
The

Low Cholesterol

Cookbook for Beginners

*Nourishing Recipes and Expert Guidance to Take Control
of Your Cholesterol and Embrace a Heart-Healthy Lifestyle.*

Shannon Waters



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A Heart-Healthy Life Begins in Your Kitchen

If you're here, you're likely looking for ways to lower your cholesterol, boost your energy, and still enjoy delicious, satisfying meals. The great news? You don't have to sacrifice taste to eat well. This cookbook is designed to be your go-to guide for simple, flavorful, and heart-healthy meals that truly make a difference.

Hi, I'm Shannon Waters, a nutrition and wellness coach, and I'm thrilled to welcome you to my second book! After the success of my first book on intermittent fasting for women over 50, I knew I wanted to continue empowering others with practical, science-backed strategies for better health. This time, I'm diving into a topic that's deeply personal and essential—heart health through nutrition.

I know firsthand how overwhelming it can feel to make dietary changes, especially when it comes to something as crucial as heart health. Heart disease remains one of the leading causes of death worldwide, and many people don't realize how much their daily diet affects their cholesterol levels. It's not just about avoiding fried foods or cutting back on red meat—it's about embracing whole, nutrient-dense foods that nourish your body from the inside out. By making a few key changes, you can take control of your health and feel better than ever.

During my research, I've seen many people struggle with making heart-conscious food choices. The biggest challenge often isn't knowing what to eat—it's knowing how to incorporate those choices into daily life without feeling deprived or overwhelmed. That's why I created this practical, beginner-friendly guide—to make your transition to heart-healthy eating easy and enjoyable.

For years, we've been led to believe that lowering cholesterol means eating bland, boring meals or giving up the foods we love. But that's simply not true. The reality is, food is powerful—it can either work against us or work for us. The right ingredients can help lower bad cholesterol, increase the good kind, and strengthen your heart in ways that go far beyond numbers on a lab report. What you put on your plate can directly impact how you feel every day—your energy, your mood, your longevity.

This book is for anyone looking to take charge of their heart health. Whether you have a family history of high cholesterol, you've been advised to lower your cholesterol, you are looking to prevent future health issues, or simply want to make smarter food choices, you'll find everything you need right here. No matter your reason for being here, I want you to know that this journey is not about deprivation. It's about empowerment. And if you're new to cooking or feel intimidated by dietary changes, don't worry—each recipe is designed to be simple, delicious, and easy to incorporate into your lifestyle. I've also included practical tips on how to meal prep for success, how to stock a heart-healthy pantry, and how to dine out without derailing your progress.

Making dietary changes doesn't have to feel overwhelming. I wrote this cookbook to give you the tools, knowledge, and motivation to embrace a low-cholesterol lifestyle with confidence. Let's take this journey together—one meal at a time—to nourish your body, protect your heart, and enjoy a vibrant, healthy life.

Please mind, this isn't just a collection of recipes—it's a resource, a roadmap, and a companion on your journey to better health. Here's what you can expect:

Easy, nourishing recipes – No complicated techniques or obscure ingredients. Just wholesome, delicious meals designed to help you lower cholesterol naturally.

Heart-healthy food swaps – Learn how to make simple, effective changes without feeling like you're missing out.

Science-backed nutrition tips – Understand the why behind the foods you eat and how they impact your cholesterol levels.

Support and encouragement – Because making lasting change is about more than just food—it's about mindset, motivation, and small, sustainable steps.

If you're feeling uncertain about where to start, that's okay. The most important thing is that you are starting. Change doesn't happen overnight, and it doesn't have to be perfect. What matters is consistency—choosing, meal by meal, to nourish your body with foods that love you back.

With every heart-healthy choice you make, you are investing in yourself, your future, and the vibrant, fulfilling life you deserve.

So, let's get started. Your heart—and your taste buds—will thank you.

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JOURNEY TO HEART HEALTH



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SECTION I

TOURNEY TO HEART HEALTH

Understanding Cholesterol and Its Impact, Myths and Facts

Cholesterol often gets a bad reputation, but it's essential to understand its role in the body and how it impacts overall health. Cholesterol is not inherently "bad"; rather, it's a matter of balancing the types of cholesterol in your system. In this chapter, we'll uncover the truth about cholesterol, separate the myths from the facts, and explain how it affects your heart health. By understanding cholesterol more clearly, you'll be empowered to make choices that positively influence your well-being.

Cholesterol is a fatty substance that the body needs for various functions, including building cells, producing hormones, and supporting digestive health. It's carried through your bloodstream by lipoproteins, which are categorized as:

Low-Density Lipoprotein (LDL) – Often referred to as "bad" cholesterol, LDL carries cholesterol from the liver to the cells. If too much LDL cholesterol builds up, it can form plaques in the arteries, increasing the risk of heart disease and stroke.

High-Density Lipoprotein (HDL) – Known as "good" cholesterol, HDL helps remove excess cholesterol from the bloodstream and transports it back to the liver, where it can be processed or eliminated.

Triglycerides – These are a type of fat in the blood that, when elevated, can also increase the risk of heart disease.

Myths vs. Facts

Myth #1: All Cholesterol is Bad **Fact:** Cholesterol is essential for your body, but it's about the balance of the types. HDL is good for your heart, while too much LDL can cause problems. A healthy lifestyle can help increase HDL and lower LDL.

Myth #2: Cholesterol Only Affects Heart Health
Fact: While cholesterol has a significant impact on heart health, it also influences other areas like brain function, hormone production, and liver function. Therefore, keeping it in check is vital for overall wellness.

Myth #3: You Should Avoid All Cholesterol-Rich Foods
Fact: Not all foods that contain cholesterol raise blood cholesterol levels. Foods like eggs can be part of a healthy diet when consumed in moderation. The real concern lies in the amount of unhealthy fats (trans fats and saturated fats) in the diet, which can raise LDL levels.

Myth #4: Lowering Cholesterol is the Only Factor in Heart Health
Fact: While managing cholesterol is important, other factors like blood pressure, physical activity, and diet are just as crucial in maintaining heart health. A holistic approach is necessary.

How Cholesterol Affects Your Health

High levels of LDL cholesterol and triglycerides can lead to plaque buildup in the arteries, narrowing and hardening them (atherosclerosis). This restricts blood flow, which can result in:

Heart Disease: Reduced blood flow to the heart can cause chest pain (angina), heart attacks, or heart failure.

Stroke: Reduced blood flow to the brain can result in a stroke.

Peripheral Artery Disease (PAD): Narrowing of the arteries in the limbs can cause pain, numbness, or even tissue death.

Conversely, higher levels of HDL cholesterol help protect against these conditions by removing excess cholesterol from the bloodstream.

How to Monitor your Cholesterol Levels

Monitoring your cholesterol levels is a critical aspect of maintaining good heart health. Regular testing helps you understand your cholesterol profile, so you can make informed decisions about your diet, lifestyle, and medical care. This chapter will guide you through the process of monitoring your cholesterol levels, how often to get tested, and what your numbers mean for your health. With the right information, you'll feel empowered to take action and stay on top of your heart health.

The frequency of cholesterol testing depends on several factors, including age, health history, and lifestyle. However, general recommendations are:

Adults (ages 20 and older) should have their cholesterol checked at least every 4-6 years if they are at average risk for heart disease.

Adults with risk factors (such as high blood pressure, smoking, diabetes, or a family history of heart disease) should get tested more frequently—every 1-2 years.

People over age 40 may need more frequent testing to monitor changes in cholesterol levels as they age.

Understanding your cholesterol numbers is essential to evaluating your heart health. Here's what each measurement indicates:

Cholesterol	Category	Level (mg/dL)
Total Cholesterol	<i>Desirable</i>	<i>Less than 200 mg/dL</i>
	<i>Borderline High</i>	<i>200-239 mg/dL</i>
	<i>High</i>	<i>240 mg/dL and above</i>
LDL Cholesterol (Bad Cholesterol)	<i>Optimal</i>	<i>Less than 100 mg/dL</i>
	<i>Near Optimal/Above Optimal</i>	<i>100-129 mg/dL</i>
	<i>Borderline High</i>	<i>130-159 mg/dL</i>
	<i>High</i>	<i>160-189 mg/dL</i>
	<i>Very High</i>	<i>190 mg/dL and above</i>
HDL Cholesterol (Good Cholesterol)	<i>Low (Increased Risk)</i>	<i>Less than 40 mg/dL (men) Less than 50 mg/dL (women)</i>
	<i>Normal</i>	<i>40-59 mg/dL</i>
	<i>High (protective against heart disease)</i>	<i>60 mg/dL and above</i>
Triglycerides	<i>Normal</i>	<i>Less than 150 mg/dL</i>
	<i>Borderline High</i>	<i>150-199 mg/dL</i>
	<i>High</i>	<i>200-499 mg/dL</i>
	<i>Very High</i>	<i>500 mg/dL and above</i>

Smart Ingredient Swaps & Cooking Techniques

Imagine waking up to the smell of warm, homemade banana muffins—moist, flavorful, and just the right amount of sweetness. But instead of using butter, you’ve swapped in unsweetened applesauce, cutting back on saturated fat without sacrificing taste. This is the power of smart ingredient swaps—simple changes that allow you to enjoy the foods you love while supporting your heart health.

A low-cholesterol diet isn’t about restriction—it’s about making better choices. Instead of slathering butter on your morning toast, you spread creamy avocado, packed with heart-healthy monounsaturated fats. At lunch, you swap out full-fat mayonnaise for creamy Greek yogurt in your tuna salad, adding protein and probiotics while reducing unhealthy fats. And when dinnertime rolls around, you reach for a hearty plant-based protein like lentils or chickpeas instead of processed meats, boosting fiber and keeping your heart happy.

These small, mindful substitutions add up over time, helping to lower LDL (“bad”) cholesterol, increase HDL (“good”) cholesterol, and improve overall cardiovascular health. The best part? You’re not missing out—you’re discovering new ways to make meals even more delicious, nutritious, and satisfying.

In this section, we’ll walk through the best ingredient swaps for fats, dairy, proteins, grains, and cooking essentials. Whether you’re whipping up a batch of pancakes, preparing a comforting pasta dish, or looking for a better way to season your food, these simple swaps will help you make every bite a step toward a healthier heart.

Let’s explore how small changes in your kitchen can lead to big benefits for your heart.

Avoid: Butter, lard, shortening, margarine with trans fats; Whole milk, heavy cream, full-fat cheese; Fatty cuts of beef, pork, processed meats (bacon, sausages); White bread, white rice, refined pasta; Store-bought salad dressings, deep-frying, sugary condiments.

Use Instead: Olive oil or avocado oil, Mashed avocado, Unsweetened applesauce or mashed bananas (for replacing butter in baked goods); Low-fat or plant-based milk (almond, oat, soy), Greek yogurt instead of sour cream or mayonnaise and low-fat cottage cheese; Skinless poultry, fatty fish (salmon, mackerel, tuna) for heart-healthy omega-3s, plant-based proteins like lentils, chickpeas, beans, tofu, and tempeh; Whole wheat bread, brown rice, quinoa, or whole grain pasta, oats; Homemade vinaigrettes with olive oil and lemon juice.

Healthy Cooking Techniques

The way you cook your food is just as important as the ingredients you use. Traditional cooking methods like deep-frying and heavy sautéing can add unhealthy fats that raise cholesterol levels. But with a few simple adjustments, you can create delicious, satisfying meals that support heart health.

From roasting and grilling to steaming and air-frying, healthier cooking techniques enhance natural flavors without the need for excessive oils or butter. By making small changes—like using broth instead of oil for sautéing or baking instead of frying—you can enjoy your favorite meals while keeping them light, nutritious, and cholesterol-friendly.

Let's dive in and discover the best cooking methods to help you prepare heart-healthy dishes without compromising on taste or texture.

Grilling & Roasting - Adds rich flavors without the need for excessive fats. Roasting vegetables brings out their natural sweetness, making them a tasty side dish.

Steaming - Retains nutrients and natural flavors without added fats. Great for vegetables, fish, and whole grains like quinoa.

Baking & Air-Frying - Use an air fryer to get crispy textures without deep-frying. Bake instead of frying for foods like chicken, fries, or breaded vegetables.

Slow Cooking & Pressure Cooking - Allows flavors to develop naturally without added fats. Perfect for soups, stews, and lean proteins.

Sautéing with Minimal Oil - Use a non-stick pan or a splash of vegetable broth instead of butter. Try using an oil sprayer to control portions.

Understanding Food Labels: Hidden Fats and Smart Shopping

Walking through the grocery store can feel overwhelming when you're trying to make heart-healthy choices. Brightly colored packages boast "low-fat," "heart-healthy," and "cholesterol-free" claims, but are they really as good for you as they seem? Understanding how to read food labels is one of the most powerful tools you have when it comes to managing cholesterol and making smart shopping decisions.

Many processed foods contain hidden fats, added sugars, and sodium that can contribute to high cholesterol levels. Even products labeled as "healthy" may still contain unhealthy trans fats or excessive saturated fats. Knowing what to look for—and what to avoid—can help you fill your cart with foods that truly support your heart health.

In this section, we'll break down how to read food labels, identify hidden fats, and shop smarter. With these skills, you'll gain confidence in choosing the right products, ensuring that every meal you prepare aligns with your health goals. Let's start decoding those labels!

Step 1: Read the Nutrition Facts Label Carefully:

Always look at the **serving size** first—it determines all the other values on the label. Some packages may appear low in fat or cholesterol, but the serving size is small, meaning you might consume more than expected.

Look at **total & saturated fat** - total fat is not necessarily bad—healthy unsaturated fats (like those from nuts and avocados) are beneficial. Limit saturated fat to less than 5-6% of your daily calories (about 13g per day if on a 2,000-calorie diet). Avoid trans fats (look for "partially hydrogenated oils" in the ingredients list—these raise LDL cholesterol and lower HDL cholesterol).

Identify hidden **cholesterol** - look at the cholesterol line—ideally, choose foods with **less than 20mg per serving** or "cholesterol-free" options. Even foods labeled "cholesterol-free" may contain saturated or trans fats, which can still raise cholesterol levels.

Look for fiber content - **soluble fiber** helps lower cholesterol by binding to it and removing it from the body. Aim for **3g or more of fiber per serving** in cereals, whole grains, and beans.

Watch for added sugars & sodium - excess sugar can contribute to weight gain and higher triglyceride levels. Look for **less than 10g of added sugar per serving** and avoid processed snacks with high fructose corn syrup. High sodium (more than **140mg per serving**) can raise blood pressure—opt for "low-sodium" or "no salt added" products.

Step 2: Scan the Ingredients List

Choose whole grains over refined grains - swap **white bread, white rice, and regular pasta for whole wheat bread, brown rice, quinoa, and whole grain pasta**. Look for "100% whole grain" on the packaging.

Choose whole foods, avoid artificial additives - the fewer ingredients, the better! Look for whole, recognizable foods like "oats, quinoa, almonds" instead of complex chemicals. Avoid processed ingredients like "high fructose corn syrup" and "artificial flavors."

Buy lean or plant-based proteins - opt for **skinless poultry, fish (especially salmon and tuna), beans, lentils, tofu, and tempeh**. Limit **processed meats** like bacon, sausage, and deli meats, which are high in saturated fats and sodium.

Pick heart-healthy snacks - instead of chips or processed crackers, choose **unsalted nuts, hummus with veggies, or air-popped popcorn**.

Don't fall for misleading labels - "Fat-Free" doesn't mean healthy—it may still have **added sugars or artificial ingredients**. "Multigrain" doesn't always mean whole grain—read the label to confirm whole grains are the first ingredient.

By understanding food labels and making smart choices, you can fill your kitchen with heart-healthy foods that naturally support lower cholesterol levels. The key is to focus on **whole, nutrient-dense foods, limit saturated and trans fats, and increase fiber intake**. With these techniques, grocery shopping becomes less about guesswork and more about empowering yourself to make choices that benefit your health!

Managing Challenges: Handling Cravings and Setbacks; Dining Out

Cravings, setbacks, and social situations—like dining out—can make it difficult to stay on track. But the key to long-term success isn't perfection; it's learning how to navigate these obstacles with balance and confidence.

Cravings for high-fat, high-sugar foods can strike at any time, especially during stress or social gatherings. And setbacks? They happen to everyone. The important thing is to have a plan for getting back on track without guilt or frustration. Dining out also presents unique challenges, but with the right strategies, you can enjoy meals at restaurants without compromising your health goals.

This section will equip you with practical tools to overcome cravings, handle setbacks, and confidently make heart-healthy choices when eating out.

Handling Cravings: Smart Strategies for Success

Cravings are normal, but they don't have to derail your progress. Instead of relying on willpower alone, use these smart strategies:

Identify the Trigger: Are you actually hungry, or is it stress, boredom, or habit? Drink water first—dehydration can sometimes feel like hunger.

Find a Healthy Swap: Craving something creamy? → Try avocado, hummus, or Greek yogurt instead of cheese or butter.

Craving something crunchy? → Reach for raw nuts, air-popped popcorn, or roasted chickpeas instead of chips.

Craving something sweet? → Satisfy with fresh fruit, dark chocolate (70%+), or cinnamon-spiced oatmeal.

Balance Your Meals to Prevent Cravings: Eat fiber-rich foods (whole grains, veggies, legumes) to keep you full longer. Include healthy fats (nuts, seeds, avocado) to curb hunger. Prioritize protein (lean meats, tofu, eggs) to stabilize blood sugar.

Give Yourself Permission—In Moderation: Completely restricting foods can make cravings worse. Enjoy small portions of your favorite treats occasionally, but be mindful.

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Overcoming Setbacks: Progress, Not Perfection

Everyone has moments where they eat something they didn't plan to or skip a workout. The key is not letting one setback turn into a habit.

How to Bounce Back Quickly:

Acknowledge, Don't Dwell – One indulgence won't undo all your progress. Instead of guilt, focus on your next choice.

Get Back on Track with the Next Meal – Don't wait until "Monday"—make your next meal a healthy one.

Move Your Body – Even a short walk can help you reset mentally and physically.

Reflect & Learn – What triggered the setback? Stress, social pressure, lack of preparation? Use it as a learning experience.

Dining Out: Smart Strategies for a Low-Cholesterol Diet

Eating out doesn't have to mean sacrificing your health goals. With a little planning, you can enjoy your meal while keeping it heart-healthy.

Before You Go:

Check the Menu Online – Look for grilled, steamed, baked, or roasted options.

Have a Healthy Snack First – A handful of nuts or a small salad can prevent overeating.

At the Restaurant: Choose Wisely from the Menu

Best Cooking Methods: Grilled, baked, roasted, poached, steamed.

Avoid: Fried, breaded, creamy, buttery, crispy (code words for high-fat).

Best Proteins: Fish, skinless poultry, beans, lentils, tofu.

Avoid: Fatty meats, processed meats (bacon, sausage).

Best Sides: Steamed veggies, side salads, whole grains.

Avoid: French fries, creamy mashed potatoes, buttery rice.

Customize Your Order - ask for dressings & sauces on the side; swap fries for a salad or extra veggies; request olive oil instead of butter.

Watch Portion Sizes - restaurant portions are often oversized, share a dish or take half home; eat slowly and listen to your fullness cues.

Be Smart with Beverages - choose water, herbal tea, or sparkling water over sugary drinks; if drinking alcohol, stick to one glass of wine or a light cocktail (avoid creamy, sugary mixers).

Beyond the Plate - Exercise for Heart Health and Stress Management

Your heart is more than just a muscle—it's the powerhouse of your body, pumping life-sustaining blood to every organ. While diet plays a crucial role in managing cholesterol, exercise and lifestyle choices are just as important for maintaining heart health. Regular physical activity, stress management, and healthy habits work together to lower LDL ("bad") cholesterol, raise HDL ("good") cholesterol, and keep your heart strong.

A sedentary lifestyle, on the other hand, increases the risk of high cholesterol, high blood pressure, and heart disease. The good news? Small, consistent lifestyle changes can make a big difference. Whether it's a brisk walk, a yoga session, or simply choosing the stairs instead of the elevator, every movement counts.

In this section, we'll explore how exercise, stress management, sleep, and other lifestyle factors contribute to heart health. By making intentional choices, you can take control of your well-being and enjoy a vibrant, heart-healthy life.

Regular physical activity helps:

Lower LDL (bad cholesterol) by increasing the body's ability to remove it from the bloodstream.

Raise HDL (good cholesterol) which helps clear excess cholesterol.

Improve circulation and lower blood pressure.

Strengthen the heart muscle, making it more efficient.

Support weight management, reducing strain on the heart.

Best Types of Exercise for Lowering Cholesterol

Aerobic Exercise (Cardio): Activities: Brisk walking, jogging, swimming, cycling, dancing.

Benefit: Raises HDL and improves overall heart function

Recommended: 150 minutes per week of moderate-intensity or 75 minutes of vigorous exercise.

Strength Training (Resistance Workouts): Activities: Bodyweight exercises, weightlifting, resistance bands.

Benefit: Builds muscle, which helps burn more fat and maintain a healthy metabolism

Recommended: 2-3 sessions per week.

Flexibility & Mind-Body Exercises: Activities: Yoga, stretching, tai chi

Benefit: Reduces stress and improves circulation

Recommended: At least 2 times per week.

Even small changes, like taking a walk after meals or standing more throughout the day, can contribute to better heart health.

The Role of Stress Management

Chronic stress can contribute to high cholesterol and heart disease by increasing cortisol levels, which can lead to inflammation and unhealthy coping habits like overeating or smoking. Managing stress is key to keeping your heart healthy.

Effective Stress-Reducing Techniques:

Deep Breathing & Meditation – Calms the nervous system and lowers blood pressure.

Physical Activity – Releases endorphins, reducing stress naturally.

Journaling or Mindfulness Practices – Helps process emotions and reduce anxiety.

Hobbies & Social Connection – Engaging in enjoyable activities and spending time with loved ones can lower stress levels.

The Impact of Sleep on Cholesterol & Heart Health

Poor sleep can contribute to higher LDL cholesterol, weight gain, and increased stress hormones, all of which negatively affect heart health.

Tips for Better Sleep: aim for 7-9 hours of quality sleep each night; establish a relaxing nighttime routine; limit caffeine and screen time before bed; create a cool, dark, and quiet sleeping environment.

Heart health isn't just about diet—it's about **movement, mindfulness, rest, and smart habits**. By incorporating regular exercise, managing stress, getting quality sleep, and making heart-friendly lifestyle choices, you can actively reduce cholesterol and improve overall well-being. Small, consistent changes lead to lasting benefits, helping you feel stronger, more energized, and in control of your health

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LOW CHOLESTEROL RECIPES



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Low-Cholesterol Recipes

SECTION II

Breakfast for a Healthy Start





OAT-BASED BREAKFAST

Classic Overnight Oats

Prep Time: 5 minutes | Chill Time: 4+ hours (overnight) | Serves: 1

Calories: 300 **Protein:** 7g **Carbs:** 35g **Fat:** 14g **Sugar:** 8g **Omega 3:** 2.5g

Ingredients:

*½ cup rolled oats
½ cup unsweetened almond
milk (or any plant-based milk)
1 tablespoon chia seeds
½ teaspoon cinnamon
1 teaspoon maple syrup or
honey (optional)
½ cup mixed berries
(blueberries, strawberries,
raspberries)
1 tablespoon crushed nuts
(almonds or walnuts)*

Instructions:

In a mason jar or bowl, combine oats, almond milk, chia seeds, cinnamon, and maple syrup. Stir well. Cover and refrigerate overnight (or at least 4 hours) to allow oats to soften. In the morning, stir the oats, add berries and nuts on top, and enjoy cold. Add a dollop of unsweetened Greek yogurt for extra creaminess and protein.



Apple Cinnamon Oatmeal

Prep Time: 5 minutes | Cook Time: 10 minutes | Serves: 1

Calories: 260 Protein: 5g Carbs: 40g Fat: 5g Sugar: 12g

Ingredients:

*½ cup rolled oats
1 cup water or unsweetened
almond milk
½ small apple, diced
½ teaspoon cinnamon
1 teaspoon maple syrup or honey
(optional)
1 tablespoon chopped walnuts or
pecans
1 teaspoon ground flaxseeds*

Instructions:

In a small saucepan, bring water (or almond milk) to a boil. Add oats and reduce heat to a simmer. Stir in diced apple and cinnamon. Let cook for 5–7 minutes, stirring occasionally, until the oats are soft. Remove from heat and stir in maple syrup if using. Top with walnuts and flaxseeds before serving. For extra flavor, sauté the apple with a little cinnamon and water before adding it to the oats.



Banana Nut Oatmeal

Prep Time: 5 minutes | Cook Time: 10 minutes | Serves: 1

Calories: 320 **Protein:** 6g **Carbs:** 40g **Fat:** 14g **Sugar:** 12g **Omega3:** 0.5g

Ingredients:

*½ cup rolled oats
1 cup unsweetened oat milk (or
any plant milk)
½ small banana, mashed
1 teaspoon cinnamon
1 teaspoon vanilla extract
1 tablespoon chopped walnuts
1 teaspoon ground flaxseeds
1 teaspoon maple syrup
(optional)*

Instructions:

In a small pot, heat oat milk over medium heat until warm (do not boil). Add oats, mashed banana, cinnamon, and vanilla extract. Stir well. Cook for 5–7 minutes, stirring frequently, until the oats are soft and creamy. Remove from heat and top with walnuts, flaxseeds, and maple syrup if desired. Add a tablespoon of natural peanut butter for an extra nutty flavor.



Pumpkin Spice Oatmeal

Prep Time: 5 minutes | Cook Time: 10 minutes | Serves: 1

Calories: 250 Protein: 5g Carbs: 40g Fat: 4g Sugar: 10g

Ingredients:

*½ cup rolled oats
1 cup unsweetened almond milk
¼ cup pumpkin puree (not
pumpkin pie filling)
½ teaspoon pumpkin pie spice
1 teaspoon maple syrup or honey
1 tablespoon chopped pecans
1 teaspoon ground flaxseeds*

Instructions:

In a small saucepan, heat almond milk over medium heat. Add oats and stir. Stir in pumpkin puree, pumpkin spice, and maple syrup. Cook for 5–7 minutes until oats are creamy. Remove from heat and top with pecans and flaxseeds before serving. Add a splash of vanilla extract for extra flavor.



Berry Chia Oat Pudding

Prep Time: 5 minutes | Chill Time: 4+ hours | Serves: 1

Calories: 230 Protein: 5g Carbs: 30g Fat: 9g Sugar: 10g Omega3: 2.5g

Ingredients:

*½ cup rolled oats
½ cup unsweetened almond milk
1 tablespoon chia seeds
½ teaspoon cinnamon
½ cup mixed berries
(strawberries, blueberries,
raspberries)
1 teaspoon maple syrup or honey
(optional)
1 tablespoon slivered almonds or
sunflower seeds*

Instructions:

In a jar or bowl, mix oats, almond milk, chia seeds, cinnamon, and sweetener (if using). Stir well. Cover and refrigerate for at least 4 hours or overnight. Before serving, stir again and top with berries and almonds. Blend half the berries into the oat mixture before chilling for extra flavor.



WHOLE-GRAIN TOAST RECIPES

Avocado Toast with Tomato & Basil

Prep Time: 5 minutes | Serves: 1

Calories: 300 Protein: 5g Carbs: 25g Fat: 20g Sugar: 3g

Ingredients:

*1 slice whole-grain bread,
toasted
½ ripe avocado
¼ cup cherry tomatoes, halved
2–3 fresh basil leaves, chopped
½ teaspoon lemon juice
1 teaspoon extra virgin olive oil
1 pinch sea salt & black pepper*

Instructions:

Toast the whole-grain bread until golden brown. In a small bowl, mash the avocado with lemon juice, salt, and black pepper. Spread the mashed avocado on the toasted bread. Top with cherry tomatoes and fresh basil. Drizzle with olive oil and serve immediately. Add red pepper flakes for a little heat or a sprinkle of hemp seeds for extra protein.



HEART-HEALTHY EGG ALTERNATIVES

Tofu Scramble with Spinach & Mushrooms

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 230 Protein: 20g Carbs: 8g Fat: 14g Sugar: 2g

Ingredients:

*½ block (7 oz / 200g) firm tofu, crumbled
1 teaspoon olive oil
½ teaspoon turmeric powder
¼ teaspoon black salt (for eggy flavor, optional)
¼ teaspoon garlic powder
¼ teaspoon onion powder
1 cup baby spinach, chopped
½ cup mushrooms, sliced
2 tablespoons nutritional yeast
1 tablespoon unsweetened plant-based milk
1 teaspoon lemon juice
Black pepper to taste*

Instructions:

Heat olive oil in a pan over medium heat. Add mushrooms and sauté for 3–4 minutes until softened. Crumble tofu into the pan and stir well. Add turmeric, black salt (if using), garlic powder, onion powder, and nutritional yeast. Stir to coat the tofu evenly. Pour in plant-based milk (if using) to make it creamier. Add chopped spinach and cook for another 2 minutes until wilted. Turn off the heat and stir in lemon juice. Serve warm with whole-grain toast or avocado slices. Add cherry tomatoes or bell peppers for extra flavor and color.



Chickpea Flour Omelet

Prep Time: 5 minutes | Cook Time: 10 minutes | Serves: 1

Calories: 240 **Protein:** 12g **Carbs:** 24g **Fat:** 10g **Sugar:** 3g

Ingredients:

*½ cup chickpea flour (besan)
¼ teaspoon turmeric powder
¼ teaspoon black salt (kala namak) (for an eggy flavor, optional)
¼ teaspoon garlic powder
¼ teaspoon baking powder (for fluffiness)
¼ cup water (or unsweetened plant-based milk)
1 teaspoon olive oil
¼ cup diced bell peppers
¼ cup chopped spinach
1 tablespoon chopped onions
Black pepper to taste*

Instructions:

In a bowl, whisk chickpea flour, turmeric, black salt, garlic powder, baking powder, and water until smooth. Let it sit for 5 minutes. Heat olive oil in a pan over medium heat. Add onions, bell peppers, and spinach. Sauté for 2–3 minutes. Pour the chickpea batter over the veggies, spreading evenly like a pancake. Cook for 3–4 minutes until bubbles form on the surface. Flip carefully and cook another 2 minutes. Serve warm with avocado slices or a side salad. Add cumin or nutritional yeast for extra depth of flavor.



Vegan Breakfast Burrito

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 400 Protein: 16g Carbs: 40g Fat: 20g Sugar: 5g

Ingredients:

2 whole-grain tortillas
½ block (7 oz / 200g) firm tofu, crumbled
½ cup black beans, drained and rinsed
½ cup baby spinach, chopped
½ cup bell peppers, diced
¼ cup red onion, diced
1 teaspoon olive oil
½ teaspoon turmeric powder
¼ teaspoon garlic powder
¼ teaspoon black salt (optional, for eggy flavor)
2 tablespoons salsa
½ avocado, sliced
1 teaspoon hot sauce (optional)

Instructions:

Heat olive oil in a pan over medium heat. Add onions and bell peppers, and sauté for 3 minutes. Add crumbled tofu, turmeric, garlic powder, and black salt. Stir and cook for 5 minutes. Add black beans and spinach, cooking for another 2 minutes until heated through. Warm the tortillas on a dry skillet. Fill each tortilla with tofu scramble, avocado slices, and salsa. Fold into a burrito and serve with hot sauce if desired. Swap black beans for pinto beans or add roasted sweet potatoes for extra texture.



Savory Quinoa Breakfast Bowl

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 2

Calories: 350 **Protein:** 13g **Carbs:** 35g **Fat:** 18g **Sugar:** 3g

Ingredients:

*½ cup quinoa, rinsed
1 cup water or vegetable broth
½ cup cherry tomatoes, halved
½ avocado, sliced
2 tablespoons hummus
1 tablespoon lemon juice
½ teaspoon olive oil
1 teaspoon tahini (optional, for
a creamy drizzle)
1 tablespoon chopped fresh
parsley or basil
Black pepper to taste*

Instructions:

In a pot, bring quinoa and water (or broth) to a boil. Reduce heat, cover, and simmer for 12–15 minutes until fluffy. Fluff the quinoa with a fork and divide into two bowls. Top with cherry tomatoes, avocado slices, and hummus. Drizzle with lemon juice, olive oil, and tahini if using. Garnish with parsley and black pepper. Add sautéed mushrooms or chickpeas for extra protein.



Sweet Potato Pancakes

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 240 Protein: 5g Carbs: 35g Fat: 9g Sugar: 7g

Ingredients:

*½ cup mashed sweet potato
½ cup whole wheat flour
¼ cup oat milk (or any plant-based milk)
1 tablespoon ground flaxseeds +
3 tbsp water
½ teaspoon cinnamon
½ teaspoon baking powder
1 teaspoon maple syrup
½ teaspoon vanilla extract
Coconut oil (for cooking)*

Instructions:

In a small bowl, mix ground flaxseeds and water. Let sit for 5 minutes to form a flax egg. In a mixing bowl, combine mashed sweet potato, oat milk, maple syrup, and vanilla. Stir well. Add whole wheat flour, baking powder, and cinnamon. Mix until just combined. Heat a non-stick skillet over medium heat and lightly grease with coconut oil. Pour ¼ cup of batter per pancake into the pan. Cook for 2–3 minutes per side, flipping when bubbles appear. Serve warm with fresh fruit and a drizzle of maple syrup. Add chopped pecans for extra crunch!



Banana Oat Pancakes

Prep Time: 5 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 250 **Protein:** 7g **Carbs:** 36g **Fat:** 9g **Sugar:** 7g

Ingredients:

*1 ripe banana
½ cup rolled oats
¼ cup oat milk
1 tablespoon ground flaxseeds
½ teaspoon baking powder
½ teaspoon cinnamon
Coconut oil (for cooking)*

Instructions:

Blend all ingredients in a blender until smooth. Heat a non-stick skillet over medium heat and grease with coconut oil. Pour small pancakes into the pan, about ¼ cup per pancake. Cook for 2–3 minutes per side until golden brown. Serve with fresh berries and a sprinkle of flaxseeds. For extra sweetness, mix in a handful of raisins or dark chocolate chips!



Vegan French Toast

Prep Time: 5 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 320 **Protein:** 9g **Carbs:** 38g **Fat:** 14g **Sugar:** 8g

Ingredients:

*4 slices whole-grain bread
½ cup unsweetened almond milk
1 tablespoon ground flaxseeds
½ teaspoon cinnamon
1 teaspoon maple syrup
½ teaspoon vanilla extract
Coconut oil (for cooking)*

Instructions:

In a bowl, whisk almond milk, flaxseeds, cinnamon, maple syrup, and vanilla. Let sit for 5 minutes. Dip bread slices into the mixture, coating both sides. Heat a non-stick skillet over medium heat and grease with coconut oil. Cook each slice for 3–4 minutes per side until golden brown. Serve with fresh fruit and a drizzle of maple syrup. Top with toasted coconut or crushed nuts for extra texture!



Homemade Granola with Nuts & Seeds

Prep Time: 5 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 210 Protein: 5g Carbs: 20g Fat: 12g Sugar: 6g

Ingredients:

*2 cups rolled oats
½ cup chopped almonds
½ cup chopped walnuts
2 tablespoons pumpkin seeds
1 tablespoon chia seeds
¼ teaspoon cinnamon
2 tablespoons maple syrup
1 tablespoon coconut oil, melted
1 teaspoon vanilla extract*

Instructions:

Preheat oven to 325°F (165°C). Line a baking sheet with parchment paper. In a bowl, mix oats, nuts, seeds, and cinnamon. Stir in melted coconut oil, maple syrup, and vanilla. Spread on the baking sheet and bake for 15–20 minutes, stirring halfway. Let cool before storing in an airtight container. Serve with coconut yogurt and fresh fruit for a nutritious breakfast bowl!



Coconut Yogurt Parfait

Prep Time: 5 minutes | Serves: 1

Calories: 230 **Protein:** 4g **Carbs:** 22g **Fat:** 14g **Sugar:** 10g

Ingredients:

*½ cup coconut yogurt
¼ cup granola (low-sugar, whole-grain)
½ cup mixed fresh fruit (mango, kiwi, berries)
1 teaspoon chia seeds*

Instructions:

In a glass or bowl, layer coconut yogurt, granola, and fresh fruit. Sprinkle chia seeds on top. Serve immediately. Swap granola for crushed nuts for a lower-carb option.

Poultry-Based Dishes



Lemon Herb Grilled Chicken

Prep Time: 10 minutes + 30 min marinating | Cook Time: 12-15 minutes | Serves: 2

Calories: 290 **Protein:** 30g **Carbs:** 1g **Fat:** 18g **Sugar:** 0g (Per Serving)

Instructions:

In a bowl, mix lemon juice, zest, olive oil, garlic, oregano, thyme, salt, and pepper. Coat chicken evenly and marinate for at least 30 minutes (or up to 4 hours). Preheat the grill to medium-high heat (about 375°F). Grill the chicken for 6-7 minutes per side until fully cooked (internal temp 165°F). Rest for 5 minutes before slicing. Serve with grilled vegetables or a side salad. Add fresh parsley or basil for extra freshness!

Ingredients:

*2 boneless, skinless chicken breasts
2 tablespoons fresh lemon juice
1 teaspoon lemon zest
2 tablespoons olive oil
2 cloves garlic, minced
1 teaspoon dried oregano
1 teaspoon dried thyme
½ teaspoon sea salt
¼ teaspoon black pepper*



Balsamic Glazed Chicken

Prep Time: 10 minutes + 30 min marinating | Cook Time: 12-15 minutes | Serves: 2

Calories: 220 **Protein:** 28g **Carbs:** 6g **Fat:** 9g **Sugar:** 5g (Per Serving)

Instructions:

In a bowl, whisk balsamic vinegar, olive oil, honey, garlic, oregano, salt, and pepper. Coat chicken and marinate for at least 30 minutes. Preheat the grill to medium heat. Grill the chicken for 6-7 minutes per side, basting with extra marinade. Let rest for 5 minutes, then serve with grilled zucchini or roasted bell peppers. Add fresh basil or a drizzle of extra balsamic reduction for extra flavor!

Ingredients:

*2 boneless, skinless chicken breasts
¼ cup balsamic vinegar
1 tablespoon olive oil
1 teaspoon honey
2 cloves garlic, minced
1 teaspoon dried oregano
½ teaspoon sea salt
¼ teaspoon black pepper*



Cajun-Spiced Baked Chicken

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 2

Calories: 290 **Protein:** 30g **Carbs:** 1g **Fat:** 18g **Sugar:** 0g (Per Serving)

Instructions:

Preheat oven to 400°F (200°C). In a bowl, mix all the spices. Coat the chicken: Rub olive oil over the chicken, then sprinkle the seasoning evenly. Bake the chicken for 25 minutes, or until the internal temp reaches 165°F. Let rest for 5 minutes before slicing. Serve with brown rice and sautéed spinach for a balanced meal.

Ingredients:

*2 boneless, skinless chicken breasts
1 tablespoon olive oil
1 teaspoon paprika
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon dried oregano
½ teaspoon dried thyme
¼ teaspoon black pepper
¼ teaspoon cayenne pepper
½ teaspoon sea salt*



Turmeric & Ginger Roasted Chicken

Prep Time: 10 minutes + 30 min marinating | Cook Time: 30-35 minutes | Serves: 2

Calories: 210 **Protein:** 28g **Carbs:** 1.5g **Fat:** 9g **Sugar:** 0g (Per Serving)

Instructions:

In a bowl, mix olive oil, turmeric, ginger, garlic powder, salt, pepper, cumin, lemon zest, and juice. Coat chicken well and marinate for 30 minutes. Preheat oven to 375°F (190°C). Bake the chicken for 30-35 minutes, or until fully cooked (internal temp 165°F). Rest for 5 minutes before serving. Pair with quinoa and steamed broccoli for a nutrient-dense meal.

Ingredients:

*2 skinless chicken thighs or breasts
1 tablespoon olive oil
1 teaspoon ground turmeric
½ teaspoon ground ginger (or 1
teaspoon fresh grated ginger)
1 teaspoon garlic powder
½ teaspoon sea salt
¼ teaspoon black pepper
½ teaspoon cumin
½ teaspoon lemon zest
1 tablespoon lemon juice*



Chicken & Vegetable Stir-Fry

Prep Time: 10 minutes | Cook Time: 12 minutes | Serves: 2

Calories: 280 **Protein:** 30g **Carbs:** 10g **Fat:** 12g **Sugar:** 4g (Per Serving)

Instructions:

Heat oil in a large pan or wok over medium-high heat. Sauté chicken for 4-5 minutes, until browned and cooked through. Remove from the pan. In the same pan, stir-fry broccoli, bell pepper, and carrot for 3-4 minutes until slightly tender. Add ginger and garlic, stir for 30 seconds until fragrant. Return chicken to the pan. Stir in soy sauce, rice vinegar, sesame oil, and red pepper flakes. Add cornstarch slurry and cook for 1 more minute until sauce thickens. Garnish with green onions and serve with brown rice or quinoa. Swap in zucchini, mushrooms, or snap peas for variety!

Ingredients:

2 boneless, skinless chicken breasts
1 tablespoon olive oil or avocado oil
1 cup broccoli florets
1 red bell pepper, sliced
1 small carrot, julienned
1 teaspoon fresh ginger, grated
2 cloves garlic, minced
2 tablespoons low-sodium soy sauce
1 teaspoon rice vinegar
1 teaspoon sesame oil
1 teaspoon cornstarch, mixed with 2
tbsp water
½ teaspoon red pepper flakes
2 tablespoons green onions,
chopped



Sesame Chicken with Brown Rice

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 2

Calories: 450 **Protein:** 32g **Carbs:** 35g **Fat:** 16g **Sugar:** 7g (Per Serving)

Instructions:

Heat oil in a pan over medium-high heat. Add chicken and cook 5-6 minutes, until golden brown. Remove from pan. In the same pan, sauté garlic and ginger for 30 seconds. Whisk together coconut aminos, honey, rice vinegar, sesame oil, and cornstarch mixture. Pour into the pan. Return chicken to the pan, stir until sauce thickens (about 2 minutes). Sprinkle with sesame seeds and green onions. Serve over brown rice. Add steamed broccoli or snap peas for extra fiber!

Ingredients:

2 boneless, skinless chicken breasts
1 tablespoon olive oil or avocado oil
2 tablespoons coconut aminos
1 teaspoon honey or maple syrup
1 teaspoon fresh ginger, grated
2 cloves garlic, minced
1 teaspoon rice vinegar
1 teaspoon sesame oil
1 teaspoon cornstarch, mixed with 2 tbsp water (for thickening)
1 tablespoon sesame seeds
2 cups cooked brown rice
2 tablespoons green onions, chopped



Garlic-Ginger Chicken & Bok Choy

Prep Time: 10 minutes | Cook Time: 12 minutes | Serves: 2

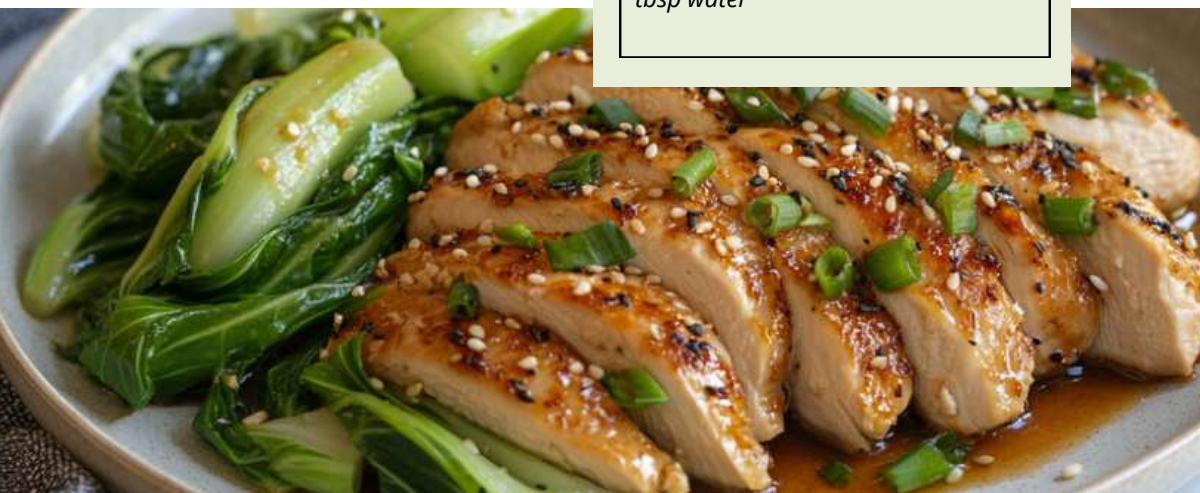
Calories: 240 **Protein:** 30g **Carbs:** 6g **Fat:** 10g **Sugar:** 2g (Per Serving)

Instructions:

Heat oil in a large pan over medium-high heat. Add chicken and cook for 5-6 minutes, then remove from pan. Sauté garlic and ginger for 30 seconds, then add bok choy. Cook for 2-3 minutes until wilted. Add soy sauce, rice vinegar, and sesame oil. Stir to combine. Return chicken to the pan, stir, and let cook for 2 more minutes. Serve hot, optionally over brown rice or quinoa. Add mushrooms or bell peppers for variety!

Ingredients:

2 boneless, skinless chicken breasts,
1 tablespoon olive oil or avocado oil
2 cups baby bok choy, chopped
1 teaspoon fresh ginger, grated
2 cloves garlic, minced
2 tablespoons low-sodium soy sauce
1 teaspoon sesame oil
1 teaspoon rice vinegar
½ teaspoon red pepper flakes
1 teaspoon cornstarch, mixed with 2
tbsp water



Lemon-Garlic Chicken & Spinach

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 2

Calories: 230 **Protein:** 30g **Carbs:** 3g **Fat:** 9g **Sugar:** 0.5g (Per Serving)

Instructions:

Heat oil in a skillet over medium heat. Sauté chicken for 6-7 minutes per side, until golden brown. Remove from pan. Add garlic, lemon zest, and spinach to the pan. Sauté until wilted. Return chicken to the pan, add lemon juice, and cook for 2 more minutes. Serve warm, optionally with quinoa or whole-grain pasta. Add sun-dried tomatoes or mushrooms for extra depth!

Ingredients:

*2 boneless, skinless chicken breasts
1 tablespoon olive oil
2 cloves garlic, minced
1 teaspoon lemon zest
2 tablespoons lemon juice
4 cups fresh spinach
½ teaspoon black pepper
¼ teaspoon sea salt
½ teaspoon dried oregano*



Grilled Chicken & Avocado Salad

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 290 **Protein:** 30g **Carbs:** 1g **Fat:** 18g **Sugar:** 0g (Per Serving)

Instructions:

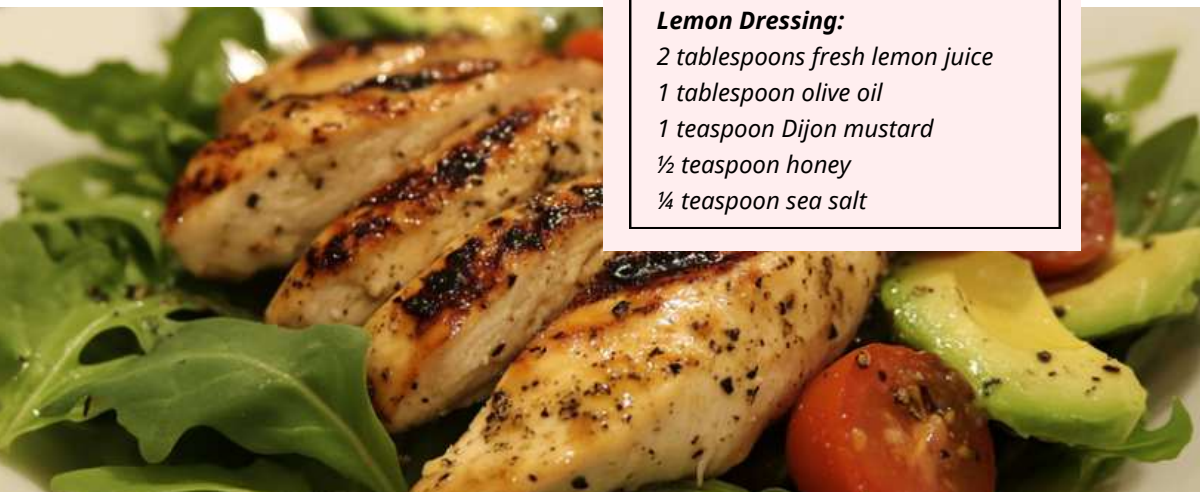
Season the chicken with garlic powder, paprika, and black pepper. Heat olive oil in a pan over medium heat and grill chicken for 5-6 minutes per side until fully cooked (internal temp 165°F). Let it rest for 5 minutes, then slice. Toss mixed greens, cherry tomatoes, avocado, and red onion in a bowl. Whisk together dressing ingredients and drizzle over the salad. Top with sliced grilled chicken and pumpkin seeds. Serve immediately. Add quinoa for extra protein and fiber!

Ingredients:

2 boneless, skinless chicken breasts
1 tablespoon olive oil
1 teaspoon garlic powder
½ teaspoon paprika
½ teaspoon black pepper
4 cups mixed greens (spinach, arugula, or romaine)
1 ripe avocado, sliced
½ cup cherry tomatoes, halved
¼ red onion, thinly sliced
2 tablespoons pumpkin seeds or sliced almonds

Lemon Dressing:

2 tablespoons fresh lemon juice
1 tablespoon olive oil
1 teaspoon Dijon mustard
½ teaspoon honey
¼ teaspoon sea salt



Asian Chicken Cabbage Salad

Prep Time: 15 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 330 **Protein:** 30g **Carbs:** 12g **Fat:** 16g **Sugar:** 5g (Per Serving)

Instructions:

Poach or grill chicken, then shred it into bite-sized pieces. In a large bowl, mix cabbage, carrots, red bell pepper, and shredded chicken. Whisk together dressing ingredients and toss with the salad. Top with chopped almonds, sesame seeds, and fresh cilantro. Serve chilled or at room temperature. Add edamame or mandarin orange slices for extra flavor!

Ingredients:

2 boneless, skinless chicken breasts,
2 cups shredded cabbage
1 cup shredded carrots
1 red bell pepper, thinly sliced
¼ cup chopped almonds or cashews
2 tablespoons cilantro, chopped
1 tablespoon sesame seeds

Sesame Dressing:

2 tablespoons low-sodium soy sauce or coconut aminos
1 tablespoon rice vinegar
1 teaspoon sesame oil
1 teaspoon honey
½ teaspoon grated ginger
1 clove garlic, minced



Hummus Chicken Wrap

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 360 **Protein:** 30g **Carbs:** 30g **Fat:** 14g **Sugar:** 3g (Per Serving)

Instructions:

Grill the chicken over medium heat for 5-6 minutes per side until fully cooked. Slice into strips. Spread ¼ cup hummus on each whole-wheat wrap. Layer with chicken, cucumbers, tomatoes, spinach, and feta (if using). Drizzle with lemon juice and roll the wrap tightly. Slice in half and serve immediately. Add roasted red peppers or shredded carrots for more flavor!

Ingredients:

2 whole-wheat wraps
2 boneless, skinless
chicken breasts,
grilled and sliced
½ cup hummus
½ cup cucumber slices
½ cup cherry tomatoes, halved
½ cup baby spinach or arugula
2 tablespoons crumbled
feta cheese
1 teaspoon lemon juice



Quinoa & Chicken Power Bowl

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 2

Calories: 430 **Protein:** 32g **Carbs:** 28g **Fat:** 20g **Sugar:** 3g (Per Serving)

Instructions:

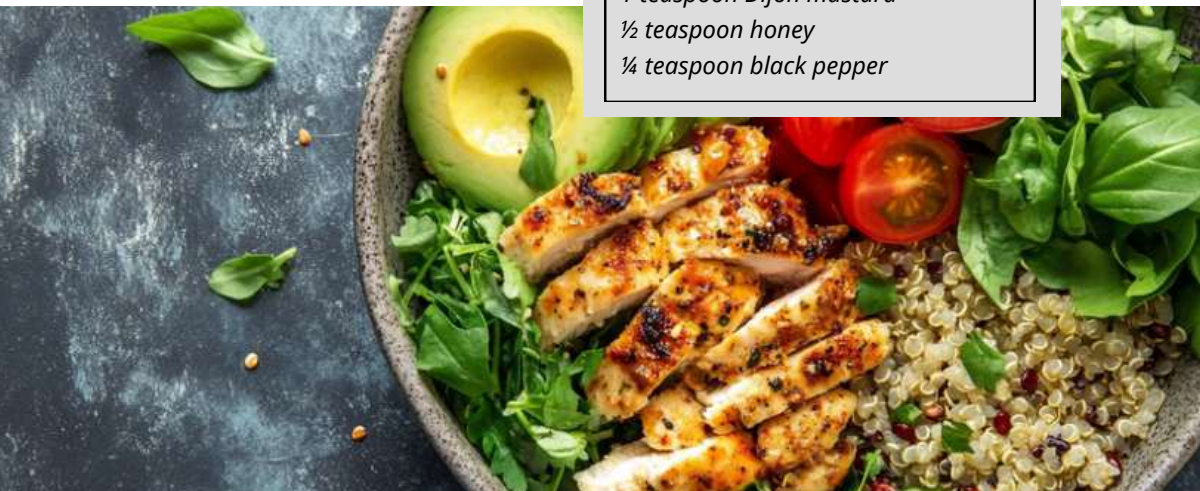
Cook quinoa according to package instructions. Fluff with a fork and let cool. Grill the chicken for 5-6 minutes per side until cooked through. Slice into strips. In a large bowl, toss quinoa, kale, chickpeas, and sunflower seeds. Whisk together vinaigrette ingredients and drizzle over the bowl. Top with grilled chicken and avocado slices. Add pomegranate seeds for a burst of sweetness!

Ingredients:

½ cup quinoa, cooked
2 boneless, skinless
chicken breasts, grilled and sliced
1 cup kale or baby
spinach, chopped
½ avocado, sliced
¼ cup chickpeas, drained
and rinsed
2 tablespoons sunflower seeds

Lemon Vinaigrette:

2 tablespoons olive oil
1 tablespoon fresh lemon juice
1 teaspoon Dijon mustard
½ teaspoon honey
¼ teaspoon black pepper



Mango & Grilled Chicken Salad

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 330 **Protein:** 30g **Carbs:** 14g **Fat:** 15g **Sugar:** 10g (Per Serving)

Instructions:

Grill the chicken for 5-6 minutes per side, then slice. In a large bowl, combine mixed greens, mango, red onion, almonds, and cilantro. Whisk together dressing ingredients and drizzle over the salad. Top with sliced grilled chicken and serve immediately. Add avocado for extra creaminess!

Ingredients:

2 boneless, skinless chicken breasts,
4 cups mixed greens (spinach, arugula, or romaine)
1 ripe mango, diced
¼ red onion, thinly sliced
¼ cup chopped almonds
2 tablespoons cilantro, chopped

Citrus Dressing:

2 tablespoons fresh orange juice
1 tablespoon lime juice
1 tablespoon olive oil
1 teaspoon honey
¼ teaspoon black pepper



Turmeric Coconut Chicken Curry (Slow Cooker)

Prep Time: 15 minutes | Cook Time: 6-8 hours (low) or 3-4 hours (high) | Serves: 4

Calories: 400 **Protein:** 30g **Carbs:** 8g **Fat:** 28g **Sugar:** 2g (Per Serving)

Instructions:

Place chicken, broth, coconut milk, onions, garlic, ginger, and spices into the slow cooker. Cook on low for 6-8 hours (or high for 3-4 hours). Stir in carrots and bell peppers 30 minutes before serving. Add baby spinach and lime juice at the end. Serve over brown rice or quinoa. Garnish with fresh cilantro and cashews for extra flavor!

Ingredients:

2 boneless, skinless chicken breasts,
1 cup light coconut milk
1 cup low-sodium vegetable or chicken broth
1 small onion, diced
2 cloves garlic, minced
1-inch ginger, grated
1 teaspoon turmeric
1 teaspoon curry powder
½ teaspoon cumin
½ teaspoon black pepper
½ teaspoon red pepper flakes
1 cup chopped carrots
1 cup chopped bell peppers
2 cups baby spinach
½ lime, juiced



Healthy BBQ Pulled Chicken (Slow Cooker)

Prep Time: 10 minutes | Cook Time: 6-8 hours (low) or 3-4 hours (high) | Serves: 4

Calories: 380 Protein: 32g Carbs: 35g Fat: 8g Sugar: 8g (Per Serving)

Instructions:

Place chicken in the slow cooker and mix all sauce ingredients in a bowl. Pour sauce over the chicken and cook on low for 6-8 hours (or high for 3-4 hours). Shred the chicken and mix it with the sauce. Serve in whole-wheat buns, lettuce wraps, or over quinoa. Add liquid smoke for extra BBQ flavor!

Ingredients:

*2 boneless, skinless chicken breasts
½ cup low-sodium tomato sauce
¼ cup apple cider vinegar
2 tablespoons maple syrup
or honey
1 tablespoon Dijon mustard
1 teaspoon smoked paprika
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon black pepper
¼ teaspoon cayenne pepper*



Fish and Seafood Delights





Herb-Crusted Baked Cod

Ingredients:

2 cod fillets (5-6 oz each)
½ cup whole wheat breadcrumbs
2 tbsp fresh parsley, chopped
1 tsp dried oregano
½ tsp garlic powder
½ tsp lemon zest
½ tsp salt
¼ tsp black pepper
1 tbsp olive oil
1 tbsp Dijon mustard

Instructions

Set to 400°F (200°C) and line a baking sheet with parchment paper. Prepare the Coating: In a bowl, mix breadcrumbs, parsley, oregano, garlic powder, lemon zest, salt, and pepper. Drizzle with olive oil and mix well. Brush cod fillets with Dijon mustard, then press into the breadcrumb mixture. Place on the prepared baking sheet and bake for 12-15 minutes until golden and flaky. Pair with roasted vegetables or a fresh green salad.

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 2

Calories: 200 Protein: 24g Carbs: 5g Fat: 10g Sugar: 0g (Per Serving)



Cajun-Spiced Grilled Tilapia

Ingredients:

2 tilapia fillets (4-6 oz each)
1 tbsp olive oil
1 tsp smoked paprika
½ tsp cayenne pepper
½ tsp garlic powder
½ tsp onion powder
½ tsp dried thyme
½ tsp salt
¼ tsp black pepper
1 tbsp fresh parsley, chopped
Lemon wedges (for serving)

Instructions

In a small bowl, mix smoked paprika, cayenne, garlic powder, onion powder, thyme, salt, and black pepper. Brush tilapia fillets with olive oil, then coat with the spice mixture. Preheat the grill to medium heat. Grill for 3-4 minutes per side until opaque and flaky. Garnish with parsley and lemon wedges. Enjoy with a quinoa salad or roasted vegetables.

Prep Time: 5 minutes | Cook Time: 8 minutes | Serves: 2

Calories: 190 Protein: 23g Carbs: 1g Fat: 9g Sugar: 0g (Per Serving)



Mediterranean Baked Trout

Ingredients:

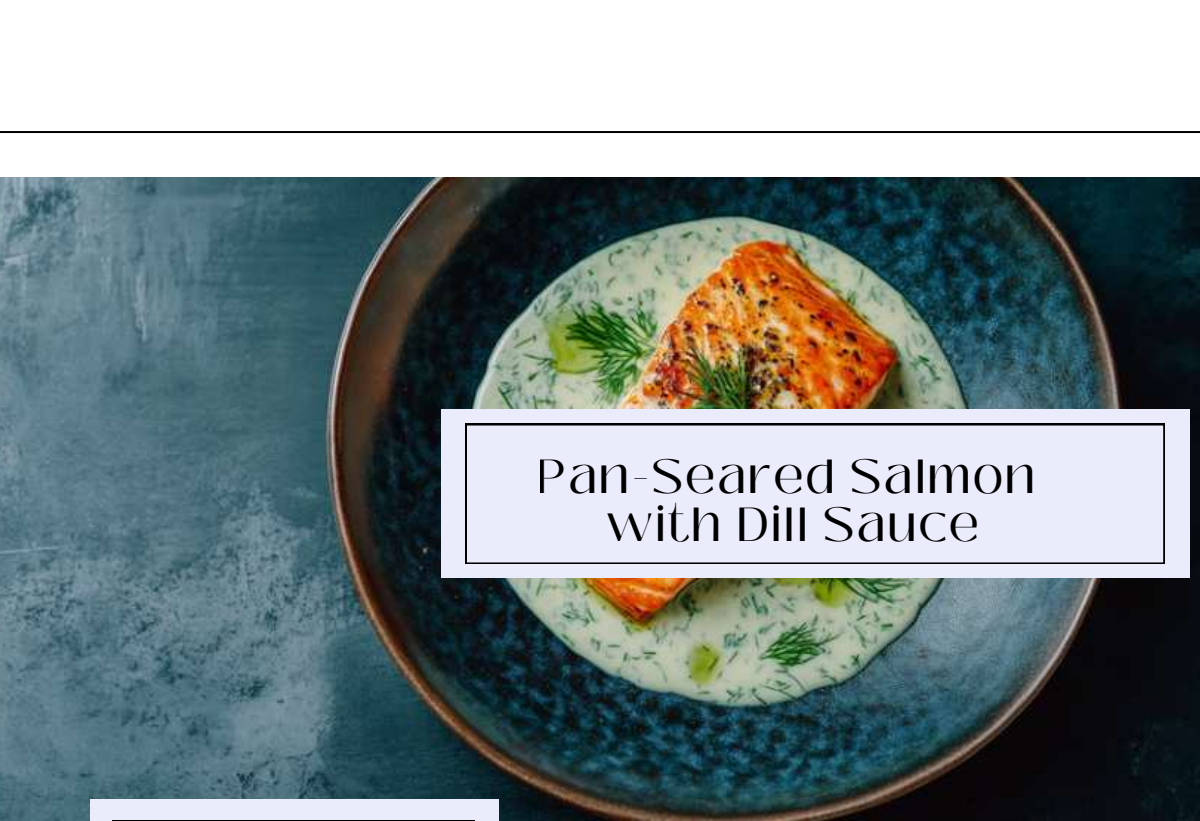
2 trout fillets (5-6 oz each)
1 tbsp olive oil
½ cup cherry tomatoes, halved
¼ cup Kalamata olives, sliced
1 tbsp capers
1 clove garlic, minced
½ tsp dried oregano
½ tsp salt
¼ tsp black pepper
Juice of ½ lemon
1 tbsp fresh parsley, chopped

Instructions

Set to 375°F (190°C). Lightly oil a baking dish and place trout fillets inside. Scatter cherry tomatoes, olives, capers, and garlic over the fillets. Drizzle with olive oil and lemon juice, then sprinkle with oregano, salt, and pepper. Cover with foil and bake for 15-18 minutes until the fish is flaky. Remove foil and broil for 2 minutes for a slightly crispy top. Garnish with fresh parsley and serve with whole grain couscous or a fresh salad.

Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 2

Calories: 240 **Protein:** 25g **Carbs:** 2g **Fat:** 15g **Sugar:** 0.5g (Per Serving)



Pan-Seared Salmon with Dill Sauce

Ingredients:

2 salmon fillets (4-6 oz each)

1 tbsp olive oil

½ tsp garlic powder

½ tsp salt

¼ tsp black pepper

Juice of ½ lemon

For the Dill Sauce:

½ cup plain Greek yogurt

1 tbsp fresh dill, chopped

1 tsp lemon juice

½ tsp garlic powder

¼ tsp salt

¼ tsp black pepper

Instructions

In a small bowl, whisk together Greek yogurt, dill, lemon juice, garlic powder, salt, and black pepper. Set aside. Pat the salmon fillets dry. Rub with olive oil, garlic powder, salt, black pepper, and lemon juice. Heat a nonstick pan over medium heat. Place salmon skin-side down and cook for 4-5 minutes. Flip and cook for another 3-4 minutes until cooked through. Plate the salmon and drizzle with the dill sauce. Enjoy with steamed veggies or a quinoa salad!

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 330 Protein: 30g Carbs: 2g Fat: 22g Sugar: 1g (Per Serving)



Turmeric-Spiced Pan-Seared Snapper

Ingredients:

2 red snapper fillets (4-6 oz each)

1 tbsp olive oil

½ tsp turmeric powder

½ tsp cumin powder

½ tsp garlic powder

½ tsp salt

¼ tsp black pepper

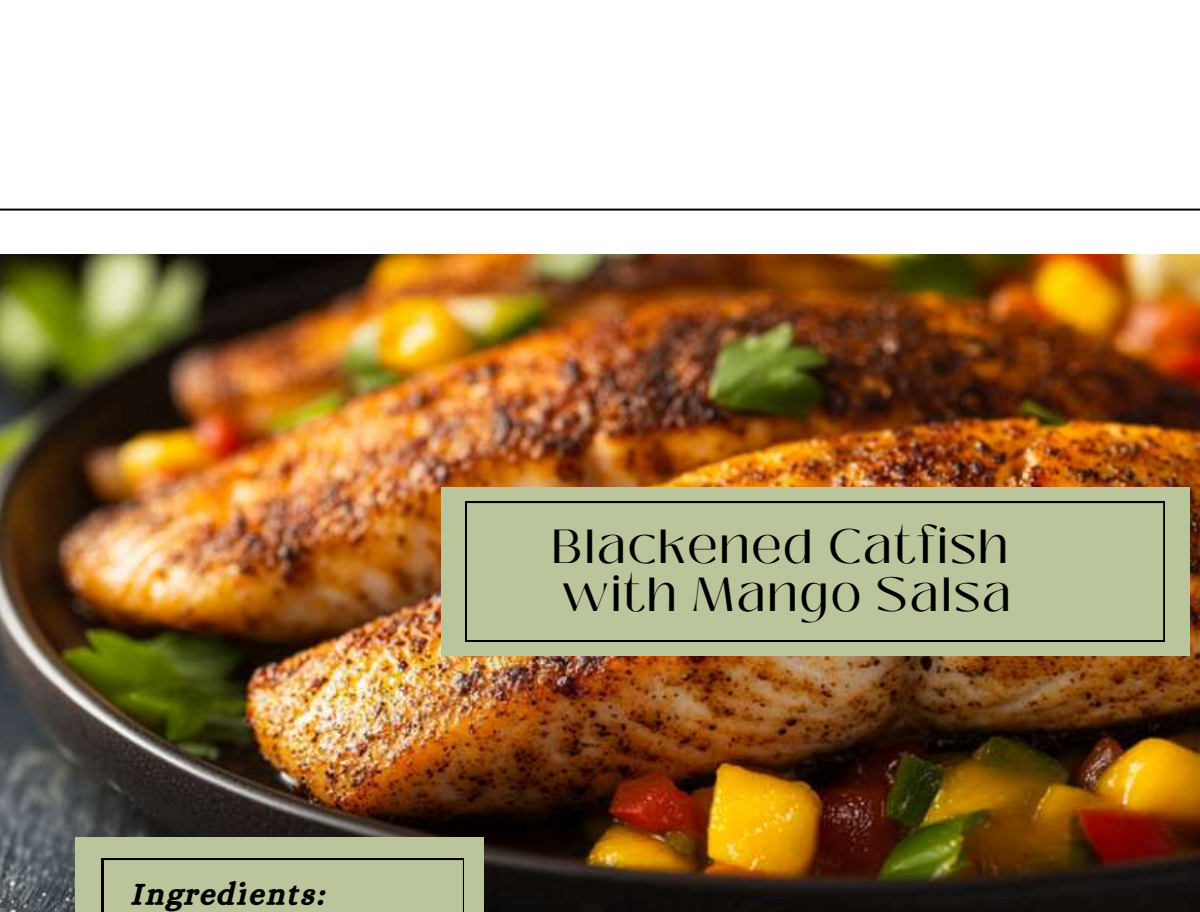
Juice of ½ lemon

Instructions

In a small bowl, mix turmeric, cumin, garlic powder, salt, and black pepper. Rub onto the snapper fillets. Heat olive oil in a pan over medium heat. Cook fillets for 4-5 minutes per side until golden and flaky. Squeeze fresh lemon juice on top and serve with quinoa or roasted vegetables.

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 210 Protein: 26g Carbs: 1g Fat: 9g Sugar: 10g (Per Serving)



Blackened Catfish with Mango Salsa

Ingredients:

2 catfish fillets (4-6 oz each)
1 tbsp olive oil
1 tsp smoked paprika
½ tsp cayenne pepper
½ tsp garlic powder
½ tsp onion powder
½ tsp salt
¼ tsp black pepper

For the Mango Salsa:

1 ripe mango, diced
¼ cup red onion, finely
chopped
¼ cup red bell pepper, diced
1 tbsp fresh cilantro, chopped
Juice of ½ lime
¼ tsp salt

Instructions

Mix mango, red onion, bell pepper, cilantro, lime juice, and salt in a bowl. Set aside. Coat fillets with smoked paprika, cayenne, garlic powder, onion powder, salt, and black pepper. Heat olive oil in a pan over medium heat. Cook catfish for 3-4 minutes per side until blackened and cooked through. Top with mango salsa and serve with brown rice or a green salad.

Prep Time: 10 minutes | Cook Time: 8 minutes | Serves: 2

Calories: 240 **Protein:** 25g **Carbs:** 8g **Fat:** 13g **Sugar:** 6g (Per Serving)



Mediterranean-Style Pan-Seared Tuna

Ingredients:

2 tuna steaks (5-6 oz each)

1 tbsp olive oil

½ tsp salt

¼ tsp black pepper

½ tsp garlic powder

Juice of ½ lemon

For the Olive Tapenade:

¼ cup chopped Kalamata olives

1 tbsp capers

1 tbsp olive oil

1 tsp lemon juice

½ tsp dried oregano

1 small garlic clove, minced

Instructions

Mix chopped olives, capers, olive oil, lemon juice, oregano, and minced garlic in a bowl. Set aside. Rub tuna steaks with olive oil, salt, black pepper, garlic powder, and lemon juice. Heat a pan over medium-high heat. Sear tuna for 2-3 minutes per side for medium-rare or 4 minutes per side for well-done. Top with the olive tapenade and enjoy with roasted vegetables or quinoa.

Prep Time: 10 minutes | Cook Time: 8 minutes | Serves: 5

Calories: 230 **Protein:** 28g **Carbs:** 1g **Fat:** 12g **Sugar:** 0g (Per Serving)



Spicy Shrimp Lettuce Wraps

Ingredients:

12 oz shrimp, peeled and deveined

1 tbsp olive oil

½ tsp chili powder

½ tsp smoked paprika

¼ tsp cumin

¼ tsp garlic powder

¼ tsp salt

¼ tsp black pepper

Juice of ½ lime

6 large lettuce leaves

½ avocado, sliced

¼ cup fresh salsa

Instructions

In a bowl, toss shrimp with olive oil, chili powder, smoked paprika, cumin, garlic powder, salt, black pepper, and lime juice. Heat a pan over medium heat. Cook shrimp for 2-3 minutes per side until opaque and slightly crispy. Fill each lettuce leaf with shrimp, avocado slices, and fresh salsa. Serve immediately for a fresh, light meal!

Prep Time: 10 minutes | Cook Time: 6 minutes | Serves: 2

Calories: 170 Protein: 27g Carbs: 4g Fat: 6g Sugar: 2g (Per Serving)



Baked Cod & Avocado Wrap

Ingredients:

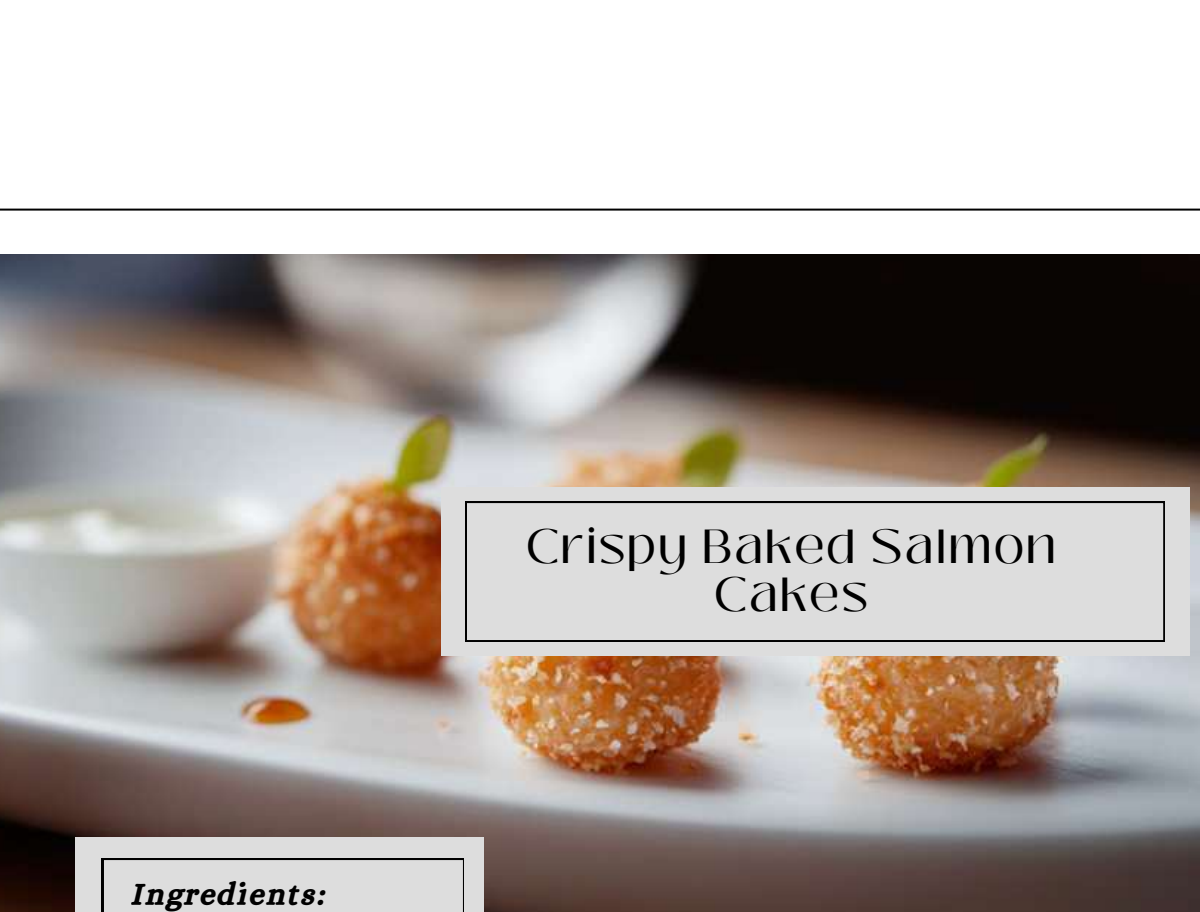
2 cod fillets (about 4 oz each)
1 tbsp olive oil
½ tsp garlic powder
½ tsp smoked paprika
¼ tsp salt
¼ tsp black pepper
Juice of ½ lemon
2 whole-wheat wraps
½ avocado, mashed
½ cup fresh greens (spinach, arugula, or romaine)
¼ cup shredded carrots
¼ cup diced tomatoes

Instructions

Set oven to 375°F (190°C). Line a baking sheet with parchment paper. Place cod fillets on the sheet. Drizzle with olive oil, then season with garlic powder, smoked paprika, salt, black pepper, and lemon juice. Bake for 12-15 minutes until flaky. Spread mashed avocado on the whole-wheat wrap. Add fresh greens, shredded carrots, diced tomatoes, and the baked cod. Wrap & Roll the wrap tightly, slice in half, and enjoy!

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 2

Calories: 380 **Protein:** 32g **Carbs:** 30g **Fat:** 14g **Sugar:** 4g (Per Serving)



Crispy Baked Salmon Cakes

Ingredients:

1 can (14.75 oz) salmon
½ cup old-fashioned oats
1 egg (or flax egg for plant-based)
1 tbsp Dijon mustard
2 tbsp plain Greek yogurt
1 tbsp lemon juice
½ tsp garlic powder
½ tsp onion powder
½ tsp smoked paprika
¼ tsp black pepper
¼ cup fresh parsley, chopped
½ cup finely diced red bell pepper
2 tbsp green onions, chopped
Olive oil spray

Instructions

Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper and lightly spray with olive oil. In a large bowl, combine salmon, oats, egg, Dijon mustard, Greek yogurt, lemon juice, garlic powder, onion powder, paprika, black pepper, parsley, bell pepper, and green onions. Mix well until everything holds together. Form into small patties (about 2 inches wide). Place them on the prepared baking sheet. Bake: Lightly spray the tops of the patties with olive oil. Bake for 10 minutes, then flip and bake for another 10 minutes, until golden brown and crispy. Enjoy warm with a side of leafy greens, avocado, or a light yogurt-based dipping sauce.

Prep Time: 15 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 230 **Protein:** 25g **Carbs:** 6g **Fat:** 13g **Sugar:** 0.5g (Per Serving)



Air-Fryer Garlic Shrimp

Ingredients:

12 oz raw shrimp, peeled and deveined

1 tbsp olive oil

2 cloves garlic, minced

1 tsp lemon zest

½ tsp smoked paprika

¼ tsp black pepper

¼ tsp sea salt

½ tsp red pepper flakes
(optional)

1 tbsp fresh parsley, chopped

1 tbsp lemon juice

Instructions

Preheat the air fryer to 375°F (190°C). In a bowl, toss the shrimp with olive oil, garlic, lemon zest, smoked paprika, black pepper, salt, and red pepper flakes. Let sit for 5 minutes. Air-fry: Arrange shrimp in a single layer in the air fryer basket. Cook for 5–6 minutes, shaking the basket halfway through, until shrimp are opaque and slightly crispy. Remove from the air fryer, sprinkle with fresh parsley and lemon juice, and serve immediately with a side of whole grains or roasted vegetables.

Prep Time: 10 minutes | Cook Time: 6 minutes | Serves: 2

Calories: 180 Protein: 26g Carbs: 1g Fat: 8g Sugar: 0g (Per Serving)



Grilled Salmon & Avocado Salad

Ingredients:

2 (4-oz) salmon fillets
4 cups mixed greens
1 avocado, sliced
½ cup cherry tomatoes, halved
¼ cup red onion, thinly sliced
1 tbsp olive oil
1 tbsp lemon juice
½ tsp garlic powder
½ tsp black pepper
¼ tsp sea salt

Instructions

Preheat the grill to medium heat. Brush salmon fillets with ½ tbsp olive oil, garlic powder, salt, and pepper. Grill for 3–4 minutes per side until cooked through. Let cool slightly. In a large bowl, toss mixed greens, cherry tomatoes, red onion, and avocado slices. Whisk together the remaining olive oil and lemon juice. Place grilled salmon over the salad, drizzle with dressing, and serve.

Prep Time: 10 minutes | Cook Time: 8 minutes | Serves: 2

Calories: 420 Protein: 30g Carbs: 10g Fat: 30g Sugar: 3g (Per Serving)



Shrimp & Quinoa Power Salad

Ingredients:

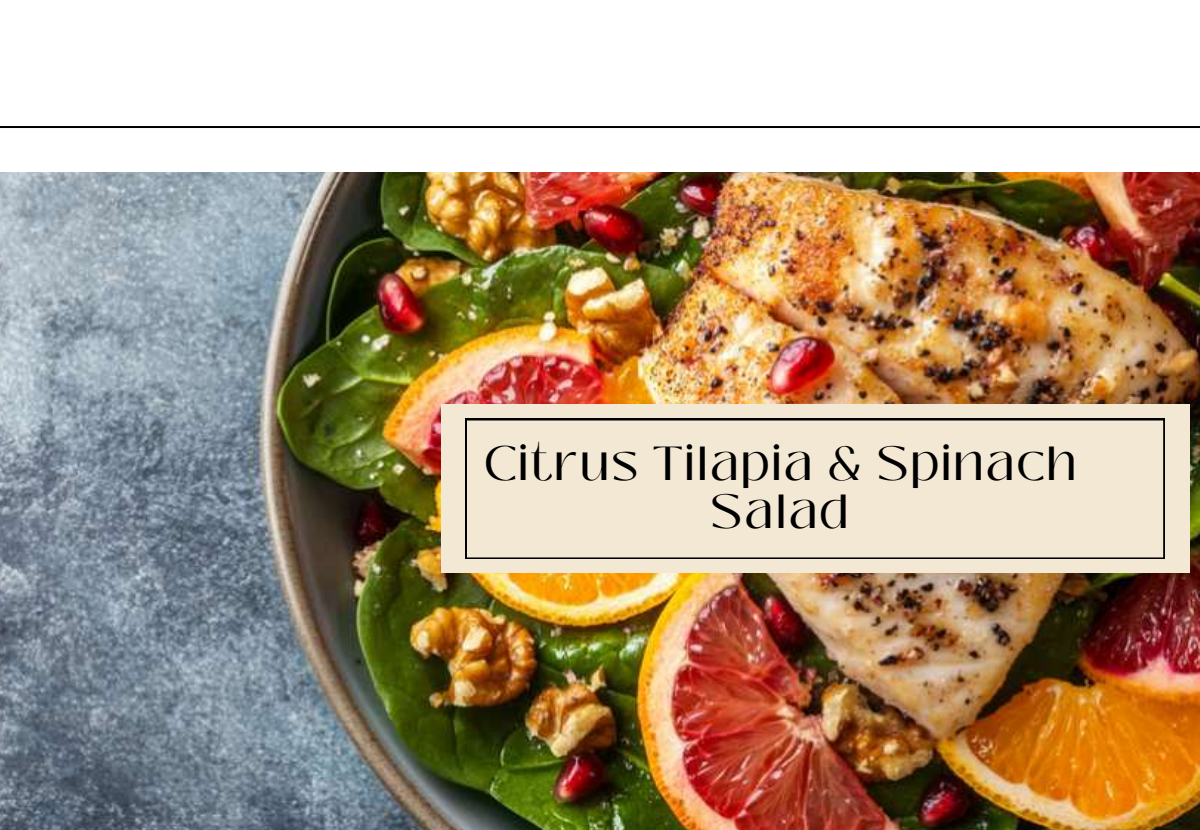
*½ cup cooked quinoa
10 medium shrimp, peeled & deveined
4 cups baby kale or mixed greens
½ cup bell pepper, diced
¼ cup red onion, thinly sliced
¼ cup avocado, diced
1 tbsp olive oil
1 tbsp lemon juice
1 tsp Dijon mustard
½ tsp garlic powder
¼ tsp black pepper*

Instructions

Heat ½ tbsp olive oil in a skillet over medium heat. Season shrimp with garlic powder and black pepper. Cook for 2-3 minutes per side until opaque. If not already cooked, prepare quinoa according to package instructions. Whisk together the remaining olive oil, lemon juice, and Dijon mustard. In a large bowl, mix greens, quinoa, bell peppers, red onion, and avocado. Top with shrimp and drizzle with dressing. Serve warm or chilled.

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 2

Calories: 400 Protein: 30g Carbs: 25g Fat: 20g Sugar: 3g (Per Serving)



Citrus Tilapia & Spinach Salad

Ingredients:

2 (4-oz) tilapia fillets
4 cups baby spinach
½ orange, segmented
½ grapefruit, segmented
¼ cup pomegranate seeds
¼ cup walnuts, chopped
1 tbsp olive oil
1 tbsp orange juice
½ tsp honey
½ tsp black pepper
¼ tsp sea salt

Instructions

Brush fillets with ½ tbsp olive oil, season with salt and pepper, and grill for 3 minutes per side until flaky. Whisk together the remaining olive oil, orange juice, honey, and black pepper. In a large bowl, toss spinach, citrus segments, pomegranate seeds, and walnuts. Top with tilapia, drizzle with dressing, and serve.

Prep Time: 10 minutes | Cook Time: 6 minutes | Serves: 2

Calories: 320 **Protein:** 28g **Carbs:** 11g **Fat:** 19g **Sugar:** 5g (Per Serving)



Asian-Inspired Sesame Salmon Salad

Ingredients:

2 (4-oz) salmon fillets
4 cups shredded napa
cabbage or mixed greens
½ cup shredded carrots
½ cup edamame, cooked
¼ cup scallions, sliced
1 tbsp sesame seeds
1 tbsp coconut aminos (or low-
sodium soy sauce)
1 tsp sesame oil
1 tsp grated ginger
1 tsp rice vinegar
½ tsp garlic powder

Instructions

Combine coconut aminos, sesame oil, grated ginger, and garlic powder. Brush over salmon and let marinate for 10 minutes. Pan-sear the salmon in a non-stick skillet for 3–4 minutes per side until cooked through. Let cool slightly. Whisk together rice vinegar, remaining sesame oil, and a pinch of sesame seeds. Toss cabbage, carrots, edamame, and scallions in a bowl. Top with salmon, sprinkle with sesame seeds, and drizzle with dressing. Serve warm or chilled.

Prep Time: 10 minutes | Cook Time: 8 minutes | Serves: 2

Calories: 420 Protein: 30g Carbs: 10g Fat: 30g Sugar: 2g (Per Serving)

Vegetarian & Plant- Based Dishes





Chickpea & Spinach Stew

Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 280 **Protein:** 12g **Carbs:** 38g **Fat:** 7g **Sugar:** 7g (Per Serving)

Ingredients:

*1 can chickpeas, drained and rinsed
2 cups fresh spinach
1 can diced tomatoes
1 onion, chopped
2 cloves garlic, minced
1 tsp cumin
½ tsp turmeric
1 tbsp olive oil
1 cup vegetable broth
Salt and pepper to taste*

Instructions:

Heat olive oil in a pot and sauté onion and garlic until soft. Add cumin and turmeric, stirring for 1 minute. Add chickpeas, tomatoes, vegetable broth, and salt and pepper. Simmer for 15-20 minutes, adding spinach during the last few minutes of cooking. Serve with a side of whole-grain bread.



Lentil & Quinoa Salad

Prep Time: 15 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 330 **Protein:** 14g **Carbs:** 47g **Fat:** 11g **Sugar:** 4g (Per Serving)

Ingredients:

*1 cup cooked lentils
1 cup cooked quinoa
1 cucumber, chopped
1 bell pepper, chopped
½ red onion, thinly sliced
2 tbsp olive oil
2 tbsp lemon juice
1 tsp dried oregano
Salt and pepper to taste*

Instructions:

Combine cooked lentils, quinoa, cucumber, bell pepper, and red onion in a large bowl. In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper. Pour the dressing over the salad and toss to combine. Serve chilled.



Stuffed Bell Peppers with Brown Rice & Black Beans

Prep Time: 15 minutes | Cook Time: 35 minutes | Serves: 4

Calories: 300 Protein: 11g Carbs: 57g Fat: 6g Sugar: 6g (Per Serving)

Ingredients:

*4 bell peppers, tops cut off
1 cup cooked brown rice
1 can black beans, drained and rinsed
1 cup corn kernels
1 tsp cumin
1 tsp chili powder
1 tbsp lime juice
1 tbsp cilantro, chopped*

Instructions:

Preheat oven to 375°F (190°C). In a bowl, mix cooked rice, black beans, corn, cumin, chili powder, lime juice, and cilantro. Stuff each bell pepper with the mixture and place in a baking dish. Cover with foil and bake for 30 minutes. Serve warm.



Vegetable Stir-Fry with Tofu

Prep Time: 15 minutes | Cook Time: 15 minutes | Serves: 4

Calories: 280 **Protein:** 18g **Carbs:** 16g **Fat:** 16g **Sugar:** 6g (Per Serving)

Ingredients:

*1 block firm tofu, drained and cubed
1 bell pepper, sliced
1 cup broccoli florets
1 cup snap peas
2 tbsp low-sodium soy sauce
1 tbsp olive oil
2 cloves garlic, minced
1 tsp ginger, grated
1 tbsp sesame oil*

Instructions:

Heat olive oil in a pan, sauté tofu until golden brown on all sides. Add garlic and ginger, stir for 1 minute. Add bell pepper, broccoli, and snap peas, and sauté until vegetables are tender. Stir in soy sauce and sesame oil. Serve with brown rice.



Zucchini Noodles with Pesto

Prep Time: 15 minutes | Cook Time: 5 minutes | Serves: 2

Calories: 240 **Protein:** 7g **Carbs:** 12g **Fat:** 20g **Sugar:** 6g (Per Serving)

Ingredients:

*2 medium zucchinis, spiralized
into noodles*

1 ripe avocado

1 cup fresh basil

1 garlic clove

1 tbsp olive oil

1 tbsp lemon juice

Salt and pepper to taste

Instructions:

*Blend avocado, basil, garlic, olive oil,
lemon juice, salt, and pepper until
smooth. Toss zucchini noodles with
pesto and serve immediately.*



Spaghetti Squash Primavera

Prep Time: 15 minutes | Cook Time: 30 minutes | Serves: 4

Calories: 180 **Protein:** 6g **Carbs:** 30g **Fat:** 10g **Sugar:** 6g (Per Serving)

Ingredients:

*1 medium spaghetti squash
1 cup cherry tomatoes, halved
1 cup bell pepper, chopped
1 zucchini, sliced
1 tbsp olive oil
1 cup tomato sauce
1 tbsp fresh basil, chopped
Salt and pepper to taste*

Instructions:

Preheat oven to 375°F (190°C). Slice spaghetti squash in half and roast for 40 minutes. Heat olive oil in a pan, sauté tomatoes, bell pepper, and zucchini until soft. Scrape the flesh of the spaghetti squash into strands and toss with vegetables, tomato sauce, and fresh basil.



Butternut Squash & Black Bean Tacos

Prep Time: 15 minutes | Cook Time: 25 minutes | Serves: 4

Calories: 300 **Protein:** 11g **Carbs:** 55g **Fat:** 7g **Sugar:** 6g (Per Serving)

Ingredients:

*2 cups butternut squash, cubed
1 can black beans, drained and rinsed
1 tsp cumin
1 tbsp olive oil
8 small corn tortillas
1 lime, sliced
Fresh cilantro for garnish*

Instructions:

Preheat oven to 400°F (200°C). Toss butternut squash with olive oil and cumin. Roast for 25 minutes. Warm tortillas, fill with squash and black beans, and garnish with cilantro and lime.



Crispy Tofu Buddha Bowl

Prep Time: 15 minutes | Cook Time: 25 minutes | Serves: 4

Calories: 450 **Protein:** 24g **Carbs:** 42g **Fat:** 22g **Sugar:** 7g (Per Serving)

Ingredients:

*1 block firm tofu, cubed
1 cup quinoa, cooked
1 cup roasted vegetables
2 tbsp tahini
1 tbsp lemon juice
1 tbsp soy sauce
1 tsp sesame oil*

Instructions:

Press tofu to remove excess moisture and cube it. Bake at 375°F (190°C) for 25 minutes until crispy. Assemble bowls with quinoa, roasted vegetables, and tofu. Drizzle with tahini dressing made from tahini, lemon juice, soy sauce, and sesame oil.



Roasted Red Pepper & Lentil Soup

Prep Time: 10 minutes | Cook Time: 30 minutes | Serves: 4

Calories: 250 **Protein:** 14g **Carbs:** 38g **Fat:** 6g **Sugar:** 8g (Per Serving)

Ingredients:

*2 red bell peppers, roasted and peeled
1 cup lentils, cooked
1 onion, chopped
2 cloves garlic, minced
4 cups vegetable broth
1 tbsp olive oil
½ tsp smoked paprika*

Instructions:

Roast and peel bell peppers. Sauté onion and garlic in olive oil until soft. Add roasted peppers, lentils, vegetable broth, and smoked paprika. Simmer for 15 minutes. Blend until smooth and serve warm.



Vegan Stuffed Mushrooms

Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 140 Protein: 7g Carbs: 17g Fat: 6g Sugar: 3g (Per Serving)

Ingredients:

*8 large mushroom caps
1 cup cooked quinoa
1 cup spinach, chopped
2 cloves garlic, minced
1 tbsp olive oil
1 tbsp nutritional yeast*

Instructions:

Preheat oven to 375°F (190°C). Sauté spinach and garlic in olive oil until wilted. Mix with cooked quinoa and nutritional yeast. Stuff mushroom caps with the mixture and bake for 15 minutes.



Vegan Cauliflower Steaks

Prep Time: 10 minutes | Cook Time: 30 minutes | Serves: 4

Calories: 120 Protein: 5g Carbs: 13g Fat: 5g Sugar: 5g (Per Serving)

Ingredients:

*1 head cauliflower, sliced into steaks
2 tbsp olive oil
1 tsp thyme
1 tsp rosemary
Salt and pepper to taste*

Instructions:

Preheat oven to 400°F (200°C). Brush cauliflower steaks with olive oil and sprinkle with thyme, rosemary, salt, and pepper. Roast for 25 minutes until golden and tender.

Beef and Lean Meat Dishes



Beef & Broccoli Stir-Fry

Prep Time: 15 minutes | Cook Time: 10 minutes | Serves: 4

Calories: 300 **Protein:** 28g **Carbs:** 12g **Fat:** 14g **Sugar:** 3g (Per Serving)

Instructions:

In a bowl, whisk together soy sauce, rice vinegar, honey, and cornstarch mixture. Heat olive oil in a wok or pan over medium-high heat. Add beef and stir-fry for 2-3 minutes until browned. Remove from pan. In the same pan, add garlic, ginger, and carrots. Sauté for 1 minute. Add broccoli and cook for 2 more minutes. Return beef to the pan, pour in sauce, and stir-fry for 2 more minutes. Serve over brown rice or quinoa.

Ingredients:

*1 lb lean flank steak, sliced thinly
1 tablespoon olive oil
1 head broccoli, cut into florets
1 small carrot, julienned
2 cloves garlic, minced
1-inch ginger, grated
¼ cup low-sodium soy sauce
1 tablespoon rice vinegar
1 teaspoon honey
1 teaspoon sesame oil (optional)
1 tbsp cornstarch mixed with water
Brown rice or quinoa, for serving*



Ground Beef and Quinoa Stuffed Peppers

Prep Time: 15 minutes | Cook Time: 30 minutes | Serves: 4

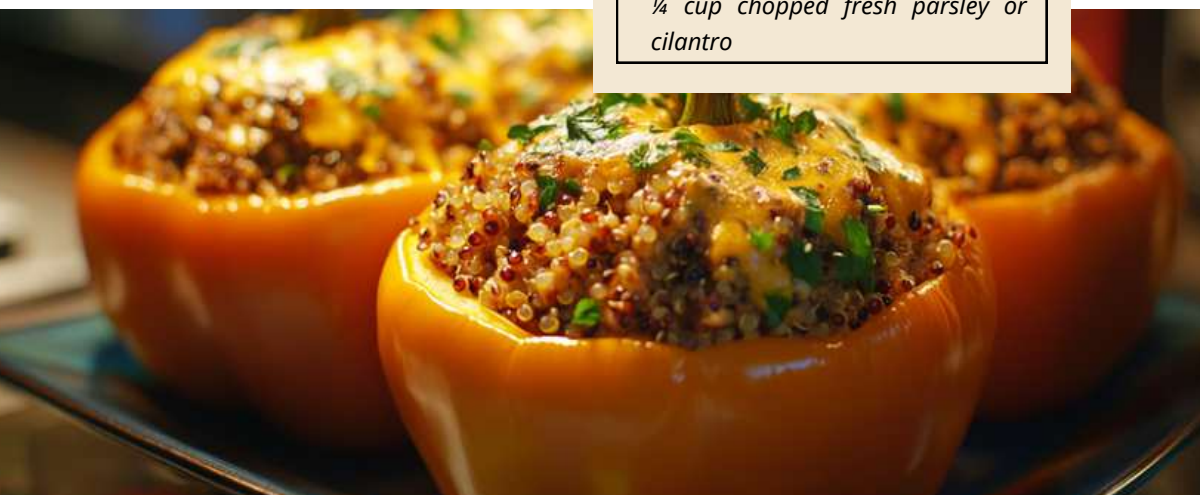
Calories: 300 **Protein:** 22g **Carbs:** 20g **Fat:** 14g **Sugar:** 6g (Per Serving)

Instructions:

Preheat oven 375°F (190°C). Lightly grease a baking dish. In a pan, heat olive oil over medium heat. Sauté onion and garlic until soft. Add ground beef, breaking it up until browned. Stir in quinoa, tomatoes, tomato sauce, cumin, paprika, and black pepper. Let simmer for 5 minutes. Spoon the beef-quinoa mixture into each bell pepper half. Arrange stuffed peppers in a baking dish, cover with foil, and bake for 25-30 minutes. Sprinkle with fresh parsley or cilantro before serving.

Ingredients:

4 large bell peppers, halved
1 lb lean ground beef
1 cup cooked quinoa
1 small onion, diced
2 cloves garlic, minced
1 teaspoon olive oil
1 teaspoon cumin
½ teaspoon black pepper
½ teaspoon paprika
1 (15 oz) can diced tomatoes, drained
½ cup low-sodium tomato sauce
¼ cup chopped fresh parsley or cilantro



Beef and Sweet Potato Stew

Prep Time: 20 minutes | Cook Time: 1 hour | Serves: 6

Calories: 310 **Protein:** 25g **Carbs:** 22g **Fat:** 12g **Sugar:** 7g (Per Serving)

Instructions:

Heat olive oil in a large pot over medium heat. Add beef and sear until browned on all sides. Remove and set aside. In the same pot, sauté onion and garlic for 2 minutes. Add sweet potatoes and carrots. Return beef to the pot, add tomatoes, broth, smoked paprika, black pepper, thyme, and bay leaf. Bring to a boil, then reduce heat and let simmer for 1 hour, until beef is tender. Remove bay leaf and serve warm.

Ingredients:

*1 lb lean beef stew meat
1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
2 medium sweet potatoes, cubed
2 carrots, sliced
1 (15 oz) can diced tomatoes
3 cups low-sodium beef broth
1 teaspoon smoked paprika
½ teaspoon black pepper
1 teaspoon dried thyme
1 bay leaf*



Lean Beef Tacos

Prep Time: 15 minutes | Cook Time: 10 minutes | Serves: 4

Calories: 350 **Protein:** 25g **Carbs:** 22g **Fat:** 18g **Sugar:** 4g (Per Serving)

Instructions:

Heat olive oil in a pan over medium heat. Add onions and garlic, sauté for 2 minutes. Add ground beef and cook until browned. Stir in cumin, paprika, chili powder, black pepper, and tomato sauce. Simmer for 5 minutes. Fill tortillas with beef mixture, lettuce, tomato, and avocado. Garnish with cilantro and serve with lime wedges.

Ingredients:

*1 lb lean ground beef
1 teaspoon olive oil
1 teaspoon cumin
½ teaspoon smoked paprika
½ teaspoon chili powder
¼ teaspoon black pepper
1 clove garlic, minced
½ small onion, finely chopped
½ cup low-sodium tomato sauce
8 small whole wheat tortillas
1 cup shredded lettuce
1 medium tomato, diced
½ avocado, diced
Fresh cilantro for garnish
Lime wedges for serving*



Beef and Lentil Chili

Prep Time: 15 minutes | Cook Time: 45 minutes | Serves: 6

Calories: 340 **Protein:** 25g **Carbs:** 24g **Fat:** 15g **Sugar:** 6g (Per Serving)

Instructions:

Heat olive oil in a large pot. Add onions, garlic, and beef, cooking until browned. Stir in lentils, tomatoes, broth, and seasonings. Bring to a boil. Reduce heat, cover, and simmer for 35 minutes. Add zucchini and carrots, cook for another 10 minutes. Garnish with fresh cilantro or avocado

Ingredients:

*1 lb lean ground beef
1 cup dry lentils, rinsed
1 small onion, chopped
2 cloves garlic, minced
1 teaspoon olive oil
1 (15 oz) can diced tomatoes
3 cups low-sodium vegetable broth
1 teaspoon cumin
½ teaspoon smoked paprika
½ teaspoon chili powder
1 small zucchini, diced
1 small carrot, diced
½ teaspoon black pepper*



Baked Beef Meatballs with Tomato Sauce

Prep Time: 15 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 320 **Protein:** 26g **Carbs:** 14g **Fat:** 18g **Sugar:** 5g (Per Serving)

Instructions:

Preheat oven 400°F (200°C). Line a baking sheet with parchment paper. Mix beef, breadcrumbs, egg, garlic powder, black pepper, oregano, and parsley. Shape into small meatballs. Place on baking sheet and bake for 15 minutes. Heat tomato sauce in a pan, add meatballs, and simmer for 5 minutes. Pair with whole wheat pasta or quinoa.

Ingredients:

*1 lb lean ground beef
¼ cup whole wheat breadcrumbs
1 egg or flax egg
(1 tbsp flaxseed + 2.5 tbsp water)
1 teaspoon garlic powder
½ teaspoon black pepper
1 teaspoon dried oregano
2 tablespoons chopped parsley
1 cup low-sodium tomato sauce*



Beef Stir-Fry with Cashews

Prep Time: 15 minutes | Cook Time: 10 minutes | Serves: 4

Calories: 360 **Protein:** 30g **Carbs:** 16g **Fat:** 18g **Sugar:** 4g (Per Serving)

Instructions:

Heat olive oil in a pan over medium-high heat. Add beef and cook for 3 minutes. Remove. In the same pan, add garlic, ginger, bell pepper, and snap peas. Stir-fry for 2 minutes. Return beef to pan, add soy sauce, honey, and cashews. Stir-fry for 2 more minutes and serve.

Ingredients:

*1 lb lean flank steak, thinly sliced
1 tablespoon olive oil
1 bell pepper, sliced
1 cup snap peas
½ cup raw cashews
2 cloves garlic, minced
1 teaspoon grated ginger
¼ cup low-sodium soy sauce
1 teaspoon honey*



Beef & Zucchini Frittata

Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 270 Protein: 21g Carbs: 6g Fat: 17g Sugar: 2g (Per Serving)

Instructions:

Preheat the oven to 375°F (190°C). Heat olive oil in an oven-safe skillet over medium heat. Add onion and garlic; sauté for 2 minutes. Add lean ground beef and cook until browned, breaking it into small crumbles. Drain excess fat. Stir in grated zucchini, oregano, salt, and black pepper. Cook for another 2 minutes. In a bowl, whisk together egg whites and almond milk. Pour over the beef mixture in the skillet. Sprinkle feta cheese (if using) on top. Transfer the skillet to the oven and bake for 12-15 minutes, or until the frittata is set. Let cool for a few minutes, then slice and serve.

Ingredients:

6 egg whites
½ cup unsweetened almond milk
1 cup lean ground beef
1 small zucchini, grated
½ small onion, finely chopped
1 clove garlic, minced
½ teaspoon black pepper
½ teaspoon dried oregano
½ teaspoon salt
1 teaspoon olive oil
¼ cup crumbled feta cheese



Beef and Cauliflower Rice Stir-Fry

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 4

Calories: 300 **Protein:** 30g **Carbs:** 14g **Fat:** 14g **Sugar:** 4g (Per Serving)

Instructions:

Heat olive oil and sesame oil in a large skillet over medium-high heat. Add beef and cook until browned, about 3-4 minutes per side. Remove from skillet and set aside. Add onion, bell pepper, garlic, and ginger to the skillet. Stir-fry for 2 minutes. Add cauliflower rice and cook for another 3 minutes, stirring frequently. Return beef to the skillet and mix in soy sauce, black pepper, and red pepper flakes. Stir-fry for 2 more minutes. Remove from heat, garnish with green onions, and serve.

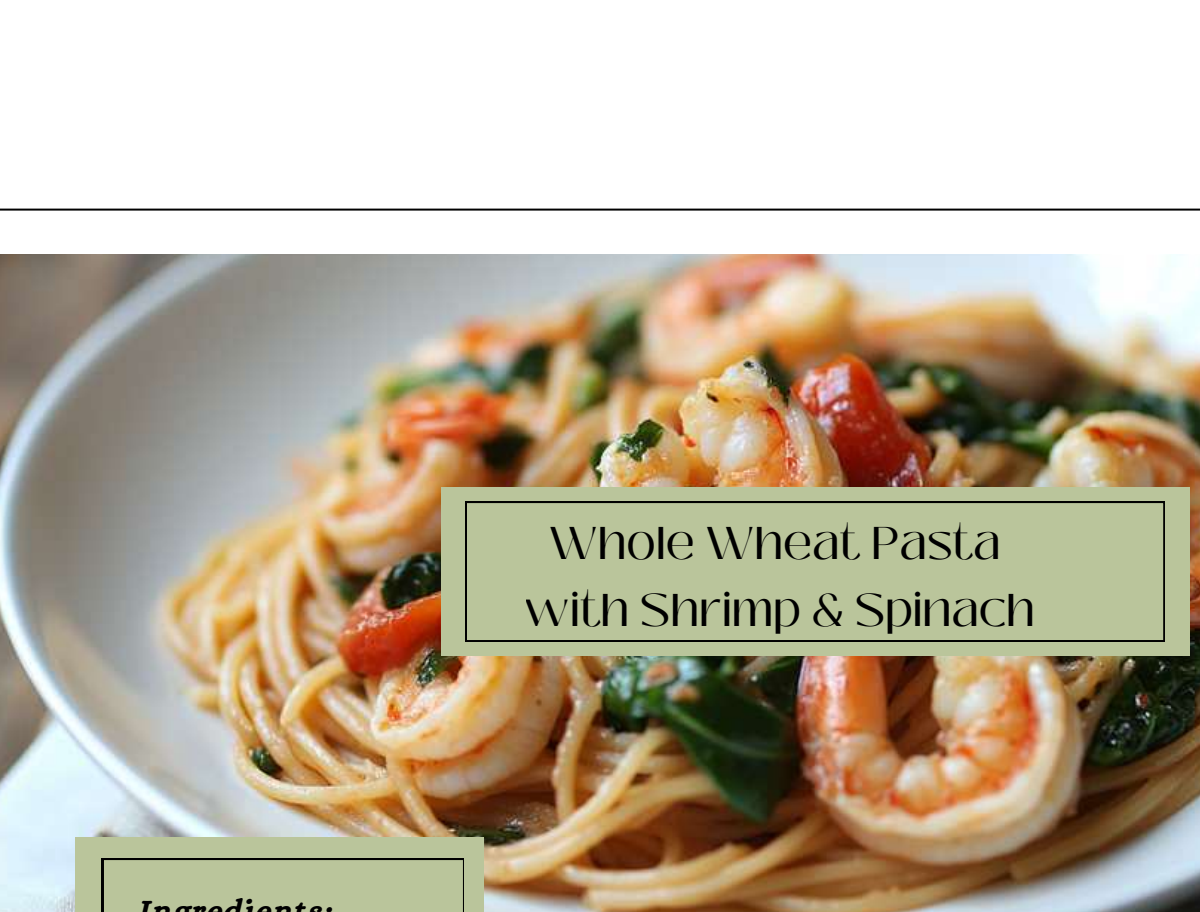
Ingredients:

1 lb lean beef sirloin, thinly sliced
1 teaspoon olive oil
1 teaspoon sesame oil
1 small onion, sliced
1 red bell pepper, sliced
2 cups cauliflower rice
2 cloves garlic, minced
1 teaspoon fresh ginger, grated
2 tablespoons low-sodium soy sauce
½ teaspoon black pepper
½ teaspoon red pepper flakes
2 green onions, chopped



Pasta & Whole Grain Dishes





Whole Wheat Pasta with Shrimp & Spinach

Ingredients:

8 oz whole-wheat pasta
1 lb shrimp, peeled and
deveined
1 tablespoon olive oil
3 cloves garlic, minced
4 cups fresh spinach
½ teaspoon red pepper flakes
½ teaspoon black pepper
¼ teaspoon salt
Juice of 1 lemon
¼ cup vegetable broth
1 tablespoon fresh parsley,

Instructions

Cook whole-wheat pasta according to package instructions. Drain and set aside. Heat olive oil in a pan over medium heat. Add garlic and sauté for 1 minute. Add shrimp, red pepper flakes, black pepper, and salt. Cook for 3-4 minutes per side until pink and opaque. Stir in spinach and cook until wilted (about 2 minutes). Add vegetable broth and lemon juice, then toss in cooked pasta. Stir well. Garnish with fresh parsley and serve warm.

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 4

Calories: 340 **Protein:** 24g **Carbs:** 40g **Fat:** 9g **Sugar:** 3g (Per Serving)



Quinoa & Grilled Shrimp Bowl

Ingredients:

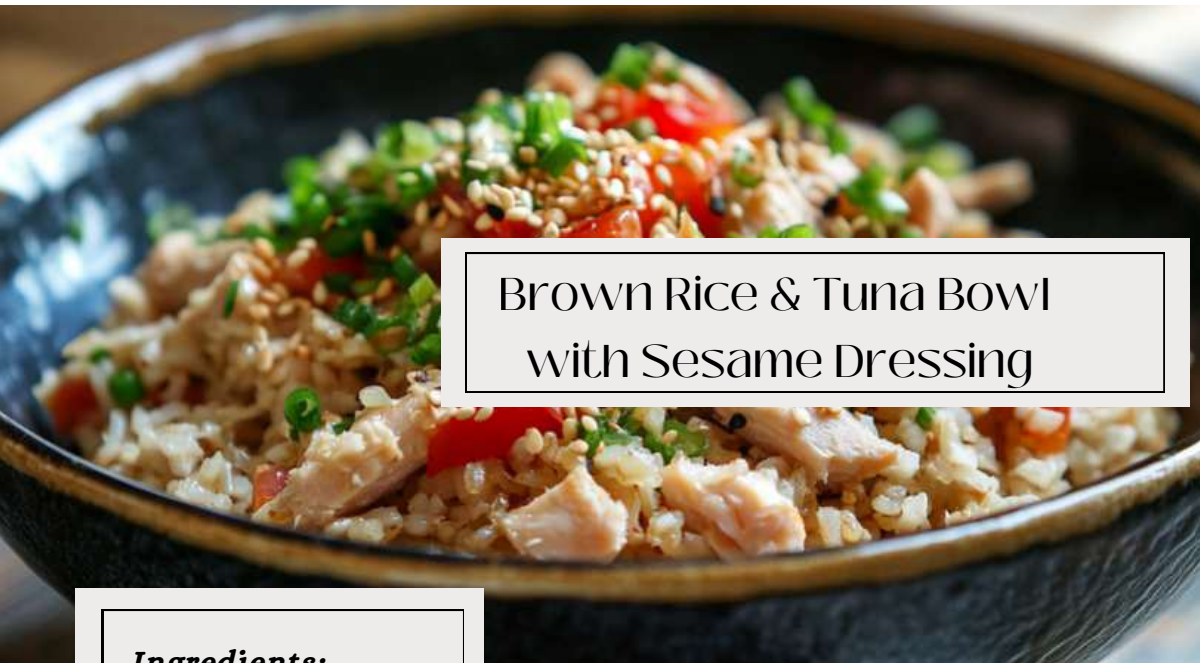
1 cup quinoa, rinsed
2 cups vegetable broth
1 lb shrimp, peeled and deveined
1 tablespoon olive oil
½ teaspoon smoked paprika
½ teaspoon cumin
¼ teaspoon salt
¼ teaspoon black pepper
1 cup cherry tomatoes, halved
1 avocado, sliced
2 cups mixed greens
Juice of 1 lime

Instructions

Cook quinoa in vegetable broth according to package instructions. Fluff with a fork and set aside. Preheat grill or stovetop pan over medium-high heat. Toss shrimp with olive oil, smoked paprika, cumin, salt, and pepper. Grill shrimp for 3 minutes per side until opaque. Assemble bowls with quinoa, shrimp, cherry tomatoes, avocado, and greens. Drizzle with lime juice and serve.

Prep Time: 15 minutes | Cook Time: 15 minutes | Serves: 4

Calories: 340 Protein: 24g Carbs: 34g Fat: 11g Sugar: 4g (Per Serving)



Brown Rice & Tuna Bowl with Sesame Dressing

Ingredients:

1 cup brown rice
2 cups water
2 (5 oz) cans low-sodium tuna,
drained
1 cup shredded carrots
1 cup cucumber, sliced
1 avocado, diced
2 tablespoons sesame seeds
2 tablespoons chopped scallions

For the Sesame Dressing:

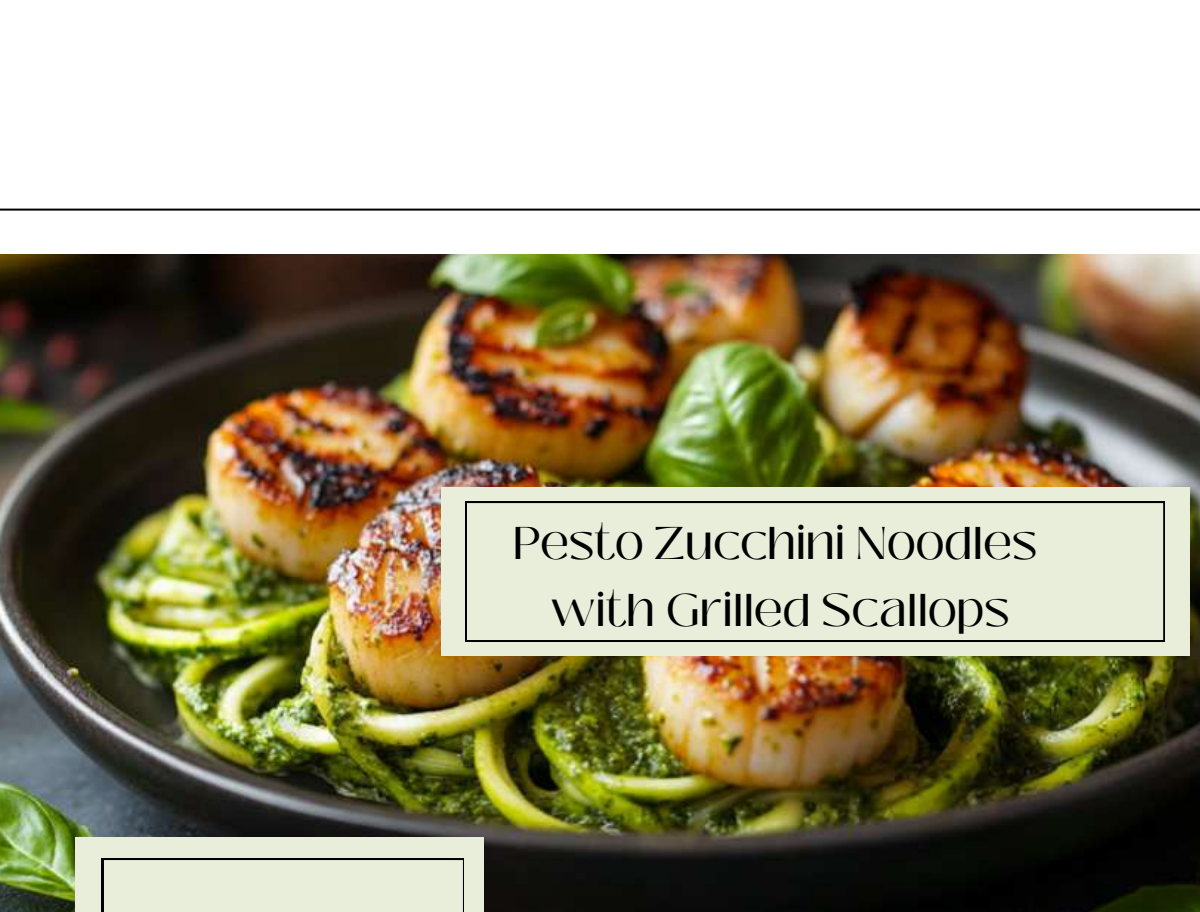
2 tsp low-sodium soy sauce
1 tablespoon sesame oil
1 tablespoon rice vinegar
1 teaspoon honey or maple syrup
1 teaspoon grated ginger

Instructions

Cook brown rice according to package instructions. Let cool slightly. In a bowl, whisk together sesame dressing ingredients. Divide brown rice into serving bowls and top with tuna, carrots, cucumber, and avocado. Drizzle with sesame dressing, sprinkle with sesame seeds and scallions, and serve.

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 4

Calories: 380 Protein: 26g Carbs: 40g Fat: 13g Sugar: 5g (Per Serving)



Pesto Zucchini Noodles with Grilled Scallops

Ingredients:

4 medium zucchinis, spiralized
12 large scallops
1 tablespoon olive oil
½ teaspoon black pepper
¼ teaspoon salt
Juice of 1 lemon

For the Pesto:

1 cup fresh basil leaves
2 tablespoons walnuts or almonds
1 clove garlic
2 tablespoons olive oil
2 tablespoons water
1 tablespoon lemon juice

Instructions

Blend all pesto ingredients in a food processor until smooth. Set aside. Heat a pan over medium-high heat. Season scallops with olive oil, black pepper, and salt. Sear scallops for 2-3 minutes per side until golden brown. Remove from heat and drizzle with lemon juice. In the same pan, add zucchini noodles and cook for 1-2 minutes until just tender.

Toss zucchini noodles with pesto, plate, and top with grilled scallops. Serve immediately.

Prep Time: 10 minutes | Cook Time: 10 minutes | Serves: 4

Calories: 280 **Protein:** 24g **Carbs:** 8g **Fat:** 19g **Sugar:** 3g (Per Serving)



Whole Wheat Penne with Roasted Eggplant & Tomatoes

Ingredients:

*8 oz whole wheat penne
1 medium eggplant, diced
1 cup cherry tomatoes, halved
1 tablespoon olive oil
½ teaspoon black pepper
¼ teaspoon salt
½ teaspoon dried oregano
2 cloves garlic, minced
1 tablespoon balsamic vinegar*

Instructions

Preheat oven to 400°F (200°C). Toss eggplant and cherry tomatoes with olive oil, black pepper, salt, oregano, and garlic. Spread on a baking sheet and roast for 25 minutes. Cook whole wheat penne according to package instructions. Drain and set aside. Mix roasted vegetables with cooked pasta and drizzle with balsamic vinegar. Serve warm.

Prep Time: 10 minutes | Cook Time: 30 minutes | Serves: 4

Calories: 340 **Protein:** 14g **Carbs:** 56g **Fat:** 8g **Sugar:** 7g (Per Serving)



Whole Wheat Pasta with Pesto & Roasted Chickpeas

Ingredients:

8 oz whole wheat pasta
(spaghetti or penne)
1 (15 oz) can chickpeas, rinsed
1 tablespoon olive oil
½ teaspoon black pepper
¼ teaspoon salt

For the Pesto:

2 cups fresh basil
¼ cup walnuts
2 cloves garlic
2 tablespoons olive oil
½ teaspoon black pepper
Juice of 1 lemon

Instructions

Preheat oven to 375°F (190°C). Toss chickpeas with olive oil, black pepper, and salt. Roast for 15-20 minutes until crispy. Cook whole wheat pasta according to package instructions. Drain and set aside. In a food processor, blend basil, walnuts, garlic, olive oil, black pepper, and lemon juice until smooth. Toss pesto with cooked pasta and top with roasted chickpeas. Serve warm.

Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 380 Protein: 17g Carbs: 54g Fat: 15g Sugar: 5g (Per Serving)



Whole Wheat Spaghetti with Roasted Vegetables

Ingredients:

8 oz whole wheat spaghetti
1 zucchini, sliced
1 red bell pepper, sliced
1 cup cherry tomatoes, halved
1 small red onion, sliced
3 cloves garlic, minced
1 tablespoon olive oil
½ teaspoon black pepper
¼ teaspoon salt
½ teaspoon dried oregano
2 tablespoons fresh basil,
chopped
1 tablespoon balsamic vinegar

Instructions

Preheat oven to 400°F (200°C). Toss zucchini, bell pepper, cherry tomatoes, onion, and garlic with olive oil, black pepper, salt, and oregano. Spread on a baking sheet. Roast for 20 minutes until tender and slightly caramelized. Cook whole wheat spaghetti according to package instructions. Drain and transfer to a large bowl. Add roasted vegetables, basil, and balsamic vinegar. Toss well and serve.

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 4

Calories: 330 Protein: 13g Carbs: 56g Fat: 8g Sugar: 7g (Per Serving)



Brown Rice & Black Bean Stir-Fry

Ingredients:

1 cup brown rice
2 cups water
1 (15 oz) can black beans,
rinsed
1 red bell pepper, diced
1 small onion, chopped
2 cloves garlic, minced
1 tablespoon olive oil
½ teaspoon cumin
½ teaspoon chili powder
¼ teaspoon salt
1 tablespoon lime juice

Instructions

Cook brown rice in water according to package instructions. Heat olive oil in a pan over medium heat. Sauté onion and garlic for 2 minutes. Add bell pepper, black beans, cumin, chili powder, and salt. Stir well and cook for another 5 minutes. Mix in cooked brown rice and lime juice. Stir and serve warm.

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 4

Calories: 330 **Protein:** 14g **Carbs:** 57g **Fat:** 8g **Sugar:** 5g (Per Serving)



Whole Wheat Penne with Spinach & Mushrooms

Ingredients:

*8 oz whole wheat penne
1 tablespoon olive oil
3 cloves garlic, minced
1 cup mushrooms, sliced
3 cups baby spinach
½ teaspoon black pepper
¼ teaspoon salt
Juice of 1 lemon*

Instructions

Cook whole wheat penne according to package instructions. Drain and set aside. Heat olive oil in a pan over medium heat. Add garlic and sauté for 1 minute. Add mushrooms and cook for 5 minutes until soft. Stir in spinach, black pepper, and salt. Cook until spinach wilts. Mix with cooked pasta, drizzle with lemon juice, and serve warm.

Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 330 **Protein:** 14g **Carbs:** 56g **Fat:** 8g **Sugar:** 5g (Per Serving)

Soups & Stews





Healthy Chicken Noodle Soup

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 4

Calories: 240 **Protein:** 22g **Carbs:** 24g **Fat:** 7g **Sugar:** 5g (Per Serving)

Ingredients:

*1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
2 carrots, sliced
2 celery stalks, chopped
4 cups low-sodium chicken broth
1 cup cooked shredded chicken breast
1 teaspoon dried thyme
½ teaspoon black pepper
1 cup whole wheat noodles
2 cups baby spinach*

Instructions:

Heat olive oil in a large pot. Sauté onion, garlic, carrots, and celery for 5 minutes. Pour in broth and bring to a boil. Add chicken, thyme, and black pepper. Add whole wheat noodles and simmer for 10 minutes until soft. Stir in spinach and cook for 2 minutes. Serve hot.



Coconut Lime Chicken Soup

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 4

Calories: 230 Protein: 22g Carbs: 10g Fat: 12g Sugar: 4g (Per Serving)

Ingredients:

*1 teaspoon olive oil
1 small onion, diced
2 cloves garlic, minced
1 teaspoon grated ginger
1 (14 oz) can light coconut milk
3 cups low-sodium chicken broth
1 cup cooked shredded chicken
1 teaspoon lime zest
Juice of 1 lime
1 teaspoon red pepper flakes*

Instructions:

Heat olive oil in a pot. Sauté onion, garlic, and ginger for 3 minutes. Pour in coconut milk and broth. Bring to a boil, then reduce heat. Stir in chicken, lime zest, and red pepper flakes. Simmer for 10 minutes. Add lime juice before serving.



Heart-Healthy Cioppino (Seafood Stew)

Prep Time: 15 minutes | Cook Time: 40 minutes | Serves: 4

Calories: 240 **Protein:** 30g **Carbs:** 12g **Fat:** 8g **Sugar:** 5g (Per Serving)

Ingredients:

*1 small onion, chopped
2 cloves garlic, minced
1 cup diced tomatoes
4 cups low-sodium vegetable broth
½ teaspoon dried oregano
½ teaspoon black pepper
½ pound shrimp, peeled
½ pound white fish*

Instructions:

Heat olive oil in a large pot. Sauté onion and garlic for 3 minutes. Add tomatoes, broth, oregano, and black pepper. Simmer for 30 minutes. Stir in shrimp and fish. Cook for 5 minutes until seafood is done. Serve warm.



Low-Sodium Clam Chowder

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 4

Calories: 200 **Protein:** 16g **Carbs:** 14g **Fat:** 10g **Sugar:** 3g (Per Serving)

Ingredients:

*1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
1 cup diced potatoes
2 cups low-sodium vegetable broth
1 (6 oz) can clams, drained
1 cup light coconut milk*

Instructions:

Heat olive oil in a pot. Sauté onion and garlic for 3 minutes. Add potatoes and broth. Simmer for 15 minutes. Stir in clams and coconut milk. Cook for 5 minutes. Serve warm.



Spicy Shrimp & Vegetable Soup

Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 200 **Protein:** 22g **Carbs:** 12g **Fat:** 8g **Sugar:** 4g (Per Serving)

Ingredients:

*1 teaspoon olive oil
1 small onion, chopped
2 cloves garlic, minced
1 teaspoon chili flakes
4 cups low-sodium broth
½ pound shrimp, peeled
1 cup zucchini, sliced*

Instructions:

Heat olive oil in a pot. Sauté onion, garlic, and chili flakes for 3 minutes. Add broth and bring to a boil. Stir in shrimp and zucchini. Simmer for 10 minutes. Serve warm.



Thai Coconut Fish Curry

Prep Time: 10 minutes | Cook Time: 20 minutes | Serves: 4

Calories: 300 **Protein:** 25g **Carbs:** 12g **Fat:** 17g **Sugar:** 4g (Per Serving)

Ingredients:

*1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
1 teaspoon grated fresh ginger
1 teaspoon red curry paste
1 (14 oz) can light coconut milk
1 cup low-sodium vegetable broth
1 teaspoon turmeric
½ teaspoon black pepper
½ pound white fish
1 cup bell peppers, sliced
1 cup zucchini, sliced
Juice of 1 lime
¼ cup fresh cilantro*

Instructions:

Heat olive oil in a pan over medium heat. Sauté onion, garlic, and ginger for 2 minutes. Stir in red curry paste and cook for 1 minute. Pour in coconut milk, broth, turmeric, and black pepper. Bring to a simmer. Add fish, bell peppers, and zucchini. Cook for 10–12 minutes until the fish is opaque and vegetables are tender. Stir in lime juice and garnish with cilantro before serving.



Mediterranean Lentil & Salmon Stew

Prep Time: 10 minutes | Cook Time: 35 minutes | Serves: 4

Calories: 340 **Protein:** 30g **Carbs:** 28g **Fat:** 13g **Sugar:** 5g (Per Serving)

Ingredients:

*1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
1 teaspoon dried oregano
1 teaspoon cumin
1 cup dry lentils, rinsed
4 cups low-sodium vegetable broth
1 cup diced tomatoes
½ teaspoon black pepper
½ pound salmon fillet, cut into chunks
1 cup spinach
Juice of ½ lemon
¼ cup fresh parsley, chopped*

Instructions:

Heat olive oil in a pot over medium heat. Sauté onion and garlic for 3 minutes. Stir in oregano, cumin, and lentils. Cook for 1 minute. Pour in broth and tomatoes. Bring to a boil, then reduce heat and simmer for 25 minutes. Add salmon chunks and black pepper. Simmer for 5 minutes until salmon is cooked through. Stir in spinach and cook for 2 minutes. Remove from heat, squeeze in lemon juice, and garnish with parsley.



Moroccan Spiced Chickpea Soup

Prep Time: 10 minutes | Cook Time: 30 minutes | Serves: 4

Calories: 240 **Protein:** 12g **Carbs:** 37g **Fat:** 7g **Sugar:** 6g (Per Serving)

Ingredients:

1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
1 teaspoon ground cumin
½ teaspoon ground cinnamon
½ teaspoon smoked paprika
4 cups low-sodium vegetable broth
1 (15 oz) can chickpeas, drained and rinsed
1 (14 oz) can diced tomatoes
1 small sweet potato, diced
1 cup kale or spinach, chopped
Juice of ½ lemon
¼ cup fresh cilantro, chopped

Instructions:

Heat olive oil in a pot. Sauté onion and garlic for 3 minutes. Stir in cumin, cinnamon, and paprika. Cook for 1 minute. Add broth, chickpeas, tomatoes, and sweet potato. Simmer for 20 minutes. Stir in greens and simmer for 5 more minutes. Remove from heat, add lemon juice, and garnish with cilantro.



Spiced Butternut Squash & Apple Soup

Prep Time: 10 minutes | Cook Time: 30 minutes | Serves: 4

Calories: 170 **Protein:** 3g **Carbs:** 37g **Fat:** 5g **Sugar:** 13g (Per Serving)

Ingredients:

*1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
4 cups low-sodium vegetable broth
2 cups butternut squash, peeled
and diced
1 apple, peeled and chopped
½ cup light coconut milk
Juice of ½ orange*

Instructions:

Heat olive oil in a pot. Sauté onion and garlic for 3 minutes. Stir in cinnamon and nutmeg. Cook for 1 minute. Add broth, squash, and apple. Simmer for 25 minutes. Blend until smooth, then stir in coconut milk and orange juice. Serve warm.



Greek Lemon Orzo Soup

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 4

Calories: 240 **Protein:** 22g **Carbs:** 22g **Fat:** 8g **Sugar:** 4g (Per Serving)

Ingredients:

*1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
4 cups low-sodium vegetable broth
½ cup whole wheat orzo
1 medium zucchini, diced
1 cup spinach
Juice of 1 lemon
¼ cup fresh dill, chopped*

Instructions:

Heat olive oil in a pot. Sauté onion and garlic for 3 minutes. Add broth and bring to a boil. Stir in orzo and cook for 8 minutes. Add zucchini and cook for another 5 minutes. Stir in spinach and cook for 2 minutes. Remove from heat, add lemon juice and dill before serving.



Roasted Red Pepper & Tomato Soup

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 4

Calories: 120 **Protein:** 3g **Carbs:** 18g **Fat:** 5g **Sugar:** 9g (Per Serving)

Ingredients:

*1 tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
2 roasted red peppers, chopped
1 (14 oz) can diced tomatoes
4 cups low-sodium vegetable broth
½ teaspoon black pepper
½ teaspoon dried basil*

Instructions:

Heat olive oil in a pot. Sauté onion and garlic for 3 minutes. Stir in red peppers, tomatoes, broth, black pepper, and basil. Simmer for 20 minutes. Blend until smooth, then serve warm.

Desserts



Baked Apples with Cinnamon & Walnuts

Warm, tender and crunchy

Prep Time: 10 minutes | Cook time: 30 minutes | Serves: 4

Calories: 190 Protein: 2g Carbs: 30g Fat: 7g Sugar: 22g (Per Serving)

Instructions:

Preheat oven to 375°F (190°C). Mix walnuts, cinnamon, maple syrup, and vanilla. Stuff the mixture into the cored apples. Bake for 30 minutes until tender.

Ingredients:

*4 apples, cored
¼ cup chopped walnuts
1 teaspoon cinnamon
1 tablespoon maple syrup
½ teaspoon vanilla extract*



Dark Chocolate Avocado Mousse

Rich, creamy, and velvety smooth mousse

Prep Time: 10 minutes | Serves: 4

Calories: 200 Protein: 2g Carbs: 14g Fat: 16g Sugar: 6g (Per Serving)

Instructions:

*Blend all ingredients until smooth.
Chill for 30 minutes before serving.*

Ingredients:

*2 ripe avocados
¼ cup unsweetened cocoa powder
3 tablespoons maple syrup
1 teaspoon vanilla extract
¼ cup unsweetened almond milk*



Oatmeal and Almond Cookies with Chia Seeds

Soft, chewy, and naturally sweet cookies

Prep Time: 5 minutes | Cook Time: 15 minutes | Serves: 10

Calories: 100 Protein: 2g Carbs: 12g Fat: 6g Sugar: 5g (Per Serving)

Instructions:

Mix 1 tablespoon ground flaxseed with 3 tablespoons water. Let sit for 5 minutes to thicken. In a large bowl, combine almond flour, rolled oats, baking soda, salt, and cinnamon (if using). In a separate bowl, whisk together almond butter, monk fruit sweetener, egg (or flax egg), applesauce, and vanilla extract. Gradually mix the wet ingredients into the dry ingredients until fully combined. If using slivered almonds or chocolate chips, fold them in now. Scoop about a tablespoon of dough for each cookie, rolling it into a ball. Flatten slightly on the prepared baking sheet. Bake for 10–12 minutes or until the edges are golden brown. Let the cookies cool on the baking sheet for 5 minutes before transferring to a wire rack.

Ingredients:

1 cup almond flour
1/2 cup rolled oats
1/4 cup almond butter
2 tablespoons chia seeds
2 tablespoons stevia
1/4 teaspoon vanilla extract
1 egg or flax egg (for vegans)
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground cinnamon



Vegan Chocolate Chia Brownies

Fudgy, moist, and nutrient-packed brownies

Prep Time: 15 minutes | Cook Time: 30 minutes | Serves: 9

Calories: 120 Protein: 3g Carbs: 17g Fat: 6g Sugar: 6g (Per Serving)

Instructions:

Preheat oven to 350°F (175°C). Mix chia seeds with water and let sit for 5 minutes. Mix all ingredients together. Pour into a greased baking dish and bake for 30 minutes.

Ingredients:

*1 cup whole wheat flour
¼ cup cocoa powder
1 teaspoon baking soda
½ cup unsweetened applesauce
¼ cup maple syrup
1 tablespoon chia seeds
+ 3 tablespoons water*



Peanut Butter Banana Ice Cream

Creamy, dairy-free ice cream

Prep Time: 5 minutes | Serves: 2

Calories: 200 Protein: 5g Carbs: 32g Fat: 8g Sugar: 20g (Per Serving)

Instructions:

Blend frozen bananas and peanut butter until creamy.

Ingredients:

*2 frozen bananas
2 tablespoons natural peanut
butter*



Matcha Green Tea Chia Pudding

A creamy, antioxidant-rich pudding with a hint of earthy matcha flavor.

Prep Time: 10 minutes | Chilling Time: 4 hours | Serves: 4

Calories: 200 **Protein:** 6g **Carbs:** 14g **Fat:** 11g **Sugar:** 4g (Per Serving)

Instructions:

In a bowl, whisk together chia seeds, milk, matcha powder, vanilla, and maple syrup. Let sit for 5 minutes, then stir again to prevent clumping. Cover and refrigerate for at least 4 hours (or overnight). Serve chilled with fresh berries.

Ingredients:

*½ cup chia seeds
2 cups unsweetened almond
or oat milk
1 teaspoon matcha powder
1 teaspoon vanilla extract
2 tablespoons maple syrup
Fresh berries for topping*



Baked Pear with Blue Cheese, Honey, and Nuts

A creamy, antioxidant-rich pudding with a hint of earthy matcha flavor.

Prep Time: 10 minutes | Chilling Time: 4 hours | Serves: 4

Calories: 170 Protein: 3g Carbs: 17g Fat: 9g Sugar: 13g (Per Serving)

Instructions:

Wash and core the pears, but keeping them whole. Brush the pears with lemon juice to prevent browning. Place them upright in a small baking dish. Add a tablespoon of water to the dish to prevent sticking. Bake for 20-25 minutes, or until the pears are tender, but still hold their shape. Once baked, remove from the oven. Drizzle each pear with honey, sprinkle with nuts, and top with crumbled blue cheese. Let them cool slightly before serving.

Ingredients:

*2 Ripe pears (Bosc or Anjou)
1/4 cup blue cheese, crumbled
1 tablespoon lemon juice
2 tablespoons honey
2 tablespoons walnuts
or pecans, chopped
1 teaspoon cinnamon*



Pineapple Coconut Chia Pudding

A tropical-flavored, creamy chia pudding.

Prep Time: 10 minutes | Chilling Time: 4 hours | Serves: 4

Calories: 250 **Protein:** 5g **Carbs:** 22g **Fat:** 16g **Sugar:** 11g (Per Serving)

Instructions:

In a bowl, whisk chia seeds, coconut milk, vanilla, and maple syrup. Stir well and let sit for 5 minutes, then stir again. Refrigerate for at least 4 hours or overnight. Serve with diced pineapple and shredded coconut.

Ingredients:

*½ cup chia seeds
2 cups unsweetened coconut milk
½ cup diced pineapple
1 teaspoon vanilla extract
1 tablespoon shredded coconut
1 tablespoon maple syrup*



Carrot Cake Muffins

Moist and naturally sweetened muffins packed with heart-healthy ingredients.

Prep Time: 15 minutes | Cook Time: 25 minutes | Serves: 12

Calories: 210 **Protein:** 4g **Carbs:** 24g **Fat:** 10g **Sugar:** 12g (Per Serving)

Instructions:

Preheat oven to 350°F (175°C). In a bowl, mix flour, baking soda, cinnamon, and nutmeg. In another bowl, whisk applesauce, maple syrup, almond milk, and vanilla. Add the wet ingredients to the dry ingredients and mix. Fold in grated carrots and walnuts. Divide batter into a lined muffin tin. Bake for 22-25 minutes.

Ingredients:

*1 ½ cups whole wheat flour
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg
1 cup grated carrots
¼ cup unsweetened applesauce
⅓ cup maple syrup
½ cup unsweetened almond milk
1 teaspoon vanilla extract
¼ cup chopped walnuts*



Strawberry Coconut Sorbet

A creamy, dairy-free sorbet made with just three ingredients!

Prep Time: 5 minutes | Serves: 4

Calories: 140 **Protein:** 1g **Carbs:** 18g **Fat:** 7g **Sugar:** 13g (Per Serving)

Instructions:

Add all ingredients to a food processor or blender. Blend until smooth, stopping to scrape down the sides as needed. Serve immediately for a soft-serve texture or transfer to a container and freeze for 2 hours for a firmer sorbet. Scoop and enjoy!

Ingredients:

*3 cups frozen strawberries
½ cup unsweetened
coconut milk
1 tablespoon maple syrup*



Avocado Lime Cheesecake Bars

A creamy, no-bake cheesecake alternative made with heart-healthy avocado.

Prep Time: 15 minutes | Serves: 9

Calories: 230 **Protein:** 4g **Carbs:** 20g **Fat:** 15g **Sugar:** 13g (Per Serving)

Instructions:

Blend oats, dates, coconut, and coconut oil in a food processor until crumbly. Press into an 8x8-inch pan.

Blend avocados, lime juice, maple syrup, and vanilla until creamy. Spread filling over the crust and smooth the top. Refrigerate for at least 2 hours before slicing into bars.

Ingredients:

1 cup rolled oats

½ cup pitted dates

¼ cup unsweetened shredded coconut

1 tablespoon melted coconut oil

For the filling:

2 ripe avocados

¼ cup fresh lime juice

¼ cup maple syrup

1 teaspoon vanilla extract



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MEASUREMENT CONVERSIONS FAQ GLOSSARY



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APPENDICES



Measurement Conversions

1. Liquid Measurements

U.S. Measurement	Metric Equivalent	Approximate Conversion
<i>1 teaspoon (tsp)</i>	5 mL	—
<i>1 tablespoon (tbsp)</i>	15 mL	3 tsp
<i>$\frac{1}{4}$ cup</i>	60 mL	4 tbsp
<i>$\frac{1}{3}$ cup</i>	80 mL	—
<i>$\frac{1}{2}$ cup</i>	120 mL	8 tbsp
<i>$\frac{2}{3}$ cup</i>	160 mL	—
<i>$\frac{3}{4}$ cup</i>	180 mL	—
<i>1 cup</i>	240 mL	16 tbsp
<i>1 pint</i>	480 mL	2 cups
<i>1 quart</i>	960 mL	4 cups
<i>1 gallon</i>	3.8 L	16 cups

2. Dry Measurements

U.S. Measurement	Metric Equivalent	Approximate Conversion
<i>1 ounce (oz)</i>	28 grams (g)	—
<i>$\frac{1}{4}$ cup</i>	30 g	—
<i>$\frac{1}{3}$ cup</i>	40 g	—
<i>$\frac{1}{2}$ cup</i>	60 g	—
<i>1 cup</i>	120 g	—
<i>1 pound (lb)</i>	454 g	16 oz

3. Common Ingredient Conversions

Ingredient	1 Cup Equals	Approximate Metric Equivalent
<i>Oats</i>	80 g	—
<i>Whole wheat flour</i>	120 g	—
<i>Almond flour</i>	100 g	—
<i>Quinoa (cooked)</i>	185 g	—
<i>Brown rice (cooked)</i>	195 g	—
<i>Lentils (cooked)</i>	200 g	—
<i>Chia seeds</i>	140 g	—
<i>Nuts (chopped)</i>	120 g	—

4. Weight & Temperature Conversions

U.S.	Metric
<i>1 ounce (oz)</i>	28 g
<i>1 pound (lb)</i>	454 g
<i>1 inch</i>	2.54 cm
<i>1 Fahrenheit (°F)</i>	$(^{\circ}\text{F} - 32) \times 5/9 = ^{\circ}\text{C}$

5. Oven Temperature Conversions

Fahrenheit (°F)	Celsius (°C)	Cooking Term
<i>200°F</i>	95°C	Very low heat
<i>250°F</i>	120°C	Low heat
<i>300°F</i>	150°C	Moderate heat
<i>350°F</i>	175°C	Medium heat
<i>400°F</i>	200°C	Medium-high heat
<i>450°F</i>	230°C	High heat
<i>500°F</i>	260°C	Very high heat

FAQs About the Low-Cholesterol Diet

1. What is cholesterol, and why does it matter?

Cholesterol is a waxy substance found in your blood. While your body needs it to build cells, too much LDL ("bad") cholesterol can lead to plaque buildup in your arteries, increasing the risk of heart disease.

2. What foods should I avoid on a low-cholesterol diet?

Avoid saturated and trans fats found in:

- Fatty cuts of red meat
- Full-fat dairy products
- Fried foods
- Processed snacks and baked goods
- Hydrogenated oils and margarine

3. What are the best foods to lower cholesterol?

Heart-healthy foods include:

- Fiber-rich foods (oats, beans, lentils, fruits, and vegetables)
- Healthy fats (avocados, nuts, seeds, and olive oil)
- Lean proteins (chicken, fish, tofu, and legumes)
- Whole grains (brown rice, quinoa, whole wheat bread)

4. Can I eat eggs on a low-cholesterol diet?

Egg yolks contain cholesterol, but moderate egg consumption (up to 4-5 per week) can be included, especially if the rest of your diet is balanced. Opt for egg whites or plant-based alternatives if you need to limit cholesterol further.

5. Is all fat bad for cholesterol levels?

No! Healthy fats, such as unsaturated fats from olive oil, avocados, and nuts, can help reduce LDL cholesterol and increase HDL ("good") cholesterol. Avoid trans fats and limit saturated fats.

6. How can I cook in a heart-healthy way?

Use cooking methods such as:

- Grilling, baking, steaming, and roasting instead of frying
- Using herbs and spices instead of salt
- Cooking with healthy oils like olive or avocado oil instead of butter

7. Can I eat out while following a low-cholesterol diet?

Yes! Look for:

- Grilled or baked proteins instead of fried options
- Whole grain sides instead of refined carbs
- Dressings and sauces on the side
- Plant-based dishes rich in fiber

8. Do I need to count cholesterol in plant-based foods?

No. Plant-based foods (fruits, vegetables, nuts, seeds, and whole grains) contain zero cholesterol and can help reduce LDL cholesterol levels naturally.

9. Can I drink coffee on a low-cholesterol diet?

Yes, but it's best to drink it black or with plant-based milk. Avoid adding creamers and sugary syrups. Unfiltered coffee (like French press) may slightly raise cholesterol, so opt for filtered coffee if needed.

10. How quickly can I lower my cholesterol with diet changes?

Improvements can be seen within 4-6 weeks of following a heart-healthy diet. However, significant changes may take several months, depending on lifestyle, genetics, and overall health.

11. Do I need to take medication if I follow a low-cholesterol diet?

A healthy diet can help lower cholesterol, but some individuals may still require medication. Always consult your doctor for a personalized plan.

12. What are some heart-healthy snacks?

Great snack options include:

- Nuts (almonds, walnuts)
- Fresh fruit with nut butter
- Hummus with raw veggies
- Greek yogurt with berries
- Whole grain toast with avocado

13. Can losing weight help lower cholesterol?

Yes! Losing even 5-10% of your body weight can help lower LDL ("bad") cholesterol and increase HDL ("good") cholesterol, reducing your risk of heart disease.

14. How does fiber help lower cholesterol?

Soluble fiber (found in oats, beans, lentils, fruits, and vegetables) binds to cholesterol in your digestive system, helping to remove it from your body before it enters the bloodstream.

15. Can I eat dairy on a low-cholesterol diet?

Yes, but choose low-fat or non-dairy alternatives like almond, soy, or oat milk. Full-fat dairy products are high in saturated fat, which can raise cholesterol levels.

16. Is alcohol bad for cholesterol levels?

Moderate alcohol consumption (especially red wine in moderation) may increase HDL cholesterol. However, excessive drinking can lead to weight gain and higher cholesterol levels. Stick to one drink per day for women and two for men (or less).

17. Can stress affect cholesterol levels?

Yes! Chronic stress can increase LDL ("bad") cholesterol and lower HDL ("good") cholesterol. Managing stress through exercise, meditation, and sleep can support heart health.

18. How much exercise do I need to lower cholesterol?

Aim for at least 150 minutes of moderate aerobic exercise (like walking, swimming, or cycling) per week to help raise HDL and lower LDL cholesterol.

19. Does eating nuts raise cholesterol?

No! Nuts like almonds, walnuts, and pistachios contain healthy fats that help lower LDL cholesterol. However, eat them in moderation as they are calorie-dense.

20. What oils should I use for cooking?

Heart-healthy options include:

- Olive oil
- Avocado oil
- Canola oil
- Flaxseed oil
- Avoid butter, margarine, and vegetable oils high in trans fats.

21. Can I still eat red meat?

Yes, but choose lean cuts (sirloin, tenderloin, top round) and eat in moderation (no more than 3-4 ounces per serving, 1-2 times per week). Grass-fed beef is a better option.

22. Are processed meats okay?

No. Processed meats like bacon, sausage, and deli meats contain saturated fats, sodium, and preservatives that can increase cholesterol levels and heart disease risk.

23. *Is a plant-based diet better for lowering cholesterol?*

A plant-based diet is naturally free of cholesterol and high in fiber, which helps lower LDL cholesterol. You don't have to be fully vegan—just increasing plant-based meals can improve heart health.

24. *Can a low-cholesterol diet help prevent other health issues?*

Yes! A heart-healthy diet also helps reduce the risk of:

- High blood pressure
- Type 2 diabetes
- Stroke
- Obesity

25. *Can children follow a low-cholesterol diet?*

Yes, but children need healthy fats for growth and development. Focus on whole foods like fruits, vegetables, lean proteins, whole grains, and healthy fats (avocados, nuts, seeds).

26. *How can I stay motivated on a low-cholesterol diet?*

- Set small goals (e.g., eat more fiber, drink more water)
- Try new recipes to keep meals interesting
- Meal prep to make healthy choices easier
- Track your progress with cholesterol tests and how you feel

Glossary of Terms

A

Amino Acids – The building blocks of proteins, essential for muscle repair and overall health. Some amino acids are found in lean meats, legumes, and plant-based proteins.

Antioxidants – Compounds found in fruits, vegetables, and whole grains that help protect cells from damage caused by free radicals.

Avocados – A heart-healthy fruit rich in monounsaturated fats, which can help lower bad cholesterol (LDL) levels.

B

Blood Pressure – The force of blood against artery walls; maintaining healthy blood pressure helps reduce the risk of heart disease.

Bran – The outer layer of whole grains, rich in fiber, which helps lower cholesterol and improve digestion.

Bile – A digestive fluid produced by the liver that helps break down fats; soluble fiber helps remove excess bile, lowering cholesterol.

C

Cardiovascular Health – The health of the heart and blood vessels, crucial for overall well-being. A low-cholesterol diet supports heart health.

Cholesterol – A waxy substance found in the blood; too much LDL ("bad" cholesterol) can increase the risk of heart disease, while HDL ("good" cholesterol) helps remove excess cholesterol.

Coconut Aminos – A low-sodium soy sauce alternative made from coconut sap, commonly used in heart-healthy cooking.

Cruciferous Vegetables – A family of vegetables (e.g., broccoli, kale, Brussels sprouts) rich in fiber and antioxidants, beneficial for heart health.

D

DASH Diet (Dietary Approaches to Stop Hypertension) – A heart-healthy eating plan focused on reducing sodium and increasing nutrient-rich foods

DHA (Docosahexaenoic Acid) – An omega-3 fatty acid found in fatty fish that supports heart and brain health.

Dietary Fiber – A type of carbohydrate that the body cannot digest; helps reduce cholesterol levels and improve digestion.

E

Electrolytes – Minerals like potassium, magnesium, and sodium that help regulate fluid balance and muscle function.

Emulsifier – An ingredient (e.g., mustard, egg yolk, or avocado) that helps mix oil and water-based liquids in dressings and sauces.

Essential Fatty Acids – Healthy fats, such as omega-3s, that the body cannot produce on its own and must be obtained through diet.

F

Fermented Foods – Foods such as yogurt, kimchi, and sauerkraut that contain probiotics, which support gut health and digestion.

Flaxseeds – A plant-based source of omega-3 fatty acids and fiber that may help lower cholesterol levels.

Free Radicals – Unstable molecules in the body that can cause cell damage; antioxidants help neutralize them.

G

Gluten-Free – Foods that do not contain gluten, a protein found in wheat, barley, and rye. Some gluten-free whole grains, like quinoa and brown rice, are heart-healthy.

Glycemic Index (GI) – A ranking of carbohydrates based on their effect on blood sugar levels. Low-GI foods help regulate blood sugar and maintain heart health.

Good Cholesterol (HDL) – High-density lipoprotein that helps remove excess cholesterol from the blood and lowers the risk of heart disease.

H

Heart-Healthy Fats – Fats that benefit heart health, including monounsaturated and polyunsaturated fats found in nuts, seeds, avocados, and olive oil.

Homocysteine – An amino acid linked to heart disease risk; a diet rich in B vitamins (found in leafy greens and legumes) helps regulate homocysteine levels.

Hydrogenated Oils – Processed fats that contain trans fats, which raise LDL ("bad") cholesterol and increase the risk of heart disease.

I

Insoluble Fiber – A type of dietary fiber that adds bulk to stool and promotes healthy digestion. Found in whole grains, nuts, and seeds.

Inflammation – The body's response to injury or infection; chronic inflammation is linked to heart disease and can be reduced by an anti-inflammatory diet.

K

Ketogenic Diet (Keto) – A high-fat, low-carb diet that may help with weight loss but should be carefully modified for heart health to avoid excessive saturated fat intake.

Kale – A nutrient-dense leafy green high in fiber, vitamins, and antioxidants, supporting cardiovascular health.

L

Lecithin – A fat found in plant and animal foods, often used as an emulsifier in recipes.

Lentils – A plant-based protein and fiber source that supports heart health by lowering cholesterol.

Low-Density Lipoprotein (LDL) – The "bad" cholesterol that can build up in arteries and increase the risk of heart disease.

M

Monounsaturated Fats – Healthy fats found in olive oil, nuts, and avocados that help lower LDL cholesterol.

Metabolism – The process by which the body converts food into energy; a balanced diet supports a healthy metabolism.

Miso – A fermented soybean paste used in soups and marinades, rich in probiotics that aid digestion.

N

Nutritional Yeast – A plant-based ingredient high in B vitamins and protein, commonly used in dairy-free recipes for a cheesy flavor.

Nuts & Seeds – Heart-healthy snacks rich in fiber, healthy fats, and plant-based protein that help lower cholesterol levels.

O

Omega-3 Fatty Acids – Healthy fats found in fish, flaxseeds, and walnuts that reduce inflammation and support heart health.

Oat Bran – The outer layer of oats, rich in soluble fiber, which helps lower cholesterol.

Olive Oil – A heart-healthy oil high in monounsaturated fats, used in cooking and dressings.

P

Phytosterols – Plant compounds that help lower cholesterol levels by blocking its absorption in the gut.

Polyunsaturated Fats – Healthy fats found in fatty fish, nuts, and seeds that support heart health.

Probiotics – Beneficial bacteria found in fermented foods that aid digestion and gut health.

Q

Quinoa – A high-protein, gluten-free whole grain rich in fiber and essential amino acids.

R

Refined Carbohydrates – Processed grains that lack fiber and nutrients; replacing them with whole grains supports heart health.

Resistant Starch – A type of fiber that feeds gut bacteria and helps regulate blood sugar.

S

Saturated Fats – Fats found in animal products and some tropical oils that should be limited for heart health.

Sodium – A mineral that can raise blood pressure if consumed in excess; a low-sodium diet supports heart health.

Soluble Fiber – A type of fiber that dissolves in water, helping to lower cholesterol and improve digestion.

T

Trans Fats – Artificial fats found in processed foods that raise LDL cholesterol and should be avoided.

Turmeric – A spice with anti-inflammatory properties that supports heart health.

W

Whole Grains – Grains that contain all parts of the seed, rich in fiber and nutrients. Examples include brown rice, quinoa, and whole wheat.

Z

Zucchini Noodles (Zoodles) – A low-carb, nutrient-rich pasta alternative made from spiralized zucchini.

NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Thank You

Congratulations on taking the first step toward a healthier, heart-strong future! By embracing a low-cholesterol lifestyle, you're not just making dietary changes — you're making an investment in your well-being, your energy, and your longevity.

Through this cookbook, you've discovered how delicious, nourishing, and simple low-cholesterol eating can be. From vibrant, whole-food ingredients to flavorful, heart-loving recipes, every meal is an opportunity to fuel your body with goodness and intention.

Remember, small, consistent choices lead to big, lasting results. Whether you're swapping refined grains for whole grains, choosing heart-healthy fats, or adding more fiber-rich foods to your plate, every step brings you closer to a stronger heart and a healthier you.

Stay inspired, experiment with new flavors, and most importantly—enjoy the journey. Your heart will thank you for it!

Shannon Waters