

LOW CARB HIGH PROTEIN

COOKBOOK FOR BEGINNERS:

**200 QUICK AND DELICIOUS RECIPES WITH A
30-DAY MEAL PLAN TO**

**BOOST ENERGY, BURN FAT AND BUILD
MUSCLE.**

LAST

BY POLLY RAY

2025

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INTRODUCTION:

Welcome to Your Low Carb, High Protein Journey!

Hello, friend! I'm thrilled you've picked up this cookbook and are ready to embark on an exciting adventure into the world of low carb, high protein eating. Whether you're aiming to shed a few pounds, build some muscle, or simply feel better in your own skin, you've made a smart choice — and I'm here to support you every step of the way.

Now, I get it. The word “diet” can sound a little intimidating, and “low carb” might make you think it's time to say goodbye to all your favorite comfort foods. But trust me — that's not what we're about here. This isn't just another diet; it's a lifestyle that's easy to love, fun to follow, and — most importantly — absolutely delicious.

In this cookbook, you'll find not only mouthwatering recipes but also a whole new approach to food. No more sacrificing flavor for the sake of health. With a little creativity and the right ingredients, you can enjoy every bite and feel great about what you're putting into your body. Plus, you'll have the energy to take on whatever life throws your way!

So, grab a comfy seat, kick back, and let's dive into the tasty world of low carb, high protein meals. I promise you — you won't miss those carb-heavy dishes for a second. Let's get cooking!



CHAPTER 1.

MASTERING TEMPTATIONS: A GUIDE FOR LOW-CARB, HIGH-PROTEIN SUCCESS

When embarking on a low-carb, high-protein lifestyle, one of the most significant hurdles can be managing food temptations. From sugary snacks to high-carb comfort foods, these temptations can derail your progress and lead to frustration. Fortunately, understanding the science behind cravings and employing practical strategies can help you stay on track.

Why Do We Crave Certain Foods?

Cravings are not just about willpower; they are deeply rooted in our biology. Here's what's happening:

Dopamine and Reward Pathways: Sugary and high-carb foods activate the brain's reward system, releasing dopamine—a feel-good chemical. Over time, this can create a cycle where your brain craves the "reward," much like an addiction.

Blood Sugar Swings: High-carb meals can lead to rapid spikes and subsequent crashes in blood sugar levels. These crashes trigger hunger and a strong desire for quick energy sources, like sugary or starchy foods.

Emotional Triggers: Stress, boredom, or sadness often prompt cravings for comfort foods. This is because eating certain foods can temporarily lower cortisol, the stress hormone.

Strategies to Manage Temptations

Understanding the science of cravings allows you to address them effectively. Here are some actionable strategies:

1. Keep Your Blood Sugar Stable

Low-carb, high-protein meals naturally help stabilize blood sugar levels, reducing energy dips and cravings. Focus on balanced meals with:

Protein: Chicken, fish, eggs, or plant-based proteins help keep you full longer.

Healthy Fats: Avocados, nuts, and olive oil provide lasting energy.

Fiber: Vegetables like broccoli, spinach, and zucchini curb hunger and stabilize digestion.

2. Plan Ahead

Preparation is key to avoiding impulsive food choices:

Meal Prep: Have healthy, low-carb meals and snacks ready to go. Boiled eggs, jerky, or a handful of nuts can save you from reaching for chips or cookies.

Hydration: Thirst can masquerade as hunger. Drink water or herbal tea throughout the day to stay hydrated.

Emergency Snacks: Keep portable, protein-rich snacks handy when on the go.

3. Address Emotional Triggers

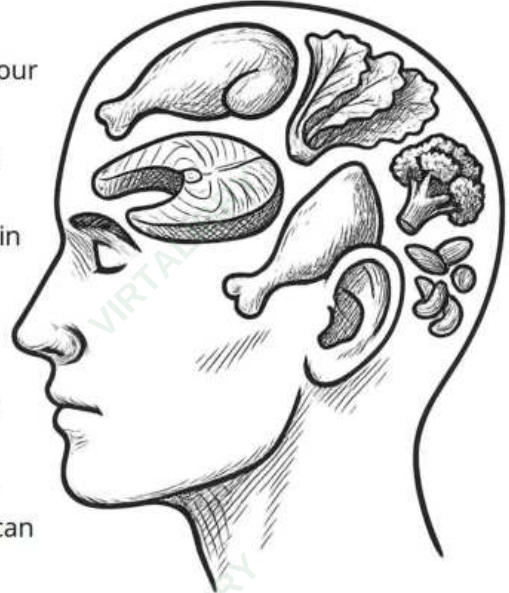
Emotional eating is a common challenge, but mindfulness can help:

Pause and Reflect: Before reaching for a treat, ask yourself if you're genuinely hungry or responding to emotions.

Alternative Comforts: Replace emotional eating with non-food activities, like taking a walk, reading, or practicing deep breathing.

Stress Management: Regular exercise, meditation, and proper sleep reduce cortisol levels and emotional cravings.

4. Reframe Treats



Cravings don't mean you have to entirely give up on enjoying food:

Low-Carb Swaps: Substitute high-carb favorites with low-carb versions. Try zucchini noodles instead of pasta, or almond flour brownies instead of traditional ones.

Moderation, Not Deprivation: Allow yourself occasional treats that fit your dietary goals to prevent feelings of restriction.

5. Retrain Your Palate

Cravings often diminish over time as your taste buds and brain adjust to a low-carb lifestyle:

Limit Sugar Gradually: As you reduce sugary foods, your palate will become more sensitive to natural sweetness in like berries and nuts.

Focus on Flavor: Use herbs, spices, and healthy fats to make meals satisfying and enjoyable.

The Role of Mindset

Ultimately, mindset plays a crucial role in overcoming temptations. Instead of viewing cravings as a failure, consider them an opportunity to strengthen your habits and resilience. Celebrate small victories, like choosing a low-carb snack or resisting an unhealthy treat. With consistency, managing temptations will become second nature.

Key Takeaways

Understand the science of cravings to address their root causes. Maintain stable blood sugar levels with balanced, low-carb, high-protein meals. Prepare for temptations by planning meals and keeping healthy snacks handy. Manage emotional eating through mindfulness and stress-reducing activities. Retrain your palate and allow occasional low-carb treats to avoid feelings of deprivation.

By applying these strategies, you can navigate temptations confidently and stay committed to your low-carb, high-protein goals. Remember, every smart choice is a step toward a healthier, happier you!

WHY A LOW CARB, HIGH PROTEIN DIET? LET'S TALK BENEFITS!

Okay, let's get to the good stuff! What's all the fuss about a low carb, high protein diet? Why does everyone seem so excited about it? Well, let me tell you — it's not just because it sounds fancy (although it does sound pretty cool, right?). There are real, amazing benefits to eating this way, and they go beyond just fitting into your favorite jeans. Here's why you should give it a try:

1. **Weight loss that sticks:** First things first — if you've been struggling to lose weight, this way of eating can help. When you cut back on carbs, your body switches to burning fat for fuel instead of relying on sugar. This means you'll burn fat more efficiently, and your body will naturally lean out. Plus, protein keeps you full longer, so those afternoon snack cravings? Gone.
2. **Steady energy all day long:** If you're tired of feeling sluggish after meals, this approach will change the game. Low carb, high protein meals provide a steady source of energy that lasts throughout the day, without the blood sugar rollercoaster caused by carbs. No more mid-afternoon slumps or reaching for that 3 p.m. coffee (unless you really want to, of course!).
3. **Stronger muscles and a toned body:** If you want to look and feel stronger, protein is your best friend. Whether you're lifting weights or just chasing after your kids, protein helps maintain and grow muscle. And no, this isn't just for bodybuilders — it's for anyone who wants to feel lean and strong in their own body. You'll be amazed at how much more energy you have, and how much better your body will feel when it's fueled with protein-rich meals.
4. **Better health, inside and out:** A low carb, high protein lifestyle can do wonders for your heart and blood sugar levels. Studies show that cutting down on refined carbs can lower cholesterol, reduce triglycerides, and help stabilize blood sugar — keeping you healthier and happier in the long run.



5. **A brighter, clearer mind:** You know that brain fog you get after a carb-heavy meal? It's like someone put a veil over your thoughts. Well, guess what? That's history with a low carb, high protein diet. You'll have steady energy that helps keep your mind sharp, focused, and ready to take on whatever your day brings.

With all of these benefits, you're probably wondering, "Where do I start?" Good news — you're already holding the key to success! Keep reading, and I'll show you exactly how to put these benefits into action.

HOW TO MAKE THIS COOKBOOK WORK FOR YOU

If you're thinking, "Okay, this all sounds great, but how do I actually do it?" — don't worry, I've got you covered.

This cookbook is designed to make the transition to a low carb, high protein lifestyle as easy and enjoyable as possible. Here's how to make the most of it:

1. **Start Simple**

First things first — let's not overcomplicate things. If you're new to this way of eating, start with the basics. I'll introduce you to all the fundamentals in a fun and friendly way. Don't worry if you're not a chef — this cookbook is for everyone, no fancy skills required.



2. **Check Out the Recipes**

I've divided this cookbook into sections: breakfast, snacks, salads, soups, stews, meat dishes, fish dishes, poultry dishes, and vegetarian recipes that make perfect sides. And yes, I even included desserts (because you can have dessert and still stay healthy!).

Each recipe is simple, delicious, and perfectly aligned with your low-carb, high-protein goals. Whether you're looking for a quick snack or a hearty dinner, you'll find something that fits your lifestyle.

3. **Plan Ahead**

One of the best tips I can give you is to plan your meals in advance. Meal prep might sound overwhelming, but trust me — it's a game changer.

Each recipe includes the number of servings it makes, so you can easily adjust portions to suit your household.

If you make extra, no problem! Store leftovers in the fridge for quick and easy meals the next day. You can even freeze prepared dishes in storage containers for those busy days when cooking just isn't an option. Planning ahead isn't just about saving time — it's about making your life easier and your meals even more delicious.

4. **Have Fun and Make It Yours**

This cookbook is a guideline, not a rulebook. Feel free to customize the recipes to fit your preferences or use what you have on hand. Add extra spices, swap ingredients, or try something new!

Cooking should be a fun and creative process, and I want you to enjoy it as much as I do.

5. **Stick With It**

The best part about this lifestyle is that it's sustainable. It's not about depriving yourself or counting every single calorie. Instead, it's about enjoying satisfying, healthy meals that make you feel amazing.

With every meal, you'll get closer to your goals — and have fun doing it!

Trust me, by the end of this book, you'll be a pro in the kitchen — and your body will thank you.

YOUR LOW CARB, HIGH PROTEIN KITCHEN ESSENTIALS

Alright, let's get to the fun part — the tools and ingredients you need to crush your goals. Don't worry, you don't need a fancy kitchen setup, just the basics to get you started:

Ingredients You'll Love:

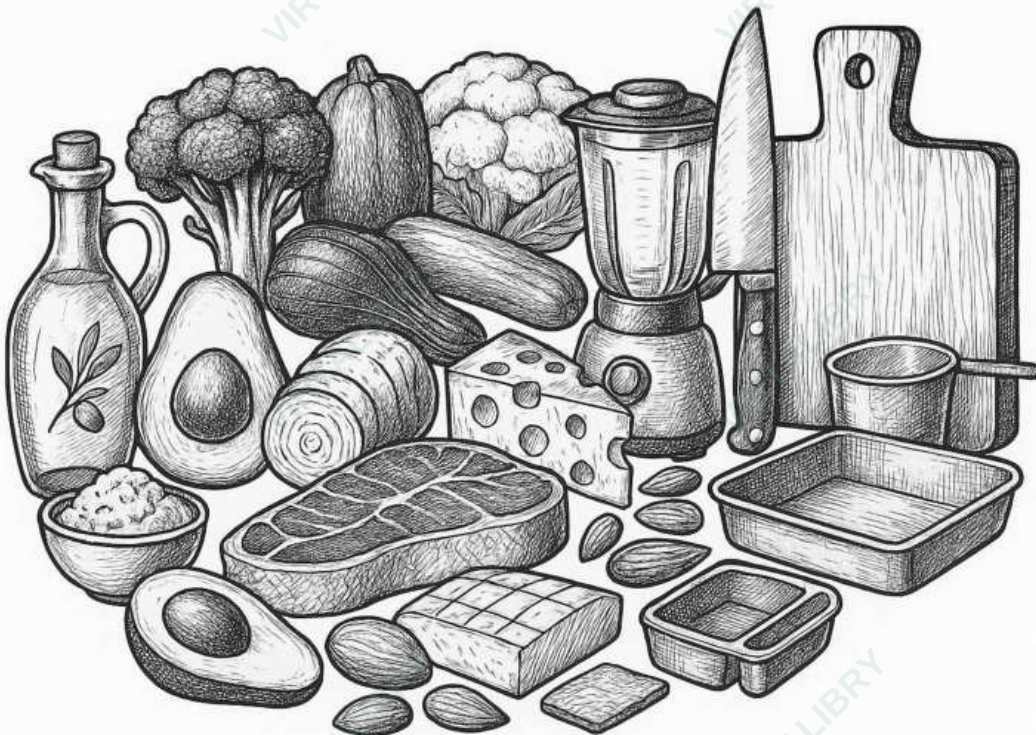
1. **Proteins Galore:** Think chicken, turkey, lean beef, eggs, fish, and yes — plant-based options like tofu and tempeh. Protein is the star of this show, so stock up and get ready to create some mouthwatering meals.
2. **Veggies That Rock:** Low-carb veggies are your new best friends. Get cozy with leafy greens, broccoli, cauliflower, zucchini, and bell peppers. These veggies are not only packed with nutrients but are super versatile too.
3. **Healthy Fats:** Avocados, olive oil, coconut oil, and nuts are your secret weapons for staying full and energized. They add flavor, texture, and, of course, all the good fats your body loves.
4. **Dairy Love:** Full-fat cheese, Greek yogurt, and cream add richness and protein to your meals. You won't feel deprived with these delicious options on your plate.
5. **Low-Carb Substitutes:** Substitutes like almond flour and shirataki noodles are total lifesavers when you're craving comfort food but want to keep things low-carb. You'll be amazed at how easy it is to enjoy your favorite dishes without the carbs.

Kitchen Tools You'll Actually Use:

1. **A Sharp Knife and Cutting Board:** You don't need a whole arsenal of fancy knives, just a good, sharp one to make chopping veggies and meats a breeze.
2. **Blender or Food Processor:** These gadgets are perfect for smoothies, sauces, and even chopping veggies in a flash.
3. **Cookware:** A good set of pots, pans, and a baking sheet will take you far. You don't need a whole chef's kitchen, just the basics to get your delicious meals on the table.
4. **Meal Prep Containers:** For all the leftovers (and trust me, there will be plenty), you'll want some sturdy, airtight containers for easy storage. Meal prep is key!

With these tools and ingredients in your kitchen, you'll be set up for success. Plus, you'll enjoy the process every step of the way.

So there you have it! A simple, delicious, and fun way to embrace a low carb, high protein lifestyle. With this cookbook, you've got everything you need to make your journey as enjoyable and rewarding as possible. Now, let's get cooking — your healthy, happy self is waiting!



CHAPTER 2. BREAKFAST

1. HIGH-PROTEIN SCRAMBLED EGGS WITH SPINACH AND FETA

INGREDIENTS

- 4 large eggs
- 1 cup fresh baby spinach
- 1/4 cup crumbled feta cheese
- 1 tablespoon olive oil
- Salt and pepper to taste

Prep. time: 5 min

Cook time: 5 min

Serves: 2

DIRECTIONS

1. Heat Olive Oil: Heat 1 tablespoon of olive oil in a non-stick skillet over medium heat.
2. Add Spinach: Add the baby spinach and sauté for 1-2 minutes until wilted.
3. Scramble Eggs: Crack the eggs into a bowl, whisk them, and pour over the wilted spinach. Stir gently with a spatula until the eggs are cooked to your desired doneness.
4. Add Feta: Sprinkle the crumbled feta cheese over the eggs and continue to stir until evenly combined. Season with salt and pepper to taste.
5. Serve: Serve immediately with a side of fresh tomatoes or avocado.

Nutritional Info (per serving):

- Calories: 220 kcal
- Protein: 15g
- Carbohydrates: 3g
- Fiber: 1g
- Fat: 17g
- Cholesterol: 370mg
- Sodium: 400mg
- Potassium: 300mg

2. CHIA SEED PUDDING WITH ALMOND BUTTER AND BERRIES

INGREDIENTS

- 2 tablespoons chia seeds
- 1/2 cup unsweetened almond milk (or your preferred low-carb milk: coconut, flaxseed)
- 1 tablespoon almond butter (or peanut butter)
- 1/2 teaspoon vanilla extract (optional)
- 1-2 t/p low-carb sweetener (such as stevia or erythritol)
- 1/4 cup mixed berries (strawberries, blueberries, etc.)
- A pinch of salt (optional)

Prep. time: 5 min

Cilli time: 2 hours
(or overnight)

Serves: 1

DIRECTIONS

1. In a small bowl, mix the chia seeds, almond milk, almond butter, vanilla extract (if using), sweetener, and a pinch of salt. Stir everything together until well combined.
2. Cover the bowl and refrigerate for at least 2 hours, or preferably overnight. This will allow the chia seeds to absorb the liquid and thicken into a pudding-like consistency.
3. Serve with fresh mixed berries of your choice.
4. Optional: You can drizzle a little more almond butter on top for extra flavor or texture.

Nutritional Info (per serving):

- Calories: 240 kcal
- Protein: 9 g
- Carbs: 10 g
- Fat: 18 g
- Fiber: 8 g
- Sodium: 90 mg
- Potassium: 180 mg

3. ALMOND FLOUR PANCAKES WITH GREEK YOGURT TOPPIN

INGREDIENTS

- 1 cup almond flour
- 2 large eggs
- 1/4 cup unsweetened almond milk
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/2 cup Greek yogurt (for topping)
- 1 tablespoon honey (optional)

Prep. time: 10 min

Cook time: 10 min

Serves: 3

DIRECTIONS

1. Mix Batter: In a bowl, whisk together almond flour, eggs, almond milk, baking powder, and vanilla extract until smooth.
2. Cook Pancakes: Heat a non-stick skillet over medium heat and grease lightly. Pour batter to form small pancakes. Cook each side for 2-3 minutes or until golden.
3. Top with Greek Yogurt: Serve with a dollop of Greek yogurt and a drizzle of honey if desired.

Nutritional Info (per serving):

- Calories: 280 kcal
- Protein: 12g
- Carbohydrates: 8g
- Fiber: 3g
- Fat: 22g
- Cholesterol: 110mg
- Sodium: 180mg
- Potassium: 150mg

4. EGG MUFFINS WITH ALMOND BUTTER AND BERRIES

INGREDIENTS

- 6 large eggs
- 1/2 cup diced bell peppers
- 1/4 cup diced onion
- 1/4 cup grated cheddar cheese
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Almond butter (for serving)
- Fresh berries (for serving)

Prep. time: 10 min

Cook time: 20 min

**Serves: 6
muffins**

DIRECTIONS

1. Preheat Oven: Preheat the oven to 350°F (175°C).
2. Mix Ingredients: In a bowl, whisk together eggs, bell peppers, onion, salt, and pepper.
3. Pour into Muffin Tin: Grease a muffin tin and pour the egg mixture evenly into 6 cups. Sprinkle cheddar cheese on top.
4. Bake: Bake for 18-20 minutes, or until eggs are set.
5. Serve: Serve muffins with a side of almond butter and fresh berries.

Nutritional Info (per serving):

- Calories: 120 kcal
- Protein: 8g
- Carbohydrates: 2g
- Fiber: 0.5g
- Fat: 9g
- Cholesterol: 140mg
- Sodium: 180mg
- Potassium: 100mg

5. KETO-FRIENDLY BREAKFAST BURRITO WITH SCRAMBLED EGGS

INGREDIENTS

- 4 large eggs
- 2 low-carb tortillas
- 1/4 cup shredded cheddar cheese
- 2 tablespoons salsa
- 1 tablespoon butter
- 1/2 avocado, sliced
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 330 kcal
- Protein: 18g
- Carbohydrates: 8g
- Fiber: 4g
- Fat: 26g
- Cholesterol: 370mg
- Sodium: 400mg
- Potassium: 350mg

Prep. time: 5 min

Cook time: 10 min

Serves: 2

DIRECTIONS

1. Scramble Eggs: In a skillet, melt butter over medium heat. Whisk eggs and cook until scrambled, seasoning with salt and pepper.
2. Assemble Burrito: Place scrambled eggs in the center of each tortilla. Top with shredded cheddar cheese, salsa, and avocado slices.
3. Roll and Serve: Roll the tortillas into burritos and serve immediately.

6. AVOCADO AND TURKEY BACON BREAKFAST BOWL

INGREDIENTS

- 2 slices turkey bacon
- 1/2 avocado, sliced
- 2 large eggs
- 1 tablespoon olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 290 kcal
- Protein: 16g
- Carbohydrates: 6g
- Fiber: 4g
- Fat: 24g
- Cholesterol: 370mg
- Sodium: 520mg
- Potassium: 580mg

Prep. time: 5 min

Cook time: 10 min

Serves: 1

DIRECTIONS

1. Cook Turkey Bacon: Cook turkey bacon in a skillet over medium heat until crispy.
2. Cook Eggs: In the same skillet, heat olive oil and fry the eggs to your preferred doneness.
3. Assemble Bowl: In a bowl, arrange sliced avocado, cooked bacon, and fried eggs. Season with salt and pepper.

7. GREEK YOGURT AND ALMOND BUTTER SMOOTHIE

INGREDIENTS

- 1 cup (240 g) plain Greek yogurt (unsweetened, full-fat)
- 2 tbsp almond butter (unsweetened)
- 1/2 cup (120 ml) unsweetened almond milk
- 1 tbsp chia seeds (optional, for extra fiber)
- 1–2 tbsp sugar-free sweetener (optional, to taste)
- 1/2 tsp vanilla extract
- Ice cubes (optional, for thicker texture)

Prep. time: 5 min

Cook time: 1 min

Serves: 2

DIRECTIONS

1. In a blender, combine Greek yogurt, almond butter, almond milk, chia seeds (if using), sweetener, and vanilla extract.
2. Blend until smooth and creamy.
3. Add ice cubes if you prefer a thicker, colder smoothie and blend again.
4. Pour into glasses and serve immediately.

Nutritional Info (per serving):

- Calories: 220
- Protein: 14 g
- Carbs: 6 g
- Fat: 16 g
- Fiber: 3 g
- Sodium: 70 mg
- Potassium: 200 mg

8. EGG AND VEGGIE BREAKFAST FRITTATA

INGREDIENTS

- 8 large eggs
- 1/2 cup diced bell peppers
- 1/2 cup chopped spinach
- 1/4 cup diced onion
- 1/2 cup grated mozzarella cheese
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat Oven: Preheat oven to 375°F (190°C).
2. Mix Ingredients: In a large bowl, whisk eggs, bell peppers, spinach, onion, salt, and pepper.
3. Bake Frittata: Pour mixture into a greased baking dish and sprinkle mozzarella cheese on top. Bake for 20-25 minutes, or until the frittata is set and golden.

Nutritional Info (per serving):

- Calories: 180 kcal
- Protein: 13g
- Carbohydrates: 4g
- Fiber: 1g
- Fat: 13g
- Cholesterol: 330mg
- Sodium: 220mg
- Potassium: 280mg

9. LOW-CARB PROTEIN "OATS" WITH FLAXSEED

INGREDIENTS

- 1/4 cup almond flour
- 1 tablespoon flaxseed meal
- 1/2 cup unsweetened almond milk
- 1 scoop vanilla protein powder
- 1/4 teaspoon cinnamon
- 1 tablespoon chopped nuts (optional)

Prep. time: 2 min

Cook time: 5 min

Serves: 1

DIRECTIONS

1. Cook "Oats": In a small saucepan, combine almond flour, flaxseed meal, almond milk, and cinnamon. Cook over medium heat, stirring frequently until thickened.
2. Add Protein Powder: Remove from heat and stir in protein powder until well combined.
3. Serve: Top with chopped nuts if desired.

Nutritional Info (per serving):

- Calories: 230 kcal
- Protein: 20g
- Carbohydrates: 8g
- Fiber: 4g
- Fat: 14g
- Cholesterol: 20mg
- Sodium: 100mg
- Potassium: 150mg

10. COTTAGE CHEESE AND BERRY BREAKFAST PARFAIT

INGREDIENTS

- 1/2 cup cottage cheese
- 1/4 cup fresh mixed berries
- 1 tablespoon chopped nuts
- 1/2 teaspoon honey (optional)

Prep. time: 5 min

Cook time: 0 min

Serves: 1

DIRECTIONS

1. Layer Ingredients: In a bowl or jar, layer cottage cheese, berries, and chopped nuts.
2. Add Honey: Drizzle with honey if desired.
3. Serve: Serve immediately or store in the refrigerator for later.

Nutritional Info (per serving):

- Calories: 150 kcal
- Protein: 14g
- Carbohydrates: 8g
- Fiber: 2g
- Fat: 7g
- Cholesterol: 20mg
- Sodium: 350mg
- Potassium: 180mg

11. EGG WHITE AND VEGGIE SCRAMBLE WITH AVOCADO

INGREDIENTS

- 6 egg whites
- 1/2 cup diced bell peppers
- 1/2 cup chopped spinach
- 1 tablespoon olive oil
- 1/2 avocado, sliced
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 120 kcal
- Protein: 13g
- Carbohydrates: 5g
- Fiber: 3g
- Fat: 7g
- Cholesterol: 0mg
- Sodium: 150mg
- Potassium: 450mg

Prep. time: 5 min

Cook time: 5 min

Serves: 2

DIRECTIONS

1. Heat Olive Oil: Heat olive oil in a skillet over medium heat.
2. Add Veggies: Add bell peppers and spinach, sautéing for 2-3 minutes until softened.
3. Scramble Egg Whites: Pour egg whites over veggies, and scramble until cooked through. Season with salt and pepper.
4. Serve: Serve with sliced avocado on the side.

12. PROTEIN-PACKED SMOOTHIE WITH SPINACH AND ALMOND MILK

INGREDIENTS

- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- 1/2 cup fresh spinach
- 1/2 cup ice cubes
- 1/4 teaspoon vanilla extract

Nutritional Info (per serving):

- Calories: 140 kcal
- Protein: 20g
- Carbohydrates: 5g
- Fiber: 2g
- Fat: 4g
- Cholesterol: 0mg
- Sodium: 100mg
- Potassium: 180mg

Prep. time: 5 min

Cook time: 0 min

Serves: 1

DIRECTIONS

1. Blend Ingredients: Add all ingredients to a blender and blend until smooth.
2. Serve: Pour into a glass and serve immediately.

13. LOW-CARB COTTAGE CHEESE PANCAKES

INGREDIENTS

- 1 cup (250 g) cottage cheese
- 3 large eggs
- 1/2 cup (50 g) almond flour
- 1 tsp vanilla extract
- 1/4 tsp baking powder
- Butter or coconut oil for cooking

Nutritional Info (per serving):

- Calories: 180
- Protein: 12 g
- Carbs: 4 g
- Fat: 12 g
- Fiber: 1 g
- Sodium: 200 mg
- Potassium: 120 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. In a bowl, mix cottage cheese, eggs, almond flour, vanilla, and baking powder until smooth.
2. Heat a skillet over medium heat and grease with butter or coconut oil.
3. Pour batter into small pancakes and cook for 2–3 minutes per side until golden. Serve warm.

14. CHIA SEED AND FLAX PORRIDGE

INGREDIENTS

- 2 tbsp chia seeds
- 2 tbsp ground flaxseeds
- 1 cup (240 ml) unsweetened almond milk
- 1/2 tsp cinnamon
- 1 tbsp sugar-free sweetener

Nutritional Info (per serving):

- Calories: 140
- Protein: 5 g
- Carbs: 7 g
- Fat: 9 g
- Fiber: 6 g
- Sodium: 30 mg
- Potassium: 180 mg

Prep. time: 5 min

Cook time: 5 min

Serves: 2

DIRECTIONS

1. Combine chia seeds, flaxseeds, almond milk, cinnamon, and sweetener in a small saucepan.
2. Cook over medium heat for 3–5 minutes, stirring until thickened.
3. Serve warm, optionally topped with berries or nuts.

15. AVOCADO TOAST WITH EGG ON ALMOND FLOUR BREAD

INGREDIENTS

- 2 slices almond flour bread
- 1/2 avocado, mashed
- 2 large eggs, fried or poached
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 0 min

Serves: 2

DIRECTIONS

1. Toast almond flour bread slices until golden.
2. Spread mashed avocado on each slice.
3. Top with fried or poached eggs, season with salt and pepper, and serve.

Nutritional Info (per serving):

- Calories: 210
- Protein: 9 g
- Carbs: 5 g
- Fat: 18 g
- Fiber: 3 g
- Sodium: 120 mg
- Potassium: 220 mg

16. KETO BREAKFAST SAUSAGE AND EGG BAKE

INGREDIENTS

- 1 lb (450 g) breakfast sausage
- 6 large eggs
- 1 cup (100 g) shredded cheddar cheese
- 1/4 cup (60 ml) heavy cream
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 30 min

Serves: 6

DIRECTIONS

1. Preheat oven to 375°F (190°C). Brown sausage in a skillet, then transfer to a greased baking dish.
2. In a bowl, whisk eggs, cream, salt, and pepper. Pour over the sausage.
3. Sprinkle cheddar cheese on top and bake for 25–30 minutes until set. Serve warm.

Nutritional Info (per serving):

- Calories: 300
- Protein: 18 g
- Carbs: 2 g
- Fat: 25 g
- Fiber: 0 g
- Sodium: 250 mg
- Potassium: 150 mg

17. ALMOND FLOUR BANANA BREAD (LOW-CARB)

INGREDIENTS

- 2 cups (200 g) almond flour
- 3 large eggs
- 1/2 cup (120 g) mashed ripe banana (about 1 medium banana)
- 1/4 cup (60 ml) melted butter or coconut oil
- 1/4 cup (50 g) sugar-free sweetener (like erythritol)
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- Pinch of salt

Nutritional Info (per serving):

- Calories: 150
- Protein: 5 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 80 mg
- Potassium: 90 mg

Prep. time: 10 min

Cook time: 40 min

**Serves: 12
slices**

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a loaf pan with parchment paper or grease lightly.
2. In a large bowl, whisk together eggs, mashed banana, melted butter, sweetener, and vanilla extract until smooth.
3. Add almond flour, baking powder, cinnamon, and salt. Stir until well combined.
4. Pour the batter into the prepared loaf pan and spread evenly.
5. Bake for 35–40 minutes or until a toothpick inserted into the center comes out clean.
6. Let cool completely before slicing for best texture.

18. EGGS BENEDICT WITH SPINACH AND HOLLANDAISE SAUCE

INGREDIENTS

- 2 English muffin halves: low-carb
 - 2 cups (60 g) fresh spinach, sautéed
 - 4 poached eggs
- Hollandaise Sauce:**
- 2 egg yolks
 - 1/4 cup (60 g) butter, melted
 - 1 tsp lemon juice

Nutritional Info (per serving):

- Calories: 280
- Protein: 10 g
- Carbs: 4 g
- Fat: 24 g
- Fiber: 2 g
- Sodium: 150 mg
- Potassium: 170 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 2

DIRECTIONS

1. Toast English muffin halves and top with sautéed spinach and poached eggs.
2. For the sauce, whisk egg yolks and lemon juice in a heatproof bowl. Slowly add melted butter while whisking over low heat until thickened.
3. Drizzle hollandaise sauce over the eggs and serve immediately.

19. ZUCCHINI AND MUSHROOM FRITTATA

INGREDIENTS

- 1 cup (100 g) sliced zucchini
- 1 cup (100 g) sliced mushrooms
- 6 large eggs
- 1/4 cup (60 ml) heavy cream
- 1/2 cup (50 g) shredded mozzarella cheese
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Sauté zucchini and mushrooms in an oven-safe skillet for 5 minutes.
2. Whisk eggs, cream, salt, and pepper, then pour over the vegetables. Sprinkle with mozzarella.
3. Bake for 15 minutes until set. Slice and serve warm.

Nutritional Info (per serving):

- Calories: 160
- Protein: 10 g
- Carbs: 3 g
- Fat: 12 g
- Fiber: 1 g
- Sodium: 120 mg
- Potassium: 220 mg

20. KETO-FRIENDLY PROTEIN OATMEAL WITH WALNUTS

INGREDIENTS

- 2 tbsp almond flour
- 1 tbsp ground flaxseeds
- 1 cup (240 ml) unsweetened almond milk
- 1/2 scoop (15 g) vanilla protein powder
- 1 tbsp chopped walnuts

Prep. time: 5 min

Cook time: 5 min

Serves: 2

DIRECTIONS

1. Heat almond flour, flaxseeds, and almond milk in a saucepan over medium heat, stirring until thickened.
2. Stir in protein powder and cook for 1 minute.
3. Serve topped with chopped walnuts.

Nutritional Info (per serving):

- Calories: 180 kcal
- Protein: 12 g
- Carbs: 4 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 60 mg
- Potassium: 100 mg

CHAPTER 3: SNACKS AND APPETIZERS



1. VEGETABLE CRUDITÉS WITH AVOCADO YOGURT DIP

INGREDIENTS

Crudités:

- 1 cup (120 g) carrot sticks
- 1 cup (100 g) cucumber slices
- 1 cup (100 g) bell pepper strips
- 1 cup (100 g) celery sticks

Dip:

- 1 ripe avocado
- 1/2 cup (120 g) plain Greek yogurt
- 1 clove garlic, minced
- 1 tbsp lime juice
- 1/4 tsp cumin
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Wash and cut vegetables into sticks or slices.
2. Mash the avocado and mix with Greek yogurt in a bowl.
3. Add garlic, lime juice, cumin, salt, and pepper. Stir until smooth.
4. Serve the dip with the vegetables.

Nutritional Info (per serving):

Calories: 110 Fiber: 3 g Protein: 4 g Fat: 7 g Carbs: 8 g

2. CHEESE STUFFED MINI BELL PEPPERS

INGREDIENTS

- 8 mini bell peppers
- 1 cup (120 g) shredded mozzarella or cheddar cheese
- 1/2 tsp Italian seasoning
- 1/4 tsp garlic powder
- 1 tbsp olive oil

Prep. time: 5 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Slice bell peppers in half and remove seeds.
3. Mix cheese, Italian seasoning, and garlic powder in a bowl.
4. Stuff the pepper halves with the cheese mixture.
5. Place on a baking sheet, drizzle with olive oil, and bake for 10 minutes.

Nutritional Info (per serving):

- Calories: 130
- Protein: 8 g
- Carbs: 5 g
- Fat: 9 g
- Fiber: 2 g

3. BAKED SPINACH AND CHEESE PUFFS

INGREDIENTS

- 2 cups (60 g) fresh spinach, chopped
- 1 cup (100 g) shredded mozzarella cheese
- 1/2 cup (50 g) grated Parmesan cheese
- 2 large eggs
- 1/4 cup (30 g) almond flour
- 1/2 tsp garlic powder
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 130
- Protein: 9 g
- Carbs: 2 g
- Fat: 9 g
- Fiber: 1 g
- Sodium: 180 mg
- Potassium: 100 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 6

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a bowl, mix spinach, mozzarella, Parmesan, eggs, almond flour, garlic powder, salt, and pepper until well combined.
3. Scoop spoonfuls of the mixture onto the baking sheet. Shape into small puffs.
4. Bake for 18–20 minutes until golden and firm. Serve warm.

4. CAULIFLOWER HUMMUS WITH CUCUMBER SLICES

INGREDIENTS

- 2 cups (200 g) steamed cauliflower florets
- 1/4 cup (60 ml) tahini
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 2 tbsp olive oil
- 1/4 tsp ground cumin
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 110
- Protein: 3 g
- Carbs: 5 g
- Fat: 8 g
- Fiber: 2 g
- Sodium: 70 mg
- Potassium: 150 mg

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. In a food processor, blend steamed cauliflower, tahini, lemon juice, garlic, olive oil, cumin, salt, and pepper until smooth.
2. Adjust seasoning to taste.
3. Serve with cucumber slices for dipping.

5. CRISPY BAKED ALMOND FLOUR CRACKERS

INGREDIENTS

- 1 cup (100 g) almond flour
- 1 large egg
- 1/4 tsp salt
- 1/4 tsp garlic powder or dried herbs (optional)

Nutritional Info (per serving):

- Calories: 120
- Protein: 5 g
- Carbs: 2 g
- Fat: 10 g
- Fiber: 1 g
- Sodium: 70 mg
- Potassium: 50 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 6

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, mix almond flour, egg, salt, and optional seasonings until a dough forms.
3. Roll out the dough between two sheets of parchment paper to a thin layer.
4. Cut into small squares or desired shapes and transfer to the baking sheet.
5. Bake for 12–15 minutes until golden and crisp. Cool before serving.

6. LOW-CARB MEATBALLS WITH MARINARA DIPPING SAUCE

INGREDIENTS

Meatballs:

- 1 lb (450 g) ground beef or turkey
- 1/4 cup (30 g) almond flour
- 1 egg
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- Salt and pepper to taste

Dipping Sauce:

- 1 cup (240 g) marinara sauce (low-sugar)

Nutritional Info (per serving):

- Calories: 250
- Protein: 18 g
- Carbs: 6 g
- Fat: 17 g
- Fiber: 2 g

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Mix meat, almond flour, egg, and seasonings.
3. Shape into 16 meatballs and place on a baking sheet.
4. Bake for 20 minutes, flipping halfway.
5. Warm marinara sauce and serve with the meatballs.

7. GRILLED VEGGIE SKEWERS WITH HERB DIP

INGREDIENTS

Skewers:

- 1 medium zucchini, sliced
- 1 medium yellow squash, sliced
- 1 red bell pepper, cut into chunks
- 1/2 red onion, cut into chunks
- 8 cherry tomatoes
- 1 tbsp olive oil
- Salt and pepper to taste

Herb Dip:

- 1/2 cup (120 g) plain Greek yogurt
- 1 tbsp lemon juice
- 1 tbsp chopped fresh dill
- 1/4 tsp garlic powder

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Preheat grill or grill pan to medium heat.
2. Thread veggies onto skewers, drizzle with olive oil, and season with salt and pepper.
3. Grill skewers for 3–4 minutes per side until charred and tender.
4. Mix dip ingredients in a bowl and serve alongside skewers.

Nutritional Info (per serving):

Calories: 80
Protein: 4 g
Carbs: 8 g
Fat: 3 g
Fiber: 2 g
Sodium: 85 mg
Potassium: 380 mg

8. GREEK YOGURT DIP WITH CUCUMBER AND DILL

INGREDIENTS

- 1 cup (240 g) plain Greek yogurt
- 1/2 cup (50 g) finely chopped cucumber
- 1 tbsp chopped fresh dill
- 1 tbsp lemon juice
- 1/4 tsp garlic powder
- Salt and pepper to taste

Prep. time: 5 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Mix all ingredients in a bowl until well combined.
2. Chill for 10 minutes before serving with fresh veggies or crackers.

Nutritional Info (per serving):

- Calories: 40
- Protein: 6 g
- Carbs: 2 g
- Fat: 1 g
- Fiber: 0 g
- Sodium: 60 mg
- Potassium: 110 mg

9. JALAPEÑO AND CHEESE STUFFED MUSHROOMS

INGREDIENTS

- 16 medium button mushrooms, stems removed
- 1/2 cup (50 g) shredded cheddar cheese
- 1 small jalapeño, finely chopped
- 2 tbsp cream cheese
- 1/4 tsp garlic powder

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Mix cheddar, jalapeño, cream cheese, and garlic powder in a bowl.
3. Fill mushroom caps with the mixture.
4. Bake for 15 minutes or until cheese is melted.

Nutritional Info (per serving):

- Calories: 90
- Protein: 5 g
- Carbs: 3 g
- Fat: 7 g
- Fiber: 1 g
- Sodium: 125 mg
- Potassium: 210 mg

10. ROASTED SEAWEED SNACKS WITH SESAME SEEDS

INGREDIENTS

- 8 sheets of nori (seaweed)
- 1 tbsp sesame oil
- 1 tsp sesame seeds
- Pinch of sea salt

Prep. time: 5 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Preheat oven to 300°F (150°C).
2. Brush nori sheets lightly with sesame oil.
3. Sprinkle sesame seeds and sea salt over the sheets.
4. Bake for 8–10 minutes until crisp.

Nutritional Info (per serving):

- Calories: 45
- Protein: 2 g
- Carbs: 1 g
- Fat: 4 g
- Fiber: 0 g
- Sodium: 55 mg
- Potassium: 120 mg

11. CRISPY PARMESAN ZUCCHINI CHIPS

INGREDIENTS

- 2 medium zucchinis, thinly sliced
- 1/2 cup (50 g) grated Parmesan cheese
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Olive oil spray

Nutritional Info (per serving):

- Calories: 90
- Protein: 6 g
- Carbs: 3 g
- Fat: 6 g
- Fiber: 1 g
- Sodium: 120 mg
- Potassium: 300 mg

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Arrange zucchini slices on a parchment-lined baking sheet.
3. Sprinkle Parmesan, garlic powder, and paprika over the slices.
4. Spray lightly with olive oil and bake for 25 minutes, flipping halfway.

12. CUCUMBER BITES WITH CREAM CHEESE AND SMOKED SALMON

INGREDIENTS

- 1 large cucumber, sliced into rounds
- 1/2 cup (100 g) cream cheese
- 4 oz (120 g) smoked salmon, cut into small pieces
- 1 tbsp chopped fresh dill

Nutritional Info (per serving):

- Calories: 120
- Protein: 8 g
- Carbs: 3 g
- Fat: 9 g
- Fiber: 0 g
- Sodium: 320 mg
- Potassium: 180 mg

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Spread cream cheese on each cucumber round.
2. Top with a piece of smoked salmon.
3. Garnish with dill and serve.

13. LOW-CARB GUACAMOLE WITH VEGGIE DIPPERS

INGREDIENTS

- 2 ripe avocados
- 1 lime, juiced
- 1/4 cup (40 g) diced red onion
- 1/4 cup (40 g) chopped cilantro
- 1/2 tsp cumin
- Salt and pepper to taste
- 1 cup (120 g) sliced celery and cucumber for dipping

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Mash avocados in a bowl.
2. Add lime juice, onion, cilantro, cumin, salt, and pepper. Mix well.
3. Serve with veggie dippers.

Nutritional Info (per serving):

- Calories: 150
- Protein: 2 g
- Carbs: 7 g
- Fat: 13 g
- Fiber: 5 g
- Sodium: 75 mg
- Potassium: 450 mg

14. CHEESE AND TURKEY ROLL-UPS

INGREDIENTS

- 8 slices of deli turkey
- 4 slices of Swiss or cheddar cheese, halved
- 2 tbsp Dijon mustard

Prep. time: 5 min

Cook time: 0 min

Serves: 4
(8 roll-ups)

DIRECTIONS

1. Spread mustard on each turkey slice.
2. Place a cheese slice on top and roll up tightly.
3. Serve as is or secure with toothpicks.

Nutritional Info (per serving):

- Calories: 120
- Protein: 14 g
- Carbs: 1 g
- Fat: 6 g
- Fiber: 0 g
- Sodium: 450 mg
- Potassium: 150 mg

15. STUFFED AVOCADOS WITH TUNA SALAD

INGREDIENTS

- 2 medium avocados, halved and pitted
- 1 can (5 oz or 140 g) tuna in water, drained
- 2 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1/4 tsp paprika
- Salt and pepper to taste

Prep. time: 5 min

Cook time: 0 min

Serves: 2

DIRECTIONS

1. Scoop out a small amount of avocado to make space for filling.
2. Mix tuna, mayonnaise, mustard, paprika, salt, and pepper.
3. Fill avocado halves with tuna mixture.

Nutritional Info (per serving):

- Calories: 280
- Protein: 16 g
- Carbs: 7 g
- Fat: 21 g
- Fiber: 5 g
- Sodium: 180 mg
- Potassium: 600 mg

16. BAKED PARMESAN CRISPS

INGREDIENTS

- 1 cup (100 g) grated Parmesan cheese
- 1/4 tsp garlic powder
- 1/4 tsp paprika

Prep. time: 10 min

Cook time: 5 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Line a baking sheet with parchment paper.
3. Place 1 tablespoon of Parmesan in small mounds on the sheet.
4. Sprinkle garlic powder and paprika over each mound.
5. Bake for 8–10 minutes until golden and crispy.

Nutritional Info (per serving):

- Calories: 100
- Protein: 9 g
- Carbs: 1 g
- Fat: 7 g
- Fiber: 0 g
- Sodium: 220 mg
- Potassium: 40 mg

17. SPICY ROASTED CHICKPEAS

INGREDIENTS

- 1 can (15 oz or 425 g) chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp garlic powder
- Salt to taste

Nutritional Info (per serving):

- Calories: 130
- Protein: 6 g
- Carbs: 15 g
- Fat: 4 g
- Fiber: 4 g
- Sodium: 210 mg
- Potassium: 170 mg

Prep. time: 5 min

Cook time: 30 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Pat the chickpeas dry with a paper towel.
3. Toss chickpeas with olive oil and seasonings.
4. Spread on a baking sheet in a single layer.
5. Roast for 25–30 minutes, shaking the pan halfway through, until crispy.

18. BEEF AND VEGGIE LETTUCE WRAPS

INGREDIENTS

- 1 lb (450 g) lean ground beef
- 1/2 cup (75 g) diced bell peppers
- 1/4 cup (40 g) diced onion
- 2 tbsp soy sauce (or coconut aminos)
- 1/2 tsp garlic powder
- 8 large lettuce leaves (e.g., romaine or butter lettuce)

Nutritional Info (per serving):

- Calories: 200
- Protein: 20 g
- Carbs: 5 g
- Fat: 10 g
- Fiber: 1 g
- Sodium: 390 mg
- Potassium: 330 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat a skillet over medium heat and cook ground beef until browned.
2. Add diced bell peppers and onion. Cook for 3–4 minutes.
3. Stir in soy sauce and garlic powder. Cook for 1–2 minutes.
4. Spoon the beef mixture onto lettuce leaves and serve.

19. KETO-FRIENDLY DEVEILED EGGS

INGREDIENTS

- 4 large hard-boiled eggs, peeled
- 2 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1/4 tsp smoked paprika
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 90
- Protein: 6 g
- Carbs: 1 g
- Fat: 7 g
- Fiber: 0 g
- Sodium: 110 mg
- Potassium: 60 mg

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Slice the eggs in half lengthwise and remove the yolks.
2. Mash yolks in a bowl and mix with mayonnaise, mustard, paprika, salt, and pepper.
3. Spoon the yolk mixture back into the egg whites.
4. Sprinkle with additional paprika for garnish and serve.

20. BACON-WRAPPED ASPARAGUS BITES

INGREDIENTS

- 12 asparagus spears
- 6 slices of bacon, halved lengthwise
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 110
- Protein: 6 g
- Carbs: 2 g
- Fat: 9 g
- Fiber: 1 g
- Sodium: 250 mg
- Potassium: 180 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Trim tough ends from asparagus spears.
3. Wrap each spear with a half slice of bacon.
4. Place on a parchment-lined baking sheet and season with salt and pepper.
5. Bake for 12–15 minutes, flipping halfway through, until bacon is crispy.

CHAPTER 4: SALAD RECIPES



1. SPINACH SALAD WITH ROASTED CHICKEN AND BALSAMIC VINEGAR

INGREDIENTS

- 4 cups (120 g) baby spinach
- 2 roasted chicken breasts, sliced
- 1/4 cup (30 g) chopped walnuts
- 1/4 cup (30 g) crumbled feta cheese
- 1/4 cup (60 ml) balsamic vinegar
- 2 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. In a large bowl, combine spinach, roasted chicken, walnuts, and feta cheese.
2. Whisk together balsamic vinegar, olive oil, salt, and pepper in a small bowl.
3. Drizzle dressing over the salad and toss gently. Serve immediately.

Nutritional Info (per serving):

Calories: 250 Protein: 24 g Carbs: 6 g Fat: 15 g Fiber: 2 g Sodium: 220 mg Potassium: 400 mg

2. CHOPPED THAI SALAD WITH PEANUT DRESSING

INGREDIENTS

- 2 cups (200 g) shredded cabbage
- 1 cup (100 g) shredded carrots
- 1 red bell pepper, diced
- 1/4 cup (40 g) chopped peanuts
- 1/4 cup (60 ml) peanut butter
- 2 tbsp soy sauce (or coconut aminos)
- 1 tbsp rice vinegar
- 1 tbsp lime juice
- 1 tsp grated ginger

Prep. time: 15 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Combine cabbage, carrots, and bell pepper in a large bowl.
2. In a small bowl, whisk together peanut butter, soy sauce, rice vinegar, lime juice, and ginger until smooth.
3. Pour dressing over the salad, toss to combine, and sprinkle with peanuts before serving.

Nutritional Info (per serving):

- Calories: 180
- Protein: 6 g
- Carbs: 10 g
- Fat: 12 g
- Fiber: 3 g

3. CRISP KALE SALAD WITH LEMON-GARLIC CHICKEN

INGREDIENTS

- 6 cups (150 g) kale, chopped
- 2 grilled chicken breasts, sliced
- 1/4 cup (60 ml) olive oil
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 1/4 cup (30 g) grated Parmesan cheese
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Massage chopped kale with 1 tbsp olive oil until tender.
2. In a small bowl, whisk together olive oil, lemon juice, garlic, salt, and pepper.
3. Toss kale with dressing, top with chicken slices and Parmesan cheese. Serve.

Nutritional Info (per serving):

- Calories: 230
- Protein: 26 g
- Carbs: 6 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 250 mg
- Potassium: 420 mg

4. GRILLED CHICKEN AND AVOCADO SALAD WITH CILANTRO LIME DRESSING

INGREDIENTS

- 4 cups (120 g) mixed greens
- 2 grilled chicken breasts, sliced
- 1 avocado, sliced
- 1/4 cup (60 ml) lime juice
- 2 tbsp olive oil
- 2 tbsp chopped fresh cilantro
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Arrange mixed greens, chicken slices, and avocado on a plate.
2. Whisk lime juice, olive oil, cilantro, salt, and pepper in a small bowl.
3. Drizzle dressing over the salad and serve.

Nutritional Info (per serving):

- Calories: 250
- Protein: 24 g
- Carbs: 7 g
- Fat: 15 g
- Fiber: 5 g
- Sodium: 150 mg
- Potassium: 480 mg

5. ZESTY CUCUMBER AND TOMATO SALAD

INGREDIENTS

- 2 cups (300 g) diced cucumbers
- 2 cups (300 g) diced tomatoes
- 1/4 cup (30 g) chopped red onion
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Combine cucumbers, tomatoes, and red onion in a large bowl.
2. In a small bowl, whisk together olive oil, red wine vinegar, oregano, salt, and pepper.
3. Pour dressing over the salad, toss gently, and serve.

Nutritional Info (per serving):

- Calories: 80
- Protein: 2 g
- Carbs: 8 g
- Fat: 5 g
- Fiber: 2 g
- Sodium: 40 mg
- Potassium: 350 mg

6. SPINACH AND POMEGRANATE SALAD WITH FETA

INGREDIENTS

- 4 cups (120 g) baby spinach
- 1/2 cup (100 g) pomegranate seeds
- 1/4 cup (30 g) crumbled feta cheese
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Combine spinach, pomegranate seeds, and feta in a bowl.
2. In a small bowl, whisk together balsamic vinegar, olive oil, salt, and pepper.
3. Drizzle dressing over the salad and serve.

Nutritional Info (per serving):

- Calories: 140
- Protein: 4 g
- Carbs: 10 g
- Fat: 9 g
- Fiber: 2 g
- Sodium: 120 mg
- Potassium: 290 mg

7. ARUGULA AND ROASTED BEET SALAD WITH GOAT CHEESE

INGREDIENTS

- 4 cups (120 g) arugula
- 2 medium beets, roasted and sliced
- 1/4 cup (30 g) crumbled goat cheese
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Arrange arugula, roasted beets, and goat cheese on a plate.
2. Whisk together balsamic vinegar, olive oil, salt, and pepper.
3. Drizzle dressing over the salad and serve.

Nutritional Info (per serving):

- Calories: 130
- Protein: 4 g
- Carbs: 8 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 150 mg
- Potassium: 320 mg

8. TUNA SALAD WITH AVOCADO AND RED ONION

INGREDIENTS

- 2 cans (10 oz or 280 g total) tuna in water, drained
- 1 avocado, diced
- 1/4 cup (40 g) diced red onion
- 2 tbsp mayonnaise (or Greek yogurt)
- 1 tbsp lemon juice
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. In a large bowl, combine tuna, avocado, and red onion.
2. Add mayonnaise, lemon juice, salt, and pepper, and mix gently until combined.
3. Serve as a standalone dish or on a bed of lettuce.

Nutritional Info (per serving):

- Calories: 180
- Protein: 18 g
- Carbs: 4 g
- Fat: 10 g
- Fiber: 3 g
- Sodium: 200 mg
- Potassium: 390 mg

9. SHREDDED BRUSSELS SPROUT SALAD WITH PARMESAN

INGREDIENTS

- 3 cups (300 g) shredded Brussels sprouts
- 1/4 cup (30 g) grated Parmesan cheese
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp Dijon mustard
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 130
- Protein: 6 g
- Carbs: 7 g
- Fat: 9 g
- Fiber: 3 g
- Sodium: 160 mg
- Potassium: 380 mg

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. In a large bowl, toss shredded Brussels sprouts with Parmesan cheese.
2. In a small bowl, whisk together olive oil, lemon juice, mustard, salt, and pepper.
3. Pour dressing over the salad, toss well, and serve.

10. CABBAGE SALAD WITH LEMON AND DILL DRESSING

INGREDIENTS

- 3 cups (300 g) shredded green cabbage
- 1/4 cup (30 g) chopped fresh dill
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 80
- Protein: 2 g
- Carbs: 5 g
- Fat: 7 g
- Fiber: 2 g
- Sodium: 40 mg
- Potassium: 300 mg

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. In a large bowl, combine shredded cabbage and dill.
2. Whisk together olive oil, lemon juice, salt, and pepper in a small bowl.
3. Pour dressing over the cabbage, toss to combine, and serve.

11. GRILLED CHICKEN CAESAR SALAD (LOW CARB)

INGREDIENTS

- 4 cups (120 g) romaine lettuce, chopped
- 2 grilled chicken breasts, sliced
- 1/4 cup (30 g) grated Parmesan cheese
- 1/4 cup (60 ml) Caesar dressing (low-carb option)
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Arrange romaine lettuce on a plate and top with grilled chicken slices.
2. Sprinkle Parmesan cheese over the salad.
3. Drizzle Caesar dressing over the top and season with salt and pepper if needed. Serve.

Nutritional Info (per serving):

- Calories: 230
- Protein: 25 g
- Carbs: 4 g
- Fat: 13 g
- Fiber: 2 g
- Sodium: 300 mg
- Potassium: 420 mg

12. AVOCADO AND SHRIMP SALAD WITH LIME DRESSING

INGREDIENTS

- 2 cups (300 g) cooked shrimp, peeled and deveined
- 2 avocados, diced
- 1 cup (150 g) cherry tomatoes, halved
- 1/4 cup (60 ml) lime juice
- 2 tbsp olive oil
- 1 tbsp chopped fresh cilantro
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 5 min

Serves: 4

DIRECTIONS

1. In a large bowl, combine shrimp, avocado, and cherry tomatoes.
2. Whisk together lime juice, olive oil, cilantro, salt, and pepper in a small bowl.
3. Pour dressing over the salad, toss gently, and serve immediately.

Nutritional Info (per serving):

- Calories: 220
- Protein: 18 g
- Carbs: 8 g
- Fat: 15 g
- Fiber: 4 g
- Sodium: 180 mg
- Potassium: 460 mg

13. SPINACH AND SALMON SALAD WITH PESTO DRESSING

INGREDIENTS

- 4 cups (120 g) baby spinach
- 2 salmon fillets, cooked and flaked
- 1/4 cup (60 ml) pesto sauce (store-bought or homemade)
- 1/4 cup (30 g) chopped walnuts
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 280
- Protein: 22 g
- Carbs: 4 g
- Fat: 20 g
- Fiber: 1 g
- Sodium: 210 mg
- Potassium: 450 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Arrange spinach on plates and top with flaked salmon and walnuts.
2. Drizzle pesto sauce over the salad.
3. Season with salt and pepper to taste and serve.

14. ZUCCHINI NOODLE SALAD WITH PARMESAN AND HERBS

INGREDIENTS

- 3 medium zucchinis, spiralized
- 1/4 cup (30 g) grated Parmesan cheese
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp chopped fresh basil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 110
- Protein: 5 g
- Carbs: 5 g
- Fat: 8 g
- Fiber: 2 g
- Sodium: 90 mg
- Potassium: 380 mg

Prep. time: 15 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Place zucchini noodles in a large bowl.
2. Toss with olive oil, lemon juice, Parmesan cheese, and basil.
3. Season with salt and pepper and serve immediately.

15. COBB SALAD WITH GRILLED CHICKEN

INGREDIENTS 4 LARGE EGGS

- 4 cups (120 g) mixed greens
- 2 grilled chicken breasts, sliced
- 2 hard-boiled eggs, sliced
- 1/2 avocado, diced
- 1/4 cup (30 g) crumbled blue cheese
- 2 tbsp balsamic vinaigrette
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Arrange mixed greens on plates and top with chicken, eggs, avocado, and blue cheese.
2. Drizzle with balsamic vinaigrette.
3. Season with salt and pepper to taste and serve.

Nutritional Info (per serving):

- Calories: 320
- Protein: 28 g
- Carbs: 6 g
- Fat: 21 g
- Fiber: 3 g
- Sodium: 220 mg
- Potassium: 500 mg

16. TUNA SALAD WITH AVOCADO AND LEMON DRESSING

INGREDIENTS

- 2 cans (10 oz or 280 g) tuna in water, drained
- 1 avocado, diced
- 1/4 cup (60 ml) lemon juice
- 1/4 cup (40 g) diced red onion
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. In a large bowl, combine tuna, avocado, and red onion.
2. Drizzle lemon juice over the mixture and season with salt and pepper.
3. Mix gently and serve as a salad or in lettuce wraps.

Nutritional Info (per serving):

- Calories: 200
- Protein: 19 g
- Carbs: 4 g
- Fat: 11 g
- Fiber: 3 g
- Sodium: 180 mg
- Potassium: 420 mg

17. CAPRESE SALAD WITH FRESH BASIL AND MOZZARELLA

INGREDIENTS

- 2 large tomatoes, sliced
- 8 oz (225 g) fresh mozzarella, sliced
- 1/4 cup (20 g) fresh basil leaves
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 220
- Protein: 12 g
- Carbs: 5 g
- Fat: 17 g
- Fiber: 1 g
- Sodium: 150 mg
- Potassium: 250 mg

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Arrange alternating slices of tomato and mozzarella on a plate.
2. Tuck fresh basil leaves between slices.
3. Drizzle with olive oil and balsamic vinegar, then season with salt and pepper.

18. GREEK SALAD WITH CHICKEN AND FETA CHEESE

INGREDIENTS

- 4 cups (120 g) chopped romaine lettuce
- 2 grilled chicken breasts, sliced
- 1/4 cup (40 g) diced cucumber
- 1/4 cup (40 g) diced tomatoes
- 1/4 cup (30 g) crumbled feta cheese
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1/2 tsp oregano
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 210
- Protein: 22 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 180 mg
- Potassium: 340 mg

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Combine lettuce, chicken, cucumber, tomatoes, and feta in a large bowl.
2. In a small bowl, whisk together olive oil, vinegar, oregano, salt, and pepper.
3. Drizzle dressing over the salad, toss gently, and serve.

19. BEEF AND ARUGULA SALAD WITH BALSAMIC VINAIGRETTE

INGREDIENTS

- 2 cups (120 g) arugula
- 6 oz (170 g) cooked steak, sliced
- 1/4 cup (30 g) shaved Parmesan cheese
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- Salt and pepper to taste

Prep. time: 15 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Arrange arugula on a plate and top with steak slices and Parmesan cheese.
2. Drizzle balsamic vinegar and olive oil over the salad.
3. Season with salt and pepper and serve.

Nutritional Info (per serving):

- Calories: 250
- Protein: 22 g
- Carbs: 4 g
- Fat: 16 g
- Fiber: 1 g
- Sodium: 120 mg
- Potassium: 340 mg

20. KALE SALAD WITH ROASTED VEGETABLES AND PUMPKIN SEEDS

INGREDIENTS

- 4 cups (120 g) kale, chopped
- 1 cup (200 g) roasted vegetables (e.g., sweet potatoes, carrots)
- 1/4 cup (30 g) pumpkin seeds
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- Salt and pepper to taste

Prep. time: 15 min

Cook time: 25 min

Serves: 4

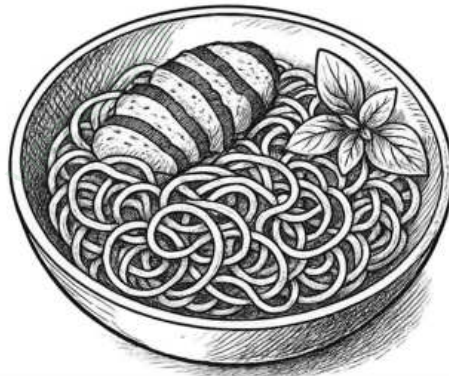
DIRECTIONS

1. Massage kale with 1 tbsp olive oil until softened.
2. Add roasted vegetables and pumpkin seeds to the kale.
3. Whisk together remaining olive oil and apple cider vinegar, and pour over the salad. Toss and serve.

Nutritional Info (per serving):

- Calories: 200
- Protein: 6 g
- Carbs: 10 g
- Fat: 14 g
- Fiber: 3 g
- Sodium: 80 mg
- Potassium: 400 mg

CHAPTER 5: GRAINS, PASTA



1. ZUCCHINI NOODLES WITH CHICKEN AND PESTO

INGREDIENTS

- 3 medium zucchinis, spiralized
- 2 grilled chicken breasts, sliced
- 1/4 cup (60 ml) pesto sauce (store-bought or homemade)
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

Calories: 250 Protein: 25 g Carbs: 5 g Fat: 15 g Fiber: 2 g Sodium: 180 mg Potassium: 400 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add zucchini noodles and sauté for 2–3 minutes until tender.
2. Add grilled chicken slices and pesto sauce, stirring to combine.
3. Season with salt and pepper to taste and serve immediately.

2. CAULIFLOWER RICE STIR FRY WITH SHRIMP

INGREDIENTS

- 4 cups (400 g) cauliflower rice
- 2 cups (300 g) shrimp, peeled and deveined
- 1/2 cup (50 g) diced bell peppers
- 2 tbsp soy sauce (or coconut aminos)
- 1 tbsp olive oil
- 1/2 tsp garlic powder

Nutritional Info (per serving):

- Calories: 160
- Protein: 20 g
- Carbs: 6 g
- Fat: 6 g
- Fiber: 2 g
- Sodium: 300 mg
- Potassium: 350 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add shrimp and cook for 3–4 minutes until pink. Remove and set aside.
2. In the same skillet, sauté cauliflower rice and bell peppers for 5 minutes.
3. Stir in soy sauce and garlic powder, then add shrimp back to the skillet. Mix well and serve.

3. LOW-CARB ALMOND FLOUR FLATBREAD

INGREDIENTS

- 2 cups (240 g) almond flour
- 2 large eggs
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp baking powder

Prep. time: 10 min

Cook time: 15 min

Serves: 4
(8 pieces)

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Mix almond flour, eggs, olive oil, salt, and baking powder in a bowl to form a dough.
3. Roll out the dough between two sheets of parchment paper to about 1/4 inch thickness.
4. Cut into pieces and transfer to the baking sheet. Bake for 12–15 minutes until golden brown.

Nutritional Info (per serving):

- Calories: 180
- Protein: 7 g
- Carbs: 4 g
- Fat: 15 g
- Fiber: 2 g
- Sodium: 100 mg
- Potassium: 90 mg

4. SPAGHETTI SQUASH PRIMAVERA WITH PARMESAN

INGREDIENTS

- 1 medium spaghetti squash
- 1 cup (150 g) diced mixed vegetables (e.g., zucchini, peppers, mushrooms)
- 1/4 cup (30 g) grated Parmesan cheese
- 2 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 40 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Cut spaghetti squash in half and remove seeds. Drizzle with 1 tbsp olive oil and bake cut-side down for 35 minutes.
2. In a skillet, sauté mixed vegetables with remaining olive oil for 5 minutes.
3. Scrape spaghetti squash strands into a bowl, mix with vegetables, and top with Parmesan cheese. Serve.

Nutritional Info (per serving):

- Calories: 160
- Protein: 5 g
- Carbs: 10 g
- Fat: 10 g
- Fiber: 3 g
- Sodium: 120 mg
- Potassium: 300 mg

5. SHIRATAKI RICE WITH GRILLED STEAK AND VEGGIES

INGREDIENTS

- 2 cups (340 g) shirataki rice, rinsed and drained
- 8 oz (225 g) grilled steak, sliced
- 1 cup (150 g) sautéed vegetables (e.g., broccoli, zucchini)
- 1 tbsp soy sauce (or coconut aminos)
- 1 tbsp olive oil

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add shirataki rice and sauté for 2 minutes.
2. Stir in sautéed vegetables and soy sauce. Mix well and cook for another 3 minutes.
3. Plate the shirataki rice and vegetables, topping with sliced steak. Serve warm.

Nutritional Info (per serving):

- Calories: 180
- Protein: 20 g
- Carbs: 3 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 250 mg
- Potassium: 320 mg

6. LOW-CARB CREAMY MUSHROOM RISOTTO

INGREDIENTS

- 4 cups (400 g) cauliflower rice
- 1 cup (150 g) diced mushrooms
- 1/4 cup (60 ml) heavy cream
- 1/4 cup (30 g) grated Parmesan cheese
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add mushrooms and sauté for 5 minutes.
2. Stir in cauliflower rice and cook for another 5 minutes.
3. Add heavy cream and Parmesan cheese, stirring until creamy. Season with salt and pepper and serve.

Nutritional Info (per serving):

- Calories: 170
- Protein: 6 g
- Carbs: 6 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 110 mg
- Potassium: 280 mg

7. BROCCOLI AND CHEDDAR CAULIFLOWER CASSEROLE

INGREDIENTS

- 2 cups (200 g) cauliflower florets
- 1 cup (100 g) broccoli florets
- 1 cup (100 g) shredded cheddar cheese
- 1/4 cup (60 ml) heavy cream
- 1 tbsp butter
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 200
- Protein: 8 g
- Carbs: 6 g
- Fat: 16 g
- Fiber: 3 g
- Sodium: 120 mg
- Potassium: 320 mg

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Steam broccoli and cauliflower until tender.
2. In a bowl, mix steamed vegetables with heavy cream, butter, and half the cheese. Season with salt and pepper.
3. Transfer to a casserole dish, top with remaining cheese, and bake for 20 minutes until bubbly and golden.

8. KETO MAC AND CHEESE WITH GROUND TURKEY

INGREDIENTS

- 4 cups (400 g) cauliflower florets
- 1 lb (450 g) ground turkey
- 1 cup (100 g) shredded cheddar cheese
- 1/4 cup (60 ml) heavy cream
- 1 tbsp butter
- 1/2 tsp garlic powder

Nutritional Info (per serving):

- Calories: 280
- Protein: 25 g
- Carbs: 5 g
- Fat: 18 g
- Fiber: 2 g
- Sodium: 180 mg
- Potassium: 340 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Steam cauliflower until tender.
2. Brown ground turkey in a skillet and season with garlic powder.
3. Mix cauliflower, turkey, heavy cream, butter, and cheese in a baking dish.
4. Bake for 15 minutes until cheese is melted and bubbly.

9. EGGPLANT LASAGNA WITH RICOTTA AND GROUND BEEF

INGREDIENTS

- 2 medium eggplants, sliced thinly
- 1 lb (450 g) ground beef
- 1 cup (240 g) ricotta cheese
- 1 cup (240 ml) marinara sauce (low-sugar)
- 1/2 cup (50 g) shredded mozzarella cheese
- Salt and pepper to taste

Prep. time: 15 min

Cook time: 30 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Grill or bake eggplant slices until tender.
2. Brown ground beef in a skillet and mix with marinara sauce.
3. Layer eggplant, ricotta, and beef mixture in a baking dish. Repeat layers.
4. Top with mozzarella cheese and bake for 25 minutes.

Nutritional Info (per serving):

- Calories: 350
- Protein: 28 g
- Carbs: 8 g
- Fat: 22 g
- Fiber: 4 g
- Sodium: 220 mg
- Potassium: 480 mg

10. SHIRATAKI NOODLES WITH SPICY CHICKEN STIR FRY

INGREDIENTS

- 2 cups (340 g) shirataki noodles, rinsed and drained
- 1 lb (450 g) chicken breast, diced
- 1 cup (150 g) mixed bell peppers, sliced
- 2 tbsp soy sauce (or coconut aminos)
- 1 tbsp sriracha sauce
- 1 tbsp olive oil

Prep. time: 15 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Cook chicken until browned.
2. Add bell peppers and sauté for 5 minutes.
3. Stir in shirataki noodles, soy sauce, and sriracha. Cook for 3 minutes. Serve hot.

Nutritional Info (per serving):

- Calories: 200
- Protein: 26 g
- Carbs: 3 g
- Fat: 8 g
- Fiber: 1 g
- Sodium: 250 mg
- Potassium: 300 mg

11. ALMOND FLOUR PIZZA CRUST WITH CHICKEN AND VEGGIES

INGREDIENTS

- 2 cups (240 g) almond flour
- 2 large eggs
- 1/4 cup (60 ml) olive oil
- 1/2 tsp baking powder
- 1/2 cup (120 g) shredded mozzarella
- 1 cup (150 g) cooked chicken, diced
- 1/2 cup (50 g) sautéed vegetables (e.g., zucchini, mushrooms)

Nutritional Info (per serving):

- Calories: 300
- Protein: 18 g
- Carbs: 5 g
- Fat: 24 g
- Fiber: 3 g
- Sodium: 200 mg
- Potassium: 150 mg

Prep. time: 15 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Mix almond flour, eggs, olive oil, and baking powder to form a dough.
2. Roll out dough on a parchment-lined baking sheet and bake for 10 minutes.
3. Add mozzarella, chicken, and veggies as toppings. Bake for another 10 minutes.

12. CAULIFLOWER RICE STIR-FRY WITH TOFU

INGREDIENTS

- 4 cups (400 g) cauliflower rice
- 1 cup (200 g) firm tofu, cubed
- 1/2 cup (50 g) diced bell peppers
- 2 tbsp soy sauce (or coconut aminos)
- 1 tbsp olive oil
- 1/2 tsp garlic powder

Nutritional Info (per serving):

- Calories: 150
- Protein: 8 g
- Carbs: 6 g
- Fat: 9 g
- Fiber: 2 g
- Sodium: 200 mg
- Potassium: 300 mg

Prep. time: 15 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add tofu cubes and cook until lightly browned on all sides, about 5 minutes. Remove and set aside.
2. In the same skillet, sauté cauliflower rice and bell peppers for 5 minutes.
3. Stir in soy sauce and garlic powder, then add tofu back to the skillet. Cook for 2 more minutes and serve.

13. EGGPLANT NOODLES WITH GARLIC BUTTER SHRIMP

INGREDIENTS

- 4 large eggs
- 1 cup fresh baby spinach
- 1/4 cup crumbled feta cheese
- 1 tablespoon 2 medium eggplants, spiralized or cut into thin strips
- 2 cups (300 g) shrimp, peeled and deveined
- 2 tbsp butter
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Sauté eggplant noodles for 3–5 minutes until tender. Remove and set aside.
2. In the same skillet, melt butter and cook garlic for 1 minute. Add shrimp and cook until pink, about 3–4 minutes.
3. Combine shrimp with eggplant noodles, season with salt and pepper, and serve.

Nutritional Info (per serving):

- Calories: 180
- Protein: 18 g
- Carbs: 5 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 250 mg
- Potassium: 340 mg

14. LOW-CARB QUINOA SALAD WITH ROASTED VEGGIES

INGREDIENTS

- 1 cup (185 g) cooked quinoa
- 1 cup (200 g) roasted vegetables (e.g., zucchini, peppers, eggplant)
- 1/4 cup (60 ml) olive oil
- 2 tbsp lemon juice
- 2 tbsp chopped parsley
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. In a bowl, combine cooked quinoa and roasted vegetables.
2. Whisk together olive oil, lemon juice, parsley, salt, and pepper.
3. Drizzle dressing over the quinoa mixture, toss gently, and serve.

Nutritional Info (per serving):

- Calories: 210
- Protein: 6 g
- Carbs: 16 g
- Fat: 12 g
- Fiber: 3 g
- Sodium: 120 mg
- Potassium: 280 mg

15. SHIRATAKI RICE WITH CHICKEN AND CILANTRO LIME SAUCE

INGREDIENTS

- 2 cups (340 g) shirataki rice, rinsed and drained
- 1 lb (450 g) cooked chicken breast, shredded
- 1/4 cup (60 ml) lime juice
- 2 tbsp chopped fresh cilantro
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add shirataki rice and cook for 2–3 minutes.
2. Stir in shredded chicken, lime juice, cilantro, salt, and pepper. Cook for another 2 minutes and serve.

Nutritional Info (per serving):

- Calories: 180
- Protein: 26 g
- Carbs: 2 g
- Fat: 6 g
- Fiber: 1 g
- Sodium: 200 mg
- Potassium: 320 mg

16. ZUCCHINI NOODLES WITH CREAMY AVOCADO PESTO

INGREDIENTS

- 3 medium zucchinis, spiralized
- 1 avocado, peeled and pitted
- 1/4 cup (60 ml) olive oil
- 1/4 cup (30 g) grated Parmesan cheese
- 2 tbsp lemon juice
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 5 min

Serves: 4

DIRECTIONS

1. In a blender, combine avocado, olive oil, Parmesan, lemon juice, salt, and pepper. Blend until smooth to create the creamy pesto.
2. Heat a skillet over medium heat and sauté zucchini noodles for 3–4 minutes.
3. Toss noodles with the avocado pesto and serve immediately.

Nutritional Info (per serving):

- Calories: 200
- Protein: 5 g
- Carbs: 7 g
- Fat: 18 g
- Fiber: 3 g
- Sodium: 150 mg
- Potassium: 450 mg

17. CREAMY SPINACH AND CHICKEN CAULIFLOWER GNOCCHI

INGREDIENTS

- 1 cup cauliflower gnocchi (store-bought or homemade)
- 1 lb (450 g) chicken breast, diced
- 2 cups fresh spinach
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan cheese
- 2 tbsp olive oil
- 1 clove garlic, minced
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 400
- Protein: 32 g
- Carbs: 10 g
- Fat: 25 g
- Fiber: 4 g
- Sodium: 480 mg
- Potassium: 620 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 2

DIRECTIONS

1. Heat 1 tablespoon olive oil in a skillet over medium heat. Add the diced chicken, season with salt and pepper, and cook for 6–7 minutes until golden and fully cooked. Remove and set aside.
2. In the same skillet, add the remaining olive oil and cauliflower gnocchi. Cook for 4–5 minutes, stirring occasionally, until slightly crispy.
3. Add the garlic and fresh spinach to the skillet and cook for 1–2 minutes until the spinach wilts.
4. Pour in the heavy cream and Parmesan cheese. Stir to combine and let the sauce simmer for 2–3 minutes until thickened.
5. Return the chicken to the skillet, mix well, and sprinkle with red pepper flakes if desired. Serve hot.

*Pinch of red pepper flakes (optional)

18. KALE AND CAULIFLOWER RICE PILAF

INGREDIENTS

- 4 cups (400 g) cauliflower rice
- 2 cups (120 g) chopped kale
- 1/4 cup (30 g) slivered almonds
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 140
- Protein: 5 g
- Carbs: 6 g
- Fat: 10 g
- Fiber: 3 g
- Sodium: 100 mg
- Potassium: 350 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add cauliflower rice and sauté for 5 minutes.
2. Stir in kale, garlic powder, salt, and pepper. Cook for 3–4 minutes until kale is wilted.
3. Sprinkle with almonds and serve.

19. SPAGHETTI SQUASH AND ROASTED TOMATO PASTA

INGREDIENTS

- 1 medium spaghetti squash
- 1 cup (150 g) roasted cherry tomatoes
- 1/4 cup (30 g) grated Parmesan cheese
- 2 tbsp olive oil
- 1 tsp dried basil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 160
- Protein: 5 g
- Carbs: 10 g
- Fat: 10 g
- Fiber: 3 g
- Sodium: 120 mg
- Potassium: 350 mg

Prep. time: 10 min

Cook time: 40 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Cut spaghetti squash in half, remove seeds, and drizzle with olive oil. Roast cut-side down for 35 minutes.
2. Scrape the squash strands into a bowl. Add roasted tomatoes, Parmesan, basil, salt, and pepper. Toss gently and serve.

20. LOW-CARB CAULIFLOWER GNOCCHI

INGREDIENTS

- 2 cups steamed cauliflower florets
- 1/2 cup almond flour
- 1 large egg
- 1/4 cup grated Parmesan cheese
- 1/2 tsp garlic powder
- 1/4 tsp salt
- Pinch of black pepper

Nutritional Info (per serving):

- Calories: 2
- Protein: 18 g
- Carbs: 8
- Fat: 19 g
- Fiber: 4 g
- Sodium: 320 mg
- Potassium: 450 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 2

DIRECTIONS

1. Drain cauliflower: Squeeze excess water from steamed cauliflower using a towel.
2. Make dough: Blend cauliflower, almond flour, egg, Parmesan, garlic powder, salt, and pepper until smooth.
3. Shape gnocchi: Roll dough into thin ropes, cut into small pieces, and press with a fork if desired.
4. Cook: Pan-fry gnocchi in a greased non-stick skillet for 2–3 minutes per side until golden.

CHAPTER 6: SOUPS (QUICK & EASY, UNDER 1 HOUR)



1. HEARTY CHICKEN & VEGGIE SOUP

INGREDIENTS

- 2 cups (450 g) cooked shredded chicken
- 4 cups (960 ml) chicken broth
- 1 cup (150 g) diced carrots
- 1 cup (150 g) diced celery
- 1/2 cup (75 g) diced zucchini
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 30 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add garlic, carrots, and celery, sautéing for 5 minutes.
2. Add chicken broth, thyme, salt, and pepper. Simmer for 15 minutes.
3. Add zucchini and shredded chicken, cooking for another 5–7 minutes until heated through. Serve warm.

Nutritional Info (per serving):

Calories: 200 Protein: 28 g Carbs: 6 g Fat: 6 g Fiber: 2 g Sodium: 250 mg Potassium: 400 mg

2. LOW-CARB CREAMY CAULIFLOWER SOUP

INGREDIENTS

- 4 cups (400 g) cauliflower florets
- 4 cups (960 ml) chicken or vegetable broth
- 1/2 cup (120 ml) heavy cream
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add garlic and sauté for 1 minute.
2. Add cauliflower and broth. Simmer for 15 minutes until cauliflower is tender.
3. Use an immersion blender to puree the soup. Stir in heavy cream, salt, and pepper, and heat for another 2 minutes. Serve hot.

Nutritional Info (per serving):

- Calories: 150
- Protein: 4 g
- Carbs: 6 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 200 mg
- Potassium: 320 mg

3. PROTEIN-PACKED BEEF AND BROCCOLI SOUP

INGREDIENTS

- 1 lb (450 g) lean ground beef
- 4 cups (960 ml) beef broth
- 2 cups (300 g) broccoli florets
- 1/2 cup (75 g) diced onion
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tsp soy sauce (or coconut aminos)
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add ground beef and cook until browned. Remove and set aside.
2. In the same pot, sauté onion and garlic for 2 minutes. Add broccoli, beef broth, soy sauce, and cooked beef.
3. Simmer for 15 minutes, season with salt and pepper, and serve warm.

Nutritional Info (per serving):

- Calories: 250
- Protein: 28 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 300 mg
- Potassium: 400 mg

4. SPICY SHRIMP & AVOCADO SOUP

INGREDIENTS

- 2 cups (300 g) shrimp, peeled and deveined
- 4 cups (960 ml) chicken broth
- 1 avocado, diced
- 1 tbsp lime juice
- 1 tbsp olive oil
- 1/2 tsp chili flakes
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add shrimp and cook for 2–3 minutes until pink. Remove and set aside.
2. Add chicken broth, lime juice, chili flakes, salt, and pepper to the pot. Bring to a simmer.
3. Stir in shrimp and diced avocado. Heat for 1 minute and serve immediately.

Nutritional Info (per serving):

- Calories: 180
- Protein: 18 g
- Carbs: 4 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 220 mg
- Potassium: 350 mg

5. TOMATO BASIL CHICKEN SOUP

INGREDIENTS

- 2 cups (450 g) cooked shredded chicken
- 4 cups (960 ml) chicken broth
- 1 cup (240 ml) crushed tomatoes
- 1/4 cup (15 g) chopped fresh basil
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add garlic and sauté for 1 minute.
2. Add chicken broth, crushed tomatoes, and shredded chicken. Simmer for 15 minutes.
3. Stir in fresh basil, season with salt and pepper, and serve hot.

Nutritional Info (per serving):

- Calories: 180
- Protein: 24 g
- Carbs: 6 g
- Fat: 5 g
- Fiber: 2 g
- Sodium: 240 mg
- Potassium: 380 mg

6. KETO-FRIENDLY ZUCCHINI AND SPINACH SOUP

INGREDIENTS

- 2 medium zucchinis, diced
- 2 cups (60 g) fresh spinach
- 4 cups (960 ml) chicken or vegetable broth
- 1/4 cup (60 ml) heavy cream
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add garlic and zucchini, cooking for 3–4 minutes.
2. Add spinach and broth. Simmer for 10 minutes.
3. Blend soup with an immersion blender until smooth. Stir in heavy cream, season, and serve.

Nutritional Info (per serving):

- Calories: 150
- Protein: 4 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 180 mg
- Potassium: 300 mg

7. QUICK COCONUT CURRY CHICKEN SOUP

INGREDIENTS

- 2 cups (450 g) cooked shredded chicken
- 4 cups (960 ml) chicken broth
- 1 cup (240 ml) unsweetened coconut milk
- 1 tbsp red curry paste
- 1 cup (150 g) diced bell peppers
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. add garlic and bell peppers, sautéing for 3 minutes.
2. Stir in curry paste, chicken broth, and coconut milk. Bring to a simmer.
3. Add shredded chicken, season with salt and pepper, and cook for another 5 minutes. Serve hot.

Nutritional Info (per serving):

- Calories: 220
- Protein: 22 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 240 mg
- Potassium: 400 mg

8. MUSHROOM AND GROUND TURKEY SOUP

INGREDIENTS

- 1 lb (450 g) ground turkey
- 4 cups (960 ml) chicken broth
- 2 cups (150 g) sliced mushrooms
- 1/2 cup (75 g) diced onion
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add ground turkey and cook until browned. Remove and set aside.
2. In the same pot, sauté onions, garlic, and mushrooms for 5 minutes.
3. Add broth, thyme, salt, and pepper. bring to a simmer.
4. Stir in cooked turkey and heat for 5 more minutes. Serve warm.

Nutritional Info (per serving):

- Calories: 220
- Protein: 26 g
- Carbs: 5 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 200 mg
- Potassium: 380 mg

9. KETO-FRIENDLY MEATBALL AND ZUCCHINI NOODLE SOUP

INGREDIENTS

- 12 small meatballs (made from ground beef or turkey)
- 3 medium zucchinis, spiralized
- 4 cups (960 ml) chicken broth
- 1 cup (150 g) diced tomatoes
- 1 tbsp olive oil
- 1/2 tsp dried basil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 220
- Protein: 20 g
- Carbs: 5 g
- Fat: 13 g
- Fiber: 2 g
- Sodium: 250 m
- Potassium: 400 mg

Prep. time: 15 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. In a pot, heat olive oil and cook meatballs until browned on all sides. Remove and set aside.
2. Add chicken broth, tomatoes, basil, salt, and pepper to the pot. Bring to a boil.
3. Add zucchini noodles and meatballs, reduce heat, and simmer for 5–7 minutes. Serve hot.

10. LOW-CARB CHICKEN AND LENTIL SOUP

INGREDIENTS

- 1 lb (450 g) chicken thighs or breast, diced
- 1/2 cup dry green or brown lentils (low-carb option, in moderation)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 2 celery stalks, chopped
- 6 cups chicken broth (low-sodium)
- 1 tbsp olive oil
- 1 tsp dried thyme
- 1/2 tsp ground cumin
- Salt and pepper to taste
- Fresh parsley for garnish

Nutritional Info (per serving):

- Calories: 320
- Protein: 28 g
- Carbs: 12 g
- Fat: 10 g
- Fiber: 4 g

Prep. time: 10 min

Cook time: 45 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add the onion, garlic, carrots, and celery, and sauté for 5 minutes until softened.
2. Add diced chicken to the pot, season with salt, pepper, thyme, and cumin, and cook for 5–7 minutes until the chicken is lightly browned.
3. Stir in the dry lentils and pour in the chicken broth. Bring to a boil.
4. Reduce heat to low, cover, and simmer for 30–35 minutes, stirring occasionally, until the lentils are tender.
5. Adjust seasoning if needed, garnish with fresh parsley, and serve hot.

CHAPTER 7: STEWS (QUICK & EASY, UNDER 1 H)



1. BEEF & VEGGIE STEW WITH CAULIFLOWER RICE

INGREDIENTS

- 1 lb (450 g) beef stew meat, cubed
- 4 cups (960 ml) beef broth
- 1 cup (150 g) diced carrots
- 1 cup (100 g) diced celery
- 1 cup (150 g) cauliflower rice
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- Salt and pepper to taste

Prep. time: 15 min

Cook time: 40 min

Serves: 4

1. Heat olive oil in a pot over medium heat. Brown beef cubes on all sides, then remove and set aside.
2. Sauté garlic, carrots, and celery in the same pot for 5 minutes.
3. Add beef broth, thyme, beef, salt, and pepper. Simmer for 30 minutes.
4. Stir in cauliflower rice, cook for 5 more minutes, and serve warm.

Nutritional Info (per serving):

Calories: 280 Protein: 25 g Carbs: 6 g Fat: 16 g Fiber: 2 g Sodium: 250 mg Potassium: 380 mg

2. LOW-CARB CHICKEN AND MUSHROOM STEW

INGREDIENTS

- 1 lb (450 g) chicken thighs, cubed
- 4 cups (960 ml) chicken broth
- 2 cups (150 g) sliced mushrooms
- 1/2 cup (75 g) diced onion
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 25 min

Serves: 4

1. Heat olive oil in a pot over medium heat. Brown chicken cubes, then remove and set aside.
2. Sauté onion and mushrooms in the same pot for 5 minutes.
3. Add chicken broth, thyme, salt, pepper, and chicken. Simmer for 20 minutes. Serve warm.

Nutritional Info (per serving):

- Calories: 220
- Protein: 28 g
- Carbs: 4 g
- Fat: 10 g
- Fiber: 1 g
- Sodium: 200 mg
- Potassium: 350 mg

3. QUICK KETO LAMB STEW

INGREDIENTS

- 1 lb (450 g) cooked lamb, diced
- 4 cups (960 ml) beef broth
- 1 cup (150 g) diced zucchini
- 1/2 cup (75 g) diced onion
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 30 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Sauté onion and zucchini for 5 minutes.
2. Add beef broth, garlic powder, salt, pepper, and lamb. Simmer for 20 minutes. Serve warm.

Nutritional Info (per serving):

- Calories: 250
- Protein: 26 g
- Carbs: 4 g
- Fat: 14 g
- Fiber: 1 g
- Sodium: 220 mg
- Potassium: 320 mg

4. PORK AND CABBAGE STEW WITH HERBS

INGREDIENTS

- 1 lb (450 g) pork shoulder, cubed
- 4 cups (960 ml) chicken broth
- 2 cups (150 g) shredded cabbage
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp dried rosemary
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 30 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Brown pork cubes, then remove and set aside.
2. Sauté garlic and cabbage in the same pot for 5 minutes.
3. Add chicken broth, rosemary, salt, pepper, and pork. Simmer for 25 minutes. Serve warm.

Nutritional Info (per serving):

- Calories: 260
- Protein: 24 g
- Carbs: 5 g
- Fat: 15 g
- Fiber: 2 g
- Sodium: 210 mg
- Potassium: 350 mg

5. QUICK AND EASY TURKEY CHILI STEW

INGREDIENTS

- 1 lb (450 g) ground turkey
- 4 cups (960 ml) chicken broth
- 1 cup (240 ml) diced tomatoes
- 1/2 cup (75 g) diced bell peppers
- 1 tsp chili powder
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Brown ground turkey, then remove and set aside.
2. Sauté bell peppers for 5 minutes. Add chicken broth, tomatoes, chili powder, and turkey.
3. Simmer for 15 minutes, season with salt and pepper, and serve.

Nutritional Info (per serving):

- Calories: 220
- Protein: 27 g
- Carbs: 6 g
- Fat: 8 g
- Fiber: 2 g
- Sodium: 240 mg
- Potassium: 380 mg

6. SPINACH AND SAUSAGE STEW

INGREDIENTS

- 1 lb (450 g) sausage (Italian or smoked), sliced
- 4 cups (960 ml) chicken broth
- 2 cups (60 g) fresh spinach
- 1/2 cup (75 g) diced onion
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Add sausage slices and cook until browned. Remove and set aside.
2. In the same pot, sauté onion and garlic for 3 minutes. Add chicken broth, smoked paprika, salt, and pepper. Simmer for 10 minutes.
3. Stir in spinach and sausage, cooking for another 5 minutes. Serve hot.

Nutritional Info (per serving):

- Calories: 300
- Protein: 20 g
- Carbs: 5 g
- Fat: 22 g
- Fiber: 2 g
- Sodium: 350 mg
- Potassium: 400 mg

7. ZESTY CHICKEN STEW WITH LIME AND CILANTRO

INGREDIENTS

- 2 cups (450 g) cooked shredded chicken
- 4 cups (960 ml) chicken broth
- 1 cup (150 g) diced bell peppers
- 1 tbsp lime juice
- 1 tbsp chopped fresh cilantro
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Sauté garlic and bell peppers for 3 minutes.
2. Add chicken broth, lime juice, shredded chicken, salt, and pepper. Simmer for 20 minutes.
3. Stir in fresh cilantro just before serving.

Nutritional Info (per serving):

- Calories: 180
- Protein: 24 g
- Carbs: 4 g
- Fat: 6 g
- Fiber: 1 g
- Sodium: 240 mg
- Potassium: 350 mg

8. LOW-CARB CHICKEN STEW WITH ZUCCHINI AND SPINACH

INGREDIENTS

- 1 lb (450 g) chicken thighs, cubed
- 4 cups (960 ml) chicken broth
- 1 cup (150 g) diced zucchini
- 2 cups (60 g) fresh spinach
- 1/2 cup (75 g) diced onion
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Brown chicken cubes, then remove and set aside.
2. Sauté onion and zucchini for 5 minutes. Add chicken broth, oregano, salt, and pepper. Bring to a simmer.
3. Add spinach and chicken, cooking for another 10 minutes. Serve warm.

Nutritional Info (per serving):

- Calories: 220
- Protein: 28 g
- Carbs: 5 g
- Fat: 9 g
- Fiber: 2 g
- Sodium: 220 mg
- Potassium: 380 mg

9. HEARTY BEEF STEW WITH SHIRATAKI NOODLES

INGREDIENTS

- 1 lb (450 g) beef stew meat, cubed
- 4 cups (960 ml) beef broth
- 2 cups (340 g) shirataki noodles, rinsed and drained
- 1 cup (150 g) diced carrots
- 1/2 cup (75 g) diced celery
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 35 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a pot over medium heat. Brown beef cubes, then remove and set aside.
2. Sauté garlic, carrots, and celery for 5 minutes. Add beef broth, thyme, salt, pepper, and beef. Simmer for 25 minutes.
3. Stir in shirataki noodles and cook for another 5 minutes. Serve hot.

Nutritional Info (per serving):

- Calories: 240
- Protein: 25 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 250 mg
- Potassium: 400 mg

10. KETO CHICKEN AND KALE STEW

INGREDIENTS

- 1 lb (450 g) chicken thighs, cubed
- 4 cups (960 ml) chicken broth
- 2 cups (120 g) chopped kale
- 1/2 cup (75 g) diced onion
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp dried rosemary
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 30 min

Serves: 4

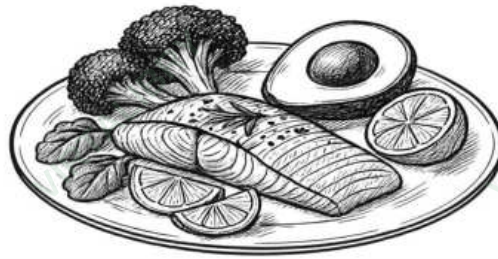
DIRECTIONS

1. Heat olive oil in a pot over medium heat. Brown chicken cubes, then remove and set aside.
2. Sauté garlic, onion, and kale in the same pot for 5 minutes.
3. Add chicken broth, rosemary, salt, pepper, and chicken. Simmer for 20 minutes. Serve warm.

Nutritional Info (per serving):

- Calories: 230
- Protein: 26 g
- Carbs: 4 g
- Fat: 11 g
- Fiber: 2 g
- Sodium: 210 mg
- Potassium: 420 mg

CHAPTER 8: FISH AND SEAFOOD



1. BAKED LEMON HERB COD WITH ASPARAGUS

INGREDIENTS

- 4 cod fillets (about 5 oz each)
- 1 bunch (250 g) asparagus, trimmed
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Place cod fillets and asparagus on the baking sheet. Drizzle with olive oil and lemon juice.
3. Sprinkle parsley, garlic powder, salt, and pepper over cod and asparagus.
4. Bake for 12–15 minutes, or until cod flakes easily with a fork. Serve hot.

Nutritional Info (per serving):

Calories: 180 Protein: 25 g Carbs: 4 g Fat: 6 g Fiber: 2 g Sodium: 120 mg Potassium: 450 mg

2. MISO-GLAZED SALMON WITH CUCUMBER SALAD

INGREDIENTS

- 4 salmon fillets (about 6 oz each)
- 2 tbsp miso paste
- 1 tbsp soy sauce (or coconut aminos)
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 cup (150 g) sliced cucumber

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Mix miso paste, soy sauce, rice vinegar, and sesame oil in a small bowl.
2. Brush salmon fillets with the glaze and place on a baking sheet. Bake for 12–15 minutes until salmon is cooked through.
3. Serve with cucumber slices drizzled with a bit of sesame oil.

Nutritional Info (per serving):

- Calories: 260
- Protein: 30 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 1 g
- Sodium: 220 mg
- Potassium: 380 mg

3. CRISPY PAN-SEARED TUNA WITH AVOCADO SALAD

INGREDIENTS

- 4 tuna steaks (about 6 oz each)
- 1 tbsp olive oil
- 1 avocado, diced
- 1 cup (150 g) cherry tomatoes, halved
- 1 tbsp lemon juice
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 290
- Protein: 36 g
- Carbs: 4 g
- Fat: 14 g
- Fiber: 2 g
- Sodium: 150 mg
- Potassium: 480 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium-high heat. Season tuna with salt and pepper.
2. Sear tuna for 2–3 minutes per side for medium-rare, then remove and set aside.
3. Mix diced avocado, cherry tomatoes, lemon juice, salt, and pepper in a bowl. Serve with the seared tuna.

4. SHRIMP AND ZUCCHINI SKEWERS WITH LEMON GARLIC BUTTER

INGREDIENTS

- 1 lb (450 g) shrimp, peeled and deveined
- 2 medium zucchinis, sliced
- 2 tbsp butter, melted
- 1 tbsp lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 180
- Protein: 22 g
- Carbs: 3 g
- Fat: 8 g
- Fiber: 1 g
- Sodium: 200 mg
- Potassium: 340 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Thread shrimp and zucchini slices onto skewers.
2. Mix melted butter, lemon juice, and garlic in a small bowl. Brush over the skewers.
3. Grill over medium heat for 2–3 minutes per side or until shrimp is pink and zucchini is tender.

5. SALMON AND CAULIFLOWER RICE BOWL

INGREDIENTS

- 4 salmon fillets (about 5 oz each)
- 4 cups (400 g) cauliflower rice
- 1 tbsp olive oil
- 1 tbsp soy sauce (or coconut aminos)
- 1 tsp sesame seeds

Nutritional Info (per serving):

- Calories: 240
- Protein: 30 g
- Carbs: 4 g
- Fat: 11 g
- Fiber: 2 g
- Sodium: 180 mg
- Potassium: 400 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Cook salmon for 3–4 minutes per side until golden and flaky. Remove and set aside.
2. In the same skillet, sauté cauliflower rice with soy sauce for 5 minutes.
3. Serve salmon over cauliflower rice, sprinkled with sesame seeds.

6. CRISPY COCONUT-CRUSTED SHRIMP WITH SPICY AIOLI

INGREDIENTS

- 1 lb (450 g) shrimp, peeled and deveined
- 1/2 cup (50 g) shredded unsweetened coconut
- 1/2 cup (60 g) almond flour
- 2 large eggs, beaten
- 2 tbsp olive oil
- **Spicy Aioli:**
- 1/4 cup (60 g) mayonnaise
- 1 tsp sriracha sauce
- 1 tsp lime juice

Nutritional Info (per serving):

- Calories: 220 kcal
- Protein: 15g
- Carbohydrates: 3g
- Fiber: 1g
- Fat: 17g
- Cholesterol: 370mg
- Sodium: 400mg
- Potassium: 300mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Mix shredded coconut and almond flour in a shallow bowl.
2. Dip shrimp into beaten eggs, then coat with the coconut mixture.
3. Heat olive oil in a skillet over medium heat. Cook shrimp for 2–3 minutes per side until golden.
4. Mix all aioli ingredients in a small bowl and serve with the shrimp.

7. GRILLED MAHI MAHI WITH MANGO SALSA

INGREDIENTS

- 4 mahi mahi fillets (about 6 oz each)
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- Salt and pepper to taste
- Mango Salsa:**
- 1 cup (150 g) diced mango
- 1/4 cup (40 g) diced red onion
- 1 tbsp chopped fresh cilantro
- 1 tbsp lime juice

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Brush mahi mahi fillets with olive oil, then season with garlic powder, salt, and pepper.
2. Grill over medium-high heat for 4–5 minutes per side until cooked through.
3. Mix all salsa ingredients in a bowl and serve on top of the mahi mahi.

Nutritional Info (per serving):

- Calories: 240
- Protein: 30 g
- Carbs: 7 g
- Fat: 9 g
- Fiber: 2 g
- Sodium: 150 mg
- Potassium: 400 mg

8. SEARED SCALLOPS WITH CAULIFLOWER MASH

INGREDIENTS

- 1 lb (450 g) large scallops
- 4 cups (400 g) cauliflower florets
- 1 tbsp butter
- 1 tbsp olive oil
- 1/4 cup (60 ml) heavy cream
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Boil cauliflower until tender, about 10 minutes. Drain and blend with butter, heavy cream, salt, and pepper to make a smooth mash.
2. Pat scallops dry and season with salt and pepper. Heat olive oil in a skillet over medium-high heat. Sear scallops for 2–3 minutes per side until golden.
3. Serve scallops over cauliflower mash.

Nutritional Info (per serving):

- Calories: 220
- Protein: 24 g
- Carbs: 5 g
- Fat: 11 g
- Fiber: 2 g
- Sodium: 220 mg
- Potassium: 350 mg

9. CLAMS IN GARLIC WHITE WINE SAUCE

INGREDIENTS

- 2 lbs (900 g) clams, cleaned
- 1/2 cup (120 ml) dry white wine
- 1 clove garlic, minced
- 2 tbsp olive oil
- 2 tbsp chopped parsley
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 180
- Protein: 20 g
- Carbs: 3 g
- Fat: 5 g
- Fiber: 0 g
- Sodium: 180 mg
- Potassium: 300 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Sauté garlic for 1 minute.
2. Add clams, white wine, salt, and pepper. Cover and cook for 5–7 minutes until clams open.
3. Discard unopened clams, sprinkle with parsley, and serve immediately.

10. TILAPIA WITH PARMESAN CRUST AND ROASTED VEGGIES

INGREDIENTS

- 4 tilapia fillets (about 5 oz each)
- 1/4 cup (30 g) grated Parmesan cheese
- 1/4 cup (60 g) almond flour
- 1 tbsp olive oil
- 1 cup (150 g) diced mixed vegetables (e.g., zucchini, bell peppers, broccoli)

Nutritional Info (per serving):

- Calories: 230
- Protein: 28 g
- Carbs: 5 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 140 mg
- Potassium: 380 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Mix Parmesan and almond flour in a bowl.
2. Coat tilapia fillets with the mixture and place on a baking sheet. Arrange vegetables around the fish and drizzle with olive oil.
3. Bake for 15–20 minutes until fish is flaky and crust is golden.

11. GRILLED SALMON WITH LEMON-DILL SAUCE

INGREDIENTS

- 4 salmon fillets (about 6 oz each)
- 2 tbsp olive oil
- Salt and pepper to taste
- **Lemon-Dill Sauce:**
- 1/4 cup (60 g) Greek yogurt
- 1 tbsp fresh dill, chopped
- 1 tbsp lemon juice

Prep. time: 10 min

Cook time: 12 min

Serves: 4

DIRECTIONS

1. Preheat grill to medium heat. Brush salmon fillets with olive oil and season with salt and pepper.
2. Grill salmon for 5–6 minutes per side until cooked through.
3. For the sauce, mix Greek yogurt, dill, and lemon juice in a small bowl. Serve salmon with the sauce.

Nutritional Info (per serving):

- Calories: 290
- Protein: 35 g
- Carbs: 2 g
- Fat: 16 g
- Fiber: 0 g
- Sodium: 120 mg
- Potassium: 450 mg

12. SHRIMP SCAMPI WITH ZUCCHINI NOODLES

INGREDIENTS

- 1 lb (450 g) shrimp, peeled and deveined
- 3 medium zucchinis, spiralized
- 2 tbsp butter
- 2 cloves garlic, minced
- 2 tbsp lemon juice
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat butter and olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute.
2. Add shrimp and cook for 2–3 minutes until pink. Stir in lemon juice, salt, and pepper.
3. Toss in zucchini noodles and cook for another 2–3 minutes until tender. Serve immediately.

Nutritional Info (per serving):

- Calories: 190
- Protein: 24 g
- Carbs: 4 g
- Fat: 9 g
- Fiber: 1 g
- Sodium: 180 mg
- Potassium: 300 mg

13. BAKED COD WITH GARLIC BUTTER AND ASPARAGUS

INGREDIENTS

- 4 cod fillets (about 6 oz each)
- 1 bunch (250 g) asparagus, trimmed
- 2 tbsp butter, melted
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 180
- Protein: 28 g
- Carbs: 2 g
- Fat: 6 g
- Fiber: 1 g
- Sodium: 150 mg
- Potassium: 350 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Place cod fillets and asparagus on a lined baking sheet.
2. Mix melted butter, garlic, lemon juice, salt, and pepper. Drizzle over cod and asparagus.
3. Bake for 15–20 minutes until cod is flaky and asparagus is tender. Serve warm.

14. SEARED TUNA STEAKS WITH AVOCADO SALSA

INGREDIENTS

- 4 tuna steaks (about 6 oz each)
- 1 tbsp olive oil
- Salt and pepper to taste

Avocado Salsa:

- 1 avocado, diced
- 1/4 cup (40 g) diced red onion
- 1 tbsp lime juice

Nutritional Info (per serving):

- Calories: 250
- Protein: 35 g
- Carbs: 3 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 120 mg
- Potassium: 450 mg

Prep. time: 10 min

Cook time: 8 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium-high heat. Season tuna steaks with salt and pepper. Sear for 3–4 minutes per side until cooked to desired doneness.
2. For the salsa, mix diced avocado, red onion, and lime juice in a bowl. Serve tuna steaks topped with avocado salsa.

15. LEMON AND HERB GRILLED TROUT

INGREDIENTS

- 4 whole trout, cleaned
- 2 tbsp olive oil
- 2 tbsp fresh parsley, chopped
- 1 tbsp lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 270
- Protein: 32 g
- Carbs: 1 g
- Fat: 15 g
- Fiber: 0 g
- Sodium: 100 mg
- Potassium: 400 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Preheat grill to medium heat. Mix olive oil, parsley, lemon juice, garlic, salt, and pepper. Rub the mixture inside and outside the trout.
2. Grill trout for 4–5 minutes per side until the flesh flakes easily with a fork. Serve warm.

16. CRISPY BAKED FISH TACOS WITH LOW-CARB TORTILLAS

INGREDIENTS

- 4 white fish fillets (about 5 oz each, such as cod or tilapia)
- 1/2 cup (60 g) almond flour
- 1/4 tsp chili powder
- 1/4 tsp paprika
- 2 tbsp olive oil
- 8 low-carb tortillas
- 1 cup (150 g) shredded cabbage
- 1/4 cup (60 ml) sour cream or Greek yogurt

Nutritional Info (per serving):

- Calories: 280
- Protein: 25 g
- Carbs: 8 g
- Fat: 16 g
- Fiber: 3 g
- Sodium: 200 mg
- Potassium: 320 mg

Prep. time: 15 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Mix almond flour, chili powder, and paprika in a bowl.
2. Brush fish fillets with olive oil, then coat with the almond flour mixture.
3. Place fish on a baking sheet and bake for 12–15 minutes, until golden and flaky.
4. Assemble tacos with fish, cabbage, and a dollop of sour cream or Greek yogurt in each tortilla

17. SEAFOOD PAELLA WITH CAULIFLOWER RICE

INGREDIENTS

- 2 cups (400 g) cauliflower rice
- 1/2 lb (225 g) shrimp, peeled and deveined
- 1/2 lb (225 g) mussels, cleaned
- 1/2 cup (75 g) diced bell peppers
- 1/4 cup (40 g) diced onion
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- Salt and pepper to taste

Prep. time: 15 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Sauté onion, garlic, and bell peppers for 3 minutes.
2. Add cauliflower rice, smoked paprika, salt, and pepper. Stir and cook for 5 minutes.
3. Add shrimp and mussels, cover, and cook for another 5–7 minutes, until shrimp is pink and mussels open. Discard any unopened mussels. Serve warm.

Nutritional Info (per serving):

- Calories: 220
- Protein: 26 g
- Carbs: 5 g
- Fat: 9 g
- Fiber: 2 g
- Sodium: 240 mg
- Potassium: 380 mg

18. SHRIMP AND AVOCADO LETTUCE WRAPS

INGREDIENTS

- 1 lb (450 g) shrimp, peeled and deveined
- 1 avocado, diced
- 1 tbsp lime juice
- 8 large lettuce leaves (e.g., romaine or butter lettuce)
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 5 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Cook shrimp for 2–3 minutes per side until pink. Remove and let cool slightly.
2. Mix shrimp with diced avocado, lime juice, salt, and pepper.
3. Spoon the shrimp mixture into lettuce leaves and serve.

Nutritional Info (per serving):

- Calories: 190
- Protein: 22 g
- Carbs: 4 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 220 mg
- Potassium: 350 mg

19. GRILLED SCALLOPS WITH GARLIC BUTTER AND SPINACH

INGREDIENTS

- 1 lb (450 g) scallops
- 2 tbsp butter
- 1 clove garlic, minced
- 4 cups (120 g) fresh spinach
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 210
- Protein: 24 g
- Carbs: 4 g
- Fat: 10 g
- Fiber: 1 g
- Sodium: 200 mg
- Potassium: 360 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat butter in a skillet over medium heat. Sauté garlic for 1 minute.
2. Add scallops and sear for 2–3 minutes per side until golden. Remove and set aside.
3. In the same skillet, add olive oil and spinach. Sauté for 2 minutes until wilted.
4. Serve scallops over spinach and drizzle with any remaining garlic butter.

20. SALMON PATTIES WITH GREEK YOGURT SAUCE

INGREDIENTS

- 2 cups (300 g) cooked salmon, flaked
- 1/4 cup (30 g) almond flour
- 1 large egg
- 1 tbsp chopped parsley
- 1 tbsp olive oil

Greek Yogurt Sauce:

- 1/2 cup (120 g) Greek yogurt
- 1 tbsp lemon juice
- 1 tsp dill

Nutritional Info (per serving):

- Calories: 220 kcal
- Protein: 15g
- Carbohydrates: 3g
- Fiber: 1g
- Fat: 17g
- Cholesterol: 370mg
- Sodium: 400mg
- Potassium: 300mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. In a bowl, combine flaked salmon, almond flour, egg, and parsley. Form into 8 small patties.
2. Heat olive oil in a skillet over medium heat. Cook patties for 2–3 minutes per side until golden.
3. Mix all sauce ingredients in a small bowl. Serve patties with Greek yogurt sauce.

CHAPTER 9: POULTRY RECIPES



1. GARLIC PARMESAN CHICKEN WINGS

INGREDIENTS

- 2 lbs (900 g) chicken wings
- 2 tbsp olive oil
- 1/2 cup (50 g) grated Parmesan cheese
- 2 cloves garlic, minced
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 30 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss chicken wings with olive oil, garlic powder, paprika, salt, and pepper. Arrange on the baking sheet.
3. Bake for 25 minutes, flipping halfway through.
4. Mix Parmesan cheese and minced garlic in a small bowl. Sprinkle over the wings and bake for another 5 minutes until crispy and golden. Serve hot.

Nutritional Info (per serving):

Calories: 290 Protein: 24 g Carbs: 2 g Fat: 20 g Fiber: 0 g Sodium: 240 mg Potassium: 220 mg

2. LEMON HERB GRILLED CHICKEN BREASTS

INGREDIENTS

- 4 chicken breasts (about 6 oz each)
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. In a small bowl, mix olive oil, lemon juice, oregano, thyme, salt, and pepper.
2. Brush chicken breasts with the marinade and let sit for 10 minutes.
3. Grill chicken over medium-high heat for 6–7 minutes per side until cooked through. Serve immediately.

Nutritional Info (per serving):

- Calories: 210
- Protein: 34 g
- Carbs: 1 g
- Fat: 8 g
- Fiber: 0 g
- Sodium: 180 mg
- Potassium: 350 mg

3. BAKED CHICKEN THIGHS WITH SPINACH AND FETA

INGREDIENTS

- 4 bone-in, skin-on chicken thighs
- 2 cups (60 g) fresh spinach
- 1/2 cup (75 g) crumbled feta cheese
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 280
- Protein: 25 g
- Carbs: 2 g
- Fat: 20 g
- Fiber: 1 g
- Sodium: 200 mg
- Potassium: 320 mg

Prep. time: 10 min

Cook time: 30 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Heat olive oil in a skillet over medium heat. Sear chicken thighs for 3–4 minutes per side until golden. Remove and set aside.
2. In the same skillet, sauté garlic and spinach until wilted.
3. Transfer chicken thighs to a baking dish, top with sautéed spinach, and sprinkle with feta.
4. Bake for 20 minutes until chicken is fully cooked. Serve warm.

4. CHICKEN AND BROCCOLI STIR FRY

INGREDIENTS

- 1 lb (450 g) chicken breast, sliced thin
- 2 cups (300 g) broccoli florets
- 1/2 cup (50 g) diced bell peppers
- 2 tbsp soy sauce (or coconut aminos)
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 tsp ginger, grated

Nutritional Info (per serving):

- Calories: 200
- Protein: 27 g
- Carbs: 5 g
- Fat: 7 g
- Fiber: 2 g
- Sodium: 300 mg
- Potassium: 350 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add chicken slices and cook for 5–7 minutes until browned. Remove and set aside.
2. In the same skillet, sauté garlic, ginger, broccoli, and bell peppers for 5 minutes.
3. Return chicken to the skillet and add soy sauce. Stir and cook for another 3 minutes. Serve warm.

5. LOW-CARB CHICKEN ALFREDO WITH ZUCCHINI NOODLES

INGREDIENTS

- 3 medium zucchinis, spiralized
- 1 lb (450 g) chicken breast, sliced
- 1/2 cup (120 ml) heavy cream
- 1/2 cup (50 g) grated Parmesan cheese
- 1 tbsp olive oil
- 1 clove garlic, minced

Nutritional Info (per serving):

- Calories: 250
- Protein: 28 g
- Carbs: 4 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 220 mg
- Potassium: 400 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add chicken and cook for 5–6 minutes until fully cooked. Remove and set aside.
2. In the same skillet, sauté garlic for 1 minute. Add heavy cream and Parmesan cheese, stirring until smooth.
3. Toss zucchini noodles in the sauce, add chicken, and cook for another 2 minutes. Serve immediately.

6. CHICKEN AND CAULIFLOWER RICE CASSEROLE

INGREDIENTS

- 1 lb (450 g) cooked shredded chicken
- 4 cups (400 g) cauliflower rice
- 1/2 cup (120 ml) heavy cream
- 1/2 cup (50 g) shredded cheddar cheese
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 280
- Protein: 30 g
- Carbs: 5 g
- Fat: 15 g
- Fiber: 2 g
- Sodium: 180 mg
- Potassium: 370 mg

Prep. time: 10 min

Cook time: 30 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Heat olive oil in a skillet and sauté cauliflower rice for 5 minutes.
2. In a bowl, mix cauliflower rice, shredded chicken, heavy cream, and half the cheese. Season with salt and pepper.
3. Transfer the mixture to a baking dish, top with remaining cheese, and bake for 20 minutes until bubbly.

7. CRISPY BAKED CHICKEN TENDERS

INGREDIENTS

- 1 lb (450 g) chicken tenders
- 1/2 cup (60 g) almond flour
- 1/4 cup (25 g) grated Parmesan cheese
- 1 large egg, beaten
- 1/2 tsp paprika
- 1/2 tsp garlic powder

Nutritional Info (per serving):

- Calories: 240
- Protein: 30 g
- Carbs: 4 g
- Fat: 12 g
- Fiber: 1 g
- Sodium: 200 mg
- Potassium: 320 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Mix almond flour, Parmesan cheese, paprika, and garlic powder in a bowl.
2. Dip each chicken tender in the beaten egg, then coat with the almond flour mixture.
3. Place on a baking sheet and bake for 20 minutes, flipping halfway, until golden and crispy

8. STUFFED CHICKEN BREAST WITH SPINACH AND CHEESE

INGREDIENTS

- 4 chicken breasts (about 6 oz each)
- 1 cup (60 g) fresh spinach, chopped
- 1/2 cup (75 g) shredded mozzarella cheese
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 290
- Protein: 35 g
- Carbs: 3 g
- Fat: 15 g
- Fiber: 1 g
- Sodium: 220 mg
- Potassium: 400 mg

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Slice a pocket into each chicken breast and season with salt and pepper.
2. Mix spinach, mozzarella, and garlic in a bowl. Stuff the mixture into the chicken breasts.
3. Heat olive oil in a skillet and sear chicken on both sides for 2–3 minutes. Transfer to a baking dish and bake for 20 minutes. Serve warm.

9. BUFFALO CHICKEN LETTUCE WRAPS

INGREDIENTS

- 1 lb (450 g) cooked shredded chicken
- 1/4 cup (60 ml) buffalo sauce
- 8 large lettuce leaves (e.g., romaine or butter lettuce)
- 1/4 cup (60 g) crumbled blue cheese or ranch dressing (optional)

Nutritional Info (per serving):

- Calories: 180
- Protein: 25 g
- Carbs: 2 g
- Fat: 8 g
- Fiber: 1 g
- Sodium: 300 mg
- Potassium: 260 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. In a skillet over medium heat, heat shredded chicken with buffalo sauce for 2–3 minutes until warm.
2. Spoon the chicken mixture into lettuce leaves.
3. Top with blue cheese or ranch dressing if desired, and serve immediately.

10. CHICKEN AND VEGGIE SKEWERS WITH PESTO

INGREDIENTS

- 1 lb (450 g) chicken breast, cubed
- 1 cup (150 g) mixed vegetables (e.g., zucchini, bell peppers, cherry tomatoes)
- 1/4 cup (60 g) pesto sauce
- 1 tbsp olive oil

Nutritional Info (per serving):

- Calories: 220
- Protein: 26 g
- Carbs: 3 g
- Fat: 11 g
- Fiber: 1 g
- Sodium: 180 mg
- Potassium: 320 mg

Prep. time: 15 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Thread chicken and vegetables onto skewers.
2. Brush with pesto sauce and olive oil.
3. Grill over medium heat for 8–10 minutes, turning occasionally, until chicken is cooked through.

11. CHICKEN WITH LEMON AND HERB MARINADE

INGREDIENTS

- 4 chicken breasts (about 6 oz each)
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 210
- Protein: 34 g
- Carbs: 1 g
- Fat: 8 g
- Fiber: 0 g
- Sodium: 180 mg
- Potassium: 350 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. In a bowl, mix olive oil, lemon juice, oregano, thyme, salt, and pepper. Add chicken breasts and marinate for 10 minutes.
2. Grill over medium-high heat for 6–7 minutes per side, or until fully cooked. Serve warm.

12. LOW-CARB CHICKEN PICCATA WITH ZUCCHINI NOODLES

INGREDIENTS

- 4 chicken breasts (about 6 oz each), pounded thin
- 2 tbsp olive oil
- 1/4 cup (60 ml) chicken broth
- 1 tbsp lemon juice
- 1 tbsp capers
- 3 medium zucchinis, spiralized
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 250
- Protein: 30 g
- Carbs: 5 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 200 mg
- Potassium: 400 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium-high heat. Season chicken with salt and pepper, then cook for 3–4 minutes per side until golden. Remove and set aside.
2. Add chicken broth, lemon juice, and capers to the skillet. Cook for 2 minutes, stirring to deglaze the pan.
3. Toss zucchini noodles in the sauce for 2 minutes, then serve with chicken on top.

13. SLOW-COOKED CHICKEN WITH GARLIC AND DIJON MUSTARD

INGREDIENTS

- 4 chicken thighs, skin removed
- 1/4 cup (60 ml) chicken broth
- 2 tbsp Dijon mustard
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 220 kcal
- Protein: 15g
- Carbohydrates: 3g
- Fiber: 1g
- Fat: 17g
- Cholesterol: 370mg
- Sodium: 400mg
- Potassium: 300mg

Prep. time: 10 min

Cook time: 6 hours
(Slow cooker)

Serves: 4

DIRECTIONS

1. Place chicken thighs in a slow cooker.
2. Mix chicken broth, Dijon mustard, garlic, olive oil, salt, and pepper. Pour over the chicken.
3. Cook on low for 6 hours or until tender. Serve warm.

14. BAKED CHICKEN WITH GARLIC-PARMESAN CRUST

INGREDIENTS

- 4 chicken breasts (about 6 oz each)
- 1/4 cup (30 g) grated Parmesan cheese
- 1/4 cup (60 g) almond flour
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 tsp paprika
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 260
- Protein: 34 g
- Carbs: 3 g
- Fat: 11 g
- Fiber: 1 g
- Sodium: 220 mg
- Potassium: 350 mg

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Mix Parmesan, almond flour, garlic, paprika, salt, and pepper in a bowl.
3. Brush chicken breasts with olive oil and coat them with the Parmesan mixture.
4. Place on the baking sheet and bake for 20–25 minutes, until chicken is cooked through and the crust is golden.

15. CHICKEN AND MUSHROOM SKILLET

INGREDIENTS

- 1 lb (450 g) chicken thighs, cubed
- 2 cups (150 g) sliced mushrooms
- 1/2 cup (120 ml) chicken broth
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/4 cup (60 ml) heavy cream (optional)
- Salt and pepper to taste

Prep. time: 20 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Brown chicken cubes, then remove and set aside.
2. Sauté mushrooms and garlic for 5 minutes in the same skillet.
3. Add chicken broth, heavy cream (if using), salt, and pepper. Return chicken to the skillet and cook for another 10 minutes. Serve warm.

Nutritional Info (per serving):

- Calories: 220
- Protein: 28 g
- Carbs: 4 g
- Fat: 10 g
- Fiber: 1 g
- Sodium: 180 mg
- Potassium: 350 mg

16. STUFFED CHICKEN WITH PESTO AND MOZZARELLA

INGREDIENTS

- 4 chicken breasts (about 6 oz each)
- 1/4 cup (60 g) pesto sauce
- 1/2 cup (75 g) shredded mozzarella cheese
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Slice a pocket into each chicken breast and season with salt and pepper.
2. Stuff each chicken breast with pesto and mozzarella. Secure with toothpicks if needed.
3. Heat olive oil in a skillet and sear chicken on both sides for 2–3 minutes. Transfer to a baking dish and bake for 20 minutes. Serve warm.

Nutritional Info (per serving):

- Calories: 290
- Protein: 34 g
- Carbs: 2 g
- Fat: 14 g
- Fiber: 0 g
- Sodium: 220 mg
- Potassium: 370 mg

17. LEMON ROSEMARY GRILLED CHICKEN THIGHS

INGREDIENTS

- 4 chicken thighs, skinless
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried rosemary
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 250
- Protein: 25 g
- Carbs: 1 g
- Fat: 15 g
- Fiber: 0 g
- Sodium: 160 mg
- Potassium: 320 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. In a small bowl, mix olive oil, lemon juice, rosemary, salt, and pepper.
2. Marinate chicken thighs in the mixture for at least 10 minutes.
3. Grill over medium heat for 6–7 minutes per side until fully cooked. Serve warm.

18. HERB-ROASTED CHICKEN WITH BROCCOLI

INGREDIENTS

- 4 chicken thighs, skin removed
- 2 cups (300 g) broccoli florets
- 2 tbsp olive oil
- 1 tsp dried thyme
- 1 tsp garlic powder
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 230
- Protein: 26 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 180 mg
- Potassium: 340 mg

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Arrange chicken thighs and broccoli on the baking sheet. Drizzle with olive oil and season with thyme, garlic powder, salt, and pepper.
3. Roast for 25 minutes or until the chicken is fully cooked and broccoli is tender. Serve warm.

19. SPICY CHICKEN LETTUCE WRAPS WITH PEANUT SAUCE

INGREDIENTS

- 1 lb (450 g) ground chicken
- 8 large lettuce leaves
- 1/4 cup (60 ml) peanut butter
- 2 tbsp soy sauce (or coconut aminos)
- 1 tbsp lime juice
- 1 clove garlic, minced
- 1 tsp sriracha (optional)

Nutritional Info (per serving):

- Calories: 260
- Protein: 25 g
- Carbs: 5 g
- Fat: 14 g
- Fiber: 1 g
- Sodium: 220 mg
- Potassium: 310 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat a skillet over medium heat and cook ground chicken until browned, about 8 minutes.
2. In a small bowl, whisk together peanut butter, soy sauce, lime juice, garlic, and sriracha.
3. Spoon chicken into lettuce leaves and drizzle with peanut sauce. Serve immediately.

20. CHICKEN SHAWARMA WITH CABBAGE SLAW

INGREDIENTS

- 1 lb (450 g) chicken thighs, sliced
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp turmeric
- 1 tbsp olive oil
- **Cabbage Slaw:**
- 2 cups (300 g) shredded cabbage
- 1 tbsp olive oil
- 1 tbsp lemon juice

Nutritional Info (per serving):

- Calories: 240
- Protein: 26 g
- Carbs: 4 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 180 mg
- Potassium: 320 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Toss chicken with cumin, paprika, turmeric, and olive oil. Cook in a skillet over medium heat for 12–15 minutes until fully cooked.
2. In a bowl, mix cabbage with olive oil, lemon juice, salt, and pepper.
3. Serve chicken on top of cabbage slaw.

CHAPTER 10: MEAT RECIPES



1. BAKED BEEF MEATBALLS WITH ZUCCHINI NOODLES

INGREDIENTS

- 1 lb (450 g) ground beef
- 1/4 cup (30 g) grated Parmesan cheese
- 1/4 cup (30 g) almond flour
- 1 large egg
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- 3 medium zucchinis, spiralized
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Mix ground beef, Parmesan, almond flour, egg, garlic, oregano, salt, and pepper in a bowl. Form into meatballs.
2. Place meatballs on a baking sheet and bake for 20 minutes.
3. Heat olive oil in a skillet and sauté zucchini noodles for 2–3 minutes. Serve meatballs over zucchini noodles.

Nutritional Info (per serving):

Calories: 280 Protein: 30 g Carbs: 4 g Fat: 16 g Fiber: 2 g Sodium: 200 mg Potassium: 370 mg

2. GRILLED STEAK WITH GARLIC BUTTER AND ASPARAGUS

INGREDIENTS

- 4 steaks (about 6 oz each)
- 1 bunch (250 g) asparagus, trimmed
- 2 tbsp butter
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Season steaks with salt and pepper. Grill over medium-high heat for 4–5 minutes per side, or to desired doneness.
2. In a skillet, heat olive oil and sauté asparagus for 5 minutes.
3. Melt butter in a small pan and stir in minced garlic. Drizzle over steak and asparagus. Serve warm.

Nutritional Info (per serving):

- Calories: 320
- Protein: 35 g
- Carbs: 3 g
- Fat: 20 g
- Fiber: 1 g
- Sodium: 180 mg
- Potassium: 420 mg

3. PORK TENDERLOIN WITH ROASTED VEGETABLES

INGREDIENTS

- 1 lb (450 g) pork tenderloin
- 2 cups (300 g) diced vegetables (e.g., zucchini, bell peppers, broccoli)
- 2 tbsp olive oil
- 1 tsp dried thyme
- 1 clove garlic, minced
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 250
- Protein: 30 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 180 mg
- Potassium: 400 mg

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Season pork tenderloin with salt, pepper, and thyme.
2. Arrange pork and vegetables on a baking sheet. Drizzle with olive oil and sprinkle with garlic.
3. Roast for 25 minutes or until pork reaches an internal temperature of 145°F (63°C). Let rest for 5 minutes before slicing. Serve with vegetables.

4. LOW-CARB BEEF AND MUSHROOM STROGANOFF

INGREDIENTS

- 1 lb (450 g) ground beef
- 2 cups (150 g) sliced mushrooms
- 1/2 cup (120 ml) heavy cream
- 1/4 cup (60 ml) beef broth
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 300
- Protein: 28 g
- Carbs: 4 g
- Fat: 18 g
- Fiber: 1 g
- Sodium: 180 mg
- Potassium: 380 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Brown ground beef, then remove and set aside.
2. In the same skillet, sauté mushrooms and garlic for 5 minutes. Add beef broth and heavy cream.
3. Return beef to the skillet, stir well, and simmer for 5 minutes. Serve warm.

5. LAMB CHOPS WITH ROSEMARY AND GARLIC

INGREDIENTS

- 8 lamb chops (about 4 oz each)
- 2 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp dried rosemary
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 320
- Protein: 26 g
- Carbs: 0 g
- Fat: 24 g
- Fiber: 0 g
- Sodium: 120 mg
- Potassium: 320 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Brush lamb chops with olive oil and season with garlic, rosemary, salt, and pepper.
2. Heat a skillet over medium-high heat and sear lamb chops for 3–4 minutes per side for medium-rare.
3. Remove from heat, let rest for 5 minutes, and serve.

6. BEEF STIR FRY WITH BROCCOLI AND BELL PEPPERS

INGREDIENTS

- 1 lb (450 g) beef strips (sirloin or flank steak)
- 2 cups (300 g) broccoli florets
- 1 cup (150 g) sliced bell peppers
- 2 tbsp soy sauce (or coconut aminos)
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 250
- Protein: 28 g
- Carbs: 6 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 220 mg
- Potassium: 400 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add beef strips and cook for 5 minutes until browned. Remove and set aside.
2. In the same skillet, sauté garlic, broccoli, and bell peppers for 5 minutes.
3. Return beef to the skillet, add soy sauce, and cook for another 3 minutes. Serve warm.

7. STUFFED PORK CHOPS WITH SPINACH AND CHEESE

INGREDIENTS

- 4 bone-in pork chops (about 6 oz each)
- 1 cup (60 g) fresh spinach, chopped
- 1/2 cup (75 g) shredded mozzarella cheese
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 320
- Protein: 34 g
- Carbs: 2 g
- Fat: 18 g
- Fiber: 1 g
- Sodium: 220 mg
- Potassium: 400 mg

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Slice a pocket into each pork chop and season with salt and pepper.
2. Mix spinach, mozzarella, and garlic in a bowl. Stuff the mixture into the pork chops.
3. Heat olive oil in a skillet and sear pork chops for 2–3 minutes per side. Transfer to a baking dish and bake for 20 minutes. Serve warm.

8. SLOW-COOKED BEEF BRISKET

INGREDIENTS

- 2 lbs (900 g) beef brisket
- 1/2 cup (120 ml) beef broth
- 1 clove garlic, minced
- 1 tsp smoked paprika
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 320
- Protein: 28 g
- Carbs: 1 g
- Fat: 22 g
- Fiber: 0 g
- Sodium: 180 mg
- Potassium: 350 mg

Prep. time: 10 min

**Cook time: 6–8 hours
(slow cooker)**

Serves: 2

DIRECTIONS

1. Season brisket with smoked paprika, salt, and pepper.
2. Heat olive oil in a skillet over medium heat and sear the brisket for 2–3 minutes per side.
3. Transfer brisket to a slow cooker. Add garlic and beef broth. Cook on low for 6–8 hours until tender. Slice and serve.

9. GROUND BEEF AND CAULIFLOWER RICE CASSEROLE

INGREDIENTS

- 1 lb (450 g) ground beef
- 4 cups (400 g) cauliflower rice
- 1/2 cup (120 ml) heavy cream
- 1/2 cup (50 g) shredded cheddar cheese
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 290
- Protein: 28 g
- Carbs: 4 g
- Fat: 18 g
- Fiber: 2 g
- Sodium: 200 mg
- Potassium: 370 mg

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Heat olive oil in a skillet and brown ground beef with garlic. Season with salt and pepper.
2. In a bowl, mix cauliflower rice, ground beef, heavy cream, and half the cheese. Transfer to a baking dish.
3. Sprinkle remaining cheese on top and bake for 20 minutes. Serve warm.

10. KETO MEATLOAF WITH ALMOND FLOUR CRUST

INGREDIENTS

- 1 lb (450 g) ground beef
- 1/4 cup (30 g) almond flour
- 1 large egg
- 1/4 cup (40 g) diced onion
- 1 clove garlic, minced
- 2 tbsp sugar-free ketchup
- 1/2 tsp dried thyme
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 300
- Protein: 30 g
- Carbs: 4 g
- Fat: 18 g
- Fiber: 1 g
- Sodium: 200 mg
- Potassium: 350 mg

Prep. time: 10 min

Cook time: 40 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). In a bowl, mix ground beef, almond flour, egg, onion, garlic, thyme, salt, and pepper.
2. Shape the mixture into a loaf and place in a loaf pan or on a baking sheet. Spread ketchup on top.
3. Bake for 40 minutes, or until fully cooked. Let rest for 5 minutes before slicing.

11. GRILLED LAMB CHOPS WITH MINT YOGURT SAUCE

INGREDIENTS

- 8 lamb chops (about 4 oz each)
- 1 tbsp olive oil
- 1 tsp dried rosemary
- Salt and pepper to taste

Mint Yogurt Sauce:

- 1/2 cup (120 g) Greek yogurt
- 1 tbsp chopped fresh mint
- 1 tsp lemon juice

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Rub lamb chops with olive oil, rosemary, salt, and pepper.
2. Grill over medium-high heat for 3–4 minutes per side for medium-rare.
3. In a small bowl, mix yogurt, mint, and lemon juice to make the sauce. Serve lamb chops with the mint yogurt sauce.

Nutritional Info (per serving):

- Calories: 310
- Protein: 28 g
- Carbs: 2 g
- Fat: 20 g
- Fiber: 0 g
- Sodium: 140 mg
- Potassium: 350 mg

12. SPICY GROUND TURKEY AND AVOCADO LETTUCE WRAPS

INGREDIENTS

- 1 lb (450 g) ground turkey
- 8 large lettuce leaves
- 1 avocado, diced
- 1 tbsp olive oil
- 1/2 tsp chili powder
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Cook ground turkey with chili powder, salt, and pepper for 8 minutes until browned.
2. Spoon turkey mixture into lettuce leaves and top with diced avocado. Serve immediately.

Nutritional Info (per serving):

- Calories: 200
- Protein: 25 g
- Carbs: 4 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 180 mg
- Potassium: 330 mg

13. BEEF AND CABBAGE STIR FRY WITH GINGER AND SOY SAUCE

INGREDIENTS

- 1 lb (450 g) ground beef
- 2 cups (200 g) shredded cabbage
- 1 tbsp soy sauce (or coconut aminos)
- 1 tsp grated ginger
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 240
- Protein: 28 g
- Carbs: 4 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 200 mg
- Potassium: 380 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Cook ground beef until browned. Remove and set aside.
2. In the same skillet, sauté cabbage, garlic, and ginger for 5 minutes.
3. Return beef to the skillet, add soy sauce, and stir well. Cook for another 3 minutes and serve.

14. PORK SCHNITZEL WITH ALMOND FLOUR CRUST

INGREDIENTS

- 4 pork chops (about 5 oz each)
- 1/2 cup (60 g) almond flour
- 1 large egg, beaten
- 1/4 tsp paprika
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 300
- Protein: 32 g
- Carbs: 3 g
- Fat: 18 g
- Fiber: 1 g
- Sodium: 220 mg
- Potassium: 360 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Mix almond flour, paprika, salt, and pepper in a shallow dish.
2. Dip each pork chop in beaten egg, then coat with the almond flour mixture.
3. Heat olive oil in a skillet over medium heat and cook pork chops for 5–6 minutes per side until golden and cooked through. Serve immediately.

15. KETO BEEF STIR FRY WITH BROCCOLI AND MUSHROOMS

INGREDIENTS

- 1 lb (450 g) beef strips (sirloin or flank steak)
- 2 cups (300 g) broccoli florets
- 1 cup (150 g) sliced mushrooms
- 2 tbsp soy sauce (or coconut aminos)
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 tsp grated ginger
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 270
- Protein: 30 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 2 g
- Sodium: 200 mg
- Potassium: 400 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Sear beef strips for 4–5 minutes, then remove and set aside.
2. Add garlic, ginger, broccoli, and mushrooms to the skillet. Sauté for 5 minutes until tender.
3. Return beef to the skillet, add soy sauce, and cook for another 2–3 minutes. Serve warm.

16. STUFFED BELL PEPPERS WITH GROUND BEEF AND CAULIFLOWER RICE

INGREDIENTS

- 4 large bell peppers, tops and seeds removed
- 1 lb (450 g) ground beef
- 2 cups (400 g) cauliflower rice
- 1/2 cup (120 ml) tomato sauce (low-sugar)
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 240
- Protein: 25 g
- Carbs: 6 g
- Fat: 12 g
- Fiber: 3 g
- Sodium: 180 mg
- Potassium: 400 mg

Prep. time: 15 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Mix almond flour, chili powder, and paprika in a bowl.
2. Brush fish fillets with olive oil, then coat with the almond flour mixture.
3. Place fish on a baking sheet and bake for 12–15 minutes, until golden and flaky.
4. Assemble tacos with fish, cabbage, and a dollop of sour cream or Greek yogurt in each tortilla.

17. GRILLED STEAK WITH CHIMICHURRI SAUCE

INGREDIENTS

- 4 steaks (about 6 oz each)
- 1 tbsp olive oil
- Salt and pepper to taste
- **Chimichurri Sauce:**
- 1/4 cup (15 g) chopped parsley
- 1 clove garlic, mince
- 2 tbsp olive oil
- 1 tbsp red wine vinegar

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Season steaks with olive oil, salt, and pepper. Grill over medium-high heat for 4–5 minutes per side, or to desired doneness.
2. Mix all chimichurri sauce ingredients in a small bowl.
3. Serve grilled steaks topped with chimichurri sauce.

Nutritional Info (per serving):

- Calories: 340
- Protein: 36 g
- Carbs: 1 g
- Fat: 22 g
- Fiber: 0 g
- Sodium: 160 mg
- Potassium: 420 mg

18. LOW-CARB BEEF TACOS WITH LETTUCE WRAPS

INGREDIENTS

- 1 lb (450 g) ground beef
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 8 large lettuce leaves
- 1/2 cup (75 g) diced tomatoes
- 1/4 cup (60 g) shredded cheddar cheese

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat a skillet over medium heat and cook ground beef with chili powder, paprika, salt, and pepper for 8–10 minutes until browned.
2. Spoon beef into lettuce leaves and top with diced tomatoes and shredded cheddar. Serve immediately.

Nutritional Info (per serving):

- Calories: 230
- Protein: 26 g
- Carbs: 3 g
- Fat: 12 g
- Fiber: 1 g
- Sodium: 200 mg
- Potassium: 340 mg

19. BRAISED SHORT RIBS WITH ROASTED VEGETABLES

INGREDIENTS

- 2 lbs (900 g) bone-in short ribs
- 1 cup (240 ml) beef broth
- 1/2 cup (120 ml) dry red wine (optional)
- 1 cup (150 g) diced carrots
- 1 cup (150 g) diced celery
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 350
- Protein: 28 g
- Carbs: 6 g
- Fat: 22 g
- Fiber: 2 g
- Sodium: 220 mg
- Potassium: 400 mg

Prep. time: 15 min

Cook time: 3 hours

Serves: 4

DIRECTIONS

1. Preheat oven to 300°F (150°C). Heat olive oil in a Dutch oven over medium heat. Brown short ribs on all sides, then remove and set aside.
2. Add garlic, carrots, and celery to the pot and cook for 5 minutes. Deglaze the pot with beef broth and wine.
3. Return short ribs to the pot, cover, and braise in the oven for 3 hours until tender. Serve with vegetables.

20. LAMB MEATBALLS WITH TZATZIKI SAUCE

INGREDIENTS

Meatballs:

- 1 lb (450 g) ground lamb
- 1/4 cup (30 g) almond flour
- 1 large egg1 clove garlic, minced
- 1 tsp dried oregano
- Salt and pepper to taste

Tzatziki Sauce:

- 1/2 cup (120 g) Greek yogurt
- 1/4 cup (50 g) grated cucumber, squeezed dry
- 1 tsp lemon juice
- 1/2 tsp minced garlic
- 1 tbsp chopped dill

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Mix lamb, almond flour, egg, garlic, oregano, salt, and pepper in a bowl. Form into 12–16 meatballs and place on the baking sheet.
3. Bake for 18–20 minutes until golden and cooked through.
4. For the tzatziki sauce, mix yogurt, cucumber, lemon juice, garlic, and dill in a bowl. Serve meatballs with the sauce on the side.

Nutritional Info (per serving):

- Calories: 300
- Protein: 26 g
- Carbs: 3 g
- Fat: 20 g
- Fiber: 1 g

CHAPTER 11: VEGETABLE RECIPES



1. ROASTED CAULIFLOWER WITH GARLIC AND PARMESAN

INGREDIENTS

- 1 head cauliflower, cut into florets
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1/4 cup (30 g) grated Parmesan cheese
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss cauliflower florets with olive oil, garlic, salt, and pepper.
2. Spread on a baking sheet and roast for 20 minutes.
3. Sprinkle Parmesan cheese over the cauliflower and roast for another 5 minutes. Serve warm.

Nutritional Info (per serving):

Calories: 130 Protein: 5 g Carbs: 8 g Fat: 9 g Fiber: 3g Sodium: 150 mg Potassium: 320 mg

2. ZUCCHINI FRITTERS WITH SOUR CREAM

INGREDIENTS

- 2 medium zucchinis, grated and squeezed dry
- 1/4 cup (30 g) almond flour
- 1 large egg
- 1/4 cup (25 g) grated Parmesan cheese
- 1 tbsp olive oil
- 1/4 cup (60 g) sour cream

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Mix grated zucchini, almond flour, egg, and Parmesan in a bowl. Form into small patties.
2. Heat olive oil in a skillet over medium heat and cook fritters for 3–4 minutes per side until golden.
3. Serve with sour cream on the side.

Nutritional Info (per serving):

- Calories: 120
- Protein: 5 g
- Carbs: 4 g
- Fat: 9 g
- Fiber: 2 g
- Sodium: 120 mg
- Potassium: 300 mg

3. JUICY GRILLED BRUSSELS SPROUTS WITH CREAMY GARLIC SAUCE

INGREDIENTS

- 2 cups (300 g) halved Brussels sprouts
- 2 tbsp olive oil
- 1/4 cup (60 ml) heavy cream
- 1 tbsp unsweetened Greek yogurt
- 1 clove garlic, minced
- 1 tbsp grated Parmesan cheese
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 170
- Protein: 5 g
- Carbs: 6 g
- Fat: 14 g
- Fiber: 3 g
- Sodium: 180 mg
- Potassium: 300 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Heat 1 tbsp olive oil in a skillet over medium heat. Add Brussels sprouts and season with salt and pepper. Cook for 10–12 minutes, stirring occasionally, until tender and golden. Remove from skillet and set aside.
2. In the same skillet, heat the remaining 1 tbsp olive oil. Add minced garlic and sauté for 1 minute until fragrant.
3. Stir in heavy cream, Greek yogurt, and Parmesan cheese. Cook for 2–3 minutes over low heat until the sauce thickens slightly. Adjust salt and pepper to taste.
4. Return the cooked Brussels sprouts to the skillet and toss them in the creamy garlic sauce.
5. Serve immediately, garnished with a sprinkle of Parmesan if desired.

4. SPINACH AND ARTICHOKE STUFFED MUSHROOMS

INGREDIENTS

- 12 large mushroom caps, stems removed
- 1/2 cup (60 g) chopped spinach
- 1/2 cup (75 g) chopped artichokes
- 1/4 cup (30 g) cream cheese, softened
- 1/4 cup (30 g) grated Parmesan cheese
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 110
- Protein: 6 g
- Carbs: 5 g
- Fat: 8 g
- Fiber: 2 g
- Sodium: 150 mg
- Potassium: 280 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Mix spinach, artichokes, cream cheese, Parmesan, salt, and pepper in a bowl.
2. Spoon the mixture into mushroom caps and place on a baking sheet.
3. Bake for 15–20 minutes until mushrooms are tender. Serve warm.

5. EGGPLANT PARMESAN WITH LOW-CARB BREAD CRUMBS

INGREDIENTS

- 1 medium eggplant, sliced
- 1/4 cup (30 g) almond flour
- 1/4 cup (30 g) grated Parmesan cheese
- 1 large egg, beaten
- 1/2 cup (120 ml) marinara sauce (low-sugar)
- 1/4 cup (30 g) shredded mozzarella cheese

Nutritional Info (per serving):

- Calories: 190
- Protein: 8 g
- Carbs: 7 g
- Fat: 13 g
- Fiber: 4 g
- Sodium: 200 mg
- Potassium: 320 mg

Prep. time: 15 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Mix almond flour and Parmesan in a bowl. Dip eggplant slices in egg, then coat with the flour mixture.
2. Place eggplant slices on a baking sheet and bake for 15 minutes.
3. Layer baked eggplant, marinara sauce, and mozzarella cheese in a baking dish. Bake for another 10 minutes until bubbly.

6. GARLIC BUTTER MUSHROOMS WITH FRESH HERBS

INGREDIENTS

- 2 cups (150 g) whole button mushrooms
- 2 tbsp butter
- 2 cloves garlic, minced
- 1 tbsp chopped fresh parsley
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 80
- Protein: 2 g
- Carbs: 3 g
- Fat: 7 g
- Fiber: 1 g
- Sodium: 100 mg
- Potassium: 280 mg

Prep. time: 5 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat butter in a skillet over medium heat. Add garlic and sauté for 1 minute until fragrant.
2. Add mushrooms and cook for 8–10 minutes, stirring occasionally, until tender and golden.
3. Sprinkle with fresh parsley, season with salt and pepper, and serve warm.

7. KALE AND AVOCADO SALAD WITH LEMON DRESSING

INGREDIENTS

- 4 cups (120 g) chopped kale, stems removed
- 1 avocado, diced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 110
- Protein: 2 g
- Carbs: 5 g
- Fat: 10 g
- Fiber: 3 g
- Sodium: 90 mg
- Potassium: 290 mg

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Massage chopped kale with olive oil and a pinch of salt for 2 minutes to soften.
2. Add diced avocado to the kale and toss gently.
3. Drizzle with lemon juice, season with salt and pepper, and serve immediately.

8. ROASTED BRUSSELS SPROUTS AND CARROTS

INGREDIENTS

- 2 cups (300 g) halved Brussels sprouts
- 1 cup (150 g) sliced carrots
- 2 tbsp olive oil
- 1 tsp dried thyme
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 120
- Protein: 2 g
- Carbs: 8 g
- Fat: 8 g
- Fiber: 3 g
- Sodium: 120 mg
- Potassium: 320 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss Brussels sprouts and carrots with olive oil, thyme, salt, and pepper.
2. Spread vegetables on a baking sheet and roast for 20 minutes, stirring halfway through, until tender and golden. Serve warm.

9. CAULIFLOWER MASH WITH BUTTER AND CREAM CHEESE

INGREDIENTS

- 4 cups (400 g) cauliflower florets
- 2 tbsp butter
- 2 tbsp cream cheese
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 120
- Protein: 2 g
- Carbs: 5 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 100 mg
- Potassium: 290 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Boil cauliflower florets in salted water for 10–12 minutes until tender. Drain well.
2. Blend cauliflower with butter and cream cheese until smooth.
3. Season with salt and pepper and serve warm.

10. CRISPY BAKED SWEET POTATO FRIES (LOW-CARB)

INGREDIENTS

- 2 medium sweet potatoes, cut into thin strips
- 2 tbsp olive oil
- 1/2 tsp paprika
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 150
- Protein: 2 g
- Carbs: 18 g
- Fat: 7 g
- Fiber: 3 g
- Sodium: 110 mg
- Potassium: 330 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss sweet potato strips with olive oil, paprika, salt, and pepper.
2. Spread fries on a baking sheet in a single layer and bake for 20 minutes, flipping halfway through. Serve immediately.

11. GARLIC ROASTED BRUSSELS SPROUTS WITH LEMON

INGREDIENTS

- 2 cups (300 g) halved Brussels sprouts
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 110
- Protein: 3 g
- Carbs: 6 g
- Fat: 8 g
- Fiber: 3 g
- Sodium: 90 mg
- Potassium: 290 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss Brussels sprouts with olive oil, garlic, salt, and pepper.
2. Spread on a baking sheet and roast for 15–20 minutes until crispy and golden.
3. Drizzle with lemon juice before serving.

12. ZUCCHINI AND BELL PEPPER STIR FRY

INGREDIENTS

- 2 medium zucchinis, sliced
- 1 cup (150 g) diced bell peppers
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 80
- Protein: 2 g
- Carbs: 6 g
- Fat: 5 g
- Fiber: 2 g
- Sodium: 80 mg
- Potassium: 250 mg

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute.
2. Add zucchini, bell peppers, oregano, salt, and pepper. Stir-fry for 7–8 minutes until vegetables are tender but crisp. Serve warm.

13. CAULIFLOWER BUFFALO BITES

INGREDIENTS

- 1 head cauliflower, cut into florets
- 1/4 cup (60 ml) hot sauce like Frank's RedHot Original
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- Salt to taste

Nutritional Info (per serving):

- Calories: 100
- Protein: 2 g
- Carbs: 7 g
- Fat: 7 g
- Fiber: 3 g
- Sodium: 150 mg
- Potassium: 300 mg

Prep. time: 10 min

Cook time: 2 5 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss cauliflower florets with olive oil, hot sauce, garlic powder, and salt.
2. Spread on a baking sheet and roast for 20–25 minutes, stirring halfway through. Serve immediately.

14. SPAGHETTI SQUASH WITH GARLIC AND PARMESAN

INGREDIENTS

- 1 medium spaghetti squash
- 2 tbsp butter
- 1 clove garlic, minced
- 1/4 cup (30 g) grated Parmesan cheese
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 120
- Protein: 3 g
- Carbs: 7 g
- Fat: 8 g
- Fiber: 2 g
- Sodium: 100 mg
- Potassium: 300 mg

Prep. time: 10 min

Cook time: 40 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Cut spaghetti squash in half, remove seeds, and place cut-side down on a baking sheet. Roast for 35–40 minutes.
2. Scrape the squash strands into a bowl. Toss with butter, garlic, Parmesan, salt, and pepper. Serve warm.

15. STUFFED ACORN SQUASH WITH SPINACH AND CHEESE

INGREDIENTS

- 2 acorn squashes, halved and seeds removed
- 1 cup (60 g) fresh spinach, chopped
- 1/2 cup (75 g) shredded mozzarella cheese
- 2 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 180
- Protein: 6 g
- Carbs: 12 g
- Fat: 12 g
- Fiber: 3 g
- Sodium: 120 mg
- Potassium: 400 mg

Prep. time: 15 min

Cook time: 40 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Rub squash halves with olive oil, salt, and pepper. Place cut-side down on a baking sheet and roast for 30 minutes.
2. Mix spinach and mozzarella in a bowl. Fill squash halves with the mixture and bake for an additional 10 minutes. Serve warm.

16. CAULIFLOWER AND CHEESE BAKE

INGREDIENTS

- 4 cups (400 g) cauliflower florets
- 1/2 cup (120 ml) heavy cream
- 1/2 cup (50 g) shredded cheddar cheese
- 1/4 cup (30 g) grated Parmesan cheese
- 1 tbsp butter
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 210
- Protein: 7 g
- Carbs: 5 g
- Fat: 18 g
- Fiber: 2 g
- Sodium: 180 mg
- Potassium: 320 mg

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Steam cauliflower florets until tender.
2. In a saucepan, melt butter and stir in heavy cream, cheddar cheese, Parmesan, salt, and pepper until smooth.
3. Mix the cheese sauce with steamed cauliflower and transfer to a baking dish. Bake for 20 minutes until bubbly and golden. Serve warm.

17. ROASTED ASPARAGUS WITH BALSAMIC GLAZE

INGREDIENTS

- 1 bunch (250 g) asparagus, trimmed
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Prep. time: 5 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss asparagus with olive oil, salt, and pepper. Spread on a baking sheet.
2. Roast for 12–15 minutes until tender and slightly charred.
3. Drizzle with balsamic vinegar before serving.

Nutritional Info (per serving):

- Calories: 70
- Protein: 2 g
- Carbs: 4 g
- Fat: 5 g
- Fiber: 2 g
- Sodium: 80 mg
- Potassium: 200 mg

18. GRILLED EGGPLANT WITH HERBED YOGURT

INGREDIENTS

- 2 medium eggplants, sliced
- 2 tbsp olive oil
- 1/2 cup (120 g) Greek yogurt
- 1 tbsp lemon juice
- 1 tsp chopped fresh dill
- Salt and pepper to taste

Prep. time: 10 min

Cook time: 10 min

Serves: 4

DIRECTIONS

1. Brush eggplant slices with olive oil and season with salt and pepper. Grill over medium heat for 3–4 minutes per side until tender.
2. Mix yogurt, lemon juice, dill, salt, and pepper in a bowl.
3. Serve grilled eggplant with herbed yogurt on the side.

Nutritional Info (per serving):

- Calories: 90
- Protein: 3 g
- Carbs: 6 g
- Fat: 6 g
- Fiber: 3 g
- Sodium: 70 mg
- Potassium: 280 mg

19. BROCCOLI AND CHEDDAR CASSEROLE

INGREDIENTS

- 3 cups (300 g) broccoli florets
- 1/2 cup (120 ml) heavy cream
- 1/2 cup (50 g) shredded cheddar cheese
- 1 tbsp butter
- 1 clove garlic, minced
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 200
- Protein: 7 g
- Carbs: 6 g
- Fat: 16 g
- Fiber: 3 g
- Sodium: 180 mg
- Potassium: 300 mg

Prep. time: 10 min

Cook time: 25 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Steam broccoli until tender.
2. In a saucepan, melt butter and sauté garlic for 1 minute. Stir in heavy cream, cheddar cheese, salt, and pepper until smooth.
3. Combine cheese sauce with broccoli and transfer to a baking dish. Bake for 20 minutes until bubbly and golden. Serve warm.

20. CAULIFLOWER TABBOULEH SALAD

INGREDIENTS

- 2 cups (400 g) cauliflower rice*
- 1/2 cup (75 g) diced cucumber
- 1/4 cup (15 g) chopped parsley
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt and pepper to taste

Nutritional Info (per serving):

- Calories: 90
- Protein: 2 g
- Carbs: 5 g
- Fat: 7 g
- Fiber: 2 g
- Sodium: 70 mg
- Potassium: 250 mg

Prep. time: 15 min

Cook time: 0 min

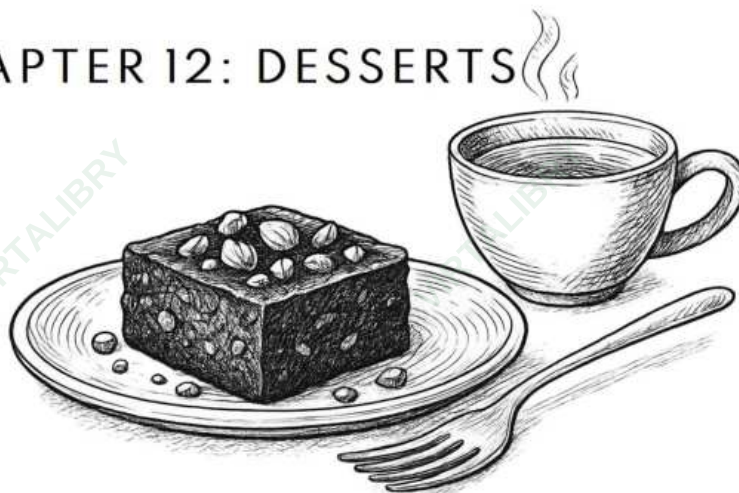
Serves: 4

DIRECTIONS

1. In a large bowl, mix cauliflower rice, cucumber, parsley, lemon juice, olive oil, salt, and pepper.
2. Toss well and serve chilled or at room temperature.

*To make cauliflower rice, raw cauliflower florets are typically processed in a food processor or grated by hand until they form small, rice-like pieces.

CHAPTER 12: DESSERTS



1. CHOCOLATE AVOCADO MOUSSE

INGREDIENTS

- 2 ripe avocados
- 1/4 cup (30 g) unsweetened cocoa powder
- 1/4 cup (60 ml) almond milk
- 3 tbsp sugar-free sweetener
- 1 tsp vanilla extract

Prep. time: 10 min

Cook time: 0 min

Serves: 4

DIRECTIONS

1. Scoop avocado flesh into a blender. Add cocoa powder, almond milk, sweetener, and vanilla extract.
2. Blend until smooth and creamy. Spoon into serving dishes and refrigerate for 30 minutes.

Nutritional Info (per serving):

Calories: 180 Protein: 3 g Carbs: 8 g Fat: 15 g Fiber: 5 g Sodium: 20 mg Potassium: 370 mg

2. KETO CHEESECAKE WITH ALMOND FLOUR CRUST

INGREDIENTS

Crust:

- 1 cup (100 g) almond flour
- 2 tbsp butter, melted
- 1 tbsp sugar-free sweetener

Filling:

- 16 oz (450 g) cream cheese
- 2 large eggs
- 1/2 cup (120 ml) sugar-free sweetener
- 1 tsp vanilla extract

Prep. time: 15 min

Cook time: 40 min

Serves: 4

DIRECTIONS

1. Preheat oven to 350°F (175°C). Mix almond flour, melted butter, and sweetener. Press into a greased pan and bake for 10 minutes.
2. Beat cream cheese, eggs, sweetener, and vanilla. Pour over crust and bake for 30 minutes. Cool before serving.

Nutritional Info (per serving):

- Calories: 220
- Protein: 6 g
- Carbs: 4 g
- Fat: 20 g
- Fiber: 1 g
- Sodium: 160 mg
- Potassium: 90 mg

3. ALMOND FLOUR CHOCOLATE CHIP COOKIES

INGREDIENTS

- 2 cups (200 g) almond flour
- 1/4 cup (60 g) butter, melted
- 1/4 cup (50 g) sugar-free chocolate chips
- 1/4 cup (60 ml) sugar-free sweetener
- 1 large egg
- 1 tsp vanilla extract

Nutritional Info (per serving):

- Calories: 120
- Protein: 3 g
- Carbs: 3 g
- Fat: 10 g
- Fiber: 1 g
- Sodium: 50 mg
- Potassium: 20 mg

Prep. time: 10 min

Cook time: 15 min

Serves: 4

DIRECTIONS

1. Preheat oven to 350°F (175°C). Mix all ingredients in a bowl.
2. Scoop dough onto a baking sheet. Bake for 12–15 minutes. Cool before serving.

4. COCONUT MACAROONS

INGREDIENTS

- 2 cups (150 g) shredded unsweetened coconut
- 2 large egg whites
- 1/4 cup (50 g) sugar-free sweetener
- 1 tsp vanilla extract

Nutritional Info (per serving):

- Calories: 90
- Protein: 1 g
- Carbs: 3 g
- Fat: 8 g
- Fiber: 2 g
- Sodium: 10 mg
- Potassium: 40 mg

Prep. time: 10 min

Cook time: 15 min

Serves:
12 macaroons

DIRECTIONS

1. Preheat oven to 350°F (175°C). Whisk egg whites and sweetener until frothy. Stir in coconut and vanilla.
2. Scoop onto a baking sheet and bake for 12–15 minutes until golden.

5. CHIA SEED PUDDING WITH BERRIES

INGREDIENTS

- 1/4 cup (40 g) chia seeds
- 1 cup (240 ml) almond milk
- 1 tsp vanilla extract
- 2 tbsp sugar-free sweetener
- 1/2 cup (75 g) fresh berries

Prep. time: 5 min

Cook time: 4 hours

Serves: 4

DIRECTIONS

1. Mix chia seeds, almond milk, vanilla, and sweetener. Stir well and refrigerate for 4 hours.
2. Serve with fresh berries.

Nutritional Info (per serving):

- Calories: 120
- Protein: 3 g
- Carbs: 6 g
- Fat: 8 g
- Fiber: 5 g
- Sodium: 50 mg
- Potassium: 120 mg

6. LOW-CARB CHOCOLATE ALMOND BARK

INGREDIENTS

- 1 cup (150 g) sugar-free dark chocolate, melted
- 1/2 cup (50 g) sliced almonds
- 1/4 tsp sea salt

Prep. time: 5 min

Cook time: 30 min

Serves: 8

DIRECTIONS

1. Line a baking sheet with parchment paper. Spread melted chocolate evenly over the sheet.
2. Sprinkle sliced almonds and sea salt on top of the chocolate.
3. Refrigerate for 30 minutes until hardened. Break into pieces and serve.

Nutritional Info (per serving):

- Calories: 120
- Protein: 2 g
- Carbs: 4 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 40 mg
- Potassium: 100 mg

7. KETO LEMON BARS WITH ALMOND FLOUR CRUST

INGREDIENTS

Crust:

- 1 cup (100 g) almond flour
- 2 tbsp butter, melted
- 1 tbsp sugar-free sweetener

Filling:

- 2 large eggs
- 1/4 cup (60 ml) lemon juice
- 1/4 cup (50 g) sugar-free sweetener

Prep. time: 15 min

Cook time: 30 min

Serves: 8

1. Preheat oven to 350°F (175°C). Mix almond flour, butter, and sweetener. Press into a greased 8x8-inch pan and bake for 10 minutes.
2. Whisk eggs, lemon juice, and sweetener. Pour over the crust and bake for another 20 minutes.
3. Cool completely before slicing into bars.

Nutritional Info (per serving):

- Calories: 110
- Protein: 3 g
- Carbs: 3 g
- Fat: 9 g
- Fiber: 1 g
- Sodium: 50 mg
- Potassium: 25 mg

8. PUMPKIN PIE FAT BOMBS

INGREDIENTS

- 1/2 cup (120 g) canned pumpkin puree
- 1/2 cup (120 g) cream cheese, softened
- 1/4 cup (60 g) coconut oil, melted
- 1/4 cup (50 g) sugar-free sweetener
- 1 tsp pumpkin pie spice

Prep. time: 10 min

Cook time: 1 hours

Serves: 12

1. Mix pumpkin puree, cream cheese, coconut oil, sweetener, and pumpkin pie spice in a bowl until smooth.
2. Spoon into silicone molds or an ice cube tray.
3. Freeze for 1 hour until firm. Remove from molds and store in the freezer.

Nutritional Info (per serving):

- Calories: 80
- Protein: 1 g
- Carbs: 2 g
- Fat: 8 g
- Fiber: 1 g
- Sodium: 20 mg
- Potassium: 50 mg

9. SUGAR-FREE STRAWBERRY SORBET

INGREDIENTS

- 2 cups (300 g) frozen strawberries
- 1/4 cup (60 ml) unsweetened almond milk
- 2 tbsp sugar-free sweetener

Prep. time: 5 min

Freeze time: 2 hours

Serves: 4

DIRECTIONS

1. Blend frozen strawberries, almond milk, and sweetener in a food processor until smooth.
2. Pour into a container and freeze for 2 hours until firm. Scoop and serve.

Nutritional Info (per serving):

- Calories: 50
- Protein: 1 g
- Carbs: 9 g
- Fat: 1 g
- Fiber: 3 g
- Sodium: 10 mg
- Potassium: 150 mg

10. KETO BROWNIES WITH WALNUTS

INGREDIENTS

- 1/2 cup (60 g) almond flour
- 1/4 cup (30 g) unsweetened cocoa powder
- 1/2 cup (100 g) sugar-free sweetener
- 2 large eggs
- 1/4 cup (60 g) butter, melted
- 1/4 cup (30 g) chopped walnuts

Prep. time: 10 min

Cook time: 25 min

Serves: 12

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line an 8x8-inch pan with parchment paper.
2. Mix almond flour, cocoa powder, and sweetener in a bowl. Stir in eggs and melted butter until combined. Fold in walnuts.
3. Pour batter into the pan and bake for 25 minutes. Cool before slicing.

Nutritional Info (per serving):

- Calories: 120
- Protein: 3 g
- Carbs: 4 g
- Fat: 10 g
- Fiber: 2 g
- Sodium: 50 mg
- Potassium: 80 mg

11. KETO CHOCOLATE-COCONUT FAT BOMBS

INGREDIENTS

- 1/2 cup (120 g) coconut oil, melted
- 1/4 cup (30 g) unsweetened cocoa powder
- 1/4 cup (50 g) sugar-free sweetener
- 1/4 cup (30 g) shredded unsweetened coconut

Prep. time: 10 min

Chill time: 1 hours

Serves:
12 portions

DIRECTIONS

1. In a bowl, mix melted coconut oil, cocoa powder, sweetener, and shredded coconut until well combined.
2. Pour the mixture into silicone molds or an ice cube tray.
3. Freeze for 1 hour until firm. Remove from molds and store in the freezer.

Nutritional Info (per serving):

- Calories: 90
- Protein: 1 g
- Carbs: 3 g
- Fat: 9 g
- Fiber: 1 g
- Sodium: 10 mg
- Potassium: 20 mg

12. LOW-CARB LEMON CHEESECAKE BITES

INGREDIENTS

- 8 oz (225 g) cream cheese, softened
- 1/4 cup (50 g) sugar-free sweetener
- 2 tbsp lemon juice
- 1 tsp lemon zest

Prep. time: 10 min

Chill time: 2 hours

Serves:
12 bites

DIRECTIONS

1. In a bowl, beat cream cheese, sweetener, lemon juice, and lemon zest until smooth.
2. Spoon the mixture into mini cupcake liners or silicone molds.
3. Refrigerate for 2 hours until set. Serve chilled.

Nutritional Info (per serving):

- Calories: 80
- Protein: 2 g
- Carbs: 2 g
- Fat: 8 g
- Fiber: 0 g
- Sodium: 50 mg
- Potassium: 20 mg

13. COCONUT MILK CHIA PUDDING WITH CINNAMON

INGREDIENTS

- 1/4 cup (40 g) chia seeds
- 1 cup (240 ml) coconut milk (full-fat)
- 1/2 tsp ground cinnamon
- 1 tbsp sugar-free sweetener

Nutritional Info (per serving):

- Calories: 150
- Protein: 3 g
- Carbs: 5 g
- Fat: 12 g
- Fiber: 4 g
- Sodium: 20 mg
- Potassium: 120 mg

Prep. time: 5 min

Chill time: 4 hours

Serves: 4

DIRECTIONS

1. In a bowl, mix chia seeds, coconut milk, cinnamon, and sweetener. Stir well.
2. Refrigerate for at least 4 hours or overnight, stirring once halfway through.
3. Serve chilled, optionally topped with a sprinkle of cinnamon.

14. CHOCOLATE ALMOND BUTTER TRUFFLE

INGREDIENTS

- 1/2 cup (120 g) almond butter
- 1/4 cup (50 g) sugar-free dark chocolate, melted
- 1/4 cup (30 g) almond flour
- 1 tbsp sugar-free sweetener

Nutritional Info (per serving):

- Calories: 100
- Protein: 2 g
- Carbs: 3 g
- Fat: 9 g
- Fiber: 1 g
- Sodium: 20 mg
- Potassium: 50 mg

Prep. time: 15 min

Chill time: 5 hours

Serves:
12 truffles

DIRECTIONS

1. Mix almond butter, melted chocolate, almond flour, and sweetener in a bowl until smooth.
2. Roll the mixture into small balls and place on a baking sheet lined with parchment paper.
3. Refrigerate for 1 hour until firm. Serve chilled.

15. KETO PUMPKIN SPICE MUFFINS

INGREDIENTS

- 1 cup (100 g) almond flour
- 1/2 cup (120 g) canned pumpkin puree
- 1/4 cup (50 g) sugar-free sweetener
- 2 large eggs
- 1 tsp pumpkin pie spice
- 1/2 tsp baking powder

Nutritional Info (per serving):

- Calories: 90
- Protein: 3 g
- Carbs: 4 g
- Fat: 7 g
- Fiber: 1 g
- Sodium: 50 mg
- Potassium: 50 mg

Prep. time: 10 min

Cook time: 20 min

Serves:
12 muffins

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a muffin tin with paper liners.
2. Mix almond flour, pumpkin puree, sweetener, eggs, pumpkin pie spice, and baking powder in a bowl until combined.
3. Divide the batter among the muffin cups and bake for 20 minutes until a toothpick comes out clean.

16. SUGAR-FREE BERRY GELATIN CUPS

INGREDIENTS

- 2 cups (480 ml) water
- 1 packet (7 g) unflavored gelatin
- 1/2 cup (75 g) fresh or frozen mixed berries
- 1/4 cup (50 g) sugar-free sweetener

Nutritional Info (per serving):

- Calories: 30
- Protein: 1 g
- Carbs: 4 g
- Fat: 0 g
- Fiber: 1 g
- Sodium: 5 mg
- Potassium: 40 mg

Prep. time: 5 min

Chill time: 2 hours

Serves: 4

DIRECTIONS

1. Heat 1 cup of water in a saucepan until steaming. Sprinkle in the gelatin and stir until dissolved.
2. Add the sweetener and mix until fully dissolved. Stir in the remaining cup of water.
3. Divide the berries among 4 serving cups and pour the gelatin mixture over them.
4. Refrigerate for 2 hours until set. Serve chilled.

17. AVOCADO CHOCOLATE FUDGE

INGREDIENTS

- 1 ripe avocado, mashed
- 1/2 cup (120 g) unsweetened almond butter
- 1/4 cup (30 g) unsweetened cocoa powder
- 1/4 cup (50 g) sugar-free sweetener
- 1/4 cup (50 g) sugar-free dark chocolate, melted

Nutritional Info (per serving):

- Calories: 90
- Protein: 2 g
- Carbs: 3 g
- Fat: 8 g
- Fiber: 2 g
- Sodium: 10 mg
- Potassium: 80 mg

Prep. time: 10 min

Chill time: 2 hours

**Serves:
12 pieces**

DIRECTIONS

1. Mix mashed avocado, almond butter, cocoa powder, sweetener, and melted chocolate in a bowl until smooth.
2. Line a small dish with parchment paper and spread the mixture evenly.
3. Freeze for 2 hours until firm. Cut into squares and serve chilled.

18. KETO MOCHA CHEESECAKE

INGREDIENTS

Crust:

- 1 cup (100 g) almond flour
- 2 tbsp butter, melted
- 1 tbsp sugar-free sweetener

Filling:

- 16 oz (450 g) cream cheese, softened
- 1/2 cup (120 ml) sugar-free sweetener
- 2 large eggs
- 1 tbsp instant coffee powder
- 1 tbsp unsweetened cocoa powder

Nutritional Info (per serving):

- Calories: 220
- Protein: 6 g
- Carbs: 4 g
- Fat: 20 g
- Fiber: 1 g
- Sodium: 150 mg
- Potassium: 80 mg

Prep. time: 15 min

Cook time: 40 min

**Serves:
8 portions**

DIRECTIONS

1. Preheat oven to 350°F (175°C). Mix almond flour, melted butter, and sweetener. Press into a greased pan and bake for 10 minutes.
2. Beat cream cheese, sweetener, eggs, coffee powder, and cocoa powder until smooth. Pour over the crust.
3. Bake for 30 minutes until set. Cool and refrigerate for at least 2 hours before serving.

19. BAKED APPLE CINNAMON CRUMBLE (LOW-CARB)

INGREDIENTS

- 2 medium apples, diced
- 1/4 cup (50 g) almond flour
- 2 tbsp butter, melted
- 1 tbsp sugar-free sweetener
- 1/2 tsp ground cinnamon

Nutritional Info (per serving):

- Calories: 110
- Protein: 2 g
- Carbs: 10 g
- Fat: 7 g
- Fiber: 3 g
- Sodium: 20 mg
- Potassium: 100 mg

Prep. time: 10 min

Cook time: 20 min

Serves: 4

DIRECTIONS

1. Preheat oven to 375°F (190°C). Place diced apples in a small baking dish.
2. Mix almond flour, melted butter, sweetener, and cinnamon in a bowl until crumbly. Sprinkle over the apples.
3. Bake for 20 minutes until apples are tender and topping is golden. Serve warm.

20. SUGAR-FREE CHOCOLATE PUDDING

INGREDIENTS

- 2 cups (480 ml) unsweetened almond milk
- 1/4 cup (30 g) unsweetened cocoa powder
- 1/4 cup (50 g) sugar-free sweetener
- 1/4 cup (30 g) chia seeds

Nutritional Info (per serving):

- Calories: 90
- Protein: 3 g
- Carbs: 6 g
- Fat: 5 g
- Fiber: 4 g
- Sodium: 30 mg
- Potassium: 150 mg

Prep. time: 5 min

Chill time: 2 hours

Serves: 4

DIRECTIONS

1. In a blender, combine almond milk, cocoa powder, sweetener, and chia seeds. Blend until smooth.
2. Pour into serving cups and refrigerate for at least 2 hours until thickened. Serve chilled.

CHAPTER 13. BONUS

30-DAY LOW CARB HIGH PROTEIN MEAL PLAN

Day	Breakfast	Lunch	Snack	Dinner
1	High-Protein Scrambled Eggs with Spinach and Feta.....13	Grilled Chicken Caesar Salad (Low Carb).....38	Cheese Stuffed Mini Bell Peppers.....23	Grilled Steak with Garlic Butter and Asparagus.....83
2	Egg White and Veggie Scramble with Avocado18	Zucchini Noodles with Chicken and Pesto.....43	Roasted Seaweed Snacks with Sesame Seeds.....27	Garlic and Herb-Roasted Beef Tenderloin.....83
3	Chia Pudding with Almond Butter and Berries.....13	Spinach Salad with Roasted Chicken and Balsamic Vinegar....33	Baked Spinach and Cheese Puffs.....24	Baked Lemon Herb Cod with Asparagus63
4	Protein-Packed Smoothie with Spinach and Almond Milk.....18	Stuffed Avocados with Tuna Salad.....30	Greek Yogurt Dip with Cucumber and Dill.....26	Grilled Mahi Mahi with Mango Salsa.....66
5	Low-Carb Cottage Cheese Pancakes.....19	Chicken and Cauliflower Rice Casserole.....75	Vegetable Crudités with Avocado Yogurt Dip.....23	Lemon Rosemary Grilled Chicken Thighs.....81
6	Zucchini and Mushroom Frittata.....22	Tuna Salad with Avocado and Lemon Dressing.....40	Crispy Baked Almond Flour Crackers.....25	Pork Schnitzel with Almond Flour Crust.....89
7	Avocado Toast with Egg on Almond Flour Bread20	Grilled Chicken and Avocado Salad with Cilantro Lime Dressing.....34	Low-Carb Guacamole with Veggie Dippers.....29	Beef and Cabbage Stir Fry with Ginger and Soy Sauce.....89
8	Keto Breakfast Sausage and Egg Bake.....20	Zesty Cucumber and Tomato Salad.....35	Spicy Roasted Chickpeas.....31	Grilled Lamb Chops with Mint Yogurt Sauce.....88
9	Almond Flour Pancakes with Greek Yogurt Topping.....14	Eggplant Noodles with Garlic Butter Shrimp.....49	Cheese and Turkey Roll-Ups.....29	Seared Scallops with Cauliflower Mash.....66
10	Cottage Cheese and Berry Breakfast Parfait17	Spinach and Salmon Salad with Pesto Dressing.....39	Baked Parmesan Crisps.....25	Chicken and Mushroom Skillet.....80
11	High-Protein Scrambled Eggs with Spinach and Feta.....13	Caprese Salad with Fresh Basil and Mozzarella.....41	Stuffed Avocados with Tuna Salad.....30	Spaghetti Squash and Roasted Tomato Pasta.....52
12	Chia Seed and Flax Porridge.....19	Chicken Shawarma with Cabbage Slaw.25	Baked Parmesan Crisps.....25	Lemon and Herb Grilled Trout.....70

13	Keto-Friendly Protein Oats with Flaxseed.....22	Kale Salad with Roasted Vegetables & Pumpkin Seeds.....42	Cucumber Bites with Cream Cheese and Smoked Salmon...28	Beef Stir Fry with Broccoli and Bell Peppers.....85
14	Chia Seed Pudding with Berries.....105	Grilled Chicken Caesar Salad (Low Carb).....38	Low-Carb Meatballs with Marinara Dipping Sauce.....25	Baked Chicken Thighs with Spinach and Feta.....74
15	Egg Muffins with Bacon and Cheddar.....14	Greek Salad with Chicken and Feta Cheese.....41	Jalapeño and Cheese Stuffed Mushrooms.....27	Grilled Scallops with Garlic Butter and Spinach.....72
16	Avocado and Turkey Bacon Breakfast Bowl15	Tuna Salad with Avocado and Lemon Dressing.....40	Roasted Seaweed Snacks with Sesame Seeds.....27	Baked Cod with Garlic Butter and Asparagus.....69
17	Greek Yogurt & Almond Butter Smoothie.....16	Zucchini Fritters with Sour Cream.....43	Grilled Veggie Skewers & Herb Dip.....26	Beef Tacos with Lettuce Wraps.....91
18	Almond Flour Banana Bread (Low-Carb).....21	Chicken and Broccoli Stir Fry.....74	Baked Spinach and Cheese Puffs.....24	Grilled Steak with Chimichurri Sauce.....91
19	Low-Carb Cottage Cheese Pancakes.....19	Shrimp Scampi with Zucchini Noodles.....69	Beef and Veggie Lettuce Wrap.....29	Grilled Lamb Chops with Mint Yogurt Sauce.....88
20	Protein-Packed Smoothie with Spinach and Almond Milk.....18	Spinach and Artichoke Stuffed Mushrooms.....94	Spicy Roasted Chickpeas.....31	Spicy Ground Turkey and Avocado Lettuce Wraps.....88
21	Egg White and Veggie Scramble with Avocado18	Chicken and Cauliflower Rice Casserole.....75	Crispy Baked Almond Flour Crackers.....25	Garlic and Herb-Roasted Beef Tenderloin.....83
22	Zucchini and Mushroom Frittata.....22	Greek Salad with Chicken and Feta Cheese.....41	Low-Carb Guacamole with Veggie Dippers.....29	Seared Tuna Steaks with Avocado Salsa.....69
23	Low-Carb Protein Oats with Walnuts.....17	Kale Salad with Roasted Vegetables & Pumpkin Seeds.....42	Cheese Stuffed Mini Bell Peppers23	Pork Schnitzel with Almond Flour Crust.....89
24	Keto-Friendly Breakfast Burrito with Scrambled Eggs.....15	Eggplant Lasagna with Ricotta and Ground Beef.....47	Baked Spinach and Cheese Puffs.....24	Lemon and Herb Grilled Chicken Breasts.....81
25	Chia Seed Pudding with Almond Butter and Berries.....13	Chicken Piccata with Zucchini Noodles....78	Cheese and Turkey Roll-Ups.....29	Grilled Mahi Mahi with Mango Salsa.....66
26	Almond Flour Pancakes & Greek Yogurt Topping.....14	Beef and Mushroom Stroganoff.....84	Grilled Veggie Skewers with Herb Dip.....26	Beef & Veggie Stew with Cauliflower Rice.....58

27	Greek Yogurt Almond Butter & Smoothie.....16	Chicken and Mushroom Skillet..80	Baked Spinach and Cheese Puffs.....24	Grilled Scallops with Cauliflower Mash...66
28	Egg Muffins with Bacon and Cheddar.....14	Spinach and Salmon Salad with Pesto Dressing.....39	Low-Carb Guacamole with Veggie Dippers.....29	Lemon Herb Grilled Trout.....70
29	Low-Carb Cottage Cheese Pancakes.....19	Eggplant Noodles with Garlic Butter Shrimp49	Roasted Seaweed Snacks with Sesame Seeds.....27	Beef Tacos with Lettuce Wraps.....91
30	Keto Breakfast Sausage and Egg Bake.....20	Spinach and Artichoke Stuffed Mushrooms.....94	Crispy Parmesan Zucchini Chips.....28	Miso-Glazed Salmon with Cucumber63

QR-CODE WITH 5 BONUS

**"Thank you for being part of this journey!
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high-protein inspiration!"**



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MEASUREMENT CONVERSION CHART

Volume Conversions

U.S. Measurement	Metric Measurement	U.K./Canadian/Australian Measurement
1 teaspoon (tsp)	5 mL	5 mL
1 tablespoon (tbsp)	15 mL	15 mL
1 fluid ounce (fl oz)	30 mL	28.4 mL
1 cup	240 mL	240 mL
1 pint (pt)	473 mL	568 mL
1 quart (qt)	946 mL	1.136 L
1 gallon (gal)	3.785 L	4.546 L

Weight Conversions

U.S. Measurement	Metric Measurement	U.K./Canadian/Australian Measurement
1 ounce (oz)	28.35 grams	28.35 grams
1 pound (lb)	453.6 grams	453.6 grams
1 kilogram (kg)	2.205 pounds	2.205 pounds

Temperature Conversions

U.S. Temperature	Celsius	Fahrenheit
32°F	0°C	32°F
100°F	37.78°C	100°F
212°F (Boiling Point)	100°C	212°F

Length and Size Conversions

U.S. Measurement	Metric Measurement	U.K./Canadian/Australian Measurement
1 inch	2.54 cm	2.54 cm
1 foot	30.48 cm	30.48 cm
1 yard	91.44 cm	91.44 cm
1 mile	1.609 kilometers	1.609 kilometers

Additional Common Conversions

- 1 U.S. cup = 240 mL = 8 U.K. fluid ounces
- 1 U.S. tablespoon = 15 mL = 0.5 U.K. fluid ounces
- 1 U.S. teaspoon = 5 mL = 0.2 U.K. fluid ounces

"This is only the beginning. With every meal, you're building a stronger, happier, and more vibrant you. Keep going — the best is yet to come!"

