: 12g; Sodium: 150mg; Potassium: 400mg

ASPARAGUS SALAD

INGREDIENTS

- 200g asparagus (1 bunch), trimmed and cut into 3-4 cm pieces
- ½ avocado, diced
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, thinly sliced
- 2 tablespoons walnuts or almonds, chopped
- 1 tablespoon pumpkin seeds
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon sea salt (or to taste)
- ¼ teaspoon black pepper

Prep. time: **10 min**

Cook time: **5 min**

Serves: **2**

DIRECTIONS

- ❖ Bring a small pot of water to a boil and blanch the asparagus for 2-3 minutes until bright green and slightly tender.
- ❖ Quickly drain and rinse with cold or ice water to retain its crisp texture.
- ❖ Whisk together olive oil, lemon juice, Dijon mustard, garlic powder, oregano, salt, and pepper.
- ❖ Mix until well combined.
- ❖ Combine cooled asparagus, avocado, cherry tomatoes, and red onion.
- ❖ Add walnuts and seeds. Drizzle the salad with the dressing and toss gently.
- ❖ Serve immediately as a main dish or side dish.
- ❖ **Serving Suggestions:** Add grilled chicken, salmon, or tofu. Top with feta cheese or a boiled egg.



Calories: 250; Protein: 6g; Carbohydrates: 10g; Fiber: 5g; Fats: 20g; Sodium: 150mg; Potassium: 500mg

GRILLED CHICKEN SALAD WITH AVOCADO DRESSING

INGREDIENTS

- 2 chicken breasts, diced
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ½ tsp salt; ¼ tsp pepper
- 4 cups mixed greens
- 1 cup cherry tomatoes, halved
- ½ cucumber, sliced
- ¼ cup red onion, sliced
- 1 avocado, diced
- ¼ cup Greek yogurt
- 2 tbsp lime juice
- ½ tsp ground cumin
- ¼ cup pumpkin seeds
- Fresh mint or parsley, (optional)

Prep. time: **15 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

- ❖ Season chicken breasts with olive oil, Garlic powder, onion powder, paprika, salt, and pepper. Grill or pan-sear over medium heat for 4–5 minutes per side until fully cooked. Let it rest, then slice thinly.
- ❖ In a blender, combine avocado, Greek yogurt, lime juice, olive oil, garlic powder, cumin (optional). Blend until smooth, adding water if needed for creaminess.
- ❖ In a large bowl, combine sliced chicken, cherry tomatoes, cucumber, red onion, pumpkin seeds, and mixed greens. Drizzle with the dressing and toss gently to combine. Add fresh mint leaves or parsley for freshness. Sprinkle extra pumpkin seeds, crumbled feta, or olives for added texture and Mediterranean flavor. Serve immediately as a nutritious, diabetes-friendly meal rich in fiber, protein, and healthy fats.



Calories: 320; Protein: 28g; Carbohydrates: 18g; Fiber: 18g; Sugars: 5g; Fats: 5g; Sodium: 350mg; Potassium: 680mg

CHICKPEA AND CUCUMBER SALAD WITH LEMON DRESSING

INGREDIENTS

- 1 ½ cups cooked chickpeas
- 1 large cucumber, diced
- 1 cup cherry tomatoes, halved
- ½ cup red bell pepper, diced
- ¼ cup red onion, finely chopped
- 2 tablespoons fresh parsley
- ¼ cup crumbled feta cheese
- ¼ cup toasted sunflower seeds
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1 small garlic clove, minced
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon cumin

Prep. time: **15 min**

Cook time: **no cooking**

Serves: **4**

DIRECTIONS

- ❖ Rinse and drain the chickpeas.
- ❖ Chop dice the cucumber, red bell pepper, and onion; halve the cherry tomatoes.
- ❖ Whisk together olive oil, lemon juice, Dijon mustard, minced garlic, salt, pepper, and cumin until well combined. Adjust seasoning.
- ❖ Mix chickpeas, cucumber, cherry tomatoes, bell pepper, red onion, and parsley in a large mixing bowl. Pour the lemon dressing over the salad and toss. Sprinkle with feta cheese and sunflower seeds.
- ❖ Serve immediately or let it chill in the refrigerator for 10-15 minutes.
- ❖ **This salad pairs well with:** Grilled chicken, fish, or tofu for additional protein. Whole grain pita bread or quinoa for extra fiber.



Calories: 240; Protein: 8g; Carbohydrates: 26g; Fiber: 6g; Fats: 12g; Sodium: 260mg; Potassium: 450mg



S

O

U

P

S



VEGETABLE SOUP WITH LENTILS AND SPINACH

INGREDIENTS

- 1 tsp olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 carrots, diced
- 2 celery stalks, chopped
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 cup dry lentils, rinsed
- 1 can (14.5 oz) diced tomatoes
- 6 cups vegetable broth
- 1 tsp oregano
- ½ tsp cumin
- ½ tsp black pepper
- ¼ tsp sea salt
- 1 tbsp lemon juice

Prep. time: **10 min**

Cook time: **25 min**

Serves: **4**

DIRECTIONS

❖ Heat olive oil in a pot over medium heat. Sauté onion, garlic, celery, carrots, and bell pepper for 5 minutes.

❖ Add zucchini, lentils, tomatoes, broth, oregano, cumin, black pepper, and salt. Bring to a boil, then reduce heat and simmer for 20–25 minutes until lentils are tender.

❖ Remove from heat, stir in lemon juice, and adjust seasoning if needed. Ladle into bowls, garnish with fresh parsley or cilantro, and serve warm.

❖ This soup pairs well with:

A side of whole-grain toast or low-carb crackers.

A fresh cucumber and tomato salad with lemon dressing.

A sprinkle of crumbled feta or Parmesan cheese for extra protein (optional).



Calories: 220; Protein: 12g; Carbohydrates: 32g; Fiber: 10g; Sugars: 22g; Fats: 3g; Sodium: 280mg; Potassium: 620mg

CREAMY CAULIFLOWER AND CELERY SOUP

INGREDIENTS

- 1 medium cauliflower head, chopped
- 3 celery stalks, chopped
- 1 medium onion, diced
- 3 garlic cloves, minced
- 4 cups vegetable broth
- 1 cup almond milk, unsweetened
- 1 tbsp olive oil
- ½ tsp dried thyme
- ½ tsp black pepper
- ¼ tsp turmeric
- ¼ tsp salt (to taste)
- 1 bay leaf
- 1 tbsp lemon juice
- 1 cup cubed tofu (optional)

Prep. time: **15 min**

Cook time: **25 min**

Serves: **6**

DIRECTIONS

❖ Heat olive oil in a pot over medium heat. Sauté onion, garlic, celery, and cauliflower for 5 minutes until softened.

❖ Add thyme, turmeric, salt, pepper, and bay leaf. Stir well, then pour in the broth. Simmer for 15–20 minutes until vegetables are tender. (For extra protein, add tofu or diced chicken.)

❖ Remove the bay leaf. Blend the soup with an immersion blender (or a regular blender) until smooth and creamy. Stir in almond milk and lemon juice.

❖ Adjust seasoning if needed. Garnish with chopped parsley, walnuts, or hemp seeds for extra texture and nutrients. Serve warm!

Serving Suggestions:

Enjoy with a side of roasted chickpeas for added crunch.



Calories: 145; Protein: 6g; Carbohydrates: 14g; Fiber: 5g; Sugars: 9g; Fats: 7g; Sodium: 350mg; Potassium: 420mg

CHICKEN SOUP WITH VEGETABLES AND QUINOA

INGREDIENTS

- 2 medium chicken breasts, cubed
- 1 small onion, diced
- 3 garlic cloves, minced
- 3 carrots, sliced
- 2 celery stalks, chopped
- 1 medium zucchini, chopped
- 1 cup cherry tomatoes, halved
- 4 cups chicken broth
- 2 cups water
- ½ cup quinoa, rinsed
- 1 tbsp olive oil
- ½ tsp dried thyme
- ½ tsp black pepper
- ¼ tsp salt (to taste)
- 1 bay leaf
- 1 tbsp lemon juice

Prep. time: 15 min

Cook time: 30 min

Serves: 4

DIRECTIONS

- ❖ Heat olive oil in a pot over medium heat. Sauté onion and garlic for 3 minutes until softened. Stir in carrots and celery, cooking for another 3–4 minutes.
- ❖ Add cubed chicken, season with salt, black pepper, and thyme. Cook for 5 minutes, stirring occasionally.
- ❖ Pour in broth and water, add the bay leaf, and simmer for 10 minutes. Stir in quinoa, zucchini, and cherry tomatoes. Simmer uncovered for 15 minutes until quinoa is tender.
- ❖ Remove the bay leaf, stir in lemon juice, and adjust seasoning if needed. Serve warm with a side of whole-grain crackers or fresh greens.
- ❖ **Serving Suggestions:**
Pair with a small portion of avocado for added healthy fats.



Calories: 210; Protein: 22g; Carbohydrates: 19g; Fiber: 4g; Fats: 5g; Sodium: 320mg; Potassium: 500mg

MUSHROOM SOUP WITH COCONUT MILK AND HERBS

INGREDIENTS

- 2 tbsp olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 lb (450g) mushrooms, sliced
- 1 tsp dried thyme
- ½ tsp dried oregano
- ½ tsp turmeric
- ½ tsp black pepper
- ¼ tsp salt (to taste)
- 1 bay leaf (optional)
- 4 cups vegetable broth
- 1 can (13.5 oz) coconut milk
- 1 tbsp lemon juice
- 2 tbsp parsley, chopped

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

- ❖ Heat olive oil in a large pot over medium heat. Sauté onion and garlic for 3–4 minutes until softened.
- ❖ Add mushrooms, thyme, oregano, turmeric, and black pepper. Cook for 5 minutes until mushrooms soften.
- ❖ Pour in vegetable broth and add the bay leaf. Cover and simmer for 10 minutes to enhance the flavors.
- ❖ Remove the bay leaf. Blend soup using an immersion blender (or in batches) until smooth. For a chunkier texture, blend only half.
- ❖ Stir in coconut milk and lemon juice. Adjust seasoning if needed. Garnish with fresh parsley before serving warm.



For extra protein: 1 cup cubed firm tofu or ½ cup cooked shredded chicken.

Calories: 180; Protein: 6g; Carbohydrates: 12g; Fiber: 4g; Sugars: 88g; Fats: 13g; Sodium: 280mg; Potassium: 450mg

TOMATO SOUP WITH BASIL AND ROASTED PEPPERS

INGREDIENTS

- 1 tbsp olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 4 ripe tomatoes, chopped
- 2 roasted red peppers, chopped
- 3 cups vegetable broth
- ½ tsp oregano
- ½ tsp smoked paprika
- ¼ tsp black pepper
- ¼ tsp salt (to taste)
- ½ tsp red pepper flakes
- 1 bay leaf
- ¼ cup basil leaves
- 1 tbsp lemon juice

Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

- ❖ Heat olive oil in a pot over medium heat. Add onion and garlic, sauté for 3–4 minutes until fragrant.
- ❖ Stir in roasted peppers, tomatoes, broth, oregano, smoked paprika, salt, black pepper, red pepper flakes, and bay leaf. Simmer for 10 minutes.
- ❖ Remove the bay leaf, then blend the soup until smooth. Stir in fresh basil and lemon juice, simmer for 2 more minutes.
- ❖ Ladle into bowls and garnish with fresh basil. Optionally, top with pumpkin seeds, feta, or flaxseeds.

Serving Suggestions:

Enjoy with a slice of whole-grain or almond flour bread.

Pair with a small serving of quinoa or roasted chickpeas for extra protein and fiber.



Calories: 110; Protein: 3g; Carbohydrates: 15g; Fiber: 4g; Sugars: 11g; Fats: 4g; Sodium: 320mg; Potassium: 480mg

PUMPKIN SOUP WITH GINGER AND GARLIC

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 3 garlic cloves, minced
- 1 tablespoon fresh ginger, grated
- 4 cups pumpkin puree
- 3 cups vegetable broth
- 1 cup unsweetened coconut milk
- ½ teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground black pepper
- ¼ teaspoon salt (to taste)
- 1 tablespoon fresh lemon juice
- Pumpkin seeds (for garnish)
- Extra coconut milk (for garnish)

Prep. time: **10 min**

Cook time: **25 min**

Serves: **6**

DIRECTIONS

- ❖ Heat 1 tablespoon of olive oil over Medium heat. Add the diced onion and minced garlic, and sauté for 3-4 minutes until softened.
- ❖ Stir in the grated fresh ginger, and cook for 1 minute until fragrant.
- ❖ Stir in the pumpkin puree, and then add the vegetable broth. Season with ground turmeric, ground cinnamon, ground nutmeg, salt, and black pepper. Bring to a simmer, then reduce heat and cook for 15 minutes, stirring occasionally.
- ❖ Remove the soup from the heat and blend until smooth. Stir in the coconut milk, gently heat 2-3 minutes, avoid boiling. Add lemon juice, adjust seasoning.
- ❖ Ladle the soup into bowls. Garnish as desired.
- ❖ Serve with a slice of whole-grain or almond-flour bread for added fiber.



Calories: 150; Protein: 3g; Carbohydrates: 18g; Fiber: 5g; Sugars: 13g; Fats: 7g; Sodium: 300mg; Potassium: 500mg

FISH SOUP WITH SALMON AND VEGETABLES

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 3 garlic cloves, minced
- 2 medium carrots, sliced
- 2 celery stalks, chopped
- 1 medium zucchini, chopped
- 4 cups vegetable broth
- 1 cup diced tomatoes
- 1 pound (450g) salmon fillet, skin removed, cut into 1-inch cubes
- ½ teaspoon dried thyme
- ½ teaspoon smoked paprika
- ¼ teaspoon salt (to taste)
- ½ teaspoon ground black pepper
- 1 bay leaf
- ½ cup chopped fresh parsley
- 1 tablespoon fresh lemon juice

Prep. time: **10 min**

Cook time: **25 min**

Serves: **6**

DIRECTIONS

- ❖ Heat 1 tablespoon of olive oil over Medium heat. Sauté onion and garlic for 3–4 minutes until fragrant.
- ❖ Stir in carrots, celery, and zucchini; cook for 5 minutes, stirring occasionally.
- ❖ Add broth, diced tomatoes, thyme, smoked paprika, salt, pepper, and bay leaf. Simmer gently for 10 minutes until vegetables are tender.
- ❖ Add cubed salmon, reduce heat, and poach for 5–7 minutes until opaque and flaky.
- ❖ Remove bay leaf; stir in lemon juice and fresh parsley.
- ❖ Ladle soup into bowls. Garnish with extra herbs.
- ❖ **Optional Adjustments:** Add red pepper flakes for spice. Enjoy with a slice of whole-grain or almond flour bread.



Calories: 220; Protein: 25g; Carbohydrates: 10g; Fiber: 3g; Sugars: 7g; Fats: 10g; Sodium: 300mg; Potassium: 600mg

BROCCOLI SOUP WITH FETA CHEESE

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 3 garlic cloves, minced
- 1 teaspoon dried thyme
- ½ teaspoon ground black pepper
- ¼ teaspoon salt (to taste)
- ½ teaspoon ground turmeric
- 4 cups fresh broccoli florets (or 1 medium head, chopped)
- 1 medium zucchini, chopped
- 4 cups low-sodium vegetable broth (or chicken broth)
- ½ cup unsweetened almond milk (or unsweetened coconut milk)
- ¾ cup crumbled feta cheese
- 1 tablespoon fresh lemon juice

Prep. time: **10 min**

Cook time: **25 min**

Serves: **6**

DIRECTIONS

- ❖ Heat 1 tbsp. olive oil over medium heat. Sauté onion & garlic (3–4 min) until soft. Stir in thyme, black pepper, salt, turmeric (if using), cook 30 sec.
- ❖ Add broccoli & zucchini, mix well. Pour in vegetable broth, bring to a boil. Reduce heat, simmer 15 min until broccoli is tender.
- ❖ Let cool slightly, then blend until smooth (immersion or countertop blender).
- ❖ Stir in the feta and almond milk, then heat gently for 2 minutes without boiling. Add lemon juice for freshness.
- ❖ Ladle into bowls. Garnish with extra feta, olive oil drizzle, fresh parsley, or pumpkin seeds.
- ❖ Sprinkle with red pepper flakes for heat. Add toasted walnuts for extra crunch.



Calories: 180; Protein: 9g; Carbohydrates: 14g; Fiber: 5g; Sugars: 9g; Fats: 10g; Sodium: 320mg; Potassium: 450mg

SPICY CARROT SOUP WITH TURMERIC

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 1 small yellow onion, diced
- 3 garlic cloves, minced
- 1 tbsp fresh grated ginger
- 1 tsp ground turmeric
- ½ tsp ground cumin
- ¼ tsp cayenne pepper (to taste)
- ¼ tsp ground black pepper
- ¼ tsp salt (adjust to taste)
- 2½ cups carrots, peeled and chopped
- 3½ cups low-sodium vegetable broth
- 1 cup unsweetened coconut or almond milk
- 1 tbsp fresh lemon juice

Prep. time: **10 min**

Cook time: **25 min**

Serves: **6**

DIRECTIONS

- ❖ Heat olive oil in a pot over medium heat. Add onion and sauté for 3–4 minutes until soft. Stir in garlic and ginger, cooking for another minute.
- ❖ Mix in turmeric, cumin, cayenne, black pepper, and salt. Stir for 30 seconds, then add chopped carrots.
- ❖ Pour in vegetable broth, bring to a boil, then reduce heat and simmer for 15–20 minutes until carrots are tender.
- ❖ Let cool slightly, then puree with an immersion or countertop blender.
- ❖ Stir in coconut milk, warm for 2 minutes without boiling, and add lemon juice.
- ❖ Pour into bowls and garnish with pumpkin seeds or fresh herbs if desired.



Calories: 160; Protein: 3g; Carbohydrates: 18g; Fiber: 5g; Sugars: 16g; Fats: 8g; Sodium: 280mg; Potassium: 500mg

GREEN PEA AND MINT SOUP

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- ½ teaspoon ground black pepper
- ¼ teaspoon salt (to taste)
- ½ teaspoon ground cumin
- 4 cups low-sodium vegetable broth
- 4 cups green peas (fresh or frozen)
- ½ medium zucchini, chopped
- ¼ cup fresh mint leaves, chopped
- ½ cup unsweetened almond milk (or unsweetened coconut milk)
- 1 tablespoon fresh lemon juice

Prep. time: **10 min**

Cook time: **20 min**

Serves: **6**

DIRECTIONS

- ❖ Heat 1 tbsp olive oil over medium heat. Sauté onion (3–4 min) until soft. Stir in garlic, black pepper, salt, cumin (if using), cook 30 sec.
- ❖ Add vegetable broth, bring to a simmer. Stir in green peas & zucchini, cook 10 min until tender.
- ❖ Remove from heat, let cool slightly. Stir in fresh mint, then blend until smooth (immersion or countertop blender).
- ❖ Stir in almond milk, warm on low heat 2 min (do not boil). Add lemon juice for a fresh, bright flavor.
- ❖ Ladle into bowls. Garnish with mint, olive oil drizzle, or chopped walnuts for texture.
- ❖ Sprinkle with hemp seeds or pumpkin seeds for extra nutrients.



Calories: 160; Protein: 7g; Carbohydrates: 20g; Fiber: 6g; Sugars: 14g; Fats: 6g; Sodium: 320mg; Potassium: 500mg

CLAM CHOWDER

INGREDIENTS

- 2 cups fresh clams (1 can (200g))
- 2 cups almond milk
- 1 ½ cups cauliflower florets
- 1 cup celery, diced
- 1 small onion, finely chopped
- 1 small carrot, diced
- 2 cloves garlic, minced
- 1 ½ cups vegetable or seafood broth
- 1 tablespoon olive oil
- ½ teaspoon dried thyme
- ½ teaspoon smoked paprika
- ½ teaspoon black pepper
- ½ teaspoon sea salt (to taste)
- ½ teaspoon lemon juice
- 1 teaspoon cornstarch

Prep. time: **10 min**

Cook time: **30 min**

Serves: **4**

DIRECTIONS

- ❖ Dice onion, celery, and carrot; mince garlic. Steam or boil cauliflower until soft (7–10 min), then mash.
- ❖ Heat olive oil over medium heat. Sauté onion, celery, carrot, and garlic (3–4 min). Stir in thyme, smoked paprika, and black pepper; cook 1 min.
- ❖ Add vegetable/seafood broth and almond milk. Stir in mashed cauliflower for creaminess. Mix cornstarch with 2 tablespoons of water, then add it to thicken the soup. Simmer for 15 minutes, stirring occasionally. Stir in the clams (drained if canned), and cook for 5 min. Add lemon juice, adjust seasoning to taste.
- ❖ Ladle into bowls. Garnish with fresh parsley and nutritional yeast. Serve hot.
- ❖ **For Extra Protein:** Add grilled shrimp or serve with a side of boiled eggs.



Calories: 180; Protein: 15g; Carbohydrates: 10g; Fiber: 3g; Sugars: 5g; Fats: 7g; Sodium: 280mg; Potassium: 450mg

POULTRY MEATBALL SOUP

INGREDIENTS

- 300g ground turkey or chicken
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 egg, lightly beaten
- 2 tbsp ground flaxseed
- ½ tsp dried oregano & thyme
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tbsp olive oil
- 1 medium carrot, diced
- 1 celery stalk, chopped
- 1 medium zucchini, diced
- 4 cups low-sodium broth
- 1 can (400g) diced tomatoes
- ½ tsp smoked paprika
- 1 ½ cups fresh spinach or kale

Prep. time: **15 min**

Cook time: **30 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, mix turkey, onion, 1 clove garlic, egg, flaxseed, oregano, black pepper, and salt. Shape into small meatballs. Lightly brown in a pan over medium heat for 3–4 minutes per side. Set aside.
- ❖ Heat olive oil in a large pot. Sauté the remaining garlic, carrot, and celery for 3–4 minutes. Stir in zucchini, smoked paprika, and thyme. Cook 1–2 minutes to release flavors.
- ❖ Add the broth and tomatoes, then bring to a boil. Reduce heat and simmer for 10 minutes. Add meatballs and cook for another 10 minutes to let the flavors meld.
- ❖ Stir in spinach (or kale) and cook 2–3 minutes until wilted. Adjust seasoning if needed. Ladle into bowls and enjoy warm.
- ❖ **For Extra Protein:** Serve with a side of Greek yogurt.



Calories: 220; Protein: 22g; Carbohydrates: 10g; Fiber: 4g; Sugars: 7g; Fats: 10g; Sodium: 350mg; Potassium: 550mg



L

U

N

C

H



BUCKWHEAT PORRIDGE WITH VEGETABLES AND BOILED CUTLETS

INGREDIENTS

- ½ cup raw buckwheat groats
- 1 ¼ cups vegetable broth
- 1 teaspoon olive oil
- 1 small onion, chopped
- 1 small carrot, grated
- ½ red bell pepper, chopped
- ½ teaspoon ground turmeric
- 1 tablespoon fresh parsley or dill
- 7 oz (200g) lean ground turkey or chicken
- 1 small egg
- 1 tablespoon ground flaxseeds
- 1 teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon black pepper
- ½ teaspoon sea salt

Prep. time: **10 min**

Cook time: **25 min**

Serves: **2**

DIRECTIONS

- ❖ In a bowl, mix ground turkey (or chicken), egg, ground flaxseeds, garlic powder, oregano, black pepper, and salt. Form into 4 small cutlets.
- ❖ Bring a pot of water to a boil, reduce to a simmer, and add cutlets. Cook for 15 minutes until fully cooked (165°F / 74°C internal temperature). Remove and set aside.
- ❖ Heat 1 teaspoon of olive oil in a saucepan over medium heat. Sauté the onion, carrot, and bell pepper for 3–4 minutes until softened. Stir in the buckwheat, turmeric, black pepper, and salt.
- ❖ Add the vegetable broth, then reduce the heat and simmer for 12–15 minutes until the carrots are tender. Fluff with a fork; mix in the parsley or dill.
- ❖ Divide the buckwheat porridge between plates. Add 2 cutlets per plate. Garnish with fresh herbs for extra flavor.



Calories: 320; Protein: 25g; Carbohydrates: 36g; Fiber: 10g; Fats: 7g; Sodium: 220mg; Potassium: 360mg

LENTIL AND QUINOA BOWL

INGREDIENTS

- ½ cup quinoa, rinsed
- ½ cup green or brown lentils
- 2 cups vegetable broth
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 cup cherry tomatoes, halved
- ½ cup cucumber, diced
- ½ cup red bell pepper, diced
- ¼ cup red onion, finely chopped
- 2 tablespoons fresh parsley
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon apple cider vinegar
- 1 teaspoon Dijon mustard
- ¼ cup crumbled feta cheese
- ¼ cup toasted slivered almonds

Prep. time: **10 min**

Cook time: **25 min**

Serves: **4**

DIRECTIONS

- ❖ Bring 2 cups vegetable broth to a boil. Add quinoa, lentils, salt, pepper, turmeric, and cumin. Cover and simmer for 20–25 minutes, until the liquid is absorbed. Remove from heat, let it sit for 5 minutes, then fluff with a fork.
- ❖ In a bowl, combine cherry tomatoes, cucumber, bell pepper, red onion, and parsley.
- ❖ Whisk together olive oil, lemon juice, apple cider vinegar, and Dijon mustard for the dressing.
- ❖ Add the cooked quinoa and lentils to the vegetables, toss gently, and drizzle with the dressing. Mix well. Top with crumbled feta and toasted slivered almonds (if using). Serve warm or chilled, garnished with fresh herbs and a squeeze of lemon.
- ❖ **Optional:** Serve with avocado slices for healthy fats, a dollop of Greek yogurt for extra protein, or grilled chicken or tofu to boost the protein content.



Calories: 290; Protein: 12g; Carbohydrates: 38g; Fiber: 9g; Sugars: 30g; Fats: 8g; Sodium: 220mg; Potassium: 520mg

TURKEY AND VEGGIE WRAPS

INGREDIENTS

- 4 whole-grain tortillas (8-inch)
- 8 slices (about 200g) of lean turkey breast
- 1 cup fresh spinach
- ½ cup cucumber, thinly sliced
- ½ cup red bell pepper, sliced
- ¼ cup red onion, thinly sliced
- ¼ cup shredded carrots
- 1 small avocado, mashed
- 4 teaspoons Dijon mustard
- 2 tablespoons Greek yogurt
- ¼ teaspoon black pepper or smoked paprika
- 1 teaspoon lemon juice
- ¼ cup shredded low-fat cheese (cheddar or feta)

Prep. time: **10 min**

Cook time: **5 min**

Serves: **4**

DIRECTIONS

❖ Mash avocado with lemon juice, black pepper, smoked paprika (if using). Slice cucumber, bell pepper, red onion, and shred carrots.

❖ Lay out the tortillas, spread them with Dijon mustard (or hummus) and mashed avocado. Layer with turkey slices, spinach, cucumber, bell pepper, onion, and carrots.

Optional: Sprinkle with Greek yogurt, shredded cheese, or extra seasonings.

❖ Fold in the sides slightly. Roll tightly from bottom up, securing the fillings. Use a toothpick if needed.

❖ Slice in half and serve fresh.

❖ **Extra Flavor:** Swap turkey for grilled tofu or smoked salmon. Add hot sauce or red pepper flakes for a spicy kick. A bowl of mixed berries for natural sweetness. A handful of almonds or walnuts for healthy fats.



Calories: 290; Protein: 24g; Carbohydrates: 28g; Fiber: 12g; Sugars: 22g; Fats: 6g; Sodium: 420mg; Potassium: 200mg

SPINACH AND FETA STUFFED PEPPERS

INGREDIENTS

- 4 large bell peppers, halved
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 4 cups fresh spinach, chopped
- ½ teaspoon dried oregano
- ½ teaspoon black pepper
- ¼ teaspoon sea salt
- ½ teaspoon red pepper flakes
- 1 cup cooked quinoa
- ¾ cup crumbled feta cheese
- ¼ cup chopped fresh parsley
- 1 tablespoon lemon juice
- ¼ cup chopped walnuts
- ¼ cup shredded mozzarella or Parmesan cheese

Prep. time: **15 min**

Cook time: **30 min**

Serves: **4**

DIRECTIONS

❖ Preheat oven to 375°F (190°C). Slice bell peppers in half, remove seeds, and place cut-side up in a baking dish. Drizzle with ½ tbsp olive oil, bake 10 min until slightly softened.

❖ Heat ½ tbsp olive oil in a pan over medium heat. Sauté onions & garlic (2–3 min) until fragrant. Stir in spinach, oregano, black pepper, salt, red pepper flakes (if using). Cook 2–3 min until spinach wilts. Remove from heat; mix in quinoa, feta, parsley, lemon juice, chopped nuts (if using).

❖ Fill each pepper half with the mixture, pressing gently. Optional: Sprinkle with mozzarella or Parmesan. Bake 15–20 min until tender and cheese melts.

❖ Garnish with fresh herbs. Add grilled chicken or chickpeas for extra protein.



Calories: 230; Protein: 10g; Carbohydrates: 18g; Fiber: 12g; Sugars: 13g; Fats: 5g; Sodium: 340mg; Potassium: 450mg

CAULIFLOWER FRIED RICE WITH TOFU

INGREDIENTS

- 4 cups cauliflower, riced
- 1 tablespoon olive oil (divided)
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- ½ cup red bell pepper, diced
- ½ cup carrots, finely diced
- ½ cup green peas
- ¼ cup green onions, chopped
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon sesame oil
- 1 block (14 oz) firm tofu, cubed
- ½ teaspoon smoked paprika
- ¼ teaspoon black pepper
- ¼ teaspoon sea salt

Prep. time: **15 min**

Cook time: **15 min**

Serves: **4**

DIRECTIONS

- ❖ Press tofu for 10 minutes, pat dry, and cut into cubes. Heat 1 tablespoon olive oil over medium heat. Add tofu, smoked paprika, black pepper, and salt. Cook for 5–7 minutes, flipping occasionally, until golden brown. Remove from heat and set aside.
- ❖ If using fresh cauliflower, pulse florets in a food processor until rice-like. If using frozen, thaw and drain any excess liquid. Heat the remaining 1 tablespoon olive oil over medium heat. Sauté garlic and ginger for 30 seconds until fragrant.
- ❖ Stir in carrots and bell pepper, cook for 2 minutes until tender. Add cauliflower rice, peas, and soy sauce. Stir well and cook for 3–5 minutes, stirring occasionally.
- ❖ Return tofu to the pan, drizzle with sesame oil, and mix well. Cook for an additional 2 minutes to combine the flavors. Stir in green onions and optional sriracha or cilantro. Divide the mixture into bowls and serve warm.



Calories: 220; Protein: 15g; Carbohydrates: 18g; Fiber: 10g; Sugars: 12g; Fats: 6g; Sodium: 380mg; Potassium: 540mg

WHOLE-GRAIN WRAPS WITH HUMMUS AND VEGETABLES

INGREDIENTS

- 4 whole-grain or low-carb tortillas (8-inch size)
- 1 cup hummus
- 1 cup fresh spinach
- ½ cup cucumber, thinly sliced
- ½ cup red bell pepper, sliced
- ½ cup shredded carrots
- ¼ cup red onion, thinly sliced
- ¼ cup alfalfa sprouts or microgreens
- 1 tablespoon lemon juice
- ¼ teaspoon black pepper
- ¼ teaspoon smoked paprika
- 2 tablespoons feta cheese, crumbled
- ¼ avocado, mashed

Prep. time: **10 min**

Cook time: **no cooking**

Serves: **4**

DIRECTIONS

- ❖ Wash and chop vegetables into thin slices or shreds. If using, mash avocado with lemon juice and black pepper.
- ❖ Lay out whole-grain tortillas. Spread ¼ cup hummus evenly, leaving ½ inch from edges. If using, spread mashed avocado over the hummus. Layer with spinach, cucumber, bell pepper, carrots, red onion, sprouts. Sprinkle with feta, smoked paprika, or other seasonings.
- ❖ Fold in the sides slightly. Roll tightly from bottom up to secure fillings. Slice each wrap in half diagonally.
- ❖ Serve fresh or wrap in parchment paper for a portable meal. Add grilled tofu or smoked salmon for extra protein. A side of mixed greens with olive oil and lemon dressing. A handful of almonds or walnuts for extra healthy fats and protein.



Calories: 260; Protein: 10g; Carbohydrates: 32g; Fiber: 9g; Sugars: 24g; Fats: 8g; Sodium: 280mg; Potassium: 460mg

BAKED SALMON WITH ROASTED ASPARAGUS

INGREDIENTS

- 4 salmon fillets (5 oz each)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon smoked paprika
- 1 teaspoon dried oregano
- ½ teaspoon Dijon mustard
- 1 bunch asparagus, trimmed
- 1 tablespoon olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ½ teaspoon lemon juice

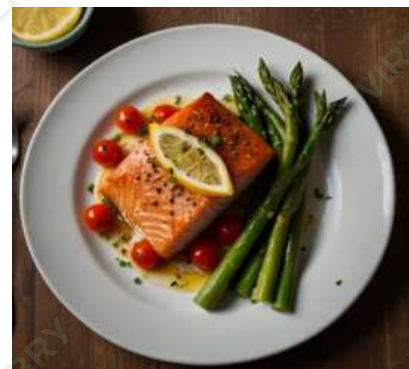
Prep. time: **10 min**

Cook time: **15 min**

Serves: **4**

DIRECTIONS

- ❖ Preheat oven to 400°F (200°C). Line a baking sheet with parchment or foil, lightly grease. Mix olive oil, garlic, lemon zest or juice, salt, pepper, paprika, oregano, Dijon. Pat salmon fillets dry, brush with seasoning mixture.
- ❖ Wash and trim woody ends of asparagus. Place on the same or separate baking sheet. Drizzle with olive oil, sprinkle with salt, pepper, garlic powder, toss to coat.
- ❖ Bake for 12–15 min until the salmon is flaky and asparagus is tender. Remove from the oven and squeeze fresh lemon juice over the top.
- ❖ Transfer to plates. Garnish with fresh parsley & Parmesan (if using).
- ❖ **Optional Adjustments:** Swap asparagus for green beans or Brussels sprouts. Serve with a side of cauliflower mash for added fiber and creaminess, a light cucumber and tomato salad for freshness, or a handful of toasted almonds or walnuts for extra crunch.



Calories: 310; Protein: 34g; Carbohydrates: 6g; Fiber: 18g; Sugars: 4g; Fats: 2g; Sodium: 360mg; Potassium: 700mg

BURRITOS

INGREDIENTS

- 4 whole-grain tortillas (6-inch)
- 1 cup lean ground turkey or chicken (or black beans)
- 1 teaspoon olive oil (for cooking)
- ½ cup red bell pepper, diced
- ½ cup zucchini, diced
- ½ small red onion, chopped
- 1 small tomato, diced
- ½ cup cooked quinoa
- ½ teaspoon cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon black pepper
- ¼ teaspoon sea salt (to taste)
- ½ teaspoon garlic powder
- ¼ cup low-fat cheese
- ½ avocado, mashed

Prep. time: **15 min**

Cook time: **15 min**

Serves: **4**

DIRECTIONS

- ❖ Heat olive oil in a skillet over medium heat. Sauté onions, bell peppers, zucchini (3–4 min) until softened. Add ground turkey (or black beans), then stir in cumin, paprika, black pepper, salt, and garlic powder. Cook 6–7 min, stirring until turkey is fully cooked or beans are heated through. Stir in diced tomatoes and cooked quinoa (or cauliflower rice), cook 2 min, then remove from heat.
- ❖ Warm tortillas in a dry pan (30 sec per side) for flexibility. Optionally, spread mashed avocado onto each tortilla. Divide filling evenly among tortillas, sprinkle with low-fat cheese (if using). Roll tortillas tightly, folding in sides as you go.
- ❖ Place burritos seam-side down in a heated skillet. Toast 1–2 min per side until golden & crisp. Pair with a simple green salad with lemon dressing.



Calories: 280; Protein: 22g; Carbohydrates: 28g; Fiber: 7g; Sugars: 8g; Fats: 10g; Sodium: 40mg; Potassium: 320mg



D

I

N

N

E

R



SHAKSHUKA

INGREDIENTS

- 2 eggs
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 bell pepper, diced
- 2 medium tomatoes (or 1 can (400g) of diced tomatoes)
- ½ teaspoon paprika
- ½ teaspoon ground cumin
- ½ teaspoon black pepper
- ½ teaspoon sea salt (to taste)
- ¼ teaspoon cayenne pepper
- 1 teaspoon tomato paste
- ½ teaspoon lemon juice
- 1 tablespoon parsley, chopped
- 1 tablespoon feta cheese

Prep. time: **10 min**

Cook time: **20 min**

Serves: **2**

DIRECTIONS

- ❖ Wash & dice onion, garlic, bell pepper, tomatoes. If using canned tomatoes, drain excess liquid.
- ❖ Heat olive oil in a deep skillet over medium heat. Sauté onion & garlic (2–3 min) until softened. Stir in bell pepper, Cook 3–4 min until tender.
- ❖ Add diced tomatoes or tomato paste, and stir well. Mix in paprika, cumin, black pepper, salt and cayenne. Simmer 10–12 min over low heat, stirring occasionally, until sauce thickens.
- ❖ Use a spoon to create small wells in the sauce. Crack one egg into each well. Cover the skillet and cook for 5–7 minutes until the egg whites are set but the yolks remain soft.
- ❖ Remove from heat, drizzle with lemon juice. Garnish with fresh parsley and crumbled feta (if using). Serve warm with avocado slices or low-carb bread. To enhance the meal's richness, add sautéed mushrooms or zucchini to the sauce.



Calories: 180; Protein: 10g; Carbohydrates: 12g; Fiber: 4g; Fats: 10g; Sodium: 300mg; Potassium: 600mg

GRILLED CHICKEN WITH ROASTED BRUSSELS SPROUTS

INGREDIENTS

- 2 boneless, skinless chicken breasts (about 6 oz each)
- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon dried thyme
- ¼ teaspoon sea salt (to taste)
- ¼ teaspoon black pepper
- 2 cups Brussels sprouts, halved
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- ¼ teaspoon sea salt (to taste)
- 1 tablespoon balsamic vinegar

Prep. time: **10 min**

Cook time: **25 min**

Serves: **2**

DIRECTIONS

- ❖ In a bowl, mix olive oil, Dijon mustard, lemon juice, garlic powder, smoked paprika, thyme, salt, pepper. Coat the chicken breasts, let sit 10 min, or up to 1 hour for deeper flavor.
- ❖ Preheat oven to 400°F (200°C). Toss the Brussels sprouts with olive oil, garlic powder, black pepper, salt. Spread on a baking sheet, cut side down. Roast 20–25 min, flipping halfway, until crispy & golden. If using, drizzle with balsamic vinegar before serving.
- ❖ Heat a grill pan or outdoor grill over medium-high heat. Cook chicken 4–5 min per side until golden & internal temp reaches 165°F (75°C). Let rest 5 min before slicing. Plate grilled chicken with roasted Brussels sprouts.
- ❖ If desired, top with Parmesan cheese or walnuts for extra crunch & flavor.



Calories: 350; Protein: 38; Carbohydrates: 12g; Fiber: 5g; Fats: 18g; Sodium: 350mg; Potassium: 800mg

MEDITERRANEAN BAKED COD WITH OLIVES

INGREDIENTS

- 2 cod fillets (about 150g each)
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon sea salt (to taste)
- ½ teaspoon black pepper
- ½ teaspoon dried oregano
- ½ teaspoon smoked paprika
- ¼ teaspoon red pepper flakes
- 1 cup cherry tomatoes, halved
- ¼ cup green olives, sliced
- 1 small red onion, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon fresh lemon juice
- 1 tablespoon capers (optional)
- 1 tablespoon fresh parsley
- 1 tablespoon crumbled feta cheese

Prep. time: **10 min**

Cook time: **20 min**

Serves: **2**

DIRECTIONS

- ❖ Preheat your oven to 200°C (400°F). Lightly grease a baking dish with olive oil.
- ❖ Pat cod fillets dry with a paper towel. Rub each fillet with olive oil, sea salt, black pepper, oregano, smoked paprika, and red pepper flakes (if using). Place the cod fillets into the baking dish.
- ❖ In a bowl, mix cherry tomatoes, olives, red onion, garlic, lemon juice, and capers. Stir until well combined.
- ❖ Spoon the Mediterranean sauce mixture over and around the cod fillets. Bake uncovered for 15-20 minutes, or until the fish flakes easily with a fork.
- ❖ Remove from the oven and sprinkle with fresh parsley. Sprinkle with lemon zest, crumbled feta cheese, or toasted pine nuts. Serve warm with a side of steamed vegetables or a fresh salad.
- ❖ For a Complete Mediterranean Meal, add roasted eggplant or zucchini.



Calories: 290; Protein: 35g; Carbohydrates: 10g; Fiber: 3g; Fats: 12g; Sodium: 74 mg; Potassium: 450mg

BAKED RATATOUILLE

INGREDIENTS

- 1 small eggplant, sliced thin
- 1 small zucchini, sliced thin
- 1 red bell pepper, cut into strips
- 1 small red onion, thinly sliced
- 2 medium tomatoes, sliced
- 2 tbsp olive oil, divided
- 2 garlic cloves, minced
- 1 can (400g) diced tomatoes
- 1 tbsp tomato paste
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp dried thyme
- ¼ tsp red pepper flakes (optional)

Prep. time: **15 min**

Cook time: **35 min**

Serves: **4**

DIRECTIONS

- ❖ Heat 1 tbsp olive oil in a pan over medium heat. Add diced tomatoes, tomato paste, minced garlic, basil, oregano, salt, and black pepper. Simmer for 10 minutes, stirring occasionally, until thickened. Spread the sauce evenly in the bottom of a baking dish.
- ❖ Layer the eggplant, zucchini, tomatoes, onion, and bell pepper in an alternating pattern in the dish, slightly overlapping. Drizzle with the remaining olive oil. Sprinkle with thyme, red pepper flakes (if using), and a pinch of salt and black pepper. Cover with foil and bake at 190°C (375°F) for 30 minutes.
- ❖ Remove the foil and bake for 10 more minutes until the vegetables are tender. Let cool slightly before serving. Optionally, garnish with extra herbs or a squeeze of lemon.



Calories: 140; Protein: 3g; Carbohydrates: 15g; Fiber: 5g; Fats: 7g; Sodium: 300mg; Potassium: 600mg

HEALTHY & DELICIOUS PIZZA

INGREDIENTS

- 1 cup (100g) almond flour
- 1 egg
- 1 tbsp. olive oil
- ½ tsp sea salt
- ½ tsp dried oregano
- ½ cup no-added-sugar tomato sauce
- 1 garlic clove, minced
- ½ tsp dried basil
- ½ cup (50g) shredded cheese
- ½ bell pepper, sliced
- 5-6 olives, sliced
- ¼ red onion, thinly sliced
- ½ tomato, thinly sliced
- 1 tbsp. fresh basil (optional)
- ½ tsp red pepper flakes

Prep. time: **15 min**

Cook time: **20 min**

Serves: **2**

DIRECTIONS

❖ Preheat oven to 200°C (400°F). Mix almond flour, egg, olive oil, salt, and oregano. Knead into a dough and shape into an 8-inch (20 cm) crust. Bake for 10 minutes until golden.

❖ Heat 1 tsp olive oil in a small pan. Sauté garlic for 1 minute. Stir in tomato sauce, basil, and oregano. Simmer for 5 minutes.

❖ Spread tomato sauce over the crust. Sprinkle cheese, then arrange bell pepper, tomatoes, olives, and red onion. Add red pepper flakes for spice.

❖ Bake for 10 minutes until cheese melts. Top with fresh basil. Let rest 2-3 minutes before slicing.

Serving Suggestions:

For Extra Protein: Serve with Greek yogurt or hummus.

For More Flavor: Add avocado or nuts.



Calories: 280; Protein: 18g; Carbohydrates: 10g; Fiber: 4g; Fats: 18g; Sodium: 350mg; Potassium: 450mg

EASY ONE-PAN CABBAGE ROLL SKILLET

INGREDIENTS

- 300g ground chicken or turkey
- 300g white cabbage, shredded
- 1 small carrot, grated
- 1 small onion, finely chopped
- 1 egg
- 2 tbsp oat bran
- ½ tsp salt (to taste)
- ½ tsp black pepper
- ½ tsp garlic powder (optional)
- 1 can (400g) diced tomatoes
- 1 tbsp tomato paste
- 1 tsp olive oil
- 1 garlic clove, minced
- ½ tsp dried basil & oregano
- ½ tsp sea salt
- 1 tsp lemon juice

Prep. time: **15 min**

Cook time: **40 min**

Serves: **4**

DIRECTIONS

❖ In a bowl, combine ground meat, cabbage, carrot, onion, egg, oat bran, salt, and pepper. Mix well and form small oval patties (about palm-sized).

❖ Heat 1 tsp olive oil in a skillet over Medium heat. Sear the cabbage rolls for 2-3 minutes per side until lightly golden. Transfer to a deep pan or saucepan.

❖ In the same skillet, sauté garlic in 1 tsp olive oil for 1 minute. Add diced tomatoes, tomato paste, basil, oregano, and salt. Simmer for 5-7 minutes, stirring occasionally. Pour the sauce over the cabbage rolls.

❖ Cover and simmer on low heat for 25-30 minutes until tender. Stir in lemon juice and sprinkle with fresh herbs before serving.

Serving Suggestions: Add a spoonful of Greek yogurt on top for extra creaminess.



Calories: 230; Protein: 25g; Carbohydrates: 14g; Fiber: 5g; Fats: 9g; Sodium: 350mg; Potassium: 600mg

LOW-CARB TEX-MEX CHICKEN FAJITAS

INGREDIENTS

- 400g chicken breast, sliced
- 1 tbsp olive oil, divided
- 1 tsp lemon juice
- 1 tsp dried garlic
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp black pepper
- ½ tsp sea salt
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 small red onion, sliced
- ½ tsp oregano
- ½ tsp ground coriander
- 4 lettuce leaves or tortillas
- ½ avocado, sliced (optional)
- 2 tbsp Greek yogurt (optional)

Prep. time: **15 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

❖ In a bowl, mix ½ tbsp olive oil, lemon juice, garlic, paprika, cumin, salt, and black pepper. Add chicken slices, toss to coat, and let marinate for 10-15 minutes.

❖ Heat ½ tbsp olive oil in a skillet over medium heat. Cook the chicken for 5-7 minutes until golden and fully cooked. Transfer to a plate and cover with foil.

❖ In the same skillet, sauté bell peppers and onion for 3-5 minutes, keeping them slightly crisp. Stir in oregano and coriander for extra flavor.

❖ Place the chicken and vegetables in lettuce leaves or warm tortillas. Optionally, top with avocado and Greek yogurt. Serve immediately with a squeeze of lime juice.

Serving Suggestions: For Extra Protein: Add grated low-fat cheese.

For More Flavor: Serve with spicy salsa or hummus.



Calories: 280; Protein: 32g; Carbohydrates: 12g; Fiber: 5g; Fats: 10g; Sodium: 350mg; Potassium: 700mg

TURKEY MEATBALLS WITH TOMATO SAUCE

INGREDIENTS

- 400g ground turkey
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 egg
- ¼ cup oat bran or almond flour
- 1 tsp dried oregano
- ½ tsp smoked paprika
- ½ tsp sea salt
- ½ tsp black pepper
- 1 tsp olive oil
- 1 can (400g) diced tomatoes
- 1 tbsp tomato paste
- 1 tsp olive oil
- ½ tsp dried basil & oregano
- ¼ tsp red pepper flakes
- ½ tsp balsamic vinegar

Prep. time: **15 min**

Cook time: **25 min**

Serves: **4**

DIRECTIONS

❖ In a bowl, mix turkey, onion, garlic, egg, oat bran, oregano, paprika, salt, and black pepper. Form into 12 small meatballs. Heat 1 tsp olive oil in a pan over medium heat.

Sear the meatballs for 3-4 minutes per side until golden brown. Remove and set aside.

❖ In the same pan, heat 1 tsp olive oil. Sauté onion and garlic for 2-3 minutes. Add

diced tomatoes, tomato paste, basil, oregano, black pepper, salt, and red pepper flakes. Simmer for 10 minutes, stirring occasionally. Stir in balsamic vinegar for depth of flavor.

❖ Return the meatballs to the sauce. Cover and simmer for 10 minutes, allowing the flavors to blend. Serve warm with steamed vegetables or zucchini noodles.

For Extra Protein: Sprinkle with grated Parmesan or crumbled feta.



Calories: 230; Protein: 28g; Carbohydrates: 10g; Fiber: 4g; Fats: 9g; Sodium: 350mg; Potassium: 600mg

ZUCCHINI LASAGNA WITH RICOTTA AND SPINACH

INGREDIENTS

- 2 medium zucchinis, sliced thin
- ½ tsp salt
- 1 tsp olive oil
- 2 garlic cloves, minced
- 1 can (400g) diced tomatoes
- 1 tbsp tomato paste
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp black pepper
- 1 cup (250g) ricotta cheese
- 1 egg
- 1 cup (100g) spinach, chopped
- ½ tsp garlic powder
- ½ cup shredded mozzarella
- 2 tbsp grated Parmesan
- 1 tbsp fresh basil, chopped

Prep. time: **20 min**

Cook time: **35 min**

Serves: **4**

DIRECTIONS

- ❖ Slice zucchinis lengthwise into thin strips. Sprinkle with salt and let sit for 10 minutes. Pat dry with a paper towel.
- ❖ Heat olive oil in a pan over medium heat. Sauté garlic for 1 minute. Stir in tomatoes, tomato paste, basil, oregano, and black pepper. Simmer for 10-15 minutes until thickened.
- ❖ In a bowl, mix ricotta, egg, spinach, and garlic powder. Stir until combined.
- ❖ Preheat oven to 180°C (350°F). Spread a thin layer of sauce in a baking dish. Layer zucchini, ricotta, and sauce. Repeat. Finish with zucchini and sauce. Sprinkle mozzarella and Parmesan on top.
- ❖ Cover with foil and bake for 25 minutes. Uncover and bake for 10 minutes until cheese browns. Let rest for 5 minutes before slicing. Garnish with fresh basil before serving.



Calories: 260; Protein: 18g; Carbohydrates: 12g; Fiber: 5g; Fats: 15g; Sodium: 400mg; Potassium: 600mg

MUSHROOM & SPINACH SAUTÉ WITH NUTS

INGREDIENTS

- 1 tablespoon olive or avocado oil
- 1 small onion, thinly sliced
- 2 cloves garlic, minced
- 2 cups (200g) mushrooms, sliced (such as cremini, button, or shiitake)
- 1 cup (100g) fresh spinach, chopped
- ¼ teaspoon sea salt (or to taste)
- ¼ teaspoon black pepper
- ½ teaspoon dried thyme (optional)
- 2 tablespoons walnuts or almonds, chopped
- 1 teaspoon lemon juice

Prep. time: **10 min**

Cook time: **10**

Serves: **2**

DIRECTIONS

- ❖ In a large skillet, heat the olive oil over medium heat.
- ❖ Add the sliced onion and cook for 2-3 minutes until softened. Stir in the minced garlic and cook for another 30 seconds until fragrant.
- ❖ Add the sliced mushrooms and cook for about 5 minutes, stirring occasionally, until they release moisture and start to brown.
- ❖ Stir in the chopped spinach, salt, black pepper, and thyme (if using). Cook for another 2 minutes until the spinach is wilted.
- ❖ Remove from heat and mix in the chopped walnuts or almonds. Drizzle with lemon juice for added freshness. Serve warm as a side dish or a light main course. Pair with grilled chicken, fish, or tofu for a balanced meal.



Calories: 120; Protein: 4g; Carbohydrates: 8g; Fiber: 3g; Sugars: 2g; Fats: 9g; Sodium: 350mg; Potassium: 800mg



P

U

O

L

T

R

Y



GRILLED CHICKEN WITH AVOCADO SALSA

INGREDIENTS

- 4 skinless chicken breasts
- 2 tbsp. olive oil
- 1 tbsp. fresh lime juice
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- ½ tsp ground cumin & oregano
- ½ tsp salt (or to taste)
- ¼ tsp black pepper
- ¼ tsp red pepper flakes
- 1 large avocado, diced
- 1 cup cherry tomatoes, halved
- ¼ cup red onion, finely chopped
- 1 tbsp. fresh cilantro, chopped
- 1 tbsp. fresh lime juice
- ½ tsp garlic powder
- ¼ tsp salt, ¼ tsp black pepper

Prep. time: **10 min**

Cook time: **15 min**

Serves: **4**

DIRECTIONS

- ❖ Whisk together olive oil, lime juice, garlic, paprika, cumin, oregano, salt, black pepper, and red pepper flakes (if using). Coat the chicken evenly and marinate for at least 10 minutes (or up to 2 hours in the refrigerator for deeper flavor).
- ❖ Combine avocado, tomatoes, onion, cilantro, lime juice, garlic powder, salt, and pepper. Gently mix, keeping the avocado chunky. Cover and refrigerate until serving.
- ❖ Preheat a grill or grill pan over medium-high heat. Lightly grease the grill and cook chicken for 6-7 minutes per side until internal temperature reaches 165°F (75°C). Remove from heat and let rest for 5 minutes before slicing.
- ❖ Place grilled chicken on a plate and top with avocado salsa. For a balanced meal, serve with steamed vegetables, quinoa, or cauliflower rice.



Calories: 330; Protein: 40g; Carbohydrates: 10g; Fiber: 5g; Fats: 15g; Sodium: 350mg; Potassium: 800mg

SPICY CHICKEN LETTUCE WRAPS WITH PEANUT SAUCE

INGREDIENTS

- 500g ground chicken or turkey
- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 red bell pepper, diced
- 1 small carrot, shredded
- 1 tbsp. low-sodium soy sauce
- 1 tbsp. rice vinegar
- ½ tsp chili flakes (optional)
- ½ tsp black pepper
- 2 tbsp. chopped green onions
- 2 tbsp. natural peanut butter
- 1 tbsp. lime juice
- 1 tsp sesame oil
- 8 large lettuce leaves
- 2 tbsp. chopped peanuts

Prep. time: **15 min**

Cook time: **15 min**

Serves: **4**

DIRECTIONS

- ❖ Heat olive oil in a skillet over medium heat. Sauté garlic and ginger for 30 seconds. Add ground chicken and cook for 5-7 minutes, breaking apart until browned. Stir in bell pepper, carrot, soy sauce, vinegar, chili flakes, and black pepper. Cook for 2 more minutes, then remove from heat. Mix in green onions.
 - ❖ Whisk peanut butter, lime juice, sesame oil, and 2 tbsp water. Stir until smooth.
 - ❖ Place a generous spoonful of chicken filling into each lettuce leaf. Drizzle with peanut sauce. Sprinkle with chopped peanuts and serve with lime wedges.
- Serving Suggestions:** Enjoy with steamed broccoli, cauliflower rice, or a cucumber salad with sesame oil and vinegar.



Calories: 320; Protein: 35g; Carbohydrates: 10g; Fiber: 3g; Fats: 15g; Sodium: 350mg; Potassium: 700mg

CHICKEN PATTIES WITH ZUCCHINI AND HERBS

INGREDIENTS

- 500g ground chicken
- 1 medium zucchini, grated & squeezed
- 1 egg
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 tbsp oat bran (optional)
- 2 tbsp fresh herbs, chopped
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp paprika or turmeric (optional)
- 1 tsp olive oil

Prep. time: **15 min**

Cook time: **25 min**

Serves: **4**

DIRECTIONS

❖ Grate zucchini, sprinkle with salt, let sit for 5–10 minutes, and then squeeze out excess liquid. Finely chop onion and garlic.

❖ Mix chicken, zucchini, onion, garlic, herbs, egg, spices, and oat bran (if using). Let rest for 10 minutes to absorb moisture.

❖ Wet hands and form small patties.

❖ Oven-Baked (Recommended)

Preheat oven to 180°C (350°F). Place patties on a greased parchment-lined baking sheet. Bake for 25 minutes, flipping halfway.

❖ Air Fryer Method: Preheat air fryer to 180°C (350°F). Cook for 12–15 minutes, flipping once.

❖ Stovetop Method. Heat a non-stick pan over medium heat and lightly brush it with oil. Cook for 4–5 minutes per side, then cover and cook on low for 5 minutes.



Calories: 280; Protein: 35g; Carbohydrates: 10g; Fiber: 3g; Fats: 12g; Sodium: 85mg; Potassium: 350mg

BAKED GARLIC PARMESAN CHICKEN WINGS

INGREDIENTS

- 1 kg (2.2 lbs) chicken wings
- 2 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp smoked paprika
- ½ tsp dried oregano
- ½ tsp dried thyme
- 3 cloves garlic, minced
- 2 tbsp unsalted butter
- ½ tsp garlic powder
- ½ tsp red pepper flakes
- ¼ tsp salt
- ¼ tsp black pepper
- 3 tbsp grated Parmesan
- 1 tbsp chopped parsley

Prep. time: **10 min**

Cook time: **40 min**

Serves: **4**

DIRECTIONS

❖ Preheat oven to 220°C (425°F). Line a baking sheet with parchment paper or a wire rack for extra crispiness.

❖ Toss chicken wings with olive oil, salt, black pepper, paprika, oregano, and thyme. Arrange in a single layer on the baking sheet.

❖ Bake for 35–40 minutes, flipping halfway, until crispy. For extra crunch, broil for 3–4 minutes, watching closely.

❖ In a pan over low heat, melt butter. Add garlic, garlic powder, red pepper flakes, salt, and black pepper. Sauté 30 seconds until fragrant. Remove from heat and stir in Parmesan and parsley.

❖ Transfer wings to a large bowl. Pour garlic Parmesan sauce over the wings and toss to coat. Serve warm and enjoy!



Calories: 320; Protein: 32g; Carbohydrates: 2g; Fiber: 1g; Fats: 20g; Sodium: 400mg; Potassium: 300mg

GREEK-STYLE CHICKEN KABOBS WITH TZATZIKI SAUCE

INGREDIENTS

- 500g (1.1 lbs) chicken breast, cubed
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp smoked paprika
- ½ tsp black pepper
- ½ tsp salt
- 1 medium zucchini, sliced
- 1 red bell pepper, cubed
- 1 red onion, cubed
- 1 cup Greek yogurt
- ½ cucumber, grated
- 1 tbsp lemon juice
- 1 clove garlic, minced
- 1 tbsp fresh dill or mint

Prep. time: **45 min**

Cook time: **15 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, whisk olive oil, lemon juice, oregano, thyme, paprika, salt, and pepper.
- ❖ Add chicken cubes, toss to coat, and marinate 30 minutes (or up to 2 hours).
- ❖ Mix Greek yogurt, grated cucumber, lemon juice, garlic, and dill. Stir well and refrigerate 20 minutes.
- ❖ If using wooden skewers, soak them in water for 20 minutes. Thread chicken, zucchini, bell pepper, and onion onto skewers.
- ❖ Grill Method: Preheat the grill or grill pan over medium-high heat. Lightly brush grill with oil. Grill 10-12 minutes, turning occasionally.
- ❖ Oven Method: Preheat the oven to 220°C (425°F). Place the kabobs on a lined baking sheet and bake for 15–18 minutes, flipping halfway through. Broil for 2–3 minutes until lightly charred..



Calories: 320; Protein: 38g; Carbohydrates: 8g; Fiber: 3g; Fats: 14g; Sodium: 400mg; Potassium: 750mg

CHICKEN AND CAULIFLOWER RICE STIR-FRY

INGREDIENTS

- 2 tbsp olive oil
- 500g (1.1 lbs.) chicken breast
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 small onion, chopped
- 1 red bell pepper, diced
- 1 small carrot, julienned
- 1 small zucchini, diced
- 2 cups cauliflower rice
- 2 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- ½ tsp black pepper
- ½ tsp red pepper flakes
- 1 tbsp rice vinegar (optional)
- 1 tbsp green onions, chopped
- 1 tbsp sesame seeds (optional)

Prep. time: **10 min**

Cook time: **15 min**

Serves: **4**

DIRECTIONS

- ❖ Dice chicken into bite-sized pieces. Chop onion, bell pepper, carrot, and zucchini. If using fresh cauliflower, pulse florets in a food processor until rice-like. Heat 1 tbs olive oil in a large pan over medium-high heat. Add chicken, cook 5-6 minutes, stirring, until golden and cooked through. Remove chicken from the pan and set aside.
- ❖ In the same pan, add 1 tbsp olive oil. Sauté garlic, ginger, and onion for 1-2 minutes. Add bell pepper, carrot, zucchini, stir-frying 3-4 minutes.
- ❖ Stir in cauliflower rice, soy sauce, sesame oil, black pepper, and red pepper flakes. Cook 3-4 minutes, until tender but not mushy.
- ❖ Return chicken to the pan and stir. Cook 1-2 minutes to combine flavors. Garnish with green onions and sesame seeds.



Calories: 290; Protein: 40g; Carbohydrates: 10g; Fiber: 4g; Fats: 1.0g; Sodium: 350mg; Potassium: 750mg

BUFFALO CHICKEN STUFFED PEPPERS

INGREDIENTS

- 4 medium bell peppers
- 2 cups shredded cooked chicken breast
- ½ cup plain Greek yogurt
- ¼ cup Buffalo sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp paprika
- ½ tsp black pepper
- ¼ tsp salt
- ½ cup shredded reduced-fat mozzarella or cheddar cheese
- 1 tbsp olive oil
- 1 tbsp chopped green onions
- 1 tbsp crumbled blue cheese
- ½ tsp red pepper flakes

Prep. time: 10 min

Cook time: 30 min

Serves: 4

DIRECTIONS

- ❖ Preheat the oven to 190°C (375°F). Cut the bell peppers in half and remove the seeds and membranes. Brush the inside of each pepper half with olive oil.
- ❖ In a bowl, mix shredded chicken, Greek yogurt, buffalo sauce, garlic powder, onion powder, paprika, black pepper, and salt. Stir until the mixture is well combined.
- ❖ Spoon the buffalo chicken mixture into each bell pepper half. Sprinkle shredded mozzarella or cheddar cheese evenly over each stuffed pepper. Place the stuffed peppers in a baking dish. Cover with foil and bake for 20 minutes. Remove the foil and bake for another 10 minutes, or until the cheese is melted and slightly golden.
- ❖ Let the peppers cool slightly before serving. Garnish with chopped green onions, crumbled blue cheese (if using), or red pepper flakes.



Calories: 280; Protein: 35g; Carbohydrates: 9g; Fiber: 3g; Fats: 12g; Sodium: 400mg; Potassium: 600mg

YOGURT-MARINATED CHICKEN BREAST

INGREDIENTS

- 2 boneless, skinless chicken breasts (about 150g each)
- ½ cup (120g) unsweetened Greek yogurt
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon lemon juice
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon dried oregano
- ¼ teaspoon turmeric
- ½ teaspoon sea salt (or to taste)
- ¼ teaspoon black pepper

Prep. time: 30 min

Cook time: 20 min

Serves: 2

DIRECTIONS

- ❖ Mix Greek yogurt, olive oil, garlic, lemon juice, and all spices.
- ❖ Coat the chicken breasts evenly with the marinade. Cover and refrigerate for at least 30 minutes (or up to 12 hours for more flavor).
- ❖ **Oven:** Preheat to 375°F (190°C). Place the chicken on a baking sheet and bake for 18-20 minutes, flipping halfway, until the internal temperature reaches 165°F (75°C). **Grill:** Preheat to medium heat and grill for 5-6 minutes per side. **Stovetop:** Heat a non-stick skillet over medium heat. Cook for 6-7 minutes per side, until golden brown and fully cooked.
- ❖ Let the chicken rest for 5 minutes before slicing.
- ❖ Pair with grilled vegetables, cauliflower rice, or a fresh green salad for a low-carb, balanced meal.



Calories: 220; Protein: 32g; Carbohydrates: 3g; Fiber: 1g; Sugars: 2g; Fats: 9g; Sodium: 400mg; Potassium: 450mg



M

E

A

T



GRILLED STEAK WITH CHIMICHURRI SAUCE AND ROASTED VEGGIES

INGREDIENTS

- 500g (1.1 lbs) lean steak
- 2 tbsp olive oil, divided
- 1 tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp black pepper
- ½ tsp salt
- 1 tsp lemon juice
- ½ cup parsley, chopped
- ¼ cup cilantro, chopped
- 2 cloves garlic, minced
- 1 tbsp red wine vinegar
- ½ tsp red pepper flakes (optional)
- 1 cup zucchini, sliced
- 1 cup red bell pepper, chopped
- 1 cup broccoli florets

Prep. time: 15 min

Cook time: 25 min

Serves: 4

DIRECTIONS

- ❖ In a bowl, mix 1 tbsp olive oil, garlic powder, smoked paprika, black pepper, salt, and lemon juice. Rub the mixture over the steak and let it sit for 10-15 minutes.
- ❖ Combine parsley, cilantro, minced garlic, red wine vinegar, red pepper flakes (if using), black pepper, salt, and 1 tbsp olive oil. Stir well and let the flavors meld while the steak cooks.
- ❖ Preheat the oven to 200°C (400°F). Toss zucchini, red bell pepper, and broccoli with 1 tbsp olive oil, salt, and black pepper. Spread on a baking sheet and roast for 15-20 minutes, stirring halfway. Heat a grill or pan over medium-high heat. Cook the steak for 4-5 minutes per side. Let it rest for 5 minutes before slicing.
- ❖ Slice the steak thinly against the grain. Drizzle with chimichurri sauce.



Calories: 350; Protein: 38g; Carbohydrates: 9g; Fiber: 3g; Fats: 18g; Sodium: 350mg; Potassium: 700mg

SPICY BEEF AND CABBAGE STIR-FRY

INGREDIENTS

- 400g (14 oz) lean beef, cut into small pieces
- 1 tbsp olive oil
- 3 cups green cabbage, sliced
- 1 small red bell pepper, sliced
- 1 small carrot, julienned
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 2 green onions, chopped
- 1 tsp sesame seeds (optional)
- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- ½ tsp red pepper flakes
- ½ tsp black pepper
- ½ tsp turmeric

Prep. time: 10 min

Cook time: 15 min

Serves: 2

DIRECTIONS

- ❖ Mix soy sauce, rice vinegar, sesame oil, red pepper flakes, black pepper, and turmeric. Set aside to let the flavors blend.
- ❖ Heat olive oil in a large skillet over medium-high heat. Add the beef pieces and cook for 6-8 minutes, stirring occasionally, until browned on all sides. Stir in garlic and ginger, cooking for 30 seconds until fragrant.
- ❖ Add cabbage, red bell pepper, and carrot to the skillet. Stir-fry for 7-9 minutes, until the vegetables soften but remain slightly crisp.
- ❖ Pour in the prepared sauce, mixing well. Cook for another 2-3 minutes to allow the flavors to meld. Remove from heat and sprinkle with green onions and sesame seeds. Serve immediately.



Calories: 350kcal; Protein: 40g; Carbohydrates: 20g; Fiber: 5g; Fats: 12g; Sodium: 700mg; Sugar: 8g

LOW-CARB MEATLOAF WITH ALMOND FLOUR

INGREDIENTS

- 500g (1.1 lbs) lean ground beef or turkey
- ½ cup almond flour
- 1 egg
- ½ medium onion, finely chopped
- 2 cloves garlic, minced
- ½ small zucchini, grated
- 1 tsp smoked paprika
- ½ tsp black pepper
- ½ tsp salt
- 1 tsp dried oregano
- ½ tsp chili powder (optional)
- 2 tbsp sugar-free ketchup
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar
- ½ tsp paprika

Prep. time: **10 min**

Cook time: **50 min**

Serves: **6**

DIRECTIONS

- ❖ Preheat oven to 180°C (350°F). Line a loaf pan with parchment paper or grease it lightly with olive oil.
- ❖ In a large bowl, mix ground meat, almond flour, egg, onion, garlic, zucchini, smoked paprika, black pepper, salt, oregano, and chili powder. Add 1 tbsp ketchup and olive oil, combining everything well.
- ❖ Transfer the mixture into the loaf pan, shaping it evenly. In a small bowl, mix remaining ketchup, Dijon mustard, apple cider vinegar, and paprika. Spread the topping over the meatloaf. Bake for 45-50 minutes, or until the internal temperature reaches 75°C (165°F).
- ❖ Let the meatloaf rest for 5-10 minutes before slicing. Serve warm and enjoy!
- ❖ Pair with cauliflower mash or zucchini noodles for a low-carb side.



Calories: 280; Protein: 30g; Carbohydrates: 7g; Fiber: 3g; Fats: 15g; Sodium: 350mg; Potassium: 600mg

BEEF AND CAULIFLOWER SHEPHERD'S PIE

INGREDIENTS

- **500g** (1.1 lbs) lean ground beef or turkey
- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 small carrot, diced
- ½ cup celery, chopped
- 1 tsp dried thyme
- 1 tsp smoked paprika
- ½ tsp black pepper; ½ tsp salt
- 1 tsp Worcestershire sauce
- ½ cup low-sodium beef broth
- 2 tbsp tomato paste
- 1 cauliflower, cut into florets
- 2 tbsp butter or olive oil
- ¼ cup Greek yogurt

Prep. time: **15 min**

Cook time: **35 min**

Serves: **6**

DIRECTIONS

- ❖ Boil cauliflower florets for 8-10 minutes until tender. Drain and mash with butter, Greek yogurt, salt, and black pepper until smooth. Set aside.
- ❖ Heat olive oil in a skillet over medium heat. Sauté onion and garlic for 2 minutes. Add carrot and celery, cooking for 3 minutes. Stir in ground beef, cooking until browned (5-7 minutes). Drain excess fat. Mix in thyme, smoked paprika, salt, black pepper, Worcestershire sauce, tomato paste, and broth. Simmer for 5 minutes.
- ❖ Preheat oven to 200°C (400°F). Spread the beef mixture into a baking dish. Top with cauliflower mash and spread evenly. Bake for 15 minutes until slightly golden. Let rest for 5 minutes before serving. Serve with a side of steamed greens (broccoli, asparagus, or spinach) for extra fiber.



Calories: 320; Protein: 35g; Carbohydrates: 10g; Fiber: 4g; Fats: 15g; Sodium: 350mg; Potassium: 700mg

BALSAMIC GLAZED PORK CHOPS WITH ROASTED GARLIC

INGREDIENTS

- 4 (150g each) pork chops
- 1 tbsp olive oil
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp dried thyme
- ½ tsp paprika
- 1 whole garlic head
- ¼ cup balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar
- ½ tsp oregano
- ½ tsp red pepper flakes
- 1 tsp olive oil (for glaze)
- ¼ tsp salt (for garlic)
- ¼ tsp black pepper (for garlic)

Prep. time: **10 min**

Cook time: **25 min**

Serves: **4**

DIRECTIONS

- ❖ Preheat oven to 200°C (400°F). Slice the top off the garlic head to expose the cloves. Drizzle with olive oil, salt, and black pepper. Wrap in foil and roast for 20 minutes until soft.
- ❖ In a bowl, mix balsamic vinegar, Dijon mustard, apple cider vinegar, oregano, red pepper flakes, and olive oil. Set aside.
- ❖ Rub pork chops with salt, black pepper, garlic powder, thyme, and paprika. Heat olive oil in a skillet over medium-high heat. Sear pork chops for 3-4 minutes per side until golden brown. Reduce heat, pour in the glaze, and simmer for 5 minutes, basting the pork. Add roasted garlic to the pan, lightly mashing it into the glaze for extra flavor. Cook for 2-3 minutes more, ensuring the pork reaches 63°C (145°F).
- ❖ Let the pork chops rest for 5 minutes. Plate with roasted garlic and drizzle with extra glaze.



Calories: 320; Protein: 38g; Carbohydrates: 8g; Fiber: 2g; Fats: 14g; Sodium: 350mg; Potassium: 700mg

LAMB AND EGGPLANT SKILLET WITH MEDITERRANEAN SPICES

INGREDIENTS

- 1 lb lean ground lamb
- 1 medium eggplant, diced
- 1 tbsp olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup diced tomatoes
- ½ cup low-sodium broth
- 1 tbsp tomato paste
- 1 tbsp lemon juice
- ¼ cup fresh parsley, chopped
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- ½ tsp paprika
- ½ tsp black pepper
- ½ tsp sea salt

Prep. time: **15 min**

Cook time: **30 min**

Serves: **4**

DIRECTIONS

- ❖ Heat olive oil in a skillet over medium-high heat. Add ground lamb, breaking it apart, and cook for 5-7 minutes until browned. Drain excess fat and transfer the lamb to a plate.
- ❖ In the same skillet, sauté onion for 2 minutes. Add garlic, bell pepper, and eggplant. Cook for 5 minutes until softened.
- ❖ Stir in cumin, cinnamon, paprika, black pepper, and salt. Add diced tomatoes, tomato paste, and broth. Stir well. Return the lamb to the skillet, reduce heat, cover, and simmer for 15 minutes.
- ❖ Stir in lemon juice for freshness. Garnish with parsley and serve warm.

Serving Suggestions:

- Pair with a side of cauliflower rice for extra fiber.
- Serve over a bed of sautéed spinach or kale for an extra nutrient boost.



Calories: 320; Protein: 28g; Carbohydrates: 12g; Fiber: 5g; Sugars: 6g; Fats: 18g; Sodium: 310mg; Potassium: 740 mg

AMERICAN-STYLE BREADED BEEF CUTLETS

INGREDIENTS

- 1 lb. (500 g) beef tenderloin or top round steak
- 1 large egg
- 2 tbsp unsweetened almond milk (or water)
- 1 cup (100 g) almond flour (or crushed pork rinds/flaxseed meal)
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp dried oregano
- Salt and black pepper to taste
- 3 tbsp ghee or avocado oil for frying

Prep. time: **15 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

- ❖ Slice the beef into thin cutlets (about ½ inch thick). Tenderize with a meat mallet, but avoid making it too thin.
 - ❖ In one bowl, whisk the egg with almond milk. In another bowl, mix almond flour, garlic powder, paprika, oregano, salt, and pepper.
 - ❖ Dip each beef slice into the egg mixture. Coat well in the almond flour mixture, pressing firmly so the coating sticks.
 - ❖ Heat ghee or avocado oil in a skillet over medium heat. Fry each cutlet for 2-3 minutes per side until golden brown and crispy. Transfer to a paper towel-lined plate to remove excess oil.
 - ❖ Enjoy with roasted zucchini, mashed cauliflower, or a fresh green salad.
- Tip:** Serve with a low-carb dipping sauce made from Greek yogurt, Dijon mustard, and lemon juice for extra flavor.



Calories: 320; Protein: 27g; Carbohydrates: 4g; Fiber: 2g; Sugars: 2g; Fats: 22g; Sodium: 420mg; Potassium: 700mg

GRILLED RABBIT IN BARBECUE SAUCE

INGREDIENTS

- 1.2 kg rabbit, cut into portions
- 2 tbsp olive oil
- 1 tsp lemon juice
- 2 tsp apple cider vinegar
- ½ tsp sea salt
- ½ tsp black pepper
- 1 can (400g) diced tomatoes
- 2 tbsp tomato paste
- 1 tbsp sugar-free mustard
- 2 cloves garlic, minced
- ½ tsp smoked paprika
- ½ tsp dried oregano
- ½ tsp ground cumin
- ½ tsp red pepper flakes
- ½ tsp natural sweetener

Marinating Time: **2-4 hours**

Cook time: **30 min**

Serves: **4**

DIRECTIONS

- ❖ Rinse rabbit meat and pat dry. In a bowl, mix olive oil, lemon juice, apple cider vinegar, salt, and black pepper. Coat the rabbit with marinade, cover, and refrigerate for 2-4 hours.
- ❖ Heat 1 tsp olive oil in a saucepan over medium heat. Add garlic and sauté for 1 minute until fragrant. Stir in tomato paste and diced tomatoes. Add apple cider vinegar, mustard, smoked paprika, oregano, cumin, and red pepper flakes. Simmer for 10 minutes, stirring occasionally. Mix in natural sweetener if using. Let cool.
- ❖ Preheat grill to medium heat (180-200°C / 350-400°F). Cook rabbit for 5-7 minutes per side, turning occasionally. In the last 10 minutes, brush with BBQ sauce on both sides. Once cooked (internal temp 75°C / 165°F), let rest for 5 minutes before serving.



Calories: 290; Protein: 38g; Carbohydrates: 8g; Fiber: 3g; Sugars: 4g; Fats: 10g; Sodium: 350mg; Potassium: 720mg

VENISON WITH CREAMY MUSHROOM

INGREDIENTS

- 600g venison fillet, portioned
- 1 tbsp olive oil
- ½ tsp sea salt
- ½ tsp black pepper
- 1 tsp lemon juice
- 200g mushrooms, sliced
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 100ml vegetable or chicken broth
- 120ml coconut cream (or 10% regular cream)
- 1 tsp mustard
- ½ tsp dried thyme
- ½ tsp nutmeg
- 1 tbsp fresh herbs (for garnish)

Prep. time: 15 min

Cook time: 30 min

Serves: 4

DIRECTIONS

- ❖ Pat venison dry with paper towels. Season with salt, pepper, and lemon juice. Let sit for 10 minutes.
- ❖ Heat 1 tbsp olive oil in a pan over medium-high heat. Sear steaks for 3-4 minutes per side (60-65°C for medium). Transfer to a plate, cover with foil, and let rest for 5 minutes.
- ❖ In the same pan, heat 1 tbsp olive oil over medium heat. Sauté onion and garlic for 2 minutes. Add mushrooms, cook for 5-7 minutes until browned. Pour in broth, bring to a boil, and simmer for 3 minutes. Stir in coconut cream, mustard, thyme, and nutmeg. Simmer for 5 minutes until thickened.
- ❖ Return venison to the pan, coat with sauce, and let sit for 1-2 minutes. Garnish with fresh herbs before serving.



Calories: 340; Protein: 38g; Carbohydrates: 6g; Fiber: 2g; Sugars: 2g; Fats: 18g; Sodium: 320mg; Potassium: 740mg

SLOW COOKER HEARTY BEEF STEW

INGREDIENTS

- 1 ½ lbs lean beef, cubed
- 1 tbsp olive oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 3 carrots, chopped
- 1 cup turnips, diced
- 1 cup rutabaga, diced
- 1 cup celery, sliced
- 1 cup diced tomatoes (no sugar)
- 1 ½ cups low-sodium beef broth
- 1 tbsp tomato paste
- 1 tsp Worcestershire sauce
- 1 tsp paprika
- ½ tsp thyme
- ½ tsp black pepper
- 2 tbsp parsley, chopped

Prep. time: 20 min

Cook time: 6-8 hours

Serves: 6

DIRECTIONS

- ❖ In a large skillet over medium-high heat, heat olive oil. Sear the beef in batches for 2-3 minutes per side until browned. Transfer to a slow cooker.
- ❖ In the same skillet, sauté onion and garlic for 2 minutes until fragrant. Stir in tomato paste, Worcestershire sauce, paprika, thyme, and black pepper. Cook for 1 minute to enhance flavors. Transfer mixture to the slow cooker.
- ❖ Add carrots, turnips, rutabaga, celery, and diced tomatoes. Pour in the beef broth and stir well.
- ❖ Cover and cook on LOW for 7-8 hours or HIGH for 4-5 hours until the beef is tender. Remove the bay leaf. Garnish with chopped fresh parsley before serving.



Calories: 290; Protein: 30g; Carbohydrates: 16g; Fiber: 5g; Fats: 10g; Sodium: 320mg; Potassium: 780mg



FISH & SEAFOOD



SPICY SHRIMP STIR-FRY WITH ZUCCHINI NOODLES

INGREDIENTS

- 500g shrimp, peeled & deveined
- 1 tbsp olive oil
- 1 tbsp low-sodium soy sauce
- 1 tbsp lime juice
- 2 cloves garlic, minced
- ½ tsp ground ginger
- ½ tsp paprika
- ½ tsp red pepper flakes
- ½ tsp black pepper
- 3 medium zucchinis, spiralized
- 1 tbsp olive oil (for noodles)
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ cup bell peppers, julienned
- 1 tbsp chopped parsley or cilantro

Prep. time: **15 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, mix soy sauce, lime juice, garlic, ginger, paprika, red pepper flakes, and black pepper. Add shrimp, toss well, and marinate for 5-10 minutes.
- ❖ Heat 1 tbsp olive oil in a pan over medium heat. Add zucchini noodles, season with salt, black pepper, and garlic powder. Stir-fry for 2-3 minutes until slightly softened but firm. Transfer to a plate.
- ❖ In the same pan, heat 1 tbsp olive oil over medium-high heat. Add shrimp and cook for 2-3 minutes per side until pink and opaque. Add bell peppers and stir-fry for another 2 minutes until tender-crisp. Return zucchini noodles, toss everything for 1 minute.
- ❖ Remove from heat, garnish with chopped parsley or cilantro, and serve warm.

Serving Suggestions: Pair with a side of avocado slices for extra healthy fats.



Calories: 280; Protein: 35g; Carbohydrates: 10g; Fiber: 3g; Sugars: 4g; Fat: 12g; Sodium: 180mg; Potassium: 420mg

MEDITERRANEAN-STYLE BAKED TROUT WITH HERBS

INGREDIENTS

- 4 trout fillets (4–6 oz each)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 3 cloves garlic, minced
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tsp dried oregano
- ½ tsp thyme
- ½ tsp paprika
- ½ cup cherry tomatoes, halved
- ¼ cup Kalamata olives, sliced
- ¼ cup red onion, sliced
- 2 tbsp capers (optional)
- 2 tbsp fresh parsley, chopped

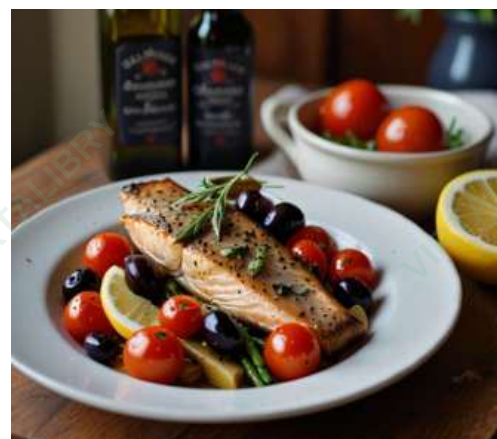
Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

- ❖ Preheat oven to 200°C (400°F). Lightly grease a baking dish with 1 tbsp olive oil.
- ❖ Place trout fillets skin-side down in the dish. Mix olive oil, lemon juice, zest, garlic, salt, pepper, oregano, thyme, and paprika. Brush the mixture evenly over the fillets.
- ❖ Scatter cherry tomatoes, olives, red onion, and capers over and around the fish. Bake for 15–20 minutes, until the trout flakes easily.
- ❖ Sprinkle with fresh parsley. Serve warm with roasted vegetables or a light salad.
- ❖ Pair with steamed or roasted asparagus for fiber and antioxidants.



Calories: 280; Protein: 22g; Carbohydrates: 6g; Fiber: 14g; Fats: 2g; Sodium: 320mg; Potassium: 550mg

CUCUMBER AND SMOKED SALMON ROLL-UPS

INGREDIENTS

- 1 large cucumber
- 6 oz (170g) smoked salmon
- 4 oz (115g) cream cheese (or Greek yogurt)
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh chives, chopped
- ¼ tsp black pepper
- ¼ tsp garlic powder
- 1 tsp capers, drained (optional)
- 1 tsp horseradish (optional)
- 1 tsp sesame seeds (optional)

Prep. time: 15 min

Cook time: 15 min

Serves: 4

DIRECTIONS

- ❖ Slice cucumber lengthwise into thin strips using a vegetable peeler or mandoline. Place strips on a paper towel to remove excess moisture.
- ❖ In a bowl, mix cream cheese, Dijon mustard, lemon juice, dill, chives, black pepper, and garlic powder until smooth. If using, stir in capers or horseradish for extra flavor.
- ❖ Spread a thin layer of filling onto each cucumber slice. Place a small piece of smoked salmon at one end. Roll up gently and secure with a toothpick if needed. Arrange rolls on a plate. Sprinkle with sesame seeds or extra herbs if desired.
- ❖ Serve immediately or refrigerate for up to 4 hours.
- ❖ Pair with a side of mixed greens and a light lemon vinaigrette.
- ❖ Serve alongside avocado slices for extra healthy fats.



Calories: 140; Protein: 12g; Carbohydrates: 3g; Fiber: 1g; Fats: 9g; Sodium: 320mg; Potassium: 250mg

COCONUT CURRY FISH STEW WITH VEGETABLES

INGREDIENTS

- 1 lb. (450g) white fish fillets, cut
- 1 tbsp olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 red bell pepper, sliced
- 1 small zucchini, chopped
- 1 cup cherry tomatoes, halved
- 1 cup coconut milk
- 1½ cups low-sodium broth
- 1 tbsp curry powder
- ½ tsp turmeric
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp sea salt
- ¼ tsp black pepper

Prep. time: 15 min

Cook time: 25 min

Serves: 4

DIRECTIONS

- ❖ Heat olive oil in a large pot over medium heat. Add onion, sauté for 3–4 minutes until softened. Stir in garlic and ginger, cooking for 1 minute.
- ❖ Add bell pepper, zucchini, and tomatoes. Stir in curry powder, turmeric, cumin, paprika, salt, and black pepper. Cook for 2–3 minutes until slightly softened.
- ❖ Pour in coconut milk and broth, stirring well. Bring to a gentle boil, then reduce heat and simmer for 10 minutes.
- ❖ Add fish pieces, submerging them in broth. Simmer for 6–8 minutes until fish is opaque and flakes easily.
- ❖ Remove from heat and serve warm. Garnish with fresh herbs if desired.
- ❖ Enjoy with a light cucumber and avocado salad for a refreshing contrast.



Calories: 280; Protein: 32; Carbohydrates: 8g; Fiber: 3g; Fats: 14g; Sodium: 300mg; Potassium: 700mg

GRILLED RED FISH SKEWERS

INGREDIENTS

- 500g salmon or trout, cubed
- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp smoked paprika
- ½ tsp dried thyme or oregano
- 1 bell pepper, cut into chunks
- 1 red onion, cut into pieces
- 8–10 skewers (wooden or metal)
- 1 tsp sesame seeds (optional)
- 1 tsp honey (optional)
- 1 tsp low-sodium soy sauce (optional)

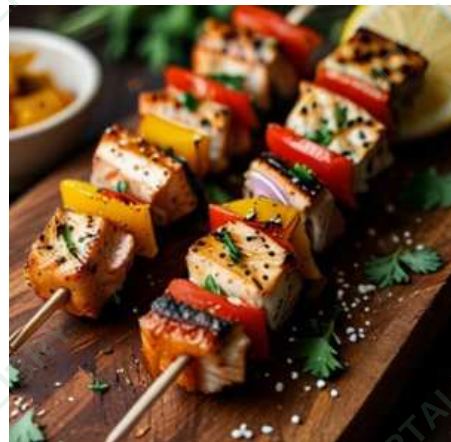
Prep. time: **30 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

- ❖ In a bowl, mix olive oil, lemon juice, salt, black pepper, paprika, and thyme. If using, add soy sauce and honey for extra flavor.
- ❖ Coat fish cubes in the marinade. Let sit for 20 minutes (optional).
- ❖ If using wooden skewers, soak them in water for 15 minutes. Thread fish and vegetables alternately onto skewers.
- ❖ Preheat grill or grill pan to medium-high heat. Lightly grease with olive oil. Cook skewers for 3–4 minutes per side until fish is opaque.
- ❖ Transfer to a plate and sprinkle with sesame seeds if using. Serve hot with lemon wedges.
- ❖ Pair with a green salad with avocado and fresh vegetables. Add steamed asparagus or broccoli for extra fiber.



Calories: 280; Protein: 30g; Carbohydrates: 4g; Fiber: 1g; Fats: 14g; Sodium: 320mg; Potassium: 600mg

HEALTHY SHE-CRAB SOUP

INGREDIENTS

- 1 tbsp olive oil or unsalted butter
- 1 small onion, chopped
- 1 celery stalk, chopped
- 2 cloves garlic, minced
- ½ tsp smoked paprika
- ½ tsp Old Bay seasoning
- ½ tsp dried thyme
- 1 tbsp almond flour
- 3 cups low-sodium seafood broth
- 1 cup almond or coconut milk
- ½ lb (225g) lump crab meat
- 1 tsp Worcestershire sauce
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped

Prep. time: **12 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

- ❖ Heat oil or butter in a pot over medium heat. Sauté onion, celery, and garlic for 3–4 minutes until softened.
- ❖ Stir in smoked paprika, Old Bay seasoning, and thyme. Cook for 1 minute. Add almond flour, stirring to coat vegetables. Cook for another minute.
- ❖ Gradually pour in broth, stirring to avoid lumps. Add almond or coconut milk, bringing to a gentle simmer. Cook for 8–10 minutes to meld flavors.
- ❖ Stir in crab meat, Worcestershire sauce, salt, black pepper, and lemon juice. Simmer for 3–5 minutes until heated through.
- ❖ Adjust seasoning if needed. Garnish with fresh parsley if using.
- ❖ Enjoy with a slice of whole grain or almond flour bread (if within carb limits).



Calories: 210; Protein: 22g; Carbohydrates: 6g; Fiber: 2g; Fats: 10g; Sodium: 380mg; Potassium: 500mg

BAGEL WITH SMOKED SALMON

INGREDIENTS

- 2 whole-grain or low-carb bagels
- 100g smoked salmon
- 4 tbsp Greek yogurt or cottage cheese
- 1 tsp lemon juice
- ½ tsp dried dill
- ¼ tsp garlic powder
- A pinch of black pepper
- ½ avocado, sliced
- ½ small red onion, sliced
- 4 cucumber slices
- 1 tbsp capers (optional)
- 1 tsp sesame seeds (optional)

Prep. time: 10 min

Cook time: 0 min

Serves: 2

DIRECTIONS

- ❖ Slice the bagel in half and lightly toast it in a toaster or on a dry skillet until slightly crispy.
- ❖ In a small bowl, mix Greek yogurt (or cottage cheese), lemon juice, dill, garlic powder, and black pepper. Stir until smooth and well combined.
- ❖ Spread the creamy mixture evenly on both halves of the bagel. Layer the smoked salmon on top. Add avocado slices, red onion, cucumber, and capers (if using). Sprinkle with sesame seeds for added texture.
- ❖ Cover with the top half of the bagel and gently press down. Cut in half and serve immediately.
- ❖ Serve with a side of roasted asparagus or cherry tomatoes for added fiber.
- ❖ Enjoy with a cup of unsweetened green tea or black coffee.



Calories: 320; Protein: 25g; Carbohydrates: 15g; Fiber: 6g; Fats: 15g; Sodium: 480mg; Potassium: 500mg

STEAMED FISH PATTIES

INGREDIENTS

- 500g white fish fillet, chopped
- 1 small onion, chopped
- 1 small carrot, grated
- 1 egg
- 2 tbsp oat bran or almond flour
- 1 tbsp parsley or dill, chopped
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried thyme or basil
- 1 tsp lemon juice
- 1 garlic clove, minced (optional)
- ½ tsp turmeric (optional)
- 1 tsp olive oil (for steaming)

Prep. time: 15 min

Cook time: 20 min

Serves: 4

DIRECTIONS

- ❖ Blend fish into a paste using a food processor. In a bowl, mix fish, onion, carrot, egg, oat bran, parsley, salt, pepper, thyme, and lemon juice. If using, add garlic and turmeric for extra flavor. Let sit for 5 minutes to firm up.
- ❖ Wet hands and form 8 small patties. If too soft, add 1 more tbsp oat bran.
- ❖ Preheat a steamer and grease the rack with olive oil. Place patties in a single layer with small gaps. Steam for 15–20 minutes until firm and cooked.
- ❖ Transfer to a plate and garnish with fresh herbs. Serve with lemon wedges for freshness.
- ❖ Serve with a vegetable salad dressed with olive oil and lemon juice.



Calories: 150; Protein: 25g; Carbohydrates: 5g; Fiber: 2g; Fats: 4g; Sodium: 250mg; Potassium: 450mg



VEGETABLE SIDES



LOADED CAULIFLOWER “MAC & CHEESE”

INGREDIENTS

- 1 medium cauliflower, cut into florets
- 2 tbsp olive oil or butter
- ½ cup heavy cream (or almond milk)
- 1 cup shredded cheddar cheese
- ¼ cup grated Parmesan
- 2 oz cream cheese, softened
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp paprika
- ½ tsp salt
- ¼ tsp black pepper
- 2 tbsp crumbled turkey bacon (optional)
- 2 tbsp chopped green onions or parsley

Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

- ❖ Preheat oven to 190°C (375°F). Lightly grease a baking dish.
- ❖ Boil cauliflower for 5-7 minutes until tender. Drain well and pat dry.
- ❖ In a saucepan, melt butter or heat Olive oil. Stir in cream, cream cheese, cheddar, and Parmesan until smooth. Add garlic powder, onion powder, paprika, salt, and pepper.
- ❖ Mix cauliflower with cheese sauce and transfer to the dish. Sprinkle with turkey bacon if using. Bake for 15 minutes, then broil for 2-3 minutes until golden.
- ❖ Remove from the oven and sprinkle with chopped green onions or parsley for freshness. Serve it hot and enjoy!
- ❖ **A low-carb comfort food alternative.**



Calories: 230; Protein: 10g; Carbohydrates: 7g; Fiber: 3g; Fats: 18g; Sodium: 350mg; Potassium: 720mg

ROASTED BROCCOLI WITH GARLIC AND LEMON

INGREDIENTS

- 1 large head of broccoli (about 4 cups), cut into florets
- 2 tbsp olive oil
- 3 cloves garlic, minced
- ½ tsp salt (to taste)
- ¼ tsp black pepper
- ½ tsp red pepper flakes (optional, for a hint of spice)
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 tbsp grated Parmesan cheese (optional, for extra flavor)

Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

- ❖ Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper for easy cleanup.
- ❖ Wash and thoroughly dry the broccoli florets. Drying is important to help them roast properly instead of steaming. Toss with olive oil, minced garlic, salt, black pepper, and red pepper flakes (if using).
- ❖ Spread the seasoned florets on the baking sheet in a single layer (avoid overcrowding for better crispiness). Roast for 18-20 minutes, flipping halfway, until crispy and slightly charred.
- ❖ Toss hot broccoli with lemon juice, zest, and Parmesan (if using). Serve warm for a flavorful, diabetes-friendly side dish.



Calories: 110; Protein: 4g; Carbohydrates: 8g; Fiber: 3g; Fats: 8g; Sodium: 150mg; Potassium: 200mg

BAKED SWEET POTATO FRIES

INGREDIENTS

- 2 medium sweet potatoes, peeled and cut into thin fries
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp salt (to taste)
- ¼ tsp black pepper
- ¼ tsp cayenne pepper (optional, for heat)

Prep. time: 10 min

Cook time: 30 min

Serves: 2

DIRECTIONS

- ❖ Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
- ❖ Prepare the sweet potatoes: In a large bowl, toss the fries with olive oil, garlic powder, paprika, salt, black pepper, and cayenne (if using).
- ❖ Spread evenly on the baking sheet in a single layer, ensuring they don't overlap.
- ❖ Bake for 25-30 minutes, flipping halfway through, until crispy and golden brown.
- ❖ Serve immediately, optionally with a low-sugar dipping sauce like Greek yogurt mixed with lemon juice and herbs.
- ❖ Sweet potatoes have a lower glycemic impact than white potatoes, making them a better option for blood sugar control.



Calories: 100; Protein: 2g; Carbohydrates: 22g; Fiber: 4g; Fats: 3g; Sodium: 85mg; Potassium: 250mg

ROASTED BRUSSELS SPROUTS WITH BALSAMIC GLAZE

INGREDIENTS

- 450g Brussels sprouts, halved
- 2 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp garlic powder
- ½ tsp smoked paprika (optional)
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp olive oil
- 1 tbsp chopped walnuts or pecans (optional)
- 1 tbsp grated Parmesan (optional)

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

- ❖ Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it with olive oil.
- ❖ In a large bowl, toss the halved Brussels sprouts with olive oil, sea salt, black pepper, garlic powder, and smoked paprika (if using). Spread the Brussels sprouts in a single layer on the prepared baking sheet.
- ❖ Roast for 20–25 minutes, stirring once halfway through until golden brown and slightly crispy. While the Brussels sprouts are roasting, whisk together balsamic vinegar, Dijon mustard, and extra virgin olive oil in a small bowl. Once the Brussels sprouts are done, drizzle the balsamic glaze over them while still warm.
- ❖ Transfer to a serving plate. If desired, sprinkle with chopped walnuts, Parmesan cheese or lemon zest for added texture and flavor.



Calories: 120; Protein: 3g; Carbohydrates: 10g; Fiber: 4g; Fats: 8g; Sodium: 220mg; Potassium: 400mg

SAUTÉED GARLIC SPINACH WITH TOASTED ALMONDS

INGREDIENTS

Main Ingredients:

- 10 oz (280g) fresh spinach, washed and trimmed
- 2 tablespoons olive oil
- 3 cloves garlic, thinly sliced
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 teaspoon fresh lemon juice
- ¼ teaspoon red pepper flakes

For the Toasted Almonds:

- ¼ cup (30g) sliced almonds

Optional Add-Ins for Extra

Flavor & Nutrition:

- 1 teaspoon lemon zest
- 1 tablespoon grated Parmesan cheese
- ½ teaspoon sesame seeds

Prep. time: 5 min

Cook time: 10 min

Serves: 4

DIRECTIONS

- ❖ Heat a dry skillet over medium heat. Add sliced almonds and toast for 2–3 minutes, stirring frequently, until golden brown and fragrant. Transfer to a small bowl and set aside.
- ❖ In the same skillet, heat olive oil over medium heat. Add sliced garlic and sauté for 30–60 seconds until fragrant (be careful not to burn it). Add spinach in batches, stirring frequently, until wilted (about 3–5 minutes).
- ❖ Sprinkle with salt, black pepper, and red pepper flakes (if using). Drizzle with lemon juice and toss to combine. Remove from heat and sprinkle with toasted almonds. Add lemon zest, Parmesan cheese, or sesame seeds for extra flavor, if desired.
- ❖ Serve as a side dish with grilled chicken, fish, or tofu for a balanced meal.



Calories: 130; Protein: 4g; Carbohydrates: 5g; Fiber: 3g; Fats: 10g; Sodium: 150mg; Potassium: 550mg

CAULIFLOWER MASH WITH PARMESAN AND HERBS

INGREDIENTS

- 600g cauliflower, florets
- 2 tbsp unsalted butter or olive oil
- ¼ cup (25g) grated Parmesan
- 2 tbsp Greek yogurt or heavy cream
- 2 cloves garlic, minced
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried thyme or oregano
- 1 tbsp fresh parsley, chopped

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

- ❖ Bring a large pot of water to a boil and add a pinch of salt. Add cauliflower florets and cook for 10–12 minutes until tender. Drain well and let sit for a minute to remove excess moisture.
- ❖ Transfer the cooked cauliflower to a food processor or use a potato masher for a chunkier texture. Add butter (or olive oil), Parmesan, Greek yogurt (or heavy cream), garlic, salt, pepper, and thyme or oregano. Blend or mash until smooth and creamy.
- ❖ Taste and adjust seasoning if needed. Garnish with fresh parsley, chives, or lemon zest (if using). Serve warm as a low-carb alternative to mashed potatoes alongside grilled chicken, salmon, or lean beef.



Calories: 120; Protein: 6g; Carbohydrates: 8g; Fiber: 3g; Fats: 8g; Sodium: 250mg; Potassium: 500mg

SPAGHETTI SQUASH WITH GARLIC AND OLIVE OIL

INGREDIENTS

- 1 medium spaghetti squash (700–900g)
- 2 tbsp olive oil
- 3 cloves garlic, minced
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried oregano or thyme
- ¼ tsp red pepper flakes
- 2 tbsp fresh parsley or basil, chopped
- 1 tbsp grated Parmesan (optional)
- 1 tsp lemon zest
- ¼ cup toasted pine nuts or walnuts
- ½ cup cherry tomatoes, halved

Prep. time: **10 min**

Cook time: **40 min**

Serves: **4**

DIRECTIONS

- ❖ Preheat oven to 200°C (400°F). Cut squash in half lengthwise, remove seeds.
- ❖ Brush inside with 1 tbsp olive oil, season with ¼ tsp salt and black pepper. Place cut side down on a parchment-lined baking sheet. Roast for 35–40 minutes, then let cool for 5 minutes.
- ❖ Heat 1 tbsp olive oil in a skillet over medium heat. Sauté garlic for 30–60 seconds until fragrant. Stir in oregano and red pepper flakes (if using).
- ❖ Use a fork to scrape squash into spaghetti-like strands. Add to the skillet, tossing with the garlic mixture. Cook for 2–3 minutes, stirring occasionally.
- ❖ Remove from heat, toss with parsley, lemon zest, and cherry tomatoes. Sprinkle with Parmesan and nuts (if using). Serve warm and enjoy!
- ❖ Serve as a low-carb pasta alternative with grilled chicken or shrimp.



Calories: 120; Protein: 2g; Carbohydrates: 10g; Fiber: 3g; Fats: 8g; Sodium: 150mg; Potassium: 350mg

STUFFED BELL PEPPERS WITH MUSHROOMS AND FETA

INGREDIENTS

- 4 medium bell peppers, halved
- 2 tbsp olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 cups mushrooms, chopped
- 1 medium zucchini, diced
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried oregano or thyme
- ½ tsp smoked paprika
- ½ cup crumbled feta cheese
- 1 tbsp fresh parsley or basil, chopped
- ¼ cup cooked quinoa (optional)
- 1 tbsp pine nuts or sunflower seeds (optional)

Prep. time: **15 min**

Cook time: **30 min**

Serves: **4**

DIRECTIONS

- ❖ Preheat oven to 190°C (375°F). Lightly grease a baking dish and place bell peppers cut side up.
- ❖ Heat olive oil in a skillet over medium heat. Sauté onion and garlic for 2–3 minutes until fragrant. Add mushrooms, zucchini, salt, pepper, oregano, and smoked paprika. Cook for 5–7 minutes until softened.
- ❖ Remove skillet from heat, stir in feta and fresh herbs. If using, mix in quinoa or pine nuts. Spoon filling into pepper halves.
- ❖ Cover with foil and bake for 20 minutes. Remove foil and bake for another 10 minutes.
- ❖ Let cool for 5 minutes before serving. Garnish with extra herbs if desired.
- ❖ Enjoy with a dollop of Greek yogurt for extra protein and creaminess.



Calories: 180; Protein: 6g; Carbohydrates: 14g; Fiber: 5g; Sugars: 3g; Fats: 10g; Sodium: 280mg; Potassium: 450mg

ZUCCHINI AND TOMATO GRATIN WITH BASIL

INGREDIENTS

- 2 medium zucchinis, thinly sliced
- 2 medium tomatoes, thinly sliced
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried oregano or thyme
- ¼ tsp red pepper flakes
- ¼ cup grated Parmesan
- ¼ cup shredded mozzarella
- ¼ cup almond flour or ground flaxseeds
- 2 tbsp fresh basil, chopped
- 1 tsp lemon zest
- 1 tbsp chopped walnuts or pine nuts

Prep. time: **15 min**

Cook time: **30 min**

Serves: **4**

DIRECTIONS

- ❖ Preheat oven to 190°C (375°F). Lightly grease a baking dish with olive oil.
- ❖ Heat 1 tbsp olive oil in a skillet over medium heat. Sauté onion and garlic for 2–3 minutes until fragrant. Remove from heat.
- ❖ Arrange zucchini and tomato slices in layers in the baking dish. Sprinkle with sautéed onions and garlic. Drizzle with remaining olive oil, season with salt, pepper, oregano, and red pepper flakes.
- ❖ Mix Parmesan, almond flour, and mozzarella (if using). Sprinkle evenly over the vegetables.
- ❖ Cover with foil and bake for 20 minutes. Remove foil and bake for another 10 minutes until golden brown.
- ❖ Let cool for 5 minutes before serving. Garnish with basil, lemon zest, and nuts.
- ❖ Serve as a low-carb side dish with grilled chicken, fish, or tofu.



Calories: 160; Protein: 6g; Carbohydrates: 10g; Fiber: 3g; Fats: 11g; Sodium: 230mg; Potassium: 450mg

CREAMY AVOCADO AND CUCUMBER GAZPACHO

INGREDIENTS

- 1 large avocado, peeled & pitted
- 1 large cucumber, chopped
- 1 cup of almond or coconut milk
- ½ cup plain Greek yogurt
- 1 clove garlic, minced
- 2 tbsp lime or lemon juice
- 2 tbsp fresh cilantro or parsley
- 1 tbsp olive oil
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp ground cumin (optional)
- ½ tsp red pepper flakes
- 1 tbsp toasted pumpkin seeds
- ½ cup cherry tomatoes, diced
- 1 tbsp red onion, chopped
- 1 tsp lemon zest

Prep. time: **10 min**

Cook time: **30 min**

Serves: **4**

DIRECTIONS

- ❖ In a blender, combine avocado, cucumber, almond milk, Greek yogurt, garlic, lime juice, cilantro (or parsley), olive oil, salt, black pepper, cumin (if using), and red pepper flakes (if using). Blend until smooth and creamy. If the consistency is too thick, add extra almond milk or water until desired texture is reached.
- ❖ Transfer to a bowl or container and refrigerate for at least 30 minutes to allow flavors to meld.
- ❖ Stir the gazpacho before serving and divide into four bowls. Top with toasted pumpkin seeds, diced cherry tomatoes, red onion, and lemon zest. Drizzle with a bit of olive oil for an extra touch of richness.
- ❖ Pair with whole-grain crackers or grilled chicken for extra protein.



Calories: 160; Protein: 6g; Carbohydrates: 9g; Fiber: 4g; Fats: 12g; Sodium: 180mg; Potassium: 450mg

ROASTED CARROT AND GINGER SOUP

INGREDIENTS

- 450g carrots, chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tbsp olive oil
- 3 cups low-sodium vegetable broth
- 1 tsp ground cumin
- ½ tsp turmeric
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ cup coconut milk
- 1 tbsp lemon juice
- 1 tsp honey or sugar-free maple syrup (optional)
- ¼ tsp red pepper flakes
- 1 tbsp pumpkin seeds

Prep. time: 10 min

Cook time: 35 min

Serves: 4

DIRECTIONS

- ❖ Preheat oven to 200°C (400°F). Toss carrots with olive oil, cumin, turmeric, salt, and black pepper. Spread on a baking sheet and roast for 25–30 minutes, flipping halfway.
- ❖ Heat 1 tsp olive oil in a pot over medium heat. Sauté onion, garlic, and ginger for 3–4 minutes.
- ❖ Add roasted carrots and broth; simmer for 5 minutes. Blend until smooth using an immersion or stand blender. Stir in coconut milk (or Greek yogurt) and lemon juice.
- ❖ Adjust seasoning; add honey if using. Garnish with seeds and red pepper flakes. Serve warm and enjoy!
- ❖ Pair with whole-grain toast or a leafy green salad for a complete meal.



Calories: 140; Protein: 4g; Carbohydrates: 17g; Fiber: 5g; Fats: 6g; Sodium: 320mg; Potassium: 600mg

GRILLED PORTOBELLO MUSHROOMS WITH GARLIC BUTTER

INGREDIENTS

- 4 large Portobello mushrooms, stems removed
- 2 tbsp unsalted butter or olive oil
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tsp balsamic vinegar
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ tsp dried oregano or thyme
- 1 tbsp fresh parsley, chopped
- ½ tsp smoked paprika (optional)
- 1 tbsp grated Parmesan (optional)
- 1 tsp red pepper flakes (optional)

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

- ❖ Melt butter (or heat olive oil) over low heat. Add garlic, sauté for 30 seconds. Stir in lemon juice, balsamic vinegar, salt, pepper, and oregano. Remove from heat.
- ❖ Clean mushrooms with a damp paper towel. Brush both sides generously with garlic butter.
- ❖ Preheat a grill or grill pan to medium heat. Grill mushrooms, gill side down for 4–5 minutes. Flip, brush with more garlic butter, and cook another 4–5 minutes.
- ❖ Remove from heat, sprinkle with parsley. Optionally, add Parmesan, red pepper flakes, or smoked paprika.
- ❖ Serve as a meat substitute for a low-carb burger by placing in a lettuce wrap or on a whole-grain bun. Enjoy as a side dish with grilled chicken, fish, or tofu.



Calories: 110; Protein: 4g; Carbohydrates: 7g; Fiber: 3g; Fats: 8g; Sodium: 180mg; Potassium: 500mg

BAKED ASPARAGUS WITH PARMESAN

INGREDIENTS

- 1 lb. (450g) fresh asparagus, trimmed
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder (optional)
- ¼ cup (25g) grated Parmesan cheese
- 1 tbsp fresh lemon juice (optional, for extra flavor)

Prep. time: **5 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

- ❖ Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it.
- ❖ Place the trimmed asparagus spears on the baking sheet. Drizzle with olive oil and toss to coat evenly. Sprinkle with salt, black pepper, and garlic powder (if using).
- ❖ Spread the asparagus in a single layer. Bake for 10–12 minutes, depending on the thickness of the spears, until tender but still crisp.
- ❖ Sprinkle the grated Parmesan evenly over the asparagus. Return to the oven for 2–3 more minutes, until the cheese is melted and slightly golden.
- ❖ Drizzle with fresh lemon juice if desired. Serve immediately as a nutritious side dish. This simple and delicious roasted asparagus dish is perfect for diabetics, as it is low in carbs and rich in fiber, vitamins, and antioxidants.



Calories: 80; Protein: 4g; Carbohydrates: 4g; Fiber: 2g; Fats: 6g; Sodium: 50mg; Potassium: 100mg

BLACK BEAN & AVOCADO SALAD

INGREDIENTS

- 1 can (15 oz / 425g) black beans, drained and rinsed
- 1 ripe avocado, diced
- 1 cup (150g) cherry tomatoes, halved
- ½ cup (75g) red bell pepper, diced
- ¼ cup (40g) red onion, finely chopped
- ¼ cup (5g) fresh cilantro, chopped
- 1 tbsp olive oil
- 1 tbsp fresh lime juice
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp cumin (optional)

Prep. time: **15 min**

Cook time: **0 min**

Serves: **4**

DIRECTIONS

- ❖ Drain and rinse the black beans. Dice the avocado, tomatoes, red bell pepper, and red onion.
- ❖ In a large bowl, combine black beans, avocado, cherry tomatoes, red bell pepper, red onion, and cilantro.
- ❖ In a small bowl, whisk together Olive oil, lime juice, salt, black pepper, and cumin (if using).
- ❖ Pour the dressing over the salad and gently toss to combine. Serve immediately or let it chill in the fridge for 10–15 minutes for the flavors to meld.
- ❖ This salad is a delicious, diabetes-friendly dish that works as a side or light meal, packed with fiber and healthy fats!



Calories: 180; Protein: 6g; Carbohydrates: 20g; Fiber: 7g; Fats: 9g; Sodium: 80mg; Potassium: 170mg



S

N

A

C

K

S



HOMEMADE GUACAMOLE WITH FLAXSEED CRACKERS

INGREDIENTS

- 2 ripe avocados, mashed
- 1 small tomato, diced
- ¼ small red onion, chopped
- 1 clove garlic, minced
- 1 tbsp lime juice
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp fresh cilantro, chopped
- ½ tsp ground cumin (optional)
- ½ tsp chili flakes (optional)

For the Flaxseed Crackers:

- 1 cup ground flaxseeds
- ½ tsp sea salt
- ½ tsp garlic powder
- ½ tsp dried oregano or thyme
- ⅓ cup water
- 1 tsp olive oil

Prep. time: **10 min**

Cook time: **20 min**

Serves: **4**

DIRECTIONS

❖ Preheat oven to 175°C (350°F). Line a baking sheet with parchment paper. Mix flaxseeds, salt, garlic powder, and oregano. Add water and olive oil, stir to form a dough. Let sit for 5 minutes. Roll dough thinly between two parchment Sheets (⅛ inch thick). Remove the top sheet, cut into squares, and bake for 18–20 minutes. Let it cool before breaking it apart.

❖ Mash avocados in a bowl, leaving some chunks. Stir in tomato, onion, garlic, lime juice, salt, pepper, cilantro, ground cumin, and chili flakes. Mix well and let sit for 5 minutes before serving.

❖ Serve guacamole with flaxseed crackers as a crunchy, low-carb snack. Use guacamole as a dip for fresh veggies like cucumber, bell pepper, or celery.



Calories: 210; Protein: 6g; Carbohydrates: 10g; Fiber: 7g; Fats: 16g; Sodium: 150mg; Potassium: 500mg

SMOKED SALMON AND AVOCADO ROLL-UPS

INGREDIENTS

- 8 slices smoked salmon
- 1 ripe avocado, mashed
- 2 tbsp cream cheese (or Greek yogurt)
- 1 tsp lemon juice
- ½ tsp Dijon mustard
- ¼ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp fresh dill or chives, chopped
- 1 tsp capers (optional)
- ½ tsp sesame seeds or flaxseeds (optional)

Prep. time: **10 min**

Cook time: **10 min**

Serves: **4**

DIRECTIONS

❖ In a bowl, mash the avocado with a fork until smooth. Mix in cream cheese (or Greek yogurt), lemon juice, Dijon mustard, sea salt, black pepper, and fresh herbs. Stir well until smooth and creamy.

❖ Lay out smoked salmon slices on a clean surface. Spread a thin layer of the avocado mixture evenly over each slice. Sprinkle with capers or sesame seeds for extra texture and flavor. Carefully roll up each slice into a tight cylinder.

❖ Cut each roll in half, creating bite-sized pieces. Arrange on a plate and garnish with extra dill or chives if desired.

❖ Serve as a light appetizer or snack with fresh cucumber slices. Pair with a salad of leafy greens, cherry tomatoes, and lemon vinaigrette.



Calories: 160; Protein: 10g; Carbohydrates: 3g; Fiber: 2g; Fats: 12g; Sodium: 320mg; Potassium: 350mg

MINI CAPRESE SKEWERS WITH BALSAMIC GLAZE

INGREDIENTS

- 12 cherry tomatoes, halved
- 12 fresh basil leaves
- 12 mini mozzarella balls (bocconcini)
- 12 small skewers or toothpicks
- 2 tbsp balsamic vinegar
- ½ tsp Dijon mustard
- ½ tsp extra virgin olive oil
- ¼ tsp dried oregano (optional)
- ¼ tsp sea salt
- ¼ tsp black pepper
- 1 tsp crushed walnuts or almonds
- A pinch of red pepper flakes

Prep. time: 10 min Cook time: 0 min Serves: 4 (12 mini skewers)

DIRECTIONS

- ❖ Wash and dry the cherry tomatoes and basil leaves. Cut the tomatoes in half. If using large mozzarella balls, cut them in half as well.
 - ❖ Thread a basil leaf, a mozzarella ball, and a cherry tomato half onto a skewer or toothpick in that order. Repeat until all 12 skewers are assembled.
 - ❖ In a small bowl, whisk together balsamic vinegar, Dijon mustard, olive oil, oregano (if using), salt, and black pepper until well combined. Taste and adjust seasoning if necessary.
 - ❖ Drizzle the balsamic glaze over the skewers right before serving. Sprinkle with crushed walnuts, chia seeds, or red pepper flakes for extra texture and flavor.
- These mini Caprese skewers pair well with: A side of mixed greens with olive oil and lemon dressing. A handful of nuts or seeds for extra crunch. A serving of whole-grain crackers for added fiber.



Calories: 110; Protein: 7g; Carbohydrates: 4g; Fiber: 1g; Sugars: 3g; Fats: 7g; Sodium: 150mg; Potassium: 180mg

CHEESE AND NUT SNACK PACK WITH DARK CHOCOLATE BITS

INGREDIENTS

- ½ cup cubed cheese (cheddar, gouda, or mozzarella)
- ½ cup mixed nuts (almonds, walnuts, or pecans)
- 2 tbsp 85% dark chocolate bits (sugar-free)
- 1 tbsp unsweetened coconut flakes (optional)
- 1 tsp ground flaxseeds or chia seeds (optional)
- ½ tsp cinnamon (optional)
- A pinch of sea salt (optional)

Prep. time: 5 min

Cook time: 0 min

Serves: 4

DIRECTIONS

- ❖ Cube the cheese into small, bite-sized pieces. Roughly chop the nuts if they are too large. Break the dark chocolate into small pieces if it's not already in chip form.
- ❖ In a bowl or small food storage container, combine the cheese cubes, mixed nuts, and dark chocolate bits. Sprinkle with coconut flakes, flaxseeds, cinnamon, or a pinch of sea salt for added flavor. Toss gently to mix everything evenly.
- ❖ Enjoy immediately as a quick snack or divide into four small containers for meal prep. Serve alongside fresh berries or sliced apple for a balanced treat.
- ❖ **This snack pack pairs well with:** A small bowl of Greek yogurt for extra protein. A handful of fresh raspberries or strawberries for natural sweetness. A cup of herbal or green tea for a refreshing pairing.



Calories: 210; Protein: 8g; Carbohydrates: 7g; Fiber: 3g; Sugars: 4g; Fats: 17g; Sodium: 120mg; Potassium: 180mg

SUGAR-FREE ENERGY BALLS WITH NUTS AND COCONUT

INGREDIENTS

- ½ cup raw almonds (or walnuts, pecans)
- ½ cup unsweetened shredded coconut
- ¼ cup ground flaxseeds or chia seeds
- 2 tbsp almond or peanut butter (unsweetened)
- 2 tbsp coconut oil, melted
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 1 tsp cocoa powder (optional)
- 1 tsp dark chocolate bits (85% cocoa, optional)

Prep. time: **10 min** Cook time: **0 min** Serves: **4** (12 energy balls)

DIRECTIONS

- ❖ In a mixing bowl, combine chopped nuts, shredded coconut, flaxseeds (or chia seeds), cinnamon, and cocoa powder (if using). Mix almond butter, melted coconut oil, and vanilla extract until smooth. Add the wet ingredients to the dry mixture and stir until a thick, sticky dough forms. If needed, add 1 tsp water to help bind the ingredients.
- ❖ Scoop 1 tbsp of the mixture and roll it into small balls. Repeat until all the mixture is used, making about 12 balls.
- ❖ Optionally, roll each energy ball in extra shredded coconut or cocoa powder. Place on a parchment-lined plate and refrigerate for at least 30 minutes.
- ❖ Enjoy as a quick snack or pre/post-workout boost. Pair with herbal tea or black coffee for a balanced treat. A small serving of Greek yogurt for extra protein.



Calories: 180; Protein: 6g; Carbohydrates: 8g; Fiber: 4g; Sugars: 4g; Fats: 14g; Sodium: 20mg; Potassium: 120mg

ROASTED BELL PEPPER & AVOCADO DIP

INGREDIENTS

- 2 large red bell peppers
- 1 ripe avocado
- 1 tbsp olive oil
- 1 small garlic clove, minced
- 1 tbsp fresh lime juice
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp cumin (optional, for extra flavor)
- 1 tbsp fresh cilantro, chopped (optional)

Prep. time: **10 min** Cook time: **25 min** Serves: **4**

DIRECTIONS

- ❖ Preheat the oven to 425°F (220°C). Place the bell peppers on a baking sheet and roast for 20–25 minutes, turning occasionally, until the skin is charred and blistered. Remove from the oven, place in a bowl, and cover with plastic wrap or a towel for 10 minutes to steam. Peel off the skin, remove seeds, and roughly chop the roasted peppers.
- ❖ In a food processor or blender, combine the roasted bell peppers, avocado, olive oil, garlic, lime juice, salt, black pepper, and cumin (if using). Blend until smooth and creamy.
- ❖ Taste and adjust seasoning if needed. Garnish with chopped cilantro (if using). Serve immediately with fresh veggies, whole-grain crackers or as a spread.



Calories: 90; Protein: 1g; Carbohydrates: 6g; Fiber: 3g; Fats: 7g; Sodium: 100mg; Potassium: 180mg



D E S S E R T S



BLACKBERRY COBBLER

INGREDIENTS

- 2 cups blackberries (fresh or frozen)
- 1 tbsp lemon juice
- 2 tbsp monk fruit syrup or erythritol
- 1 tsp vanilla extract
- 1 tsp ground chia or flaxseeds
- ½ cup almond flour
- ¼ cup coconut flour
- ½ tsp baking powder
- ¼ tsp sea salt
- ½ tsp cinnamon
- 2 tbsp coconut oil or butter, cold
- 1 egg
- 3 tbsp almond or coconut milk
- 1 tbsp chopped walnuts or pecans

Prep. time: **10 min**

Cook time: **25 min**

Serves: **6**

DIRECTIONS

❖ Preheat oven to 350°F (180°C). Mix blackberries, lemon juice, sweetener, vanilla, and chia seeds. Let sit for 5 minutes to thicken.

❖ In another bowl, mix almond flour, coconut flour, baking powder, salt, and cinnamon. Cut in cold coconut oil or butter until the mixture forms coarse crumbs. Stir in egg and almond milk to form a soft dough.

❖ Spread the blackberry mixture in an 8x8-inch baking dish. Drop spoonfuls of the dough over the berries, leaving space for bubbling. Optionally, sprinkle with chopped nuts. Bake for 25–30 minutes, until the topping is golden brown and berries are bubbly. Let it cool for 5 minutes before serving.

This cobbler pairs well with: A cup of green tea, or herbal tea for a warm touch.



Calories: 180; Protein: 5g; Carbohydrates: 10g; Fiber: 4g; Sugars: 6g; Fats: 12g; Sodium: 90mg; Potassium: 220mg

DARK CHOCOLATE AVOCADO MOUSSE

INGREDIENTS

- 2 ripe avocados, pitted
- ¼ cup unsweetened cocoa powder
- 2 tbsp dark chocolate chips, melted
- ¼ cup unsweetened almond milk
- 2 tbsp monk fruit sweetener (or erythritol)
- 1 tsp vanilla extract
- ¼ tsp cinnamon (optional)
- 1 pinch sea salt
- 1 tsp instant espresso powder (enhances chocolate flavor)
- 1 tbsp chia seeds (adds fiber & omega-3s)

Prep. time: **10 min**

Cook time: **0 min**

Serves: **4**

DIRECTIONS

❖ In a small microwave-safe bowl, melt dark chocolate chips in 20-second intervals, stirring between each interval until smooth. Let cool slightly.

❖ Blend avocados, cocoa powder, almond milk, sweetener, vanilla, cinnamon, and sea salt. Add the melted dark chocolate.

❖ Process for 1–2 minutes until creamy.

Scrape down the sides if needed. If it is too thick, add 1 tbsp of almond milk every time until the desired consistency is reached.

❖ Adjust sweetness if needed by adding more sweetener, then blend again.

❖ Transfer to serving bowls and refrigerate for 30 minutes for a firmer texture.

❖ Garnish with fresh berries, crushed nuts, or a sprinkle of cocoa powder.



Calories: 180; Protein: 4; Carbohydrates: 9g; Fiber: 5g; Sugars: 4g; Fats: 14g; Sodium: 45mg; Potassium: 450mg

KETO CHEESECAKE BITES WITH COCONUT CRUST

INGREDIENTS

For the Coconut Crust:

- ¾ cup unsweetened shredded coconut
- ¼ cup almond flour
- 2 tbsp melted butter (or coconut oil)
- 1 tbsp monk fruit sweetener
- ½ tsp vanilla extract

For the Cheesecake Filling:

- 8 oz (225g) cream cheese, softened
- ¼ cup monk fruit sweetener
- 1 tsp vanilla extract
- 1 tsp lemon zest (optional)
- 1 large egg
- ½ tsp cinnamon

Prep. time: **15** Cook time: **15** min Serves: **12** mini cheesecakes

DIRECTIONS

- ❖ Preheat oven to 325°F (163°C). Line a mini muffin tin with 12 liners or lightly grease with butter.
- ❖ In a bowl, mix shredded coconut, almond flour, melted butter, sweetener, and vanilla. Divide evenly among muffin cups, pressing firmly. Pre-bake for 5 minutes until lightly golden.
- ❖ In a bowl, beat cream cheese and sweetener until smooth. Add vanilla, lemon zest, egg, and cinnamon, stirring until well combined.
- ❖ Spoon cheesecake filling over the pre-baked crusts, filling each cup to about ¾ full. Bake for 10-12 minutes until edges are set but centers are slightly jiggly.
- ❖ Let cool at room temperature for 10 minutes, then refrigerate for at least 1 hour. Serve chilled and enjoy! Top with: Fresh berries for extra antioxidants.



Calories: 120; Protein: 3g; Carbohydrates: 4g; Fiber: 2g; Sugars: 2g; Fats: 10g; Sodium: 70mg; Potassium: 50mg

ALMOND FLOUR CHOCOLATE CHIP COOKIES

INGREDIENTS

- 1 ½ cups almond flour (fine-ground)
- ¼ teaspoon baking soda
- ¼ teaspoon sea salt
- ½ teaspoon cinnamon (optional)
- ¼ cup unsalted butter, melted (or coconut oil)
- ¼ cup granulated monk fruit sweetener
- 1 large egg, at room temperature
- 1 teaspoon pure vanilla extract
- ⅓ cup sugar-free dark chocolate chips
- 2 tablespoons chopped walnuts (optional, for crunch)

Prep. time: **10** min Cook time: **15** min Serves: **12** cookies

DIRECTIONS

- ❖ Preheat oven to 325°F (163°C). Line a baking sheet with parchment paper.
- ❖ In a bowl, whisk together almond flour, baking soda, sea salt, and cinnamon.
- ❖ In a separate bowl, whisk melted butter, sweetener, egg, and vanilla extract until smooth.
- ❖ Mix dry ingredients into wet, bit by bit, until a dough forms. Fold in chocolate chips and walnuts (if using).
- ❖ Scoop out tablespoon-sized portions and roll them into balls. Place on the baking sheet 2 inches apart, pressing it slightly to flatten it. Bake for 12-15 minutes, until edges turn golden brown. Let cookies cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely. Enjoy a guilt-free, low-carb treat!



Calories: 120; Protein: 3g; Carbohydrates: 6g; Fiber: 3g; Sugars: 3g; Fats: 10g; Sodium: 50mg; Potassium: 60mg

LOW-CARB PUMPKIN PIE WITH COCONUT WHIPPED CREAM

INGREDIENTS

- 1 cup almond flour
- ¼ cup coconut flour
- 2 tbsp monk fruit sweetener
- ½ tsp cinnamon
- ¼ tsp sea salt
- ¼ cup butter (or coconut oil)
- 1 large egg
- 1 ½ cups pumpkin purée
- 2 large eggs
- ½ cup heavy cream (or coconut milk)
- ⅓ cup monk fruit sweetener
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 cup chilled coconut cream
- 1 tbsp monk fruit sweetener

Prep. time: **15 min**

Cook time: **45 min**

Serves: **8**

DIRECTIONS

- ❖ Preheat oven to 350°F (175°C). Mix almond flour, coconut flour, monk fruit sweetener, cinnamon, and salt. Add melted butter (or coconut oil) and the egg; mix until a dough forms. Press dough into a 9-inch pie pan. Bake for 8-10 minutes until lightly golden. Let cool.
- ❖ In a bowl, whisk together pumpkin purée, eggs, heavy cream, sweetener, vanilla, cinnamon, and nutmeg. Pour filling into the pre-baked crust, spreading evenly.
- ❖ Bake at 350°F (175°C) for 40-45 minutes until the center is set but slightly jiggly. Let cool for 30 minutes, then refrigerate for at least 2 hours.
- ❖ Scoop chilled coconut cream into a bowl. Add monk fruit sweetener and whip until fluffy. Serve with the cooled pie.



Calories: 230; Protein: 6g; Carbohydrates: 9g; Fiber: 4g; Sugars: 5g; Fats: 20g; Sodium: 75mg; Potassium: 180mg

RASPBERRY AND GREEK YOGURT POPSICLES

INGREDIENTS

- 1 cup of fresh or frozen raspberries
- 1 cup plain Greek yogurt
- ½ cup unsweetened almond milk
- 2 tbsp monk fruit sweetener
- 1 tsp pure vanilla extract
- ½ tsp lemon zest (optional)
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 1 tbsp crushed nuts (optional)

Prep. time: **5 min**

Freezing time: **4-6 hours**

Serves: **6**

DIRECTIONS

- ❖ In a blender, combine raspberries, Greek yogurt, almond milk, sweetener, vanilla extract, and lemon zest. Blend until smooth. For a chunkier texture, pulse instead of blending completely.
- ❖ Pour the mixture evenly into 6 popsicle molds. Stir in chia seeds or crushed nuts before freezing. Insert popsicle sticks into each mold.
- ❖ Freeze for at least 4-6 hours or until fully set.
- ❖ To remove it, run warm water over the mold for a few seconds. Serve immediately and enjoy this refreshing, low-carb treat!



Top with: Crushed nuts or shredded coconut before freezing for added texture.

Pair with: A drizzle of melted sugar-free dark chocolate for a richer treat.

Calories: 80; Protein: 6g; Carbohydrates: 6g; Fiber: 5g; Sugars: 3g; Fats: 9g; Sodium: 30mg; Potassium: 120mg

SUGAR-FREE APPLE CINNAMON MUFFINS

INGREDIENTS

- 2 cups almond flour
- ¼ cup coconut flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- ¼ tsp nutmeg (optional)
- ¼ tsp sea salt
- 2 large eggs
- ¼ cup butter (or coconut oil)
- ⅓ cup monk fruit sweetener
- ½ cup unsweetened applesauce
- ¼ cup almond milk
- 1 tsp vanilla extract
- ½ cup chopped apple
- ¼ cup chopped walnuts
- 1 tbsp ground flaxseeds

Prep. time: **10 min**

Cook time: **25 min**

Serves: **12 muffins**

DIRECTIONS

- ❖ Preheat oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners or lightly grease with coconut oil.
 - ❖ In a large bowl, whisk together almond flour, coconut flour, baking powder, baking soda, cinnamon, nutmeg, and salt.
 - ❖ In another bowl, whisk eggs, melted butter, monk fruit sweetener, applesauce, almond milk, and vanilla extract until smooth.
 - ❖ Gradually add the wet mixture to the dry ingredients, stirring gently. Fold in chopped apple and walnuts (if using).
 - ❖ Divide the batter evenly among 12 muffin cups. Bake for 20-25 minutes, or until a toothpick inserted into the center comes away clean.
 - ❖ Let muffins cool in the pan for 5 minutes, then transfer them to a wire rack.
- Enjoy warm or store in an airtight container!



Calories: 140; Protein: 4g; Carbohydrates: 9g; Fiber: 4g; Sugars: 5g; Fats: 10g; Sodium: 80mg; Potassium: 90mg

NO-BAKE COCONUT MACAROONS

INGREDIENTS

- 1 ½ cups shredded coconut
- ¼ cup coconut flour
- ¼ cup sugar-free maple syrup
- ¼ cup melted coconut oil
- 1 tsp vanilla extract
- ¼ tsp sea salt
- 1 tbsp chia seeds (optional)
- 1 tsp cinnamon (optional)
- 2 tbsp sugar-free chocolate chips

Prep. time: **10 min**

Cook time: **30 min**

Serves: **12 macaroons**

DIRECTIONS

- ❖ In a mixing bowl, combine shredded coconut, coconut flour, sugar-free syrup (or sweetener), melted coconut oil, vanilla extract, and sea salt. If using chia seeds, cinnamon, or chocolate chips, mix them in now.
 - ❖ Using a small cookie scoop or spoon, scoop out small portions of the mixture and roll them into balls (or press them into small mounds). Place them onto a parchment-lined plate or baking sheet.
 - ❖ Refrigerate for 30 minutes until firm. Once set, enjoy immediately or store in an airtight container in the refrigerator for up to 1 week.
- Pair with:** a cup of unsweetened herbal tea or almond milk, a drizzle of melted sugar-free dark chocolate for extra indulgence.



Calories: 120; Protein: 2g; Carbohydrates: 5g; Fiber: 3g; Sugars: 2g; Fats: 10g; Sodium: 20mg; Potassium: 70mg

DIABETIC-FRIENDLY BROWNIES

INGREDIENTS

- 1 cup almond flour
- ¼ cup cocoa powder
- ½ cup monk fruit sweetener
- ½ tsp baking powder
- ¼ tsp sea salt
- 2 large eggs (room temp)
- ¼ cup melted coconut oil
- 1 tsp vanilla extract
- ¼ cup almond milk
- ¼ cup sugar-free chocolate chips
- ¼ cup chopped walnuts (optional)

Prep. time: **10 min** Cook time: **25 min** Serves: **12 brownies**

DIRECTIONS

- ❖ Preheat oven to 350°F (175°C). Line a 20x20 cm (8x8 inch) pan with parchment paper.
- ❖ In a bowl, whisk almond flour, cocoa powder, sweetener, baking powder, and salt.
- ❖ In another bowl, whisk eggs, melted coconut oil, vanilla, and almond milk.
- ❖ Gradually mix wet ingredients into dry ingredients. Fold in chocolate chips and walnuts if using.
- ❖ Pour batter into the prepared pan. Bake for 20-25 minutes until the center is set. Let brownies cool for 10 minutes in the pan. Transfer to a wire rack, then slice & serve.

Pair with: a cup of unsweetened tea or coffee and a dollop of unsweetened Greek yogurt for contrast in flavor.



Calories: 140; Protein: 4g; Carbohydrates: 8g; Fiber: 3g; Sugars: 5g; Fats: 12g; Sodium: 50mg; Potassium: 100mg

DIABETIC-FRIENDLY LIME DESSERT

INGREDIENTS

- 1 cup full-fat coconut milk
- 200g unsweetened Greek yogurt
- ¼ cup fresh lime juice
- 1 tbsp lime zest
- ¼ cup erythritol or monk fruit
- 1 tsp pure vanilla extract
- 1 ½ tsp gelatin
- 2 tbsp cold water
- 1 tsp chia seeds (optional)
- 1 tbsp crushed nuts (for topping)

Prep. time: **10 min** Chilling time: **2 hours** Serves: **2**

DIRECTIONS

- ❖ In a bowl, mix gelatin with cold water and let sit for 5 minutes to bloom.
- ❖ In a small saucepan, heat coconut milk over low heat (do not boil). Stir in erythritol until fully dissolved.
- ❖ Add the bloomed gelatin to the warm coconut milk, stirring until dissolved. Remove from heat, then mix in Greek yogurt, lime juice, lime zest, and vanilla. Stir until smooth.
- ❖ Pour mixture into ramekins or small glasses. Refrigerate for at least 2 hours until set. Sprinkle with chia seeds or crushed nuts before serving.

Pair with: a cup of herbal tea or unsweetened almond milk, fresh raspberries or blueberries for natural sweetness.



Calories: 130; Protein: 5g; Carbohydrates: 6g; Fiber: 2g; Sugars: 4g; Fats: 9g; Sodium: 30mg; Potassium: 120mg

DONUTS

INGREDIENTS

- 1 cup almond flour
- ¼ cup coconut flour
- 1 tsp baking powder
- ½ tsp ground cinnamon
- ¼ tsp sea salt
- 2 large eggs
- ¼ cup unsweetened almond milk
- ¼ cup erythritol or monk fruit
- 1 tsp vanilla extract
- 2 tbsp butter or coconut oil
- ¼ cup sugar-free chocolate chips
- 1 tsp coconut oil
- 1 tsp cocoa powder
- ½ tsp nutmeg
- 1 tbsp chia seeds

Prep. time: **10 min**

Cook time: **20 min**

Serves: **8 donuts**

DIRECTIONS

- ❖ Preheat oven to 350°F (175°C). Lightly grease a donut pan with butter or coconut oil.
- ❖ In a large bowl, whisk together almond flour, coconut flour, baking powder, cinnamon, and salt.
- ❖ In another bowl, whisk eggs, almond milk, erythritol, vanilla extract, and melted butter (or coconut oil).
- ❖ Gradually add wet ingredients to dry ingredients, stirring until smooth. Spoon or pipe the batter into the donut molds, filling each ¾ full.
- ❖ Bake for 18-20 minutes until golden brown and firm. Let cool in the pan for 10 minutes, then transfer to a rack.
- ❖ Melt chocolate chips with coconut oil in the microwave (20-second intervals, stirring). Dip cooled donuts in chocolate glaze and let set.

Enhance with: A sprinkle of coconut flakes or chopped nuts.



Calories: 150; Protein: 5g; Carbohydrates: 8g; Fiber: 4g; Sugars: 4g; Fats: 12g; Sodium: 60mg; Potassium: 100mg

CREME BRULEE

INGREDIENTS

- 1 cup heavy cream (or coconut milk)
- ½ cup unsweetened almond milk
- 3 large egg yolks
- 3 tbsp erythritol (plus 1 for topping)
- 1 tsp pure vanilla extract
- ¼ tsp sea salt

Optional Add-Ins:

- ½ tsp cinnamon (warm flavor)
- ½ tsp espresso powder (for depth)
- 1 tsp orange zest (citrusy twist)

Prep. time: **10 min**

Cook time: **35 min**

Serves: **4**

DIRECTIONS

- ❖ Preheat oven to 325°F (160°C). Place 4 ramekins in a deep baking dish. Fill the dish with hot water halfway up the sides of the ramekins.
- ❖ In a saucepan, heat heavy cream & almond milk until steaming (do not boil). Stir in vanilla extract, salt, and optional cinnamon or espresso powder.
- ❖ In a bowl, whisk egg yolks & 3 tbsp sweetener until pale. Slowly pour the warm cream into the eggs, whisking constantly. Strain mixture through a fine sieve. Divide evenly into ramekins. Bake for 30-35 min until set but slightly jiggly.
- ❖ Remove from the water bath. Cool for 15 min, then refrigerate for 2+ hours.
- ❖ Before serving, sprinkle ¼ tsp erythritol on each custard. Torch until golden or broil for 1-2 min.



Calories: 180; Protein: 5g; Carbohydrates: 5g; Fiber: 1g; Sugars: 4g; Fats: 16g; Sodium: 40mg; Potassium: 80mg

GINGER COOKIES

INGREDIENTS

- 1 ½ cups almond flour
- 2 tbsp coconut flour
- ½ cup erythritol or monk fruit
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves
- ¼ tsp sea salt
- 1 large egg
- ¼ cup butter or coconut oil
- 2 tbsp unsweetened applesauce
- 1 tsp pure vanilla extract
- 1 tsp grated fresh ginger
- 1 tbsp chia or flaxseeds
- 2 tbsp chopped walnuts

Prep. time: **10 min**

Cook time: **15 min**

Serves: **12 cookies**

DIRECTIONS

- ❖ Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
- ❖ In a large bowl, whisk together almond flour, coconut flour, sweetener, baking soda, cinnamon, ginger, nutmeg, cloves, and salt.
- ❖ In a separate bowl, whisk egg, melted butter, applesauce, and vanilla extract. Stir in grated ginger or chia seeds (if using).
- ❖ Gradually fold the wet mixture into the dry ingredients, stirring until fully incorporated. If using nuts, gently fold them in.
- ❖ Scoop 1 tbsp of dough per cookie and roll it into small balls. Place them 2 inches apart on the baking sheet. Lightly press each ball to flatten it slightly.
- ❖ Bake for 12-15 minutes until edges turn golden brown. Cool on the sheet for 5 minutes, then transfer to a wire rack. A drizzle of melted sugar-free chocolate. A sprinkle of powdered erythritol for a festive touch.



Calories: 110; Protein: 3g; Carbohydrates: 7g; Fiber: 3g; Sugars: 4g; Fats: 9g; Sodium: 50mg; Potassium: 80mg

BERRY SHORTBREAD PIE

INGREDIENTS

- 1 ½ cups almond flour
- ¼ cup erythritol or monk fruit sweetener
- ½ tsp baking powder
- ¼ tsp sea salt
- 1 large egg (room temperature)
- ¼ cup unsalted butter (softened)
- ½ tsp vanilla extract
- 1 ½ cups mixed berries
- 2 tbsp erythritol or monk fruit sweetener
- 1 tsp lemon juice
- 1 tbsp chia seeds
- ½ tsp cinnamon (optional)
- 1 tbsp crushed walnuts or shredded coconut

Prep. time: **15 min**

Cook time: **35 min**

Serves: **8**

DIRECTIONS

- ❖ Preheat oven to 350°F (175°C). Mix almond flour, erythritol, baking powder, and salt. Add softened butter, egg, and vanilla. Stir until a dough forms. Press dough evenly into a 9-inch pie pan. Poke with a fork. Bake for 10-12 minutes until golden. Let cool.
- ❖ In a saucepan over medium heat, combine berries, erythritol, lemon juice, and cinnamon. Cook for 5-7 minutes, stirring, until berries soften and release juice. Stir in chia seeds. Cook 2 more minutes until thickened. Let cool. Pour berry filling into crust. Spread evenly. Optionally, sprinkle with crushed nuts or coconut. Bake for 15-20 minutes until bubbly. Let it cool for 15 minutes, then refrigerate it for 1 hour before slicing.
- ❖ Serve chilled or slightly warmed.



Calories: 180; Protein: 5g; Carbohydrates: 10g; Fiber: 4g; Sugars: 6g; Fats: 14g; Sodium: 60mg; Potassium: 120mg

CONCLUSION

Your Journey to Better Health Starts Now

Congratulations on taking this important step toward a healthier, more balanced life! Managing diabetes with mindful eating and smart food choices is not about limitations; it promotes empowerment, sustainability, and enjoyment.

Applying the principles from this book shows that a diabetes-friendly lifestyle doesn't have to be complicated or overwhelming. With small, consistent changes, you can improve blood sugar management, increase energy, and effectively thrive at any age.

Remember, every meal is an opportunity to nourish your body, and every day is a new chance to experience progress. Be patient with yourself, celebrate your victories—big and small—and keep moving forward.

Wishing you health, happiness, and delicious meals ahead! May your journey be filled with balance, confidence, and joy in every bite.

Stay inspired to cook, learn, and most importantly—enjoy every step!

With my warmest wishes,

Leonora Key



Kitchen Reference Tables

OVEN TEMPERATURE CONVERSION CHART

(Common oven temperature equivalents in U.S. and Canadian cookbooks)

Fahrenheit (°F)	Celsius (°C)	Oven Setting	Common Uses
200°F	93°C	Very Low	Warming and drying foods
250°F	121°C	Very Low	Slow cooking, dehydrating
275°F	135°C	Low	Slow roasting
300°F	149°C	Low	Baking delicate cakes
325°F	163°C	Moderate	Baking cookies, pies
350°F	177°C	Moderate	General baking (cakes, muffins)
375°F	190°C	Moderate	Roasting vegetables, meats
400°F	204°C	Moderate-High	Baking breads, pizzas
425°F	218°C	High	Crisping, roasting
450°F	232°C	High	Broiling meats, quick baking
475°F	246°C	Very High	Pizza baking, charring
500°F	260°C	Very High	Extreme high-heat roasting

WEIGHT MEASUREMENT CONVERSION CHART

(Common weight measurement equivalents in U.S. and Canadian cookbooks)

U.S. Measurement	Metric Equivalent	Common Uses
1 ounce (oz)	28 g	Spices, small portions
4 ounces (1/4 pound)	113 g	Butter, small cheese portions
8 ounces (1/2 pound)	227 g	Meat, poultry
16 ounces (1 pound)	454 g	Standard meat portion, baking flour
2 pounds	907 g	Bulk meat, large baking ingredients
3 pounds	1.36 kg	Roasting meats, large batch cooking
5 pounds	2.27 kg	Large meat portions, bulk cooking

UPDATED VOLUME MEASUREMENT CONVERSION CHART

(Including additional precise conversions for accurate cooking)

U.S. Measurement	Metric Equivalent	Common Uses
1/8 teaspoon	0.6 mL	Tiny spice/liquid measurements
1/4 teaspoon	1.25 mL	Spices, small amounts of liquids
1/2 teaspoon	2.5 mL	Seasonings, small liquid amounts
1 teaspoon (tsp)	5 mL	Cooking oil, sauces, extracts
1/2 tablespoon	7.5 mL	Half a tablespoon, for precise baking
1 tablespoon (tbsp)	15 mL	Sauces, dressings, liquid measures
1 fluid ounce (fl oz)	30 mL	Juices, broth, small portioned liquids
1/4 cup	60 mL	Measuring smaller amounts of liquid
1/3 cup	80 mL	Measuring small batter portions
1/2 cup	120 mL	Soups, sauces, wet ingredients
2/3 cup	160 mL	Baking, liquid recipes
3/4 cup	180 mL	Measuring liquids for cooking
1 cup	240 mL	Standard for most liquid measurements
1 1/2 cups	360 mL	Common baking and cooking measures
2 cups (1 pint)	475 mL	Standard for dairy, soups
1 quart (qt)	960 mL	Used for larger liquid portions
1 gallon (gal)	3.8 L	Used for bulk liquids (water, milk)