

Heart Healthy Cookbook *for Beginners*

100+ Low-Sodium, Low-Fat, High-Fiber Recipes with Plant-Based Options and a 30-Day Meal Prep Plan to Support Blood Pressure & Heart Health



Michael Grant

Copyright © 2025 by Michael Grant

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the publisher, except in the case of brief quotations used in reviews or critical articles.

This book is licensed for your personal enjoyment only. This book may not be resold or given away to others. If you would like to share this book with another person, please purchase an additional copy for each recipient.

Disclaimer:

This publication is intended for informational and educational purposes only. The recipes and nutritional suggestions in this book are not intended as a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician or a qualified health provider before beginning any new diet or health program. The author and publisher disclaim any liability for any adverse effects resulting from the use or misuse of the information contained in this book.

Table of Contents

Introduction.....	8
The Heart of the Matter – A Path to Wellness	8
Anatomy of the Heart.....	8
Common Threats to Heart Health	9
Modifiable Risk Factors (Controllable).....	9
Non-Modifiable Risk Factors (Uncontrollable).....	9
The Role of Diet in Cardiovascular Disease Prevention	10
Excessive Saturated and Trans Fats.....	10
High Sodium Intake	10
Added Sugars.....	10
Low Intake of Fruits, Vegetables, and Whole Grains:	10
Core Nutrients That Support Heart Health	10
Dietary Fiber.....	10
Omega-3 Fatty Acids	10
Antioxidants	10
Potassium & Magnesium.....	11
Practical Lifestyle Changes for a Healthier Heart.....	11
Dietary Improvements	11
Physical Activity.....	11
Stress Management	11
Sleep Hygiene	11
Time Management.....	11
The Long-Term Benefits of Heart-Conscious Living	11

Heart-Healthy Eating Essentials 12

Foods to Eat for a Healthy Heart 12

Vegetables – Nature’s Most Powerful Cardiovascular Protector	12
Fruits – Packed with Fiber, Potassium, and Antioxidants	12
Whole Grains – Fiber-Rich Foods That Lower LDL Cholesterol	12
Healthy Fats – Good Fats that Protect Arteries and Reduce Triglycerides	12
Lean Protein – Essential Building Blocks Without the Saturated Fat	13
Low-Fat or Dairy Alternatives – Calcium Without the Cholesterol	13

Foods to Avoid for a Healthy Heart 13

Processed and High-Fat Meats – Hidden Sodium and Saturated Fats	13
Refined Carbohydrates and Sugary Baked Goods – Blood Sugar Spikes and Arterial Stress	14
Unhealthy Fats – The Real Arterial Threat.....	14
High-Sodium Foods – The Silent Blood Pressure Killer	14
Sugary Beverages and Desserts – Empty Calories and Triglyceride Spikes	14
Alcohol – When Moderation Matters Most	14

Smart Swaps for a Stronger Heart 14

Heart-Healthy Meal Prep Tips..... 16

Start with a Smart Grocery Plan	16
Batch Cook Your Building Blocks	16
Wash, Chop, and Store Fresh Produce	16
Portion Lean Proteins Ahead of Time.....	16
Build Heart-Smart Meal Kits	17
Be Strategic with Seasonings.....	17
Pre-Portion Snacks and Breakfasts.....	17
Label and Rotate.....	17
Stay Organized and Consistent	17

Heart Healthy Recipes 17



Breakfast Recipes..... 18

Mango Smoothie Bowl.....	19
Yogurt Granola Bowl	19
Yogurt Cereal Bowl	20
Raspberry Muesli.....	20
Quinoa Porridge	21
Barley Porridge	22
Egg Whites & Tomato Scramble.....	22
Veggie Omelet.....	23
Chicken & Veggie Quiche	24
Honey Waffles.....	25
Blueberry Pancakes	26
Tomato Muffins	27
Buckwheat & Seeds Bread	28
Beans & Ricotta Toastf	29
Breakfast Burritos.....	29



Soup & Stew Recipes	30
Tomato Soup.....	31
Spinach Soup	32
Zucchini Soup	33
Butternut Squash Soup.....	34
Beans & Cabbage Soup	35
Chicken & Beans Soup.....	36
Ground Turkey & Beans Soup.....	37
Beef & Barley Soup	38
Tofu & Veggie Stew.....	39
Lentil Stew	40
Beans Stew	41
Chicken & Kale Stew.....	42
Chicken & Chickpeas Stew	43
Beef & Corn Stew	44
Ground Beef Stew	45



Salad Recipes	46
Blueberry Salad.....	47
Green Peas Salad	48
Chicken & Veggie Salad	49
Spicy Veggie Salad	50
Roasted Veggie Salad.....	51
Couscous Salad	52
Chickpeas Salad	53
Beans & Corn Salad	53
Beans & Rice Salad	54
Pasta & Tomato salad	54
Chicken & Strawberry Salad.....	55
Corn & Veggie Salad	55
Salmon Salad	56
Scallops Salad	57
Shrimp Salad	58



Vegetarian & Vegan Recipes	59
Veggie Wraps	60
Veggie Sandwich.....	61
Stuffed Sweet Potatoes	61
Acorn Squash Curry.....	62
Zoodles in Cauliflower Sauce	63
Shepherd Pie.....	64
Tofu with Mushrooms	65
Buckwheat & Eggplant Casserole.....	66
Beans & Oat Burgers.....	67
Beans & Pumpkin Chili.....	68
Chickpeas Curry.....	69
Lentil Casserole	70
Chickpeas & Rice Casserole.....	71
Black-Eyed Peas Curry	72
Pasta with Mushrooms.....	73



Fish & Seafood Recipes	74
Lemony Salmon	75
Paprika Cod	75
Tuna English Muffin Sandwich	76
Cabbage-Wrapped Salmon.....	77
Salmon & Brussels Sprouts Bake	78
Salmon Curry.....	79
Tilapia & Banana Curry	80
Cod & Tomato Bake	81
Shrimp Tacos	82
Shrimp in Orange Sauce.....	83
Honey Walnut Shrimp.....	84
Shrimp & Veggie Casserole.....	85
Shrimp & Scallop with Veggies	86
Crab Pasta	87
Scallops in Herb Sauce	87



Poultry & Meat Recipes	88
Chicken Sandwich	89
Turkey Kale Wraps	89
Herbed Chicken Breasts	90
Chicken & Veggies Bake	91
Chicken with Quinoa & Edamame	92
Chicken & Broccoli Bake	93
White Chicken Chili.....	94
Turkey with Veggies	95
Ground Turkey Chili.....	96
Turkey Meatloaf.....	97
Beef Shawarma	98
Steak & Veggies Bake.....	99
Ground Beef with Macaroni	100
Ground Beef with Cabbage.....	101
Beef Meatball Kabobs	102



Snack & Dessert Recipes	103
Cherry & Blueberry Smoothie	104
Strawberry Chips	104
Strawberry & Rhubarb Gazpacho.....	105
Mango Leather.....	106
Quinoa, Rice & Seeds Crackers	107
Oats, Almond & Seeds Bars	108
Brussels Sprout Chips.....	109
Watermelon & Banana Sorbet.....	109
Onion Rings	110
Raspberry Yogurt Bark.....	111
Fruity Chocolate Ice Cream.....	112
Poached Peaches.....	112
Beans & Walnut Brownies	113
Strawberry & Rhubarb Crisp	114
Stuffed Apples.....	115

30-Day Meal Plan	132
-------------------------------	------------

Conclusion	134
-------------------------	------------

Introduction

Embarking on a heart-healthy lifestyle doesn't mean giving up flavor, comfort, or variety, and it means rediscovering the joy of eating well, one delicious bite at a time.

Heart Healthy Cookbook for Beginners is your trusted kitchen companion, crafted especially for those who want to protect and nourish their hearts without the overwhelm of complicated diets or hard-to-find ingredients.

Inside, you'll find a thoughtful collection of beginner-friendly recipes designed to support cardiovascular wellness while delighting your taste buds. From energizing breakfast ideas to soul-warming soups and stews, crisp and colorful salads to plant-powered mains, lean proteins to satisfying snacks, and guilt-free desserts, this cookbook combines everything you need to cook with confidence and care.

And to make your journey even simpler, we've included a practical 30-Day Meal Plan to guide you, meal by meal, through a flavorful and heart-smart month.

Whether you're cooking for yourself, your family, or your future, this book is more than a guide; it's a fresh start for your plate and heart.

Let's cook with heart.

The Heart of the Matter – A Path to Wellness

The human heart is a vital organ that beats more than 100,000 times daily and pumps nearly 2,000 gallons of blood. It supplies oxygen and nutrients to tissues, supports organ function, and helps remove waste through the bloodstream. Heart health is often overlooked despite its critical role until a major issue arises.

Anatomy of the Heart

The heart is a muscular organ about the size of your fist, but its role is monumental. It pumps blood throughout the body, delivering oxygen and nutrients to cells and removing waste products like carbon dioxide. It operates continuously, without rest, from your first breath to your last.

Left and Right Atrium: These upper chambers receive blood entering the heart.

- Right atrium receives oxygen-poor blood from the body.
- Left atrium receives oxygen-rich blood from the lungs.

Left and Right Ventricles: These lower chambers pump blood out of the heart.

- Right ventricle pumps blood to the lungs for oxygenation.
- Left ventricle pumps oxygenated blood to the rest of the body.

Valves: These act as one-way gates to prevent backflow of blood. Includes the

- Tricuspid
- Pulmonary
- Mitral
- Aortic valves

Coronary Arteries: These blood vessels wrap around the heart muscle itself and supply it with oxygen and nutrients. Blockages here can lead to a heart attack.

Electrical Conduction System:

- Sinus Node (SA Node): The heart's natural pacemaker.
- Atrioventricular Node (AV Node): Regulates signals from the atria to the ventricles.
- These electrical impulses control the rhythm and rate of your heartbeat.

Common Threats to Heart Health

Cardiovascular disease (CVD) is the leading global cause of death, claiming nearly 18 million lives each year. It includes heart attacks, strokes, heart failure, arrhythmias, and more. Fortunately, most cases are linked to lifestyle choices and can be prevented.

Modifiable Risk Factors (Controllable)

These factors can be improved or reversed with sustained lifestyle changes:

- **High Blood Pressure (Hypertension):** Damages arteries and strains the heart.
- **Elevated LDL Cholesterol ("Bad" Cholesterol):** Builds up in artery walls, leading to blockages.
- **Type 2 Diabetes & Insulin Resistance:** High blood sugar damages blood vessels over time.
- **Obesity & Central Weight Gain:** Increases strain on the heart and promotes inflammation.
- **Physical Inactivity:** Leads to poor circulation and increased risk of CVD.
- **Tobacco Use:** Narrows arteries, increases heart rate, and raises blood pressure.
- **Excessive Alcohol Use:** Raises blood pressure and triglyceride levels.
- **Chronic Stress:** Elevates cortisol levels, which may raise blood pressure and disrupt heart rhythm.

Non-Modifiable Risk Factors (Uncontrollable)

These require extra vigilance and preventive care:

- **Family History:** A genetic predisposition can increase your risk.

Age

- Men over 45
- Women over 55 or post-menopause

Ethnicity

- African

- South Asian
- Hispanic
- Indigenous populations

These often face higher risk due to genetic and socio-economic factors.

The Role of Diet in Cardiovascular Disease Prevention

What you eat profoundly affects your heart health. The typical Western diet, high in processed foods and low in fresh produce, promotes chronic inflammation, obesity, high blood pressure, and high cholesterol.

Excessive Saturated and Trans Fats

- Found in red meats, full-fat dairy, fried foods, and processed snacks.
- Raise LDL cholesterol and promote plaque buildup in arteries.

High Sodium Intake

- Found in packaged meals, canned soups, sauces, and fast foods.
- Increases blood pressure and fluid retention.

Added Sugars

- Present in sugary drinks, baked goods, and breakfast cereals.
- Raise triglyceride levels and contribute to insulin resistance.

Low Intake of Fruits, Vegetables, and Whole Grains:

- Deprives your body of essential antioxidants, fiber, and potassium.
- Reduces your body's natural defenses against inflammation and oxidative stress.

Core Nutrients That Support Heart Health

Targeted nutrition helps build stronger blood vessels, reduce arterial plaque, and regulate blood pressure and heart rhythm.

Dietary Fiber

Sources are oats, barley, lentils, chia seeds, apples, carrots, broccoli

- Reduces LDL cholesterol
- Supports healthy digestion
- Helps control blood sugar and body weight

Omega-3 Fatty Acids

Sources are salmon, mackerel, sardines, flaxseed, chia seeds, walnuts

- Lower triglycerides
- Reduce blood clotting and inflammation
- Improve endothelial (artery lining) function

Antioxidants

Sources are blueberries, spinach, kale, tomatoes, oranges, dark chocolate

- Fight free radicals and oxidative damage
- Improve arterial flexibility
- Reduce inflammation

Potassium & Magnesium

Sources of potassium are bananas, sweet potatoes, spinach, and beans, while sources of magnesium are almonds, pumpkin seeds, whole grains, avocado

- Support heart rhythm stability
- Help maintain normal blood pressure
- Improve muscle and nerve function, including cardiac muscles

Practical Lifestyle Changes for a Healthier Heart

Improving heart health doesn't require a complete overhaul overnight. Focus on sustainable, incremental habits.

Dietary Improvements

- Replace salty chips with unsalted almonds or sliced cucumbers.
- Choose whole grains (brown rice, quinoa) over refined grains.
- Steam or grill foods instead of frying.
- Use olive oil or avocado oil instead of butter or margarine.
- Cook at home more often to reduce hidden sugars and sodium.

Physical Activity

- **Goal:** At least 150 minutes/week of moderate aerobic exercise (e.g. brisk walking, dancing, cycling)
- **Strength Training:** 2 sessions per week to improve metabolism and cardiac efficiency
- **Start Small:** Even 10-minute sessions can boost circulation and mood.

Stress Management

- Deep breathing exercises
- Guided meditation
- Progressive muscle relaxation

Sleep Hygiene

- Aim for 7-9 hours of quality sleep
- Avoid caffeine and screens before bed

Time Management

- Prioritize tasks
- Schedule short breaks during workdays
- Learn to say "no" to overwhelming commitments

The Long-Term Benefits of Heart-Conscious Living

Making heart-smart choices delivers results that extend far beyond numbers on a lab report.

- **Lower Risk of Heart Attack and Stroke:** Improved arterial health and reduced clot formation
- **Improved Blood Pressure and Cholesterol Levels:** Better control with less medication dependence
- **Increased Energy and Stamina:** Enhanced oxygen delivery and muscle performance
- **Weight Stability or Gradual Loss:** Easier maintenance through improved metabolism
- **Better Mental Health:** Reduced anxiety and better emotional resilience
- **Enhanced Quality and Length of Life:** Fewer hospitalizations, more active years, and improved daily living

Heart-Healthy Eating Essentials

What you eat doesn't just fill you up; it shapes your long-term health. Your heart, a vital organ working 24/7, depends on nutrients that support proper blood flow, reduce plaque buildup, regulate blood pressure, and manage inflammation. A diet rich in whole, unprocessed, and anti-inflammatory foods is one of the most powerful ways to prevent or manage cardiovascular disease.

Foods to Eat for a Healthy Heart

These foods support healthy arteries, lower cholesterol, manage blood pressure, and reduce the risk of heart attacks and strokes.

Vegetables – Nature's Most Powerful Cardiovascular Protector

Aim for at least 4-5 servings daily.

- Spinach, kale, and Swiss chard are rich in potassium, magnesium, and nitrates, which help relax blood vessels and lower blood pressure.
- Broccoli, Brussels sprouts, and cauliflower are cruciferous vegetables high in antioxidants like sulforaphane, which help reduce arterial inflammation.
- Carrots and sweet potatoes are loaded with beta-carotene and fiber that support blood vessel function and healthy cholesterol levels.
- Bell peppers, tomatoes, and beets contain vitamin C, lycopene, and nitrates that improve arterial flexibility and reduce oxidative stress.

Fruits – Packed with Fiber, Potassium, and Antioxidants

Aim for 3-4 servings daily.

- Blueberries, strawberries, and raspberries contain anthocyanins and polyphenols that improve blood flow and protect blood vessels from damage.
- Oranges and grapefruits offer vitamin C and flavonoids, which reduce inflammation and strengthen capillaries (avoid grapefruit if on heart medications).
- Bananas are high in potassium, helping to balance sodium levels and keep blood pressure in check.
- Apples and pears (with skins) are rich in soluble fiber (pectin), which binds to cholesterol and removes it from the body.
- Avocados provide heart-healthy monounsaturated fats that help raise HDL (good cholesterol) and lower LDL (bad cholesterol).

Whole Grains – Fiber-Rich Foods That Lower LDL Cholesterol

Consume at least 3 servings per day.

- Steel-cut oats and rolled oats contain beta-glucan, a soluble fiber that binds to cholesterol and helps eliminate it.
- Quinoa, barley, and bulgur offer both fiber and magnesium, which support healthy blood pressure and metabolic function.
- 100% whole wheat bread and brown rice maintain stable blood sugar levels and reduce inflammation compared to refined grains.

Healthy Fats – Good Fats that Protect Arteries and Reduce Triglycerides

These fats replace harmful fats and support HDL (good cholesterol).

- Extra virgin olive oil is high in oleic acid and antioxidants that protect arteries from oxidative stress.
- Avocado oil contains monounsaturated fats and plant sterols, which help maintain artery flexibility.
- Walnuts, almonds, and pistachios are full of omega-3s, fiber, and plant compounds that help lower LDL cholesterol and improve blood vessel function.
- Chia seeds and ground flaxseeds offer plant-based omega-3s (ALA) and lignans that reduce inflammation and support arterial elasticity.

Lean Protein – Essential Building Blocks Without the Saturated Fat

Include 2-3 servings daily.

- Salmon, mackerel, sardines, and trout are fatty fish rich in EPA and DHA, omega-3 fatty acids that reduce triglycerides and protect against arrhythmias.
- Skinless chicken or turkey breast provides high-quality protein with minimal saturated fat, especially when grilled or baked.
- Lentils, chickpeas, and black beans are plant proteins full of fiber and magnesium that lower cholesterol and reduce blood pressure.
- Tofu and tempeh are versatile soy-based proteins with isoflavones that support heart and vascular health.

Low-Fat or Dairy Alternatives – Calcium Without the Cholesterol

Choose options that are low in saturated fat and free from added sugars.

- Low-fat Greek yogurt (plain) delivers probiotics and protein without excess fat or sugar.
- Unsweetened almond milk, coconut milk, oat milk, or soy milk provide calcium and vitamin D without saturated fat or cholesterol.
- Low-fat cottage cheese or ricotta can be consumed in moderation for added protein and calcium without the drawbacks of full-fat dairy.

Heart-Friendly Beverages – Hydration That Heals

Stay hydrated with drinks that support vascular health and limit sugar.

- Water (plain or infused with fruit/herbs) supports optimal blood flow and kidney function.
- Herbal teas such as hibiscus and green tea help reduce blood pressure and protect against oxidative damage.
- Black coffee (unsweetened and in moderation) can improve circulation and may lower heart disease risk due to its antioxidant content.

Foods to Avoid for a Healthy Heart

These foods increase inflammation, raise bad cholesterol, and stress the cardiovascular system.

Processed and High-Fat Meats – Hidden Sodium and Saturated Fats

- Bacon, sausages, hot dogs, and deli meats are loaded with sodium, nitrates, and saturated fats that raise blood pressure and harden arteries.
- Fatty cuts of beef and lamb (e.g. ribeye, T-bone, lamb shanks) contain high levels of cholesterol and saturated fat, increasing plaque buildup.
- Organ meats like liver are rich in cholesterol and should be consumed rarely, if at all, in a heart-focused diet.

Refined Carbohydrates and Sugary Baked Goods – Blood Sugar Spikes and Arterial Stress

- White bread, white rice, and regular pasta are stripped of nutrients and fiber, leading to quick spikes in blood sugar and increased fat storage.
- Pastries, cakes, and cookies often contain trans fats, sugar, and refined flour, all of which increase triglycerides and LDL cholesterol.
- Sugary breakfast cereals and granola bars are often marketed as healthy but loaded with hidden sugars that can lead to insulin resistance.

Unhealthy Fats – The Real Arterial Threat

- Butter, lard, full-fat cheese, and cream are high in saturated fat, which raises bad cholesterol and contributes to arterial plaque.
- Deep-fried foods like French fries, onion rings, and fried chicken are cooked in oils that become oxidized at high heat, triggering inflammation.

High-Sodium Foods – The Silent Blood Pressure Killer

- Canned soups, frozen meals, and instant noodles are convenient but often contain more than half of your daily sodium allowance in one serving.
- Condiments like soy sauce, BBQ sauce, and salad dressings can contain 250–500mg of sodium per tablespoon.
- Salted snacks like chips, pretzels, and cheese crackers contribute to fluid retention and blood vessel constriction.

Sugary Beverages and Desserts – Empty Calories and Triglyceride Spikes

- Sodas and sweetened iced teas have zero nutritional value and rapidly increase triglycerides and insulin resistance.
- Fruit juices labeled “100% juice” still contain high natural sugars and lack the fiber of whole fruits.
- Ice cream, milkshakes, and sweetened yogurts combine sugar and saturated fat, a dangerous mix for heart health.

Alcohol – When Moderation Matters Most

- Excessive alcohol intake raises blood pressure, increases triglyceride levels, and weakens heart muscle tissue over time.
- Sugary cocktails, margaritas, and liqueurs add unnecessary calories and sugar without nutritional benefit.
- Healthy limit: 1 drink/day for women, 2 drinks/day for men. Less is better if you have existing heart issues.

Smart Swaps for a Stronger Heart

Instead of This	Choose This	Why It's Better
White rice	Brown rice, quinoa, barley, or farro	Whole grains are high in fiber and help lower LDL cholesterol while maintaining steady blood sugar levels.

Butter on toast	Mashed avocado, hummus, or a drizzle of extra virgin olive oil	These alternatives contain heart-healthy monounsaturated fats and reduce saturated fat intake.
Soda or energy drinks	Sparkling water with lemon, cucumber, or hibiscus tea	These are sugar-free and hydrating, helping to reduce added sugar that contributes to weight gain and high triglycerides.
Whole milk	Unsweetened almond milk, oat milk, or low-fat dairy	Plant-based or low-fat dairy options cut down saturated fat and cholesterol intake, supporting arterial health.
Fried chicken	Grilled or baked skinless chicken breast	Cooking without deep frying reduces trans and saturated fats while maintaining lean protein.
Packaged chips	Roasted chickpeas, air-popped popcorn, or unsalted nuts	These snacks offer fiber and protein without excessive sodium or trans fats.
Sugary breakfast cereals	Steel-cut oats, bran flakes, or overnight oats with berries	Whole-grain cereals with no added sugar support steady energy and improved cholesterol.
White bread	100% whole wheat or sprouted grain bread	Whole grain bread provides more fiber, nutrients, and a slower impact on blood sugar.
Mayonnaise	Mashed avocado, Greek yogurt, or mustard	These alternatives are lower in saturated fat and contain beneficial fats or probiotics.
Full-fat cheese	Low-fat mozzarella, ricotta, or nutritional yeast	These options provide flavor and nutrients with significantly less saturated fat and sodium.
Ice cream	Frozen banana "nice cream," Greek yogurt with fruit, or fruit sorbet	These satisfy cravings with natural sugars and fewer artery-clogging fats.
Sugary salad dressings	Olive oil with lemon or vinegar, tahini, or avocado-lime dressing	Homemade dressings cut added sugars and provide heart-healthy fats and antioxidants.
Bacon or sausage	Grilled tofu, tempeh, or nitrate-free turkey bacon	Plant-based or lean alternatives reduce sodium, nitrates, and saturated fat.
Cream-based pasta sauces	Tomato-based sauces, pesto with olive oil, or avocado cream	These options reduce saturated fat and boost intake of heart-friendly ingredients.
Salted butter in cooking	Olive oil, canola oil, or avocado oil	Plant-based oils are rich in unsaturated fats that support healthy cholesterol levels.

Store-bought baked goods	Homemade oatmeal muffins with nuts or whole grain banana bread	Homemade versions allow control over sugar, sodium, and type of fat used.
Pizza with processed meats	Veggie pizza with whole grain crust and part-skim mozzarella	A fiber-rich, low-fat option that avoids processed meat and reduces sodium.
Canned soups	Homemade vegetable or lentil soup with no added salt	Homemade soups allow you to control sodium and increase nutrient density.
Potato chips	Baked sweet potato wedges or sliced cucumber with hummus	These options provide fiber and antioxidants with significantly less salt and fat.

Heart-Healthy Meal Prep Tips

Meal prepping is one of the most effective ways to stay consistent with heart-healthy eating. Planning and preparing nutrient-rich meals in advance can save time, reduce stress, and avoid unhealthy last-minute food choices. Whether managing blood pressure and cholesterol or simply trying to eat better, these practical tips will help you build meals that support long-term cardiovascular wellness.

Start with a Smart Grocery Plan

- Create a weekly meal plan focused on whole grains, vegetables, legumes, lean proteins, and healthy fats.
- Shop the perimeter of the grocery store, produce, lean meats, whole grains, and dairy, where the least processed items are found.

Read labels carefully and choose products labeled:

- Low sodium (less than 140mg/serving)
- No added sugar
- Whole grain as the first ingredient

Batch Cook Your Building Blocks

- Cook large batches of grains like brown rice, quinoa, and barley. Store in glass containers for quick bowl meals or sides.
- Roast multiple trays of vegetables such as carrots, broccoli, sweet potatoes, and bell peppers with olive oil and herbs. Keep refrigerated and mix into salads, wraps, or grain bowls.
- Soak and cook dried beans or lentils instead of using canned varieties. If using canned, rinse thoroughly to reduce sodium.

Wash, Chop, and Store Fresh Produce

- Pre-wash leafy greens (spinach, kale, arugula) and store them in a salad spinner or breathable produce containers to keep them crisp all week.
- Chop aromatics in advance, onions, garlic, celery, and peppers, to save time when cooking.
- Slice fruits like apples or oranges and store them with a squeeze of lemon juice to prevent browning and oxidation.

Portion Lean Proteins Ahead of Time

- Grill or bake chicken breasts, salmon, or tofu in heart-friendly marinades (olive oil + lemon +

herbs) and store in individual containers.

- Use freezer-friendly containers to freeze cooked beans, chili, lentil stews, or turkey patties for easy defrosting and reheating.
- Avoid pre-seasoned or breaded meats, which often contain high sodium and preservatives.

Build Heart-Smart Meal Kits

Assemble grab-and-go lunch boxes with these components:

- Whole grain (quinoa, farro, brown rice)
- Lean protein (grilled chicken, chickpeas, tuna)
- Roasted or fresh veggies
- Healthy dressing (olive oil + vinegar, tahini-lemon)

Layer salads in mason jars, starting with dressing on the bottom, followed by grains, proteins, and then greens at the top to keep them fresh.

Be Strategic with Seasonings

- Avoid salt-heavy condiments (like soy sauce, store-bought salad dressings, or bouillon cubes).
- Use sodium-free seasoning blends (e.g. garlic powder, smoked paprika, cumin, turmeric, black pepper, lemon zest).
- Add flavor with fresh herbs like parsley, basil, dill, and cilantro, these enhance taste without raising sodium or fat.

Pre-Portion Snacks and Breakfasts

- Make overnight oats with chia seeds, almond milk, berries, and cinnamon, heart-healthy, filling, and easy to grab.
- Portion out raw nuts (unsalted almonds, walnuts, pistachios) into 1-ounce servings to avoid overeating.
- Chop fruit or veggie sticks (carrots, cucumber, bell peppers) to pair with hummus or guacamole for fiber-rich snacking.

Label and Rotate

- Use labels with prep dates to keep track of freshness.
- Follow the FIFO rule (First In, First Out) to prevent waste and spoilage.
- Store food in clear glass containers so you can quickly see what's available.

Stay Organized and Consistent

- Choose 1-2 prep days per week (e.g. Sunday and Wednesday) to stay stocked without feeling overwhelmed.
- Use a meal prep checklist or app to track your meals and ingredients throughout the week.
- Keep a list of go-to meals that are fast, balanced, and heart-friendly, like grain bowls, stir-fries, or lentil soups.

Breakfast Recipes



Mango Smoothie Bowl



Prep Time:
10 mins.



Servings:
2 individuals



Ingredients Required:

- Frozen mango chunks – 1 C.
- Frozen banana slices – ½ C.
- Reduced-fat plain Greek yogurt – 1 C.
- Unsweetened almond milk – ½ C.
- Unsalted almonds – ¼ C., cut up
- Powdered allspice – ¼ tsp.

Procedure:

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

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
357	17.4	33.6	22

Yogurt Granola Bowl



Prep Time:
10 mins.



Servings:
2 individuals



Ingredients Required:

- Reduced-fat plain Greek yogurt – 1½ C.
- Fresh strawberries – 1 C., hulled & cut up
- Maple granola – ¼ C.
- Chia seeds – 2 tbsp.
- Unsalted walnuts – 2 tbsp., cut up

Procedure:

1. Divide the yogurt into serving dishes.
2. Top each with remnant ingredients and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
223	6.1	24.9	16.6

Yogurt Cereal Bowl



Prep Time:
10 mins.



Servings:
2 individuals



Ingredients Required:

- Reduced-fat plain Greek yogurt – 2 C.
- Mini wheat cereal – 1 C., shredded
- Fresh raspberries – ½ C.
- Unsweetened dark chocolate chips – 4 tsp.
- Pumpkin seeds – 2 tsp.
- Powdered cinnamon – ¼ tsp.

Procedure:

1. Divide the yogurt into serving dishes.
2. Top each with remnant ingredients and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
290	5	48	18

Raspberry Muesli



Prep Time:
5 mins.



Servings:
2 individuals



Ingredients Required:

- Muesli – ¾ C.
- Fresh raspberries – 1 C.
- Unsweetened almond milk – 1½ C.

Procedure:

1. Divide muesli and raspberries into serving basins.
2. Top each with almond milk, and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
288	7	52	13

Quinoa Porridge



Prep Time: 10 mins.



Cooking Time: 20 mins.



Servings: 2 individuals



Ingredients Required:

- Water – 1½ C., divided
- Red quinoa – ½ C., rinsed
- Small-sized banana – 1, peel removed & mashed
- Unsweetened almond milk – ½ C.
- Pure maple syrup – 2 tbsp.
- Powdered cinnamon – ¼ tsp.
- Organic vanilla extract – ¼ tsp.
- Fresh blueberries – ½ C.
- Unsalted walnuts – 2 tbsp. cut up

Procedure:

1. Put 1 C. of water into a small-sized pot on the burner at around medium-high heat.
2. Cook the water until boiling.
3. Blend in quinoa and turn the heat at around low.
4. Cook with the cover for around 12-15 minutes.
5. In the meantime, soak the goji berries in remnant ¼ C. water for around 10 minutes.
6. Drain the berries.
7. Take off the pot of quinoa from the burner and, with a fork, fluff it.
8. Put in mashed banana, almond milk, maple syrup, cinnamon, and vanilla and lightly blend to incorporate.
9. Enjoy with the topping of blueberries and walnuts.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
355	13.6	63.8	12.7

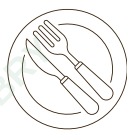
Barley Porridge



Prep Time:
10 mins.



Cooking Time:
45 mins.



Servings:
4 individuals



Ingredients Required:

- Pearl barley – 1 C., rinsed
- Water – 3 C.
- Unsweetened almond milk – 1 C.
- Pure maple syrup – 2 tsp.
- Powdered cinnamon – ¼ tsp.
- Unsalted pecans – 2 tbsp.
- Pumpkin seeds – 2 tbsp.

Procedure:

1. Put the barley and water into a medium-sized pot on a burner at around high heat.
2. Cook the mixture until boiling.
3. Turn the heat to around low.
4. Cook with the cover for around 40 minutes.
5. Take off from burner and blend in almond milk, maple syrup, and cinnamon.
6. Enjoy with the topping of pecans and pumpkin seeds.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
220	4.5	38	4.4

Egg Whites & Tomato Scramble



Prep Time:
10 mins.



Cooking Time:
6 mins.



Servings:
2 individuals



Ingredients Required:

- Olive oil baking spray
- Large-sized egg whites – 4, whisked
- Medium-sized tomatoes – 4, roughly cut up
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Spray an anti-sticking wok with baking spray and sizzle on the burner at around medium heat.
2. Cook the whisked egg whites for 1-2 minutes, stirring constantly.
3. Transfer the cooked egg whites onto a plate.
4. Again, spray the same wok with baking spray and sizzle on the burner at around medium heat.
5. Cook the tomatoes with salt and pepper for around 2-3 minutes.
6. Blend in cooked egg whites and cook for around 1 minute, stirring all the time.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
94	5	5	7

Veggie Omelet



Prep Time: 15 mins.



Cooking Time: 25 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil baking spray
- Large-sized egg whites – 12
- Salt – 1 pinch
- Powdered black pepper – as desired
- Unsweetened almond milk – ½ C.
- Medium-sized onion – ½, cut up
- Fresh mushrooms – ¼ C., cut into slices
- Bell peppers – ¼ C., seeded & cut up
- Fresh chives – 1 tbsp., minced

Procedure:

1. For preheating, set your oven at 350 °F.
2. Lightly spray a pie dish with baking spray.
3. Put the egg whites, salt, pepper, and almond milk into a medium-sized basin and whisk to incorporate thoroughly.
4. Put the onion, bell pepper and mushrooms into another basin and blend to incorporate.
5. Transfer the egg white mixture into the pie dish evenly.
6. Top with vegetable mixture evenly and then sprinkle with chives.
7. Bake for around 20-25 minutes.
8. Take off the pie dish from the oven and set aside for around 5 minutes before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
66	0.7	3	11.3

Chicken & Veggie Quiche



Prep Time: 15 mins.



Cooking Time: 20 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil baking spray
- Medium-sized egg whites – 12
- Unsweetened almond milk – ½ C.
- Powdered black pepper – as desired
- Salt-free cooked chicken – 1 C., cut up
- Fresh spinach – ½ C., cut up
- Fresh kale – ½ C., tough ribs removed & cut up
- Fresh mushrooms – ¼ C., sliced
- Bell peppers – ¼ C., seeded & cut up
- Scallion – 1, cut up
- Fresh cilantro – ¼ C., cut up

Procedure:

1. For preheating, set your oven to 400 °F.
2. Lightly spray a pie dish with baking spray.
3. Put egg whites, almond milk, salt, and pepper into a large basin and whisk to incorporate thoroughly.
4. Put the chicken, vegetables, scallion, and herbs into another basin and blend thoroughly.
5. Put the chicken mixture into the pie dish.
6. Put egg white mixture over chicken mixture.
7. Bake for around 20 minutes.
8. Take off the pie dish from the oven and set aside to cool for around 5-10 minutes.
9. Cut into serving portions and enjoy.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
119	1.7	3.1	21.8

Honey Waffles



Prep Time: 10 mins.



Cooking Time: 20 mins.



Servings: 4 individuals



Ingredients Required:

- Gluten-free rolled oats – 1 $\frac{3}{4}$ C.
- Unsweetened almond milk – 1 C.
- Medium-sized egg whites – 2
- Olive oil – $\frac{1}{4}$ C.
- Honey – $\frac{1}{4}$ C.
- Organic vanilla extract – 1 tsp.
- Baking powder – 1 tsp.
- Salt – 1 pinch
- Olive oil baking spray

Procedure:

1. Put the oats and remnant ingredients blender and process to form a smooth mixture.
2. Preheat the waffle iron and then spray it with baking spray.
3. Put the desired mixture into the preheated waffle iron and cook for around 5 minutes.
4. Repeat with the remnant mixture.
5. Enjoy moderately hot.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
326	17	41	6

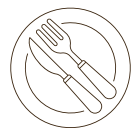
Blueberry Pancakes



Prep Time: 15 mins.



Cooking Time: 24 mins.



Servings: 6 individuals



Ingredients Required:

- Whole-wheat flour – ½ C.
- Flaxseed meal – ¼ C.
- Oat bran – ¼ C.
- Baking soda – ½ tsp.
- Baking powder – ½ tsp.
- Salt – 1 pinch
- Reduced-fat buttermilk – 1 C.
- Olive oil – ½ tbsp.
- Organic vanilla extract – 1 tsp.
- Pure maple syrup – 2 tbsp.
- Medium-sized egg whites – 2
- Frozen blueberries
- Olive oil baking spray

Procedure:

1. Put the buttermilk, oil, vanilla, maple syrup and egg whites into a large-sized basin and whisk to incorporate.
2. Put the flour, flaxseed meal, oat bran, baking soda, baking powder, and salt into a second basin and blend to incorporate.
3. Put the flour mixture into the basin of oil mixture and whisk to incorporate.
4. Lightly blend in blueberries.
5. Spray an anti-sticking wok with baking spray and sizzle on the burner at around medium heat.
6. Put in the desired amount of mixture and spread in a thin layer.
7. Cook for around 2 minutes.
8. Carefully flip the side and cook for around 1-2 minutes.
9. Repeat with the remnant mixture.
10. Enjoy moderately hot.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
132	5	19	6

Tomato Muffins



Prep Time: 15 mins.



Cooking Time: 25 mins.



Servings: 6 individuals



Ingredients Required:

- Reduced-fat plain Greek yogurt – $\frac{1}{3}$ C.
- Large-sized egg whites – 8
- Gluten-free oat flour – 1 C.
- Baking soda – $\frac{1}{2}$ tsp.
- Salt – 1 pinch
- Cherry tomatoes – 1 C., quartered
- Reduced-fat feta cheese – $\frac{1}{4}$ C., crumbled

Procedure:

1. For preheating, set your oven at 350 °F.
2. Line 6 holes of a muffin tin with paper liners.
3. Put the yogurt and egg whites into a large-sized basin and whisk to form a smooth mixture.
4. Put in oat flour, baking soda, and salt and blend to incorporate.
5. Lightly blend in tomatoes and feta.
6. Put the mixture into muffin holes.
7. Bake for around 25 minutes.
8. Take off the muffin tin from the oven and put it onto a cooling metal rack to cool for around 10 minutes.
9. Then, invert the muffins onto a platter and enjoy moderately hot.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
139	5.7	11.5	7.8

Buckwheat & Seeds Bread



Prep Time: 15 mins.



Cooking Time: 1 hr. 10 mins.



Servings: 12 individuals



Ingredients Required:

- Chia seeds – ¼ C.
- Water – 1 C. plus ⅔ C., divided
- Olive oil baking spray
- Buckwheat flour – 2½ C.
- Baking powder – 3 tsp.
- Salt – 1 pinch
- Olive oil – ¼ C.
- Sunflower seeds – ¼ C.

Procedure:

1. Put the chia seeds and 1 C. of water into a small-sized basin and whisk to incorporate.
2. Set aside for around 20 minutes.
3. For preheating, set your oven to 355 °F.
4. Lightly spray a loaf pan with baking spray and then line it with bakery paper.
5. Put the flour, baking powder and salt into a basin and blend to incorporate.
6. Put in remnant water, oil, and chia seed mixture and blend to incorporate thoroughly.
7. Put the mixture into the loaf pan and smooth the top with the back of a spoon.
8. Sprinkle the top with sunflower seeds.
9. Bake for around 70 minutes.
10. Take off the bread pan from the oven and put it onto a cooling metal rack to cool for around 15 minutes.
11. Now, invert the bread onto the metal rack to cool thoroughly before slicing.
12. Cut the bread loaf into slices and enjoy.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
125	5.9	15.8	3.7

Beans & Ricotta Toast



Prep Time:
10 mins.



Servings:
2 individuals



Ingredients Required:

- Part-skim ricotta cheese – ½ C.
- Fresh parsley – 2 tbsp., cut up
- Whole-wheat bread slices – 2, toasted
- Salt-free cooked cannellini beans – 1 C.
- Roasted red pepper – ¼ C., cut up

Procedure:

1. Put the ricotta and parsley into a small basin and blend thoroughly.
2. Spread the ricotta mixture over each bread slice.
3. Top each with beans and red peppers, and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
320	9	42	15

Breakfast Burritos



Prep Time:
15 mins.



Cooking Time:
2 mins.



Servings:
2 individuals



Ingredients Required:

- Salt-free cooked navy beans – 1 C.
- Medium-sized egg whites – 2
- Tomato – 2 tbsp., cut up
- Small-sized bell pepper – ½, seeded & cut up
- Scallions – 2, thinly sliced
- Fresh cilantro – 1 tbsp., cut up
- Whole-grain tortillas – 2 (7-inch)

Procedure:

1. Put the beans into a shallow basin, and with a potato masher, mash the beans thoroughly.
2. Put the egg whites and tomato and blend to incorporate.
3. Put the bean mixture into a microwave-safe basin and microwave on high setting for around 1 minute.
4. Take off from microwave and blend in bell pepper, onions and cilantro.
5. Microwave on high setting for around 1 minute.
6. Divide the bean mixture into the center of each tortilla.
7. Roll up each tortilla and enjoy.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
209	4	32	10

Soup & Stew Recipes



Tomato Soup



Prep Time: 10 mins.



Cooking Time: 27 mins.



Servings: 8 individuals



Ingredients Required:

- Olive oil – 1 tbsp.
- Medium-sized onion – 1, cut up
- Celery stalk – 1, cut up
- Garlic cloves – 2, cut up
- Fresh parsley – 1 tsp., cut up
- Tomatoes – 6 C., cut up
- Salt-free vegetable broth – 6 C.
- Unsweetened coconut milk – 2 C.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Sizzle oil into a Dutch oven on the burner at around medium heat.
2. Cook the onion and celery for around 4-6 minutes.
3. Put in garlic and thyme and cook for around 20-40 seconds.
4. Blend in tomatoes and broth and turn the heat at around high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook for around 10 minutes.
8. Blend in coconut milk and cook for 5-10 minutes.
9. Blend in salt and pepper and take off from burner.
10. With a hand blender, puree the soup mixture to form a smooth mixture.
11. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
89	5.4	9	4.9

Spinach Soup



Prep Time: 15 mins.



Cooking Time: 25 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil – 2 tsp.
- Medium-sized onion – 1, cut up
- Large-sized carrot – 1, peel removed & cut up
- Salt-free vegetable broth – 4 C.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Fresh spinach – 6 C.
- Fresh mint leaves – ½ C.
- Apple cider vinegar – 2 tsp.

Procedure:

1. Sizzle oil into a large-sized pot on a burner at around medium heat.
2. Cook the onion and carrot for around 4-5 minutes.
3. Put in broth, salt, and pepper, and turn the heat high.
4. Cook the mixture until boiling.
5. Turn the heat to around medium-low.
6. Cook for around 10 minutes.
7. Blend in spinach, mint, and vinegar and cook for around 5 minutes.
8. Take off from the burner, and with a hand blender, puree the soup mixture to form a smooth one.
9. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
130	4,2	17,9	8,4

Zucchini Soup



Prep Time: 15 mins.



Cooking Time: 30 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil – 2 tbsp.
- Large-sized onion – 1, cut up
- Garlic cloves – 3, grated
- Fresh ginger root – 2 tsp., grated
- Dried thyme – 1 tsp.
- Medium-sized zucchinis – 5, cut up
- Salt-free vegetable broth – 4 C.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Sizzle oil into a large-sized pot on a burner at around medium heat.
2. Cook the onion for around 3-4 minutes.
3. Add garlic, ginger, and thyme, and cook for around 1 minute.
4. Put in zucchini and broth and turn the heat at around high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook for around 15-20 minutes.
8. Blend in salt and pepper and take off from burner.
9. With a hand blender, puree the soup mixture to form a smooth mixture.
10. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
156	8	20	4

Butternut Squash Soup



Prep Time: 15 mins.



Cooking Time: 50 mins.



Servings: 3 individuals



Ingredients Required:

- Olive oil – 3 tbsp.
- Medium-sized onion – 1, cut up
- Garlic cloves – 2, cut up
- Butternut squash – 3¼ lb., peel removed, seeded & cubed
- Powdered cumin – ¾ tsp.
- Powdered cinnamon – ½ tsp.
- Powdered coriander – ¼ tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Water – 6 C.
- Pure maple syrup – 2 tsp.

Procedure:

1. Sizzle oil into a large-sized pot on a burner at around medium heat.
2. Cook the onion for around 6-8 minutes.
3. Put in garlic and cook for around 2 minutes.
4. Put in squash cubes, spices, salt, and pepper, and cook for around 5 minutes.
5. Put in water and turn the heat at around high.
6. Cook the mixture until boiling.
7. Turn the heat to around low.
8. Cook with the cover for around 25-35 minutes.
9. Blend in maple syrup and take off from the burner.
10. With a hand blender, puree the soup mixture to form a smooth mixture.
11. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
175	7	29	3

Beans & Cabbage Soup



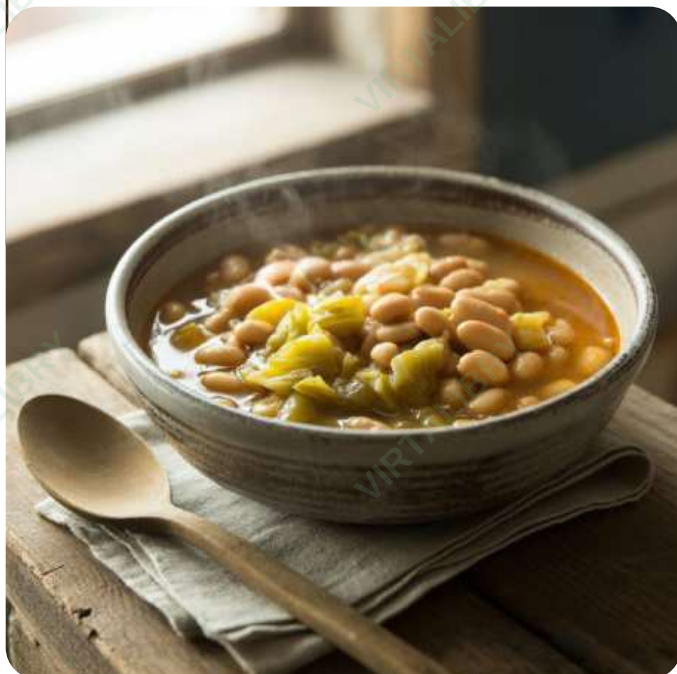
Prep Time: 15 mins.



Cooking Time: 20 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil – 2 tbsp.
- Green cabbage – 4 C., cut up
- Leek – 1½ C., sliced
- Garlic cloves – 4, finely cut up
- Salt-free cooked white beans – 15 oz.
- Salt-free vegetable broth – 4 C.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Lemon juice – 1 tbsp., freshly squeezed

Procedure:

1. Sizzle oil into a large-sized Dutch oven on the burner at medium-high heat.
2. Cook the cabbage and leek for around 4 minutes.
3. Put in garlic and cook for around 1 minute.
4. Add beans, broth, salt, and pepper, and increase the heat.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook with the cover for around 10 minutes.
8. Blend in lemon juice and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
294	16	28	9

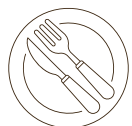
Chicken & Beans Soup



Prep Time: 15 mins.



Cooking Time: 20 mins.



Servings: 6 individuals



Ingredients Required:

- Olive oil – 2 tbsp.
- Medium-sized leeks – 2, sliced
- Fresh sage – 1½ tbsp., cut up
- Fresh thyme – 2 tsp., cut up
- Garlic – 2 tsp., minced
- Salt-free chicken broth – 6 C.
- Salt-free cooked cannellini beans – 15 oz.
- Salt-free cooked chicken – 4 C., shredded
- Salt – 1 pinch
- Powdered black pepper – as desired
- Lemon juice – 1 tbsp., freshly squeezed

Procedure:

1. Sizzle 2 tbsp. of oil into a Dutch oven on the burner at around medium-high heat.
2. Cook the leeks for around 3-4 minutes.
3. Blend in fresh herbs, garlic, and salt and cook for 30-40 seconds.
4. Blend in broth and turn the heat at around high.
5. Cook the mixture until boiling.
6. Blend in beans, chicken, salt, and pepper, and turn the heat around medium-low.
7. Cook for around 7-10 minutes.
8. Blend in lemon juice and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
360	18	17	32

Ground Turkey & Beans Soup



Prep Time: 10 mins.



Cooking Time: 20 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil – 1 tbsp.
- Extra-lean ground turkey – 1 lb.
- Medium-sized onion – 1, cut up
- Garlic clove – 1, minced
- Red pepper flakes – 1/2 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Tomatoes – 2½ C., cut up
- Dried oregano – 1 tsp.
- Dried basil – 1/2 tsp.
- Salt-free cooked great northern beans – 1 lb.
- Salt-free chicken broth – 6 C.
- Fresh spinach – 8 oz., torn

Procedure:

1. Sizzle oil into a large-sized pot on a burner at around medium-high heat.
2. Cook the turkey, onions, garlic, red pepper flakes, salt and pepper for around 7 minutes.
3. Put in tomatoes and dried herbs and cook for 2-3 minutes.
4. Blend in beans and broth and turn the heat at around high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook with the cover for around 20-25 minutes.
8. Blend in spinach and cook for around 5 minutes.
9. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
293	9.2	24	24.6

Beef & Barley Soup



Prep Time: 15 mins.



Cooking Time: 1 hr.



Servings: 4 individuals



Ingredients Required:

- Boneless sirloin steak – 8 oz., trimmed & cut into cubes
- Olive oil – 4 tsp., divided
- Medium-sized onion – 1, cut up
- Celery stalk – 1, sliced
- Large-sized carrot – 1, peel removed & sliced
- Salt-free tomato paste – 2 tbsp.
- Fresh thyme – 1 tbsp., cut up
- Quick-cooking barley – $\frac{3}{4}$ C.
- Salt-free chicken broth – 4 C.
- Water – 1 C.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Lemon juice – 2 tsp., freshly squeezed

Procedure:

1. Sizzle 2 tsp. of oil into a Dutch oven on the burner at around medium heat.
2. Cook the steak pieces for around 4-5 minutes.
3. Transfer the steak pieces into a basin.
4. Sizzle remnant oil into the same pot on the burner at around medium heat.
5. Cook the onion, celery, and carrot for 3-4 minutes.
6. Put in tomato paste and thyme and cook for around 1 minute.
7. Blend in cooked beef, barley, broth, water, salt, and pepper, and turn the heat high.
8. Cook the mixture until boiling.
9. Turn the heat to around low.
10. Cook with the cover for around 40-45 minutes.
11. Lend in lemon juice and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
279	9	29	20

Tofu & Veggie Stew



Prep Time: 15 mins.



Cooking Time: 20 mins.



Servings: 4 individuals



Ingredients Required:

- Extra-firm tofu – 1 (12-oz.) package, pressed, drained & cubed
- Olive oil – 2 tbsp.
- Salt-free Italian seasoning, crushed
- Anti-sticking baking spray
- Salt-free chicken broth – 2 C.
- Tomatoes – 3 C., finely cut up
- Fresh basil – 2 tbsp., cut up
- Garlic cloves – 2, cut up
- Fresh mushrooms – 3 C., sliced
- Fresh green peas – ½ C., shelled
- Asparagus – ½ C., trimmed & sliced
- Bell peppers – ½ C., seeded & cut up
- Sun-dried tomatoes – ⅓ C., finely cut up
- Green olives – ¼ C., pitted & sliced

Procedure:

1. Put the tofu, oil, and Italian seasoning into a resealable plastic bag.
2. Seal the bag and shake to coat.
3. Refrigerate to marinate for around 2-4 hours.
4. Spray a Dutch oven with baking spray and sizzle on the burner at medium-high heat.
5. Cook the tofu for around 5-8 minutes.
6. Put in broth and tomatoes and cook the mixture until boiling.
7. Put in mushrooms, green peas, and asparagus, and turn the heat around low.
8. Cook for around 5-7 minutes.
9. Blend in bell pepper, dried tomatoes, and olives and cook for 3-5 minutes.
10. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
259	15	19	16

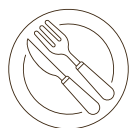
Lentil Stew



Prep Time: 15 mins.



Cooking Time: 45 mins.



Servings: 6 individuals



Ingredients Required:

- Olive oil – 2 tbsp.
- Large-sized onion – 1, cut up
- Celery stalk – 1, cut up
- Leeks – 2, cut up
- Garlic cloves – 4, minced
- Lentils – 2 C., rinsed
- Fresh kale – 2 C., tough ribs removed & cut up
- Large-sized sweet potato – 1, peel removed & cut into large-sized pieces
- Red potatoes – 2, cut into large-sized pieces
- Large-sized carrots – 2, peel removed & cut up
- Tomatoes – 3 C., cut up
- Salt-free vegetable broth – 4 C.
- Water – 2 C.
- Powdered cumin – 1 tsp.
- Powdered coriander – 1 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Sizzle oil into a large-sized Dutch oven on the burner at around medium heat.
2. Cook the onions, celery, and leeks for 3-4 minutes.
3. Put in garlic and cook for around 1 minute.
4. Put in remnant ingredients and turn the heat at around high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook with the cover for around 30-35 minutes.
8. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
319	11	44.6	13

Beans Stew



Prep Time: 15 mins.



Cooking Time: 30 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil – 1 tbsp.
- Large-sized zucchini – 1, sliced
- Onions – 1 C., cut up
- Garlic cloves – 4, minced
- Tomatoes – 3 C., cut up
- Salt-free vegetable broth – 1 C.
- Salt-free cooked cannellini beans – 15 oz.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Sizzle oil into a large-sized soup pot on burner at around medium heat.
2. Cook the zucchini, onion, and garlic for around 4-5 minutes.
3. Blend in tomatoes and broth and turn the heat at around high.
4. Cook the mixture until boiling.
5. Turn the heat to around low.
6. Cook for around 10-15 minutes.
7. Blend in beans and spinach and cook for around 5 minutes.
8. Blend in salt and pepper and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
201	4	33	10

Chicken & Kale Stew



Prep Time: 15 mins.



Cooking Time: 45 mins.



Servings: 6 individuals



Ingredients Required:

- Fresh bay leaves – 3
- Fresh rosemary sprigs – 3
- Fresh thyme sprigs – 3
- Fresh sage sprig – 1
- Boneless & skinless chicken thighs – 1 lb., cut into 1½-inch pieces
- Olive oil – 3 tbsp., divided
- Medium-sized onion – 1, thinly sliced
- Medium-sized carrots – 3, peel removed & cut up
- Garlic cloves – 3, smashed
- Red pepper flakes – ¼ tsp.
- Red potatoes – 2½ C., cut into chunks
- Salt-free chicken broth – 5 C.
- Fresh kale – 3 C., tough ribs removed & cut up
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Tie together the bay leaves and fresh herb sprigs with butcher's twine.
2. Sizzle 2 tbsp. of oil into a large-sized, heavy-bottomed pot on a burner at medium-high heat.
3. Cook the chicken pieces for around 3-5 minutes.
4. With a slotted spoon, transfer the chicken pieces onto a plate.
5. Sizzle the remnant oil into the same pot on the burner at around medium heat.
6. Cook the onion and carrots for around 3-4 minutes.
7. Blend in garlic and red pepper flakes and cook for around 1 minute.
8. Put in chicken, potatoes, wrapped herb sprigs, and broth, and turn the heat around high.
9. Cook the mixture until boiling.
10. Turn the heat to around medium-low.
11. Cook with the cover for around 20-25 minutes.
12. Blend in kale, salt, and pepper for 4-5 minutes.
13. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
345	12	32	26

Chicken & Chickpeas Stew



Prep Time: 15 mins.



Cooking Time: 55 mins.



Servings: 8 individuals



Ingredients Required:

- Olive oil – 2 tbsp.
- Onions – 1 C., cut up
- Garlic cloves – 3, minced
- Powdered cumin – 1½ tsp.
- Powdered cinnamon – ½ tsp.
- Cayenne pepper powder – ¼ tsp.
- Boneless & skinless chicken breasts – 8 (4-oz.)
- Salt-free chicken broth – 6 C.
- Sweet potato – 3 C., peel removed & cut u
- Bell peppers – 2 C., seeded & cut up
- Fresh green beans – 2 C., trimmed & cut into 1-inch pieces
- Salt-free cooked chickpeas – 15 oz.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Sizzle oil into a large-sized pot on a burner at around medium heat.
2. Cook the onion and garlic for around 4-6 minutes.
3. Put in spices and cook for around 1 minute.
4. Put in chicken breasts and cook for around 2-3 minutes.
5. Put in broth and turn the heat at around high.
6. Cook the mixture until boiling.
7. Turn the heat to around low.
8. Cook with the cover for around 20 minutes.
9. With tongs, transfer the chicken breasts onto a plate.
10. With two forks, shred the meat.
11. Put the sweet potato, bell pepper, and green beans into the pot and cook for around 12-15 minutes.
12. Blend in shredded chicken, chickpeas, salt, and pepper, and cook for 4-5 minutes.
13. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
281	8	27	26

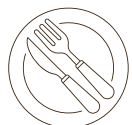
Beef & Corn Stew



Prep Time: 15 mins.



Cooking Time: 2 hrs. 20 mins.



Servings: 8 individuals



Ingredients Required:

- Boneless beef sirloin – 1½ lb., trimmed & cut into 2-inch cubes
- Olive oil – 1 tbsp.
- Onions – 1 C., cut up
- Carrot – 1 C., peel removed & cut up
- Potatoes – 4 C., peel removed & cubed
- Tomatoes – 3 C., cut up
- Water – 3 C.
- Frozen corn – 15 oz.
- Chopped green chiles – 2 (4-oz.) cans, undrained
- Quick-cooking tapioca – 2 tbsp.
- Dried oregano – ¼ tsp., crushed
- Powdered cumin – ½ tsp.
- Red chili powder – ½ tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Fresh cilantro – 2 tbsp., cut up

Procedure:

1. Sizzle oil in a large-sized Dutch oven on the burner at medium-high heat.
2. Cook the beef cubes for around 4-5 minutes.
3. With a slotted spoon, transfer the beef cubes onto a plate.
4. Put the carrots and onions into the same wok and cook for around 5 minutes.
5. Put in potatoes and tomatoes and cook for around 5 minutes.
6. Put in cooked beef and remnant ingredients and turn the heat around high.
7. Cook the mixture until boiling.
8. Turn the heat to around low.
9. Cook with the cover for around 1½-2 hours.
10. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
298	16.4	23	35.5

Ground Beef Stew



Prep Time: 10 mins.



Cooking Time: 35 mins.



Servings: 10 individuals



Ingredients Required:

- Olive oil – 2 tbsp.
- Extra-lean ground beef – 2 lb.
- Medium-sized onion – 1, cut up
- Celery stalks – 4, cut up
- Large-sized carrots – 4, peel removed & cut up
- Garlic cloves – 8, crushed
- Salt-free chicken broth – 4 C.
- Tomatoes – 4 C., cut up
- Salt-free tomato sauce – 15 oz.
- Fresh green beans – 1 lb., trimmed & cut into 1-inch pieces
- Salt-free Italian seasoning – 2 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Lemon juice – 2 tbsp., freshly squeezed
- Fresh parsley – ½ C., cut up

Procedure:

1. Sizzle oil into a large-sized pot on a burner at around medium-high heat.
2. Cook the ground beef, onion, celery, carrot, and garlic for 7-10 minutes.
3. Put in broth, tomatoes, tomato sauce, green beans, Italian seasoning, salt, and pepper, and turn the heat around high.
4. Cook the mixture until boiling.
5. Turn the heat to around low.
6. Cook for around 15-20 minutes.
7. Blend in lemon juice and parsley, and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
212	8	12	24

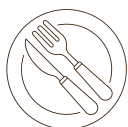
Salad Recipes



Blueberry Salad



Prep Time:
10 mins.



Servings:
4 individuals



Ingredients Required:

For the Vinaigrette:

- Orange juice – 3 tbsp., freshly squeezed
- Olive oil – 2 tbsp.
- Balsamic vinegar – 2 tbsp.
- Honey – 2 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

For the Salad:

- Fresh spinach – 6 C., torn
- Fresh blueberries – 1½ C.
- Unsalted walnuts – ¼ C., cut up

Procedure:

1. For the vinaigrette: put the orange juice and remnant ingredients into a small-sized basin and whisk to incorporate.
2. Put the spinach and remnant ingredients into a large salad dish and blend for the salad.
3. Pour dressing over salad and toss to incorporate.
4. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
256	10	4	23

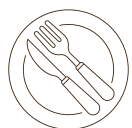
Green Peas Salad



Prep Time: 15 mins.



Cooking Time: 2 mins.



Servings: 4 individuals



Ingredients Required:

For the Salad:

- Fresh green peas – 1 C., shelled
- Fresh mint leaves – 1 C., cut up
- Fresh baby arugula – 6 C.
- Reduced-fat feta cheese – ¼ C., crumbled

For the Dressing:

- Olive oil – 2 tbsp.
- Lemon juice – 1½ tbsp., freshly squeezed
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Cook the green peas in a large pot of boiling water for around 2 minutes.
2. Drain the green peas and immediately transfer them into a basin of ice water.
3. Drain well.
4. Put the green peas and remnant ingredients into a large salad dish and blend for the salad.
5. For the dressing, put the oil and remnant ingredients into a small basin and whisk to incorporate.
6. Pour dressing over salad and toss to incorporate.
7. Enjoy right away.

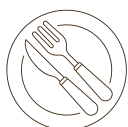
Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
170	7.4	17.1	9.6

Chicken & Veggie Salad



Prep Time:
15 mins.



Servings:
4 individuals



Ingredients Required:

For the Salad:

- Olive oil – ¼ C.
- Lemon juice – 3 tbsp., freshly squeezed
- Garlic clove – 1, grated
- Dried oregano – ½ tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

For the Dressing:

- Salt-free cooked chicken – 2 C., shredded
- Lettuce – 4 C., torn
- Fresh baby spinach – 4 C.
- Grape tomatoes – 1 C., halved
- Cucumber – 1 C., sliced
- Onions – ½ C., sliced
- Pepperoncini – ⅓ C., sliced
- Reduced-fat feta cheese – ⅓ C., crumbled

Procedure:

1. For the dressing, put the oil and remnant ingredients into a small basin and whisk to incorporate.
2. Put the chicken and remnant ingredients into a large salad dish and blend for the salad.
3. Pour dressing over salad and toss to incorporate.
4. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
351	17.2	4.9	22.9

Spicy Veggie Salad



Prep Time:
15 mins.



Servings:
10 individuals



Ingredients Required:

For the Salad:

- Large-sized carrots – 3, peel removed & shredded
- Large-sized cucumbers – 3, seeded & shredded
- Bok choy head – 1, finely shredded
- Jalapeño peppers – 4, seeded & finely cut up

For the Dressing:

- Garlic cloves – 4, minced
- Fresh ginger root – 1 tbsp., minced
- Olive oil – $\frac{1}{3}$ C.
- Apple cider vinegar – $\frac{1}{4}$ C.
- Dijon mustard – $\frac{1}{4}$ C.
- Pure maple syrup – 2 tbsp.
- Red pepper flakes – $\frac{1}{2}$ tsp., crushed
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Put the carrots and remnant ingredients into a large salad dish and blend for the salad.
2. For the dressing, put the garlic and remnant ingredients into a small basin and whisk to incorporate.
3. Pour dressing over salad and toss to incorporate.
4. Cover and refrigerate to chill before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
77	8.7	9.6	4.2

Roasted Veggie Salad



Prep Time: 15 mins.



Cooking Time: 22 mins.



Servings: 8 individuals



Ingredients Required:

- Olive oil baking spray
- Fresh green beans – 1 lb., trimmed & cut into 2-inch pieces
- Olive oil – 2 tbsp.
- Asparagus – 1 lb., trimmed & cut into 2-inch pieces
- Cherry tomatoes – 2 C., halved
- Medium-sized onion – 1/2, cut up
- Fresh parsley – 1/4 C., cut up
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 400 °F.
2. Lightly spray a large-sized baking tray with baking spray.
3. Put the green beans and 1 tbsp. of oil into a large-sized basin and toss to incorporate.
4. Transfer the green beans onto the baking tray.
5. Roast for around 10 minutes.
6. In the meantime, put the asparagus and remnant oil into a basin and toss to incorporate.
7. After 10 minutes, take off the baking tray from the oven.
8. Arrange the asparagus onto a baking tray alongside the green beans.
9. Roast for around 10-12 minutes.
10. Transfer the vegetables to a large basin and let them cool.
11. Put in remnant ingredients and toss to incorporate.
12. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
71	3.7	8.8	2.7

Couscous Salad



Prep Time: 15 mins.



Cooking Time: 8 mins.



Servings: 4 individuals



Ingredients Required:

For the Salad:

- Dried pearl couscous – 1½ C.
- Medium-sized cucumber – 1, cut up
- Large-sized tomato – 1, cut up
- Fresh parsley – 2 tbsp., cut up
- Fresh cilantro – 2 tbsp., cut up
- Fresh basil – 2 tbsp., cut up
- Fresh mint leaves – 2 tbsp., cut up
- Unsalted walnuts – ¼ C., cut up
- Raisins – ¼ C.

For the Dressing:

- Olive oil – ¼ C.
- Lemon juice – 3 tbsp., freshly squeezed
- Dijon mustard – 1 tsp.
- Honey – 1 tsp.
- Lemon zest – 1 tsp., finely grated
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Cook the couscous in a large pot of boiling water for 8-10 minutes. Drain the couscous and set aside to cool.
2. For the salad, put the couscous and remnant ingredients into a large-sized salad dish and blend.
3. For the dressing, put the oil and remnant ingredients into a small basin and whisk to incorporate.
4. Pour dressing over salad and toss to incorporate.
5. Cover and refrigerate for around 1 hour before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
219	9	5	29

Chickpeas Salad



Prep Time:
15 mins.



Servings:
4 individuals



Ingredients Required:

- Salt-free cooked chickpeas – 19 oz.
- Tomatoes – 1½ C., cut up
- Onion – ½ C., cut up
- Garlic cloves – 2, minced
- Fresh parsley – ½ C., cut up
- Unsalted almonds – ¼ C., toasted & cut up
- Olive oil – 3 tbsp.
- Lemon juice – 1 tbsp., freshly squeezed
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

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

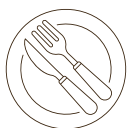
Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
262	12.8	33.3	7.3

Beans & Corn Salad



Prep Time:
10 mins.



Servings:
4 individuals



Ingredients Required:

- Salt-free cooked red kidney beans – 15 oz.
- Frozen corn – 15 oz., thawed
- Fresh pomegranate seeds – ½ C.
- Fresh parsley – 2 tbsp., cut up
- Fresh cilantro – 2 tbsp., cut up
- Olive oil – 2 tbsp.
- Lemon juice – 2 tbsp., freshly squeezed
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

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

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
225	4.3	40.7	8.5

Beans & Rice Salad



Prep Time:
15 mins.



Servings:
10 individuals



Ingredients Required:

- Salt-free cooked brown rice – 2 C.
- Frozen corn – 15 oz., thawed
- Salt-free cooked black beans – 15 oz.
- Salt-free cooked kidney beans – 15 oz.
- Jalapeño peppers – 2, seeded & finely cut up
- Large-sized bell peppers – 2, seeded & cut up
- Large-sized onion – 1, cut up
- Garlic – 1 tsp., minced
- Fresh cilantro – 1 C., cut up
- Lime zest – 1 tsp., grated
- Lime juice – 2 tbsp., freshly squeezed
- Powdered cumin – 1 tsp.
- Salt – 1 pinch

Procedure:

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

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
357	17.4	33.6	22

Pasta & Tomato salad



Prep Time:
15 mins.



Servings:
6 individuals



Ingredients Required:

- Salt-free cooked whole-wheat pasta – 1 lb.
- Cherry tomatoes – 4 C., halved
- Onions – ½ C., thinly sliced
- Fresh basil – ¼ C., cut up
- Balsamic vinegar – 3 tbsp.
- Olive oil – 3 tbsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

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

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
250	6	42	7

Chicken & Strawberry Salad



Prep Time:
10 mins.



Servings:
4 individuals



Ingredients Required:

- Salt-free cooked chicken – ¾ lb., cut up
- Fresh baby spinach – 8 C.
- Fresh strawberries – 2 C., hulled & sliced
- Unsalted walnuts – ¼ C., cut up
- Olive oil – 2 tbsp.
- Balsamic vinegar – 2 tbsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

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

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
314	14.4	14	26

Corn & Veggie Salad



Prep Time:
15 mins.



Cooking Time:
5 mins.



Servings:
4 individuals



Ingredients Required:

- Olive oil – 3 tbsp.
- Zucchini – 1 C., cut up
- Bell peppers – 1 C., seeded & cut up
- Salt-free cooked whole corn kernels – 2 C.
- Jalapeño pepper – 1, seeded & finely cut up
- Tomatoes – ½ C., cut up
- Scallions – 2, cut up
- Fresh cilantro – 2 tbsp., cut up
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Sizzle oil into a large-sized wok on the burner at around medium-high heat.
2. Cook the zucchini, bell pepper, corn, and jalapeño pepper for 5-6 minutes.
3. Transfer the corn mixture into a large-sized basin. Let it cool thoroughly.
4. Put in remnant ingredients and blend to incorporate.
5. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
159	8	20	4

Salmon Salad



Prep Time: 15 mins.



Cooking Time: 5 mins.



Servings: 4 individuals



Ingredients Required:

For the Salad:

- Fresh asparagus – 1 lb., trimmed & cut into 1-inch pieces
- Smoked salmon – ¼ lb., cut into bite-sized pieces
- Frozen green peas – ½ C., thawed
- Lettuce – 4 C., torn
- Unsalted pecans – ¼ C., toasted & cut up

For the Dressing:

- Olive oil – 2 tbsp.
- Lemon juice – 2 tbsp., freshly squeezed
- Dijon mustard – 1 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Cook the asparagus in a pot of boiling water for around 5 minutes.
2. Drain the asparagus thoroughly.
3. For the salad, put the asparagus and remnant ingredients into a large-sized salad dish and blend.
4. For the dressing, put the oil and remnant ingredients into a small basin and whisk to incorporate.
5. Pour dressing over salad and toss to incorporate.
6. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
309	18.9	13.1	11.6

Scallops Salad



Prep Time: 15 mins.



Cooking Time: 6 mins.



Servings: 6 individuals



Ingredients Required:

- Olive oil baking spray
- Sea scallops – 1 lb., side muscles removed
- Salt – 1 pinch
- Powdered black pepper – as desired
- Seedless watermelon – 3 C., cubed
- Medium-sized avocado – ½, peel removed, pitted & cut up
- English cucumber – 1, cut up
- Romaine lettuce – 4 C., torn
- Fresh mint leaves – ¼ C., cut up
- Olive oil – 2 tbsp.
- Lime juice – 2 tbsp., freshly squeezed

Procedure:

1. For preheating, set your grill to medium heat. Spray the grill grate.
2. Spray the grill grate with baking spray.
3. Put the scallops, salt, and pepper into a large basin and toss to incorporate.
4. Arrange the scallops onto the grill.
5. Cook for around 3 minutes per side.
6. Take off from grill and set the scallops aside to cool.
7. Put the cooked scallops and remnant ingredients into a large-sized salad dish and toss to incorporate.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
263	7.5	18.6	31.4

Shrimp Salad



Prep Time: 15 mins.



Cooking Time: 4 mins.



Servings: 4 individuals



Ingredients Required:

- Medium-sized shrimp – 12
- Small-sized lemon – 1, halved
- Apple – 1 C., cored & sliced thinly
- Jicama – 1 C., cut into matchsticks
- Carrot – ½ C., peel removed & cut like matchsticks
- Fresh mint leaves – ½ C., cut up
- White vinegar – 2 tbsp.
- Olive oil – 2 tbsp.
- Dijon mustard – 1 tbsp.
- Pure maple syrup – 1 tbsp.
- Garlic – 1 tsp. minced

Procedure:

1. Cook the shrimp with lemon in a large-sized pot of boiling water for 3-4 minutes.
2. Drain the shrimp thoroughly.
3. Set aside to cool.
4. Then peel and devein the shrimp.
5. Put the cooked shrimp and remnant ingredients into a large-sized salad dish and toss to incorporate.
6. Cover and refrigerate to chill for around 1 hour before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
310	20.2	18.7	13.6

Vegetarian & Vegan Recipes



Veggie Wraps



Prep Time:
10 mins.



Servings:
2 individuals



Ingredients Required:

- Medium-sized avocado – ½, peel removed, pitted & cut up
- Lime juice – 2 tbsp., freshly squeezed
- Powdered cumin – ¼ tsp.
- Powdered coriander – ¼ tsp.
- Cayenne pepper powder – 1/8 tsp.
- Large-sized lettuce leaves – 4
- Carrot – ½ C., peel removed & grated
- Cabbage – ½ C., shredded
- Hemp seeds – 1 tbsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Olive oil – 2 tsp.

Procedure:

1. Put the avocado, lime juice, and spices into a small basin and, with a fork, mash thoroughly.
2. Put the carrots, cabbage, hemp seeds, salt and black pepper into a large-sized basin and toss to incorporate.
3. Arrange the lettuce leaves onto a platter.
4. Place the avocado mixture in the center of each leaf and top with the carrot mixture.
5. Drizzle with oil and enjoy.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
185	16.4	9.1	3.4

Veggie Sandwich



Prep Time:
15 mins.



Servings:
2 individuals



Ingredients Required:

- Whole-grain bread slices – 4
- Salt-free hummus – $\frac{1}{3}$ C.
- Medium-sized avocado – $\frac{1}{2}$, peel removed, pitted & mashed
- Mixed salad greens – 1 C.
- Medium-sized bell pepper – $\frac{1}{2}$, seeded & sliced
- Cucumber – $\frac{1}{2}$ C., sliced
- Carrot – $\frac{1}{2}$ C., peel removed & shredded

Procedure:

1. Spread hummus over 2 bread slices.
2. Spread mashed avocado over 2 remnant bread slices.
3. Top hummus slices with greens, bell pepper, cucumber, and carrot.
4. Cover with remnant slices.
5. Cut each sandwich in half and enjoy.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
325	14	40	13

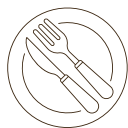
Stuffed Sweet Potatoes



Prep Time:
15 mins.



Cooking Time:
10 mins.



Servings:
4 individuals



Ingredients Required:

- Large-sized potatoes – 2, cut in half
- Salt-free cooked black beans – 15 oz.
- Frozen corn – 15 oz., thawed
- Tomatoes – $\frac{3}{4}$ C., cut up
- Scallion – $\frac{1}{4}$ C., cut up
- Powdered cumin – 2 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Fresh cilantro – 2 tbsp., cut up

Procedure:

1. With a fork, prick each sweet potato in many places.
2. Arrange the sweet potatoes onto a microwave-safe plate and microwave on high setting for around 7-10 minutes.
3. Take off from microwave and with a spoon, mash the insides of sweet potato.
4. Put the beans, corn, tomato, scallion, cumin, salt, and pepper into a large-sized basin and blend to incorporate.
5. Top sweet potatoes with bean mixture and enjoy with garnishing of cilantro.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
223	6.1	24.9	16.6

Acorn Squash Curry



Prep Time: 15 mins.



Cooking Time: 45 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil – 1 tbsp.
- Medium-sized onion – 1, cut up
- Fresh ginger root – 1 (1-inch) piece, minced
- Garlic cloves – 4, minced
- Medium-sized bell pepper – 1, seeded & sliced thinly
- Salt-free curry paste – 3 tbsp.
- Large-sized acorn squash – 1, peel removed, seeded & cubed
- Unsweetened coconut milk – 14 oz.
- Water – $\frac{1}{3}$ C.
- Lime juice – 2 tsp., freshly squeezed
- Fresh cilantro – $\frac{1}{4}$ C., cut up

Procedure:

1. Sizzle oil into a large-sized wok on the burner at around high heat.
2. Cook the onions for around 6-8 minutes.
3. Add ginger, garlic, and bell pepper, and cook for around 1 minute.
4. Blend in curry paste and cook for around 1 minute.
5. Put in squash, coconut milk, and water, and turn the heat around high.
6. Cook the mixture until boiling.
7. Turn the heat to around low.
8. Cook with the cover for around 25-30 minutes.
9. Blend in lime juice and take off from the burner.
10. Enjoy right away with the garnishing of cilantro.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
157	12	15	2

Zoodles in Cauliflower Sauce



Prep Time: 15 mins.



Cooking Time: 13 mins.



Servings: 8 individuals



Ingredients Required:

For the Cauliflower Sauce:

- Cauliflower florets – 4 C.
- Olive oil – 2 tbsp.
- Small-sized onion – 1, cut up
- Garlic cloves – 5, minced
- Unsalted cashews – 2 tbsp., soaked for 1 hour & drained
- Dried chives – 1 tsp.
- Unsweetened almond milk – ½ C.
- Nutritional yeast – ¼ C.
- Lemon juice – ½ tbsp., freshly squeezed
- Salt – 1 pinch
- Powdered black pepper – as desired

For the Zoodles:

- Olive oil – 2 tbsp.
- Large-sized zucchinis – 4, spiralized with blade C
- Fresh parsley – ¼ C., cut up
- Powdered black pepper – as desired

Procedure:

1. Cook the cauliflower florets in a large pot of boiling water for around 6 minutes.
2. Take off from burner and drain the cauliflower thoroughly.
3. In the meantime, sizzle oil into a small-sized frying pan on a burner at around medium heat.
4. Cook the onion for around 4-5 minutes.
5. Put in garlic and cook for around 1 minute. Take off from burner.
6. Put the cooked cauliflower, onion mixture, and remnant sauce ingredients into an electric blender and process to form a smooth mixture. Set aside.
7. For the noodles: sizzle oil into a large-sized wok on the burner at around medium heat.
8. Cook the zucchini noodles for around 1-2 minutes.
9. Blend in cauliflower sauce and cook for around 3-4 minutes.
10. Blend in parsley and take off from burner.
11. Enjoy with the sprinkling of pepper.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
151	6	17	10

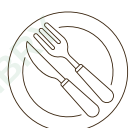
Shepherd Pie



Prep Time: 20 mins.



Cooking Time: 1 hr. 20 mins.



Servings: 8 individuals



Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
119	1.7	3.1	21.8

Ingredients Required:

- Russet potatoes – 3 lb., peel removed & cut into chunks
- Granulated onion – 2 tsp.
- Granulated garlic – 1 tsp.
- Olive oil – 1 tbsp.
- Fresh mushrooms – 4 C., cut up
- Onions – 2 C., cut up
- Carrots – 1 C., peel removed & cut up
- Celery – 1 C., cut up
- Garlic cloves – 3, minced
- Salt-free tomato paste – 3 tbsp.
- Fresh thyme – 1 tbsp., cut up
- Paprika – 2 tsp.
- Water – 1½ C.
- Frozen green peas – 2 C., thawed
- Unsweetened almond milk – 1-2 C.
- Powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 375 °F.
2. Put the potatoes, granulated onion and granulated garlic into a large-sized pot of water on burner at round medium-high heat.
3. Cook the mixture until boiling.
4. Turn the heat to around medium.
5. Cook for around 10-15 minutes.
6. In the meantime, sizzle oil into a large-sized wok on the burner at around medium-high heat.
7. Cook the mushrooms, onions, carrots, and celery for 3-4 minutes.
8. Put in garlic and cook for around 1 minute.
9. Blend in tomato paste, thyme, paprika, and water, and turn the heat around medium-low.
10. Cook with the cover for around 10-15 minutes.
11. Blend in green peas and take off from the burner.
12. Drain the potatoes and transfer them into a medium-sized basin.
13. With a potato masher, mash potatoes, gradually adding almond milk.
14. Put 1 C. of mashed potatoes into the wok of vegetable mixture and blend to incorporate.
15. Place the vegetable mixture into a 3-quart baking pan.
16. Spread the remnant mashed potatoes over the top of the vegetable mixture.
17. Bake for around 25-30 minutes.
18. Take off from oven and set aside for around 10 minutes before enjoying.

Tofu with Mushrooms



Prep Time: 15 mins.



Cooking Time: 15 mins.



Servings: 5 individuals



Ingredients Required:

- Olive oil – ¼ C., divided
- Fresh mushrooms – 1 lb., sliced
- Medium-sized bell pepper – 1, cut up
- Scallion bunch – 1, cut into 2-inch pieces
- Fresh ginger root – 1 tbsp., grated
- Garlic clove – 1, grated
- Baked tofu – 1 (8-oz.) container, cubed
- Water – ¼ C.

Procedure:

1. Sizzle 2 tbsp. of oil into a large-sized, cast-iron wok on burner at around medium-high heat.
2. Cook the mushrooms and bell pepper for around 5-7 minutes.
3. Blend in scallions, ginger, and garlic and cook for 30-40 seconds.
4. Transfer the vegetables into a basin.
5. Sizzle the remnant oil into the same wok on the burner at around medium heat.
6. Cook the tofu for around 3-4 minutes, turning once halfway through.
7. Blend in vegetables and water and cook for around 2-3 minutes.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
171	13	9	8

Buckwheat & Eggplant Casserole



Prep Time: 15 mins.



Cooking Time: 50 mins.



Servings: 2 individuals



Ingredients Required:

- Buckwheat groats – ½ C.
- Whole-wheat breadcrumbs – ½ C.
- Reduced-fat parmesan cheese – ¼ C., grated
- Fresh parsley – 2 tbsp., cut up
- Salt-free Tuscan spice mix – 1 tsp.
- Large-sized eggplant – 1, thinly sliced
- Medium-sized tomatoes – 4, sliced
- Garlic cloves – 2, thinly sliced
- Part-skim mozzarella cheese – 3 oz., cut into bite-sized pieces
- Powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 400 °F.
2. Line a large-sized baking pan with baking paper.
3. Arrange the pot on the burner at around medium-high heat.
4. Cook the mixture until boiling.
5. Turn the heat to around low.
6. Cook with the cover for around 5 minutes.
7. Take off from burner and set aside to cool.
8. Put the cooked buckwheat, breadcrumbs, parmesan, parsley, and Tuscan spice into a basin and blend to incorporate.
9. Layer the alternating slices of eggplant and tomato into the baking pan.
10. Sprinkle the top with garlic and mozzarella, black pepper, and buckwheat mixture.
11. Bake for around 30-40 minutes.
12. Take off from oven and set aside for around 5 minutes before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
375	11	55	23.4

Beans & Oat Burgers



Prep Time: 15 mins.



Cooking Time: 1 hr.



Servings: 6 individuals



Ingredients Required:

- Olive oil baking spray
- Medium-sized sweet potato – 1, cut in half lengthwise
- Salt-free cooked black beans – 15 oz.
- Gluten-free rolled oats – $\frac{1}{2}$ C.
- Onions – $\frac{1}{4}$ C., cut up
- Powdered cumin – 1 tsp.
- Paprika – 1 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Fresh baby spinach – 6 C.

Procedure:

1. For preheating, set your oven to 400 °F.
2. Lightly spray a baking tray with baking spray.
3. Arrange the sweet potato halves onto the baking tray and cut side downwards.
4. Bake for around 30 minutes.
5. Take off the sweet potato halves from the oven.
6. Now set your oven at 375 °F.
7. Remove the peel of sweet potato halves.
8. Transfer the flesh into a large-sized basin.
9. With a potato masher, mash the flesh.
10. Put in beans and slightly mash them.
11. Put in oats, onion, cumin, paprika, salt, and pepper and blend to incorporate thoroughly.
12. Shape the mixture into six patties.
13. Arrange the patties onto the baking tray.
14. Bake for around 30 minutes, flipping once halfway through.
15. Enjoy right away alongside the spinach.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
115	1	22	6

Beans & Pumpkin Chili



Prep Time: 15 mins.



Cooking Time: 50 mins.



Servings: 8 individuals



Ingredients Required:

- Olive oil – 1 tbsp.
- Onions – 3 C., cut up
- Carrots – 1½ C., peel removed & cut up
- Garlic cloves – 4, minced
- Jalapeño peppers – 2, sliced
- Pumpkin – 3 C., peel removed & cut up
- Tomatoes – 5 C., finely cut up
- Red chili powder – 3 tbsp.
- Powdered cumin – 2 tsp.
- Powdered cinnamon – 1 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Salt-free vegetable broth – 4 C.
- Salt-free cooked black beans – 15 oz.
- Salt-free cooked great northern beans – 15 oz.
- Salt-free cooked red kidney beans – 15 oz.
- Salt-free cooked pinto beans – 15 oz.
- Fresh cilantro – 1 C., cut up

Procedure:

1. Sizzle oil into a large-sized pot on a burner at around medium heat.
2. Cook the onion and carrot for around 8-9 minutes.
3. Put in garlic and jalapeño peppers and cook for around 1 minute.
4. Blend in pumpkin, tomatoes, thyme, spices, salt, and pepper, and turn the heat around high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook for around 20 minutes.
8. Blend in beans and cook for around 10-15 minutes.
9. Enjoy right away with the garnishing of cilantro.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
276	3	49	14

Chickpeas Curry



Prep Time: 15 mins.



Cooking Time: 25 mins.



Servings: 4 individuals



Ingredients Required:

- Yukon Gold potatoes – 1 lb., peel removed & cut into 1-inch pieces
- Olive oil – 3 tbsp.
- Large-sized onion – 1, cut up
- Garlic cloves – 3, minced
- Salt-free curry powder – 2 tsp.
- Cayenne pepper powder – ¼ tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Tomatoes – 3 C., cut up
- Water – ¾ C., divided
- Salt-free cooked chickpeas – 15 oz.
- Frozen green peas – 1 C.

Procedure:

1. Arrange a steamer basket into a pot of boiling water.
2. Place the potatoes into the steamer basket and steam with the cover for 6-8 minutes.
3. Drain the potatoes and set aside.
4. Sizzle oil into a large-sized pot on a burner at around medium-high heat.
5. Cook the onion for around 5-8 minutes.
6. Put garlic, curry powder, cayenne, salt, and pepper, and cook for around 1 minute.
7. Blend in tomatoes and cook for around 2-3 minutes.
8. Take off from burner.
9. Put the tomato mixture and ½ C. of water into an electric food processor and process to form a smooth mixture.
10. Return the puree to the same pot on the burner at around medium heat.
11. Put in remnant water, potatoes, chickpeas, and green peas, and cook for around 5 minutes.
12. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
321	12	47	9

Lentil Casserole



Prep Time: 15 mins.



Cooking Time: 2 hrs.



Servings: 8 individuals



Ingredients Required:

- Dry lentils – 1 lb., rinsed
- Water – 2 C.
- Tomatoes – 30 oz., finely crushed
- Carrots – 1 C., peel removed & cut up
- Bell peppers – 1 C., cut up
- Fresh mushrooms – 1 C., cut up
- Onions – 1 C., cut up
- Celery – ½ C., cut up
- Dried parsley – 2 tsp.
- Garlic cloves – 2, minced
- Reduced-fat cheddar cheese – 1 C., shredded

Procedure:

1. For preheating, set your oven to 375 °F.
2. Put the lentils into a shallow 2-quart baking pan and spread in an even layer.
3. Pour water over lentils and blend in tomatoes, carrots, bell pepper, mushrooms, onion, celery, parsley, and garlic.
4. With a piece of heavy-duty foil, cover the baking pan.
5. Bake for around 1½-2 hours.
6. Take off the foil and sprinkle the top with cheddar cheese.
7. Bake for around 5 minutes.
8. Take off from oven and set aside for around 5 minutes before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
277	2	46	21

Chickpeas & Rice Casserole



Prep Time: 15 mins.



Cooking Time: 40 mins.



Servings: 4 individuals



Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
279	4.7	51	11.4

Ingredients Required:

- Broccoli florets – 3 C.
- Onions – 1 C., cut up
- Red chili powder – 1½ tsp.
- Paprika – ½ tsp.
- Water – ¾ C.
- Gluten-free rolled oats – 2 tbsp.
- Unsweetened almond milk – 1½ C.
- Apple cider vinegar – 1½ tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Salt-free cooked brown rice – 2 C.
- Salt-free cooked chickpeas – 1½ C.
- Tomatoes – 1 C., cut up
- Fresh parsley – 2 tbsp., finely cut up

Procedure:

1. For preheating, set your oven to 400 °F.
2. Arrange a steamer basket into a pot of boiling water.
3. Place the broccoli into the steamer basket and steam with the cover for around 3-5 minutes.
4. Drain the broccoli and set aside.
5. For the sauce, put the onion, chili powder, paprika, and ¼ C. of water in a wok on the burner at around high.
6. Cook for around 10 minutes.
7. In the meantime, put the oats into a spice grinder and grind to form a flour-like consistency.
8. Put the oat flour, milk, and remnant water into a small-sized basin and whisk to incorporate.
9. Put the milk mixture, vinegar, salt, and pepper into the wok and blend to incorporate.
10. Cook for around 3-5 minutes, stirring from time to time.
11. Take off the pot of sauce from the burner.
12. Put the broccoli, rice and chickpeas into a baking pan and blend to incorporate.
13. Spread the sauce over the rice mixture.
14. Bake for around 20 minutes.
15. Sprinkle with tomato and parsley, and enjoy moderately hot.

Black-Eyed Peas Curry



Prep Time: 10 mins.



Cooking Time: 15 mins.



Servings: 4 individuals



Ingredients Required:

- Salt-free cooked black-eyed peas – 2½ C.
- Olive oil – 1 tbsp.
- Medium-sized onion – 1, diced
- Garlic cloves – 3, minced
- Fresh ginger root – 1 tbsp., minced
- Red chili powder – 2 tsp.
- Powdered coriander – 2 tsp.
- Powdered cumin – 1 tsp.
- Powdered turmeric – 1 tsp.
- Medium-sized tomatoes – 3, cut up
- Unsweetened coconut milk – 1¼ C.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Fresh cilantro – 2 tbsp., cut up

Procedure:

1. Sizzle oil into a large-sized pot on a burner at around medium heat.
2. Cook the onion for around 5-6 minutes.
3. Add garlic, ginger, and spices, and cook for around 1 minute.
4. Put in tomatoes and turn the heat to around medium-high.
5. Cook for around 2-3 minutes, stirring from time to time.
6. Add black-eyed peas, coconut milk, salt, and pepper, and cook for 3-5 minutes.
7. Minutes or until the sauce reaches the consistency that you like.
8. Enjoy with the garnishing of cilantro.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
336	17	38	13

Pasta with Mushrooms



Prep Time: 1 mins.



Cooking Time: 12 mins.



Servings: 4 individuals



Ingredients Required:

- Whole-wheat pasta – 8 oz.
- Olive oil – ¼ C.
- Garlic cloves – 2, sliced
- Red pepper flakes – ¼ tsp., crushed
- Fresh kale – 8 C., tough ribs removed & cut up
- Fresh cremini mushrooms – 8 C., quartered
- Dried thyme – ½ tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Cook the pasta in a large pot of boiling water for 8-10 minutes.
2. Drain the pasta thoroughly.
3. In the meantime, sizzle oil into a large-sized wok on the burner at around medium heat.
4. Cook the garlic and red pepper flakes for around 1 minute.
5. Put in kale, mushrooms, thyme, salt, and pepper, and cook for 6-7 minutes.
6. Blend in pasta and cook for 1-2 minutes, tossing frequently.
7. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
340	18	38	17

Fish & Seafood Recipes



Lemony Salmon



Prep Time:
10 mins.



Cooking Time:
25 mins.



Servings:
2 individuals



Ingredients Required:

- Boneless & skinless salmon fillets – 2 (4-oz.)
- Lemon juice – 2 tbsp., freshly squeezed
- Olive oil – 1 tbsp.
- Dried oregano – ¼ tsp., crushed
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. For preheating, set your oven at 425 °F.
2. Line a small-sized baking tray with bakery paper.
3. Arrange the salmon fillet onto the baking tray.
4. Drizzle with lemon juice and oil and sprinkle with oregano, salt, and black pepper.
5. Bake for around 20-25 minutes.
6. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
249	17.1	0.8	23.1

Paprika Cod



Prep Time:
10 mins.



Cooking Time:
6 mins.



Servings:
4 individuals



Ingredients Required:

- Olive oil baking spray
- Boneless & skinless cod fillets – 4 (4-oz.)
- Paprika – 1 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. For preheating, arrange a rack about 4 inches from the heating element.
2. Set your oven to a broiler.
3. Arrange a rack onto a broiler pan, then spray it with baking spray.
4. Sprinkle the cod fillets with paprika, salt, and pepper.
5. Arrange the cod fillets over the rack.
6. Broil for around 4-6 minutes.
7. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
123	1	0	20

Tuna English Muffin Sandwich



Prep Time:
15 mins.



Servings:
2 individuals



Ingredients Required:

- Balsamic vinegar – 2 tsp.
- Honey – 2 tsp.
- Cucumber – 1/2 C., thinly sliced
- Reduced-fat mayonnaise – 2 tbsp.
- Salt – 1 pinch
- Olive oil – 1/2 tsp.
- Red pepper flakes – 1/8 tsp.
- Powdered black pepper – as desired
- Scallion – 2 tbsp., thinly sliced
- Salt-free water-packed tuna – 5 oz., drained
- Whole-wheat English muffins – 2, toasted

Procedure:

1. Put the vinegar and honey into a small basin and whisk to incorporate.
2. Put in cucumber slices and toss to incorporate.
3. Put the mayonnaise, oil, red pepper flakes and salt into another basin and blend to incorporate.
4. Put in tuna and scallion and lightly blend to incorporate.
5. Spread the tuna mixture onto 2 of each muffin half.
6. Top each with cucumbers.
7. Cover with remnant muffin halves and enjoy.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
349	15	31	24

Cabbage-Wrapped Salmon



Prep Time: 15 mins.



Cooking Time: 14 mins.



Servings: 4 individuals



Ingredients Required:

- Cabbage leaves – 6, halved & central veins removed
- Boneless salmon fillets – 4 (4-oz.)
- Salt – 1 pinch
- Powdered black pepper – as desired
- Olive oil – 2 tbsp.
- Medium-sized bell peppers – 2, seeded & cut up
- Medium-sized onion – 1, cut up

Procedure:

1. For preheating, set your oven at 350 °F.
2. Cook the cabbage leaves in boiling water for around 2 minutes.
3. Drain and leaves and let them cool.
4. Carefully pat dry the leaves.
5. Sprinkle the salmon fillets with salt and pepper generously.
6. Then, wrap each fillet with 3 cabbage leaves.
7. Sizzle oil into a large-sized ovenproof wok on the burner at around medium heat.
8. Cook the bell peppers and onion for around 4 minutes.
9. Arrange salmon fillets over the bell pepper mixture and immediately transfer them into the oven.
10. Bake for around 10-12 minutes.
11. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
305	20	7.3	24.1

Salmon & Brussels Sprouts Bake



Prep Time: 15 mins.



Cooking Time: 25 mins.



Servings: 6 individuals



Ingredients Required:

- Olive oil – ¼ C.
- Garlic cloves – 2, minced
- Fresh oregano – 2 tbsp., finely cut up and divided
- Salt – 1 pinch
- Powdered black pepper – as desired, divided
- Brussels sprouts – 6 C., trimmed & sliced
- Garlic cloves – 8, sliced
- Salt-free chicken broth – ¾ C.
- Lemon juice – 2 tbsp., freshly squeezed
- Boneless & skinless salmon fillets – 4 (4-0z.)

Procedure:

1. For preheating, set your oven at 450 °F.
2. Put the oil, minced garlic, 1 tbsp. of oregano, salt, and pepper into a small basin and blend to incorporate.
3. Put the Brussels sprouts, garlic slices, and 3 tbsp. of oil mixture into a large-sized basin and toss to incorporate.
4. Arrange the Brussels sprouts into a roasting pan.
5. Roast, stirring once.
6. Bake for around 15 minutes, stirring once halfway through.
7. Put the broth and lemon juice into the basin of the remnant oil mixture and blend to incorporate.
8. Take off the roasting pan from the oven and stir the Brussels sprouts.
9. Arrange the salmon fillets on top of Brussels sprouts.
10. Drizzle with broth mixture and sprinkle with remnant oregano.
11. Bake for around 6-10 minutes.
12. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
334	10	33	15

Salmon Curry



Prep Time: 10 mins.



Cooking Time: 20 mins.



Servings: 6 individuals



Ingredients Required:

- Olive oil – 1 tbsp.
- Medium-sized onion – 1, cut up
- Fresh cilantro bunch – 1, stems and leaves separated & cut up
- Garlic cloves – 5, minced
- Medium-sized tomatoes – 3, finely cut up
- Powdered cumin – 1 tsp.
- Powdered coriander – 1/2 tsp.
- Powdered turmeric – 1/2 tsp.
- Paprika – 1/2 tsp.
- Cayenne pepper powder – 1/2 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Unsweetened coconut milk – 1 (14-oz.) can
- Boneless salmon fillets – 1 1/2 lb., cubed

Procedure:

1. Sizzle oil into a large-sized soup pot on a burner at around medium heat.
2. Cook the onion for around 4-5 minutes.
3. Put in cilantro stems and garlic and cook for 1-2 minutes.
4. Put in tomatoes, spices, salt, and pepper and cook for 2-3 minutes, stirring occasionally.
5. Put in coconut milk and turn the heat to around medium-high.
6. Cook the mixture until boiling.
7. Turn the heat to around medium.
8. Blend in salmon cubes and cook for around 4-5 minutes.
9. Enjoy right away with the garnishing of cilantro leaves.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
296	15	9	30

Tilapia & Banana Curry



Prep Time: 15 mins.



Cooking Time: 20 mins.



Servings: 4 individuals



Ingredients Required:

- Tilapia fillets – 4 (4-oz.)
- Lemon zest – 1 tsp., finely grated
- Lemon juice – 2 tbsp., freshly squeezed, divided
- Salt – 1 pinch
- Powdered black pepper – as desired
- Unsweetened coconut milk – 1 C.
- Salt-free red curry paste – 1 tbsp.
- Scallions – 3 (white and green parts separated), sliced thinly
- Medium-sized bananas – 2, peel removed & cut into chunks
- Fresh cilantro – ½ C., cut up and divided
- Unsalted almonds – 2 tbsp., slivered and divided
- 1 lemon, cut into slices

Procedure:

1. Put fish fillets, lemon zest, 1 tbsp. of lemon juice, salt, and pepper into a large-sized basin and toss to incorporate.
2. Put the coconut milk and curry powder into a large-sized wok on the burner at medium-high heat.
3. Cook the mixture until boiling.
4. Blend in fish fillets and white parts of scallions.
5. Blend in bananas, ¼ C. of cilantro, and 1 tbsp. of almonds and cook with the cover for around 3-5 minutes.
6. Blend in remnant lemon juice and take off from the burner.
7. Garnish with green parts of scallion remnant almonds and cilantro.
8. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
345	19	17	30.6

Cod & Tomato Bake



Prep Time: 1 mins.



Cooking Time: 25 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil baking spray
- Boneless cod fillets – 4 (4-oz.)
- Salt – 1 pinch
- Powdered black pepper – as desired
- Lemon juice – 2 tbsp., freshly squeezed
- Olive oil – 1½ tbsp.
- Small-sized onion – 1 sliced
- Fennel bulb – 1, thinly sliced
- Cherry tomatoes – 2 C., halved
- Salt-free chicken broth – ½ C.
- Red pepper flakes – ½ tsp., crushed
- Fresh parsley – 2 tbsp., cut up

Procedure:

1. For preheating: arrange a rack in the center of the oven.
2. Set your oven to 375 °F.
3. Lightly spray a baking pan with baking spray.
4. Arrange the cod fillets into the baking pan and drizzle with lemon juice.
5. Sizzle oil into a large-sized wok on the burner at around medium heat.
6. Cook the onion, fennel, tomatoes, salt, and pepper for 6-8 minutes.
7. Put in broth and red pepper flakes and cook for around 2 minutes.
8. Take off from burner and put the tomato mixture over the cod fillets.
9. Bake for around 12-15 minutes.
10. Sprinkle with parsley, and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
263	7	13	33

Shrimp Tacos



Prep Time: 15 mins.



Cooking Time: 5 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil baking spray
- Shrimp – 1 lb., peeled & deveined
- Salt-free Cajun seasoning – 2 tbsp.
- Medium-sized avocado – 1, peel removed, pitted & cut up
- Lime juice – 1 tbsp., freshly squeezed
- Garlic clove – 1, grated
- Salt – 1 pinch
- Small-sized corn tortillas – 8, warmed
- Iceberg lettuce – 2 C., cut up
- Fresh cilantro leaves – ½ C.

Procedure:

1. For preheating, set your grill to medium-high.
2. Spray the grill grate with baking spray.
3. Put the shrimp and Cajun seasoning into a medium-sized basin and toss to incorporate.
4. Thread the shrimp onto metal skewers.
5. Arrange the skewers onto the grill.
6. Cook for around 5 minutes, turning once half-way through.
7. Put the avocado pieces into a basin and with a fork, mash thoroughly.
8. Put in lime juice, garlic, and salt and blend to incorporate.
9. Arrange tortillas onto serving plates.
10. Top each with shrimp, avocado mixture, lettuce and cilantro.
11. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
286	9	30	24

Shrimp in Orange Sauce



Prep Time: 15 mins.



Cooking Time: 6 mins.



Servings: 6 individuals



Ingredients Required:

- Shrimp – 1½ lb., peeled & deveined
- Cornstarch – 1 tbsp.
- Orange juice – ⅓ C., freshly squeezed
- Honey – 2 tbsp.
- Balsamic vinegar – 1 tbsp.
- Olive oil – 2 tbsp.
- Fresh ginger root – 1 tbsp., minced
- Garlic cloves – 3, minced
- Scallions – ⅓ C., cut up

Procedure:

1. Put the shrimp and cornstarch into a medium-sized basin and toss to incorporate.
2. Put the orange juice, honey and vinegar into a small-sized basin and whisk to incorporate.
3. Sizzle oil into a large-sized anti-sticking wok on the burner at medium-high heat.
4. Cook the ginger and garlic for around 30-40 seconds.
5. Put in shrimp mixture and stir-fry for around 3 minutes.
6. Blend in juice mixture and scallions and cook for around 2 minutes, stirring frequently.
7. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
240	8.8	15.9	24.1

Honey Walnut Shrimp



Prep Time: 15 mins.



Cooking Time: 5 mins.



Servings: 4 individuals



Ingredients Required:

- Shrimp – 1 lb., peeled & deveined
- Honey – 1 tbsp.
- Olive oil – 1 tbsp.
- Reduced-fat mayonnaise – 2½ tbsp.
- Lemon juice – 1 tbsp., freshly squeezed
- Powdered black pepper – as desired
- Salt – 1 pinch
- Scallions – ½ C., sliced
- Unsalted walnuts – ½ C., cut up

Procedure:

1. Put the shrimp, honey, and oil together into a basin and toss to incorporate.
2. Sizzle an anti-sticking wok on the burner at around medium-high heat.
3. Cook the shrimp mixture for around 4-5 minutes, stirring occasionally.
4. Blend in remnant ingredients and take off from the burner.
5. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
338	20	11.4	25

Shrimp & Veggie Casserole



Prep Time: 15 mins.



Cooking Time: 50 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil baking spray
- Onions – ¼ C., sliced
- Medium-sized zucchini – 1, sliced
- Medium-sized yellow squash – 1, sliced
- Shrimp – ¾ lb., peeled & deveined
- Large-sized tomato – 1, sliced
- Jalapeño pepper – 1, sliced
- Unsweetened coconut milk – ⅓ C.
- Large-sized egg whites – 4
- Olive oil – 1 tbsp.
- Garlic cloves – 2, minced
- Arrowroot starch – 2 tbsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Reduced-fat parmesan cheese – ½ C., grated
- Red pepper flakes – ½ tsp., crushed
- Fresh cilantro, cut up

Procedure:

1. For preheating, set your oven at 350 °F.
2. Spray a large-sized cast-iron wok with baking spray and sizzle on the burner at medium heat.
3. Cook the onion, zucchini, and yellow squash for 3-5 minutes.
4. Take off from the burner and blend in tomato and jalapeño pepper.
5. Put in shrimp and lightly submerge in veggie mixture.
6. Put the coconut milk, egg whites, oil, garlic, arrowroot starch, salt, and pepper into a small basin and whisk to incorporate.
7. Put the oil mixture over the shrimp mixture and sprinkle with parmesan cheese, followed by red pepper flakes.
8. Bake for around 35-45 minutes.
9. Take off from oven and set aside for around 5 minutes before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
240	9	8	20

Shrimp & Scallop with Veggies



Prep Time: 15 mins.



Cooking Time: 3 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil – 2 tbsp., divided
- Fresh asparagus – 1 lb., trimmed & cut into 2-inch pieces
- Fresh mushrooms – 2 C., sliced
- Small-sized onion – 1, sliced
- Shrimp – 8 oz., peeled & deveined
- Sea scallops – 8 oz., side muscles removed
- Garlic cloves – 2, minced
- Dried parsley – 1 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Lemon juice – 3 tbsp., freshly squeezed

Procedure:

1. Sizzle 1 tbsp. of oil into a large-sized wok on the burner at around medium heat.
2. Cook the asparagus, mushrooms, and onion for 5-7 minutes.
3. Transfer the veggies onto a plate.
4. Sizzle remnant oil into the same wok on the burner at around medium heat.
5. Cook the shrimp and scallops for around 2 minutes.
6. Blend in garlic, parsley, salt, and pepper and cook for around 1 minute.
7. Blend in cooked vegetables and lemon juice and cook for 2-3 minutes.
8. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
213	7	12	28

Crab Pasta



Prep Time:
15 mins.



Cooking Time:
22 mins.



Servings:
8 individuals



Ingredients Required:

- Whole-wheat pasta – 1 lb.
- Olive oil – ¼ C.
- Crabmeat – 1 (6-oz.) can, drained & flaked
- Tomatoes – 15 oz., finely cut up
- Red pepper flakes – 1 tsp., crushed
- Salt – 1 pinch
- Powdered black pepper – as desired
- Fresh parsley – ¼ C., cut up

Procedure:

1. Cook the pasta in a large pot of boiling water for 8-10 minutes.
2. Drain the pasta thoroughly.
3. Sizzle oil into a large-sized wok on the burner at around medium heat.
4. Cook the crabmeat, tomatoes, red pepper flakes, salt, and pepper for around 10 minutes.
5. Blend in cooked pasta and toss to incorporate.
6. Cook for around 1-2 minutes.
7. Blend in parsley and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
357	17.4	33.6	22

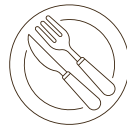
Scallops in Herb Sauce



Prep Time:
15 mins.



Cooking Time:
15 mins.



Servings:
6 individuals



Ingredients Required:

- Olive oil – 3 tbsp.
- Onions – ¼ C., cut up
- Bay leaf – 1
- Fresh thyme sprigs – 3, cut up
- Fresh parsley sprigs – 3, cut up
- Salt-free chicken broth – ¼ C.
- Sea scallops – 1½ lb., side muscles removed
- Lemon zest – 1 tsp., finely grated
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Sizzle oil into a large-sized wok on the burner at around medium-high heat.
2. Cook the onion for around 4-5 minutes.
3. Blend in bay leaf, herbs sprigs, and broth, and turn the heat to medium-high.
4. Cook for around 4-5 minutes.
5. Blend in scallops and cook for around 4-5 min.
6. Blend in lemon zest, salt, and pepper, and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
223	6.1	24.9	16.6

Poultry & Meat Recipes



Chicken Sandwich



Prep Time:
15 mins.



Servings:
2 individuals



Ingredients Required:

- Medium-sized avocado – ½, peel removed, pitted & mashed
- Multi-grain bread slices – 4, toasted
- Salt-free cooked chicken – 6 oz., sliced
- Small-sized tomato – 1, sliced
- Small-sized cucumber – ½, sliced

Procedure:

1. Spread mashed avocado spread onto 2 bread slices.
2. Top each with chicken, tomato, and cucumber.
3. Cover with remnant bread slices.
4. Cut each sandwich in half and enjoy.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
347	12	28	31

Turkey Kale Wraps



Prep Time:
15 mins.



Servings:
2 individuals



Ingredients Required:

- Sugar-free cranberry sauce – 2 tbsp.
- Dijon mustard – 2 tsp.
- Large-sized kale leaves – 4
- Salt-free cooked turkey – 5 oz., sliced
- Small-sized onion – ¼, cut into thin slices
- Large-sized pear – 1, cored & cut into thin slices

Procedure:

1. Put the cranberry sauce and mustard into a small basin and blend to incorporate.
2. Spread the sauce mixture over each kale leaf.
3. Top each with turkey, onion, and pear slices.
4. Carefully roll each leaf into a wrap.
5. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
253	1.7	38.3	22.8

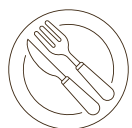
Herbed Chicken Breasts



Prep Time: 10 mins.



Cooking Time: 17 mins.



Servings: 4 individuals



Ingredients Required:

- Boneless & skinless chicken thighs – 4 (4-oz.)
- Dried thyme – ½ tsp.
- Dried rosemary – ½ tsp.
- Dried oregano – ½ tsp.
- Dried parsley – ½ tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. For preheating, set your oven to 400 °F.
2. Line a baking tray with bakery paper.
3. Put the chicken breasts, dried herbs, salt, and pepper into a bowl and toss to incorporate.
4. Arrange the chicken breasts onto the baking tray.
5. Bake for around 15-17 minutes.
6. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
167	5	0	3

Chicken & Veggies Bake



Prep Time: 15 mins.



Cooking Time: 1 hr.



Servings: 8 individuals



Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
306	18.3	7	27.9

Ingredients Required:

- Olive oil – 1 tbsp.
- Boneless & skinless chicken thighs – 2 lb., cut into 3-inch pieces
- Pearl onions – 15-20, peel removed
- Fresh mushrooms – 8 oz., sliced
- Celery stalks – 2, cut up
- Medium-sized carrots – 2, peel removed & cut up
- Garlic cloves – 6, minced
- Salt-free tomato paste – 2 tbsp.
- Dried thyme – 1 tsp.
- Dried rosemary – 1 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Salt-free chicken broth – 2½ C.
- Balsamic vinegar – ⅓ C.
- Fresh parsley – ¼ C., cut up

Procedure:

1. For preheating, set your oven at 350 °F.
2. Sizzle oil into a large-sized Dutch oven on the burner at medium-high heat.
3. Cook the chicken pieces for around 5 minutes.
4. Transfer the chicken pieces onto a plate.
5. Put in pearl onions, mushrooms, celery, and carrots, and cook for 3-4 minutes.
6. Blend in the garlic, tomato paste, dried herbs, salt, and pepper, and cook for around 1 minute.
7. Put in cooked chicken, broth, and vinegar, and turn the heat around high.
8. Cook the mixture until boiling.
9. Take off from burner and cover the pot with its lid.
10. Transfer the pot to the oven.
11. Bake for around 30 minutes.
12. Take off the lid and immediately set your oven at 400 °F.
13. Bake for around 10-15 minutes.
14. Take off from the oven and blend in parsley.
15. Enjoy right away.

Chicken with Quinoa & Edamame



Prep Time: 15 mins.



Cooking Time: 1 hr. 10 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil – 1 tbsp.
- Small-sized onion – 1, cut up
- Boneless & skinless chicken breasts – 2 lb., cubed
- Powdered turmeric – 1/2 tsp.
- Powdered cumin – 1/2 tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Salt-free chicken broth – 4 C.
- White quinoa – 2 C., rinsed
- Garlic cloves – 2, halved
- Fresh dill bunch – 1, minced
- Fresh parsley bunch – 1, minced
- Fresh chives bunch – 1, minced
- Frozen edamame – 2 C., shelled

Procedure:

1. Sizzle oil into a large-sized pot on a burner at around medium heat.
2. Cook the onion for around 4-5 minutes.
3. Add chicken, spices, salt, and pepper, and cook for 4-5 minutes.
4. Put in broth and turn the heat at around a high.
5. Cook the mixture until boiling.
6. Turn the heat to around low.
7. Cook for around 20-25 minutes.
8. Put in quinoa, edamame, garlic, and fresh herbs, and turn the heat around a high.
9. Cook the mixture until boiling.
10. Turn the heat to around low.
11. Cook for around 20-25 minutes.
12. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
338	8	23	44

Chicken & Broccoli Bake



Prep Time: 10 mins.



Cooking Time: 20 mins.



Servings: 4 individuals



Ingredients Required:

- Broccoli florets – 8 C.
- Cherry tomatoes – 2 C.
- Olive oil – 3 tbsp., divided
- Salt – 1 pinch
- Powdered black pepper – as desired
- Boneless & skinless chicken breasts – 6 (4-oz.)
- Salt-free lemon pepper seasoning – 1 tsp.

Procedure:

1. For preheating, set your oven at 425 °F.
2. Put the broccoli, tomatoes, 2 tbsp. of oil, salt, and pepper into a large-sized basin and toss to incorporate.
3. Brush the chicken breasts with the remnant. Oil and then sprinkle with lemon pepper seasoning.
4. Arrange the chicken breasts onto a rimmed baking tray.
5. Bake for around 10 minutes.
6. Take off from oven and carefully arrange the broccoli and tomatoes around the chicken breasts.
7. Onto the other side of the pan.
8. Bake for around 15-18 minutes.
9. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
302	15	11.3	29.1

White Chicken Chili



Prep Time: 15 mins.



Cooking Time: 30 mins.



Servings: 6 individuals



Ingredients Required:

- Salt-free cooked great northern beans – 30 oz., divided
- Olive oil – 1 tbsp.
- Boneless & skinless chicken thighs – 1 lb., cut into bite-sized pieces
- Powdered cumin – 1 tsp.
- Salt – 1 pinch, divided
- Onions – 1½ C., cut up
- Garlic cloves – 5, cut up
- Cut up green chiles – 2 (4-oz.) cans undrained
- Salt-free chicken broth – 2 C.
- Lime juice – 1 tbsp., freshly squeezed
- Fresh cilantro – ½ C.

Procedure:

1. Place half of the beans into a small-sized basin, and with a potato masher, mash thoroughly.
2. Sizzle oil into a large-sized, heavy-bottomed pot on a burner at around high heat.
3. Cook the chicken pieces with cumin and salt for around 5 minutes.
4. Put in onions and garlic and cook for around 3-5 minutes.
5. Put in mashed beans, remnant beans, green chilies, and broth, and turn the heat around high.
6. Cook the mixture until boiling.
7. Turn the heat to around medium-low.
8. Cook for around 10-15 minutes.
9. Blend in lime juice and take off from the burner.
10. Enjoy right away with the garnishing of cilantro.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
293	8.2	28	24.5

Turkey with Veggies



Prep Time: 15 mins.



Cooking Time: 15 mins.



Servings: 4 individuals



Ingredients Required:

- Boneless turkey breast – 12 oz., cut into thin slices
- Garlic cloves – 4, minced
- Carrot – 1 C., peel removed & thinly sliced
- Cabbage – 1 C., cut into 2-inch pieces.
- Broccoli – 1 C., cut into 2-inch pieces.
- Onions – ½ C., sliced
- Baby corn – 5-6, cut in half
- Olive oil – 2 tbsp.
- Salt-free chicken broth – ¼ C.
- Lime juice – 2 tbsp., freshly squeezed
- Pure maple syrup – 2 tsp.
- Salt – 1
- Powdered white pepper – as desired

Procedure:

1. Sizzle oil into a large-sized wok on the burner at around medium-high heat.
2. Cook the turkey slices and garlic for around 3-5 minutes.
3. Put in vegetables and corn and cook for around 3-5 minutes.
4. Blend in remnant ingredients and cook for around 3-5 minutes.
5. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
192	9.4	16.5	17.5

Ground Turkey Chili



Prep Time: 15 mins.



Cooking Time: 55 mins.



Servings: 6 individuals



Ingredients Required:

- Olive oil – 2 tsp.
- Medium-sized onion – 1, cut up
- Medium-sized bell pepper – 1, cut up
- Garlic cloves – 3, minced
- Extra-lean ground turkey – 1 lb.
- Dried oregano – 1 tsp.
- Red chili powder – 2 tbsp.
- Powdered cumin – 2 tsp.
- Cayenne pepper powder – ¼ tsp.
- Salt-free cooked red kidney beans – 30 oz.
- Frozen corn – 15 oz., thawed
- Tomatoes – 5 C., crushed
- Salt-free chicken broth – 1¼ C.
- Salt – 1
- Powdered white pepper – as desired
- Fresh cilantro – ¼ C.

Procedure:

1. Sizzle oil into a large-sized pot on a burner at around medium-high heat.
2. Cook the onion, bell pepper, and garlic for 5-7 minutes.
3. Put in ground turkey and cook for around 5-7 minutes.
4. Add in oregano and spices and cook for around 1 minute.
5. Blend in beans, corn, tomatoes and, broth, kidney beans, corn, and turn the heat around high.
6. Cook the mixture until boiling.
7. Turn the heat to around low.
8. Cook for around 30-35 minutes.
9. Blend in salt and pepper and take off from burner.
10. Garnish with cilantro, and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
336	3.7	46.7	31.8

Turkey Meatloaf



Prep Time: 15 mins.



Cooking Time: 1 hr.



Servings: 6 individuals



Ingredients Required:

- Olive oil baking spray
- Whole-grain bread slice – 1
- Sugar-free ketchup – $\frac{1}{3}$ C., divided
- Extra-lean ground turkey – 1 lb.
- Onions – $\frac{1}{2}$ C., cut up
- Roasted red pepper – $\frac{1}{4}$ C., cut up
- Boiled broccoli florets – $\frac{1}{2}$ C., cut up
- Dried basil – 1 tsp.
- Fresh parsley – $\frac{1}{3}$ C., cut up
- Powdered black pepper – as desired
- Unsweetened almond milk – 2 tbsp.
- Dijon mustard – 1 tbsp.
- Medium-sized egg whites – 2

Procedure:

1. For preheating, set your oven at 350 °F.
2. Spray a loaf pan with baking spray.
3. Put the bread slice into an electric food processor and process to form a breadcrumb-like mixture.
4. Put the crumbed bread slice, 1 tbsp. of ketchup and remnant ingredients into a large basin and blend to incorporate thoroughly.
5. Put the meat mixture into the loaf pan and press to smooth the top surface.
6. Brush the top with remnant ketchup.
7. Bake for around 1 hour.
8. Take off from oven and set the loaf pan aside for around 10 minutes.
9. Cut the loaf into slices and enjoy.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
178	4	10	20

Beef Shawarma



Prep Time: 15 mins.



Cooking Time: 10 mins.



Servings: 8 individuals



Ingredients Required:

- Olive oil – ¼ C.
- Balsamic vinegar – 2 tbsp.
- Lemon juice – 2 tbsp., freshly squeezed
- Lemon zest – 1 tsp., grated
- Paprika – 1 tsp.
- Cayenne pepper powder – ½ tsp.
- Powdered cumin – 1 tsp.
- Powdered coriander – 1 tsp.
- Powdered turmeric – ½ tsp.
- Powdered cinnamon – ½ tsp.
- Flank steak – 1½ lb., trimmed & very thinly sliced
- Salt – 1 pinch
- Powdered black pepper – as desired
- Medium-sized onion – 1, sliced
- Garlic cloves – 4, minced
- Whole-wheat pita breads – 4, halved
- Large-sized tomatoes – 2, cut up
- Medium-sized cucumbers – 2, cut up

Procedure:

1. Put the oil, vinegar, lemon juice, zest and spices into a large-sized basin and whisk to incorporate.
2. Put in steak slices, onion and garlic and coat with mixture generously.
3. Cover and refrigerate for around 2 hours.
4. Sizzle a large-sized cast-iron wok on the burner at around high heat.
5. Cook the steak slices and onion for around 8-10 minutes.
6. Take off from burner and transfer the steak slices into a basin.
7. Open each pita pocket with steak mixture, tomato, and cucumber pieces.
8. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
266	13.3	27.8	18.9

Steak & Veggies Bake



Prep Time: 15 mins.



Cooking Time: 20 mins.



Servings: 4 individuals



Ingredients Required:

- Boneless flank steak – 12 oz., trimmed & cut into 1-inch thick slices
- Olive oil – 2 tsp.
- Salt-free steak seasoning – ½ tsp.
- Garlic cloves – 2, minced
- Salt – 1 pinch
- Broccoli – 6 oz., trimmed
- Frozen green peas – 2 C.
- Fresh thyme – 1 tsp., cut up
- Fresh mushrooms – 3 C., sliced
- Salt-free chicken broth – 1 C.
- Whole-grain mustard – 1 tbsp.
- Cornstarch – 2 tsp.

Procedure:

1. For preheating, set your oven at 350 °F.
2. Sizzle oil into a cast-iron wok on the burner at around medium-high heat.
3. Cook the steak, broccoli, seasoning, and garlic for around 4 minutes.
4. Arrange the green peas around the steak and sprinkle the top with thyme.
5. Immediately transfer the wok into the oven.
6. Bake for around 8 minutes.
7. Take off from oven and with a slotted spoon, transfer the steak and vegetables onto a plate.
8. With a piece of heavy-duty foil, cover the plate to keep warm.
9. Put the mushrooms into the same wok with drippings on the burner at medium-high heat.
10. Cook for around 4-5 minutes, stirring from time to time.
11. In the meantime, put the broth, mustard, cornstarch, and salt into a small-sized basin and whisk to incorporate.
12. Put the broth mixture into the wok and cook for 2-3 minutes, stirring constantly.
13. Pour the mushroom sauce over the steak mixture and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
231	7	18	26

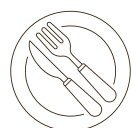
Ground Beef with Macaroni



Prep Time: 10 mins.



Cooking Time: 30 mins.



Servings: 4 individuals



Ingredients Required:

- Whole-wheat macaroni – 2 C.
- Olive oil – 1 tbsp.
- Extra-lean ground beef – 1 lb.
- Medium-sized onion – 1, cut up
- Tomatoes – 4 C., finely cut up
- Red pepper flakes – $\frac{1}{4}$ tsp., crushed
- Fresh parsley – $\frac{1}{4}$ C., cut up
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Sizzle oil into a large-sized wok on the burner at around medium-high heat.
2. Cook the ground beef for around 4-5 minutes.
3. Blend in onions and turn the heat at around medium.
4. Cook for around 4-5 minutes.
5. Blend in tomatoes and red pepper flakes and turn the heat around medium.
6. Cook for around 10-15 minutes.
7. In the meantime, cook the macaroni in a large pot of boiling water for around 8-10 minutes.
8. Drain the macaroni, reserving $\frac{1}{4}$ C. of cooking liquid.
9. Put the macaroni and reserved cooking liquid and cook for around 5 minutes.
10. Blend in parsley, salt, and pepper, and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
377	9	40	39

Ground Beef with Cabbage



Prep Time: 15 mins.



Cooking Time: 30 mins.



Servings: 4 individuals



Ingredients Required:

- Olive oil – 1 tbsp.
- Extra-lean ground beef – 1 lb.
- Onions – 1 C., sliced
- Tomatoes – 2 C., cut up
- Cabbage – 3 C., cut up
- Cayenne pepper powder – ¼ tsp.
- Powdered cinnamon – ¼ tsp.
- Powdered cumin – ¼ tsp.
- Powdered coriander – ¼ tsp.
- Water – ½ C.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. Sizzle oil into a large-sized wok on the burner at around medium heat.
2. Cook the ground beef and onions for around 6-7 minutes.
3. Put in tomatoes and cook for around 2-3 minutes.
4. Put in cabbage, spices, and water, and reduce the heat.
5. Cook with the cover for around 15-20 minutes.
6. Blend in salt and pepper, and enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
191	5	5	25

Beef Meatball Kabobs



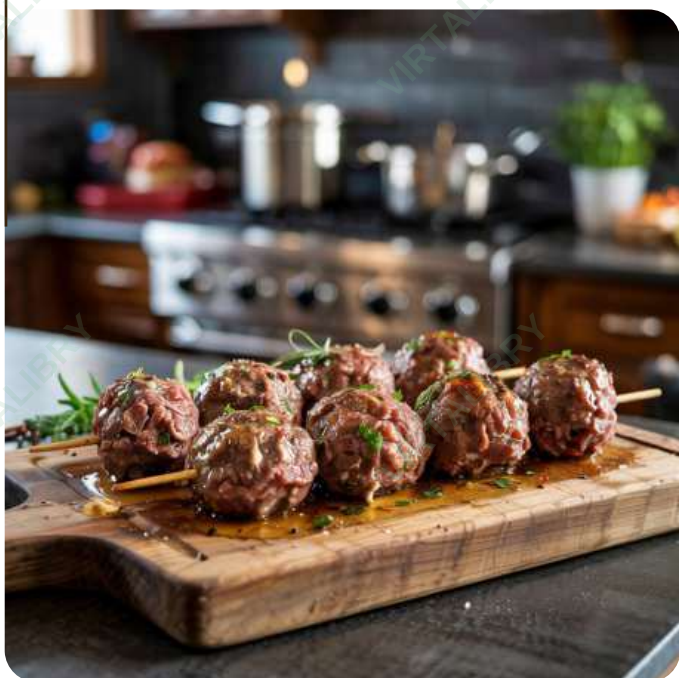
Prep Time: 15 mins.



Cooking Time: 14 mins.



Servings: 6 individuals



Ingredients Required:

- Olive oil baking spray
- Medium-sized onion – 1, roughly cut up
- Lemongrass – ½ C., roughly cut up
- Garlic cloves – 2, roughly cut up
- Extra-lean ground beef – 1½ lb.
- Olive oil – 2 tsp.
- Arrowroot starch – 1 tbsp.
- Powdered stevia – ⅛ tsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. For preheating, set your grill to medium-high heat.
2. Spray the grill grate with baking spray.
3. Put the onion, lemongrass and garlic into an electric food processor and process to finely cut up.
4. Transfer the onion mixture into a large-sized basin.
5. Put in remnant ingredients and blend to incorporate.
6. Make equal-sized balls from the meat mixture.
7. Thread the balls onto the pre-soaked wooden skewers.
8. Arrange the skewers onto the grill.
9. Cook for around 6-7 minutes per side.
10. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
282	13.4	7.1	34.1

Snack & Dessert Recipes



Cherry & Blueberry Smoothie



Prep Time:
10 mins.



Servings:
2 individuals



Ingredients Required:

- Frozen blueberries – 1 C.
- Frozen cherries – 1 C., pitted
- Small-sized banana – 1, peel removed & sliced
- Unsweetened almond milk – 1½ C.

Procedure:

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

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
357	17.4	33.6	22

Strawberry Chips



Prep Time:
10 mins.



Cooking Time:
4 hr.



Servings:
3 individuals



Ingredients Required:

- Fresh strawberries – 1 lb., hulled & sliced lengthwise (¼ to ¾ inch)

Procedure:

1. For preheating, set your oven at 200 °F.
2. Line a rimmed baking tray with a silicone baking mat.
3. Arrange the strawberry slices onto the baking tray.
4. Bake for around 4 hours, flipping once half-way through.
5. Take off from oven and set aside to cool thoroughly before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
46	0	11	1

Strawberry & Rhubarb Gazpacho



Prep Time: 15 mins.



Cooking Time: 10 mins.



Servings: 4 individuals



Ingredients Required:

- Fresh rhubarb – 4 C., cut into 1/2-inch pieces
- Water – 3 C.
- Fresh strawberries – 1 1/2 C., hulled & sliced
- Pure maple syrup – 3 tbsp.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Fresh mint leaves – 1/3 C., cut up

Procedure:

1. Put the rhubarb and water into a large-sized pot on a burner at around high heat.
2. Cook the mixture until boiling.
3. Turn the heat to around medium.
4. Cook for around 5 minutes.
5. Transfer the rhubarb mixture into a medium-sized basin.
6. Set aside to cool slightly.
7. Refrigerate for at least 20 minutes.
8. Transfer the rhubarb, strawberries, maple syrup, salt, and pepper into an electric blender and process to form a smooth mixture.
9. Transfer the mixture into a basin and blend in mint.
10. Refrigerate to chill before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
95	1	23	2

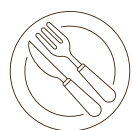
Mango Leather



Prep Time: 15 mins.



Cooking Time: 6 hrs. 25 mins.



Servings: 6 individuals



Ingredients Required:

- Large-sized mangoes – 3, peel removed, pitted & cut up
- Water – $\frac{1}{2}$ C.
- Lemon juice – 1 tsp., freshly squeezed

Procedure:

1. For preheating, set your oven at 200 °F.
2. Line a large-sized rimmed baking tray with bakery paper.
3. Put the mangoes, water, and lemon juice into an electric blender and process to form a smooth mixture.
4. Transfer the mixture into a medium-sized pot on a burner at around medium heat.
5. Cook the mixture until boiling, stirring frequently.
6. Turn the heat to around low.
7. Cook, partially covered, for around 20 minutes.
8. Take off from burner and transfer the mango mixture onto the baking tray.
9. With a spatula, spread the mixture into a 1/8-inch thick rectangle.
10. Bake for around 4-6 hours.
11. Take off from the burner and set aside to cool thoroughly.
12. Transfer the fruit leather onto a piece of wax paper.
13. Roll the fruit leather into a long cylinder.
14. With a knife, cut into 2-inch wide strips and enjoy.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
87	1	22	1

Quinoa, Rice & Seeds Crackers



Prep Time: 15 mins.



Cooking Time: 30 mins.



Servings: 24 individuals



Ingredients Required:

- Salt-free cooked brown rice – 1 C., cooled
- Salt-free cooked quinoa – 1 C., cooled
- Sesame seeds – ¼ C.
- Flaxseeds – ¼ C.
- Sunflower seeds – ¼ C.
- Water – 3-4 tbsp.
- Salt – 1 pinch
- Powdered black pepper – as desired

Procedure:

1. For preheating, arrange two racks in the upper and lower sections of the oven.
2. Set your oven to 350 °F.
3. Put the rice, quinoa, sesame seeds, flaxseeds, sunflower seeds, water, salt and pepper into an electric food processor and process to form a sticky dough ball.
4. Divide the dough into two portions.
5. Place 1 dough portion between 2 sheets of bakery paper.
6. With a rolling pin, roll the dough into a thin layer.
7. Take off the top sheet of bakery paper.
8. Arrange the dough with bakery paper onto a baking tray.
9. Repeat with the remnant dough portion.
10. Bake for around 15 minutes.
11. Switch the position of the baking trays and bake for around 12-15 minutes.
12. Take off from oven and carefully break into crackers.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
48	3	5	2

Oats, Almond & Seeds Bars



Prep Time:
15 mins.



Servings:
16 individuals



Ingredients Required:

- Wheat germ – 1/3 C.
- Almond butter – 1/2 C.
- Unsweetened applesauce – 3 tbsp.
- Pure maple syrup – 3 tbsp.
- Large-sized flake oats – 1 1/2 C.
- Dried unsweetened cherries – 1/3 C.
- Unsalted almonds – 1/4 C., sliced
- Flaxseed meal – 1/4 C.
- Sunflower seeds – 1/4 C.

Procedure:

1. Line an 8-inch square baking pan with bakery paper.
2. Sizzle a dry anti-sticking wok on the burner at around medium heat.
3. Toast the oat bran for around 3 minutes, stirring all the time.
4. Take off from the burner and set aside.
5. Put the almond butter, applesauce, and maple syrup into a large-sized basin and blend to incorporate.
6. Put in toasted oat bran, oats, cherries, almonds, flaxseed and sunflower seeds and blend to incorporate.
7. Put the mixture into the baking pan and with your hands, press to smooth the surface.
8. Freeze for around 2 hours.
9. Take off from freezer & cut into bars.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
120	7	13	4

Brussels Sprout Chips



Prep Time:
10 mins.



Cooking Time:
10 mins.



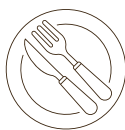
Servings:
2 individuals



Watermelon & Banana Sorbet



Prep Time:
10 mins.



Servings:
4 individuals



Ingredients Required:

- Brussels sprout leaves – 2 C.
- Olive oil – 2 tbsp.
- Salt – 1 pinch

Procedure:

1. For preheating, set your oven at 350 °F.
2. Line two large-sized baking trays with bakery paper.
3. Put the Brussels sprout leaves, oil, and salt into a large basin and toss to incorporate.
4. Divide the leaves onto the baking trays and arrange them in a single layer.
5. Bake for around 8-10 minutes.
6. Take off from oven and set aside to cool thoroughly before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
169	15	8	3

Ingredients Required:

- Frozen seedless watermelon chunks – 6 C.
- Frozen banana slices – 1½ C.
- Pure maple syrup – 1 tbsp.
- Lemon juice – 1 tbsp., freshly squeezed

Procedure:

1. Put the frozen fruit pieces, maple syrup, and lemon juice into an electric blender and process to form a smooth mixture.
2. Transfer the mixture to an airtight freezer-safe container and freeze for around 2-3 hours before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
133	1	34	2

Onion Rings



Prep Time: 15 mins.



Cooking Time: 20 mins.



Servings: 4 individuals



Ingredients Required:

- Whole-wheat flour – ½ C.
- Salt – 1 pinch
- Powdered black pepper – as desired
- Water – ½ C.
- Whole-wheat breadcrumbs – 1 C.
- Large-sized Vidalia onion – 1, sliced into ½-inch-thick rings

Procedure:

1. For preheating, set your oven at 425 °F.
2. Line a baking tray with bakery paper.
3. Put the flour, salt, and pepper into a medium-sized basin and whisk to incorporate.
4. Slowly put in water and whisk to incorporate.
5. Put the bread crumbs into a shallow dish.
6. Dip the onion ring into the flour mixture and then coat with breadcrumbs.
7. Arrange the onion ring onto the baking tray.
8. Bake for around 15-20 minutes.
9. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
187	1.9	37	6.4

Raspberry Yogurt Bark



Prep Time:
15 mins.



Servings:
16 individuals



Ingredients Required:

- Reduced-fat plain Greek yogurt – 3 C.
- Honey – ¼ C.
- Lemon juice – 2 tbsp., freshly squeezed
- Organic vanilla extract – 1 tsp.
- Fresh raspberries – 6 oz., halved lengthwise
- Lemon zest – 1 tsp., finely grated

Procedure:

1. Line a large-sized rimmed baking tray with bakery paper.
2. Put the yogurt, honey, lemon juice, and vanilla extract into a medium-sized basin and blend to incorporate.
3. Place the yogurt mixture on the baking tray and shape it into a 10x15-inch rectangle.
4. Spread the raspberries on top and sprinkle with lemon zest.
5. Freeze for at least 3 hours.
6. Take off from the freezer & cut the bark into small pieces.
7. Enjoy right away.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
69	3	8	5

Fruity Chocolate Ice Cream



Prep Time:
15 mins.



Servings:
4 individuals



Ingredients Required:

- Fresh strawberries – 2 C., hulled & cut up
- Frozen banana slices – 3½ C.
- Unsweetened almond milk – 2 tbsp.
- Cacao powder – ¼ C.

Procedure:

1. Put the strawberries into a small-sized basin and, with a potato masher, mash them into small-sized chunks.
2. Transfer the mashed strawberries to a fine-mesh strainer and set aside to drain any liquid.
3. Put the banana slices, almond milk, and cacao powder into an electric food processor and process to form a smooth mixture.
4. Transfer the banana mixture into a medium-sized basin and blend in drained strawberries.
5. Transfer the mixture to an airtight freezer-safe container and freeze for around 4-8 hours before enjoying.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
128	1	30	35

Poached Peaches



Prep Time:
10 mins.



Cooking Time:
20 mins.



Servings:
4 individuals



Ingredients Required:

- Water – 1 C.
- Erythritol – ½ C.
- Vanilla bean – 1, split & scraped
- Large-sized peaches – 4, pitted and quartered

Procedure:

1. Put the water, Erythritol, and vanilla bean into a pot on burner at around low heat and blend to incorporate.
2. Cook for around 10 minutes, stirring frequently.
3. Blend in peach pieces and cook for around 5 minutes.
4. Enjoy moderately hot.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
156	0.5	35	1.5

Beans & Walnut Brownies



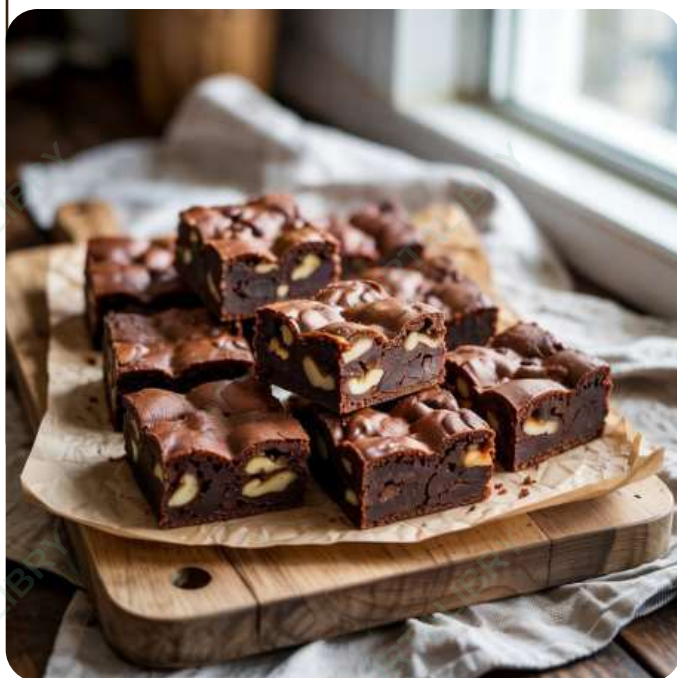
Prep Time: 15 mins.



Cooking Time: 22 mins.



Servings: 16 individuals



Ingredients Required:

- Salt-free cooked white kidney beans – 19 oz.
- Erythritol – $\frac{2}{3}$ C.
- Medium-sized egg whites – 2
- Unsweetened almond milk – $\frac{1}{2}$ C.
- Salt-free margarine – $\frac{1}{4}$ C., melted
- Organic vanilla extract – 1 tbsp.
- Whole-wheat flour – $\frac{1}{2}$ C.
- Cacao powder – $\frac{1}{2}$ C.
- Wheat germ – $\frac{1}{3}$ C.
- Baking powder – 1 tsp.
- Unsalted walnuts – $\frac{1}{3}$ C., cut up

Procedure:

1. For preheating, set your oven at 350 °F.
2. Line a large-sized baking pan with bakery paper.
3. Put the beans into an electric food processor and process to cut up.
4. Put in Erythritol, egg whites, almond milk, margarine, and vanilla extract and process to form a smooth mixture.
5. Put the flour, cacao powder, wheat germ, and baking powder into a large-sized basin and whisk to incorporate.
6. Lightly blend in walnuts.
7. Put in the bean mixture and blend to incorporate. Blend in walnuts and blend to incorporate.
8. Put the brownie mixture into the baking pan and smooth the top surface with the back of a spatula.
9. Bake for around 22 minutes.
10. Take off the baking pan of brownies from the oven and put them onto a cooling metal rack to cool thoroughly.
11. Cut the brownie into equal-sized squares and enjoy.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
137	5	20	4

Strawberry & Rhubarb Crisp



Prep Time: 15 mins.



Cooking Time: 45 mins.



Servings: 8 individuals



Ingredients Required:

For the Topping:

- Gluten-free old-fashioned oats – 1 C.
- Almond flour – ½ C.
- Erythritol – ⅓ C.
- Salt – 1 pinch
- Salt-free margarine – ¼ C., melted
- Reduced-fat plain Greek yogurt – 3 tbsp.

For the Filling:

- Fresh strawberries – 1 lb., hulled & sliced
- Rhubarb – 1 lb., cut into ½-inch pieces
- Honey – ⅓ C.
- Arrowroot starch – 3 tbsp.
- Lemon juice – 2 tbsp., freshly squeezed

Procedure:

1. For preheating, set your oven at 350 °F.
2. For the topping, put the oats, almond flour, Erythritol, and salt into a medium-sized basin and blend to incorporate.
3. Put in margarine and yogurt and blend to incorporate.
4. Put the strawberries, rhubarb, honey, arrowroot, and lemon juice into a 9-inch square baking pan and blend to incorporate.
5. Sprinkle the top with the topping mixture.
6. Bake for around 40-45 minutes.
7. Enjoy moderately hot.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
247	11.5	34.3	4.9

Stuffed Apples



Prep Time: 15 mins.



Cooking Time: 1 hr.



Servings: 6 individuals



Ingredients Required:

- Dried unsweetened cherries – $\frac{1}{3}$ C., roughly cut up
- Unsalted almonds – 3 tbsp., cut up
- Wheat germ – 1 tbsp.
- Brown sugar – 1 tbsp.
- Powdered cinnamon – $\frac{1}{2}$ tsp.
- Powdered nutmeg – $\frac{1}{8}$ tsp.
- Small-sized apples – 6, cored
- Apple juice – $\frac{1}{2}$ C., freshly squeezed
- Water – $\frac{1}{4}$ C.
- Honey – 2 tbsp.
- Olive oil – 2 tsp.

Procedure:

1. For preheating, set your oven at 350 °F.
2. Put the cherries, almonds, wheat germ, brown sugar, cinnamon and nutmeg into a small-sized basin and toss to incorporate.
3. With a sharp paring knife, remove each apple's core, leaving the bottom $\frac{1}{2}$ -inch of the apples intact.
4. Divide the cherry mixture into apples and gently press the mixture into each cavity.
5. Arrange the apples into a baking pan.
6. Pour the apple juice and water into the baking pan.
7. Drizzle each apple with honey and oil.
8. With a piece of heavy-duty foil, cover the baking pan.
9. Bake for around 50-60 minutes.
10. Enjoy moderately hot.

Nutritional Info:

Calories:	Fats (g):	Carbs (g):	Protein (g):
200	4	39	2

30-Day Meal Plan



Days	Breakfast	Lunch	Dinner
Day 1	Yogurt Granola Bowl	Couscous Salad	Ground Turkey Chili
Day 2	Honey Waffles	Shrimp in Orange Sauce	Chicken & Beans Soup
Day 3	Egg Whites & Tomato Scramble	Stuffed Sweet Potatoes	Paprika Cod
Day 4	Mango Smoothie Bowl	Beef Shawarma	Beans & Pumpkin Chili
Day 5	Tomato Muffins	Zucchini Soup	Steak & Veggies Bake
Day 6	Barley Porridge	Veggie Sandwich	Herbed Chicken Breasts
Day 7	Chicken & Veggie Quiche	Turkey Meatloaf	Buckwheat & Eggplant Casserole
Day 8	Yogurt Cereal Bowl	Roasted Veggie Salad	Cod & Tomato Bake
Day 9	Blueberry Pancakes	Honey Walnut Shrimp	Tofu & Veggie Stew
Day 10	Buckwheat & Seeds Bread	Tofu with Mushrooms	Salmon Curry
Day 11	Raspberry Muesli	Spinach Soup	Chicken & Veggies Bake
Day 12	Beans & Ricotta Toast	Scallops in Herb Sauce	Beans & Pumpkin Chili
Day 13	Veggie Omelet	Chickpeas Salad	Ground Turkey & Beans Soup

Day 14	Breakfast Burritos	Acorn Squash Curry	Shrimp & Veggie Casserole
Day 15	Yogurt Granola Bowl	Beef Meatball Kabobs	Lentil Stew
Day 16	Blueberry Pancakes	Spicy Veggie Salad	Turkey with Veggies
Day 17	Quinoa Porridge	Shrimp Tacos	Shepherd Pie
Day 18	Buckwheat & Seeds Bread	Tomato Soup	Cabbage-Wrapped Salmon
Day 19	Beans & Ricotta Toast Blueberry Pancakes	Scallops Salad	Chickpeas & Rice Casserole
Day 20	Mango Smoothie Bowl	Beans & Rice Salad	Beef & Corn Stew
Day 21	Chicken & Veggie Quiche	Beans & Oat Burgers	Tilapia & Banana Curry
Day 22	Tomato Muffins	Turkey Kale Wraps	Beans & Cabbage Soup
Day 23	Yogurt Cereal Bowl	Butternut Squash Soup	White Chicken Chili
Day 24	Barley Porridge	Tuna English Muffin Sandwich	Lentil Casserole
Day 25	Egg Whites & Tomato Scramble	Corn & Veggie Salad	Chicken & Kale Stew
Day 26	Breakfast Burritos	Veggie Wraps	Ground Beef with Macaroni
Day 27	Raspberry Muesli	Shrimp Salad	Chickpeas Curry
Day 28	Quinoa Porridge	Pasta with Mushrooms	Lemony Salmon
Day 29	Honey Waffles	Chicken Sandwich	Black-Eyed Peas Curry
Day 30	Veggie Omelet	Beans & Corn Salad	Chicken with Quinoa & Edamame

Conclusion

As you reach the end of this cookbook, remember that heart-healthy living is not about restriction; it's about making mindful, balanced choices that support your well-being without compromising taste. The recipes and 30-day meal plan included here are designed to help you build lasting habits, enjoy wholesome meals, and take control of your health one day at a time. Whether you're a beginner or simply looking to refresh your routine, this book is a step toward a healthier, more vibrant life. Let each meal remind you that caring for your heart can be simple and deeply satisfying.