

LOW CARB HIGH PROTEIN COOKBOOK

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INTRODUCTION

Welcome to Low Carb High Protein — a cookbook crafted for real life, real goals, and real food lovers. We live in a world full of extremes when it comes to eating: overly restrictive diets, complicated rules, trendy ingredients that are hard to find, and “healthy” meals that taste like cardboard. This book is here to change that. This is not just a collection of recipes — it’s a toolkit for building a **balanced, energizing, and delicious lifestyle**. Whether you’re trying to lose weight, improve your metabolic health, build lean muscle, reduce inflammation, or simply feel better in your own skin — the principles of low-carb, high-protein eating can be a game-changer.

Why **low carb** and **high protein**?

Because this combination works.

Reducing carbohydrates — especially refined sugars and flours — can help stabilize blood sugar, reduce cravings, and support fat loss.

Increasing protein helps preserve muscle mass, keeps you fuller for longer, and fuels your body’s repair and performance.

And most importantly? It’s sustainable when the food is this good.

In this book, you’ll find **100 easy-to-follow, nutrient-rich recipes** broken down into five categories:

- 🍳 **Breakfasts** – from egg-based classics to protein pancakes and smoothie bowls
- 🍷 **Snacks** – portable, satisfying options to get you through the day
- 🍲 **Main Dishes** – filling, family-friendly meals full of variety
- 🥗 **Salads** – refreshing combinations with flavor and crunch
- 🍰 **Desserts** – guilt-free indulgences made to satisfy your sweet tooth

Every recipe is:

- Naturally **low in carbs**, high in **quality protein**
- Made with **simple ingredients** you can find at any grocery store
- Designed to be **quick** and **practical**, with most meals ready in under 30 minutes
- Balanced to help you stay full, energized, and in control of your nutrition

No extreme diets. No fancy tools. No bland food.

Just real meals that support your health, your time, and your tastebuds.

So whether you’re a busy professional, a student, a parent, or someone rebuilding their relationship with food — this book is your invitation to cook smarter, eat better, and feel your best.

Let’s get cooking — and let every meal bring you one step closer to the strongest version of yourself.

Egg Muffins with Veggies and Bacon

INGREDIENTS:

- 6 large eggs
- 4 slices cooked bacon, chopped
- 1/2 cup diced bell peppers
- 1/2 cup chopped spinach
- 1/4 cup diced onion
- 1/4 tsp salt
- 1/8 tsp black pepper
- Olive oil spray

NUTRITIONAL INFORMATION:

Calories 180 | Protein 12g | Carbs 3g | Fat 13g | Fiber 1g | Cholesterol 195mg

Prep-time: 10-min

Cook-time: 20-min

Serves: 6

DIRECTIONS:

- 1. Preheat the Oven:** Preheat your oven to 180°C (350°F) and lightly grease a 12-cup muffin tin with olive oil spray to prevent sticking.
- 2. Prepare Ingredients:** Finely dice the cooked bacon, bell peppers, and onion. Roughly chop the spinach.
- 3. Mix the Eggs:** In a large bowl, crack the eggs and whisk thoroughly. Add salt and pepper to taste.
- 4. Combine Filling:** Stir the chopped vegetables and bacon into the egg mixture until well combined.
- 5. Pour into Tin:** Divide the mixture evenly among the muffin cups, filling each about ¾ full.
- 6. Bake:** Place in the oven and bake for 18–20 minutes, or until the egg muffins are firm and slightly golden on top.
- 7. Cool and Store:** Let the muffins cool for 5 minutes before removing from the tin. These keep well in the fridge for 4 days and are great for meal prep.

Almond Flour Protein Pancakes

INGREDIENTS:

- 3 large eggs
- 1/2 cup almond flour
- 1 scoop vanilla protein powder
- 1/4 cup unsweetened almond milk
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1 tsp vanilla extract
- Cooking spray or butter for pan
- Calories 290
- Protein 22g
- Carbs 6g
- Fat 20g
- Fiber 3g
- Cholesterol 210mg

NUTRITIONAL INFORMATION:

1/2 tsp cinnamon | 1 tsp vanilla extract | Cooking spray or butter for pan

Prep-time: 5-min

Cook-time: 7-min

Serves: 2

DIRECTIONS:

- 1. Prepare the Batter:** In a medium mixing bowl, whisk together the eggs, almond flour, protein powder, almond milk, baking powder, cinnamon, and vanilla extract until smooth and lump-free.
- 2. Heat the Pan:** Preheat a non-stick skillet or griddle over medium heat and lightly grease it with cooking spray or a bit of butter.
- 3. Pour and Shape:** Pour 2–3 tablespoons of batter onto the hot skillet for each pancake, using the back of a spoon to gently spread the batter into a round shape.
- 4. Cook the First Side:** Let cook for 2–3 minutes, or until bubbles form on the surface and the edges begin to firm up.
- 5. Flip Gently:** Use a thin spatula to carefully flip each pancake. Cook for another 1–2 minutes until golden and cooked through.
- 6. Serve:** Remove from the pan and serve warm with sugar-free syrup, berries, or a dollop of Greek yogurt if desired.

Omelette with Smoked Salmon and Spinach

INGREDIENTS:

- 3 large eggs
- 1/4 cup chopped fresh spinach
- 2 oz smoked salmon, sliced
- 1 tbsp cream cheese
- 1 tbsp chopped chives
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1 tsp olive oil

NUTRITIONAL INFORMATION:

Calories 280 | Protein 21g | Carbs 2g | Fat 20g | Fiber 0g | Cholesterol 210mg

Prep-time: 5-min

Cook-time: 6-min

Serves: 1



BREAKFAST

DIRECTIONS:

- 1. Whisk the Eggs:** In a small bowl, whisk together the eggs with salt and pepper until the mixture is smooth and slightly frothy.
- 2. Prep the Filling:** Chop the spinach and chives, and slice the smoked salmon into bite-sized strips. Set aside the cream cheese at room temperature to soften.
- 3. Heat the Pan:** Add olive oil to a non-stick skillet over medium heat and swirl to coat the surface evenly.
- 4. Cook the Omelette:** Pour in the egg mixture and tilt the pan to spread it out. As the edges begin to set, use a spatula to gently pull them toward the center, letting uncooked egg flow outward.
- 5. Add the Filling:** Once the bottom is set and the top is slightly runny, evenly spread the spinach, salmon, cream cheese, and chives over one half of the omelette.
- 6. Fold and Finish:** Carefully fold the omelette in half, cover with a lid, and let cook for another 1–2 minutes until the center is creamy and warm.

Scrambled Eggs with Feta and Cherry Tomatoes

INGREDIENTS:

- 3 large eggs
- 1/4 cup crumbled feta cheese
- 1/2 cup halved cherry tomatoes
- 1 tbsp chopped fresh parsley
- 1 tbsp milk or cream
- 1 tbsp olive oil
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 260 | Protein 17g | Carbs 4g | Fat 20g | Fiber 1g | Cholesterol 210mg

Prep-time: 5-min

Cook-time: 5-min

Serves: 1



DIRECTIONS:

- 1. Prep Ingredients:** Crack the eggs into a bowl and whisk together with milk, a pinch of salt, and pepper. Slice cherry tomatoes and chop parsley.
- 2. Heat the Pan:** Warm olive oil in a non-stick skillet over medium heat.
- 3. Cook Tomatoes:** Add cherry tomatoes and cook for about 2 minutes until they begin to soften.
- 4. Scramble the Eggs:** Pour in the egg mixture and let it sit for 10 seconds. Stir gently with a spatula, moving the eggs from the edges to the center.
- 5. Add Feta:** When the eggs are nearly set but still creamy, sprinkle in the crumbled feta and gently fold it in.
- 6. Finish Cooking:** Continue to cook for 30–60 seconds, then remove from heat.
- 7. Garnish and Serve:** Top with chopped parsley and serve immediately.



Greek Yogurt with Protein Powder and Berries

INGREDIENTS:

- 1 cup plain Greek yogurt (2%)
- 1 scoop vanilla protein powder
- 1/4 cup fresh blueberries
- 1/4 cup sliced strawberries
- 1 tbsp chia seeds
- 1/2 tsp cinnamon

NUTRITIONAL INFORMATION:

Calories 280 | Protein 30g | Carbs 12g | Fat 8g | Fiber 4g | Cholesterol 15mg

Prep-time: 3-min

Cook-time: 0-min

Serves: 1

DIRECTIONS:

1. Prep Yogurt Base:

In a bowl, combine Greek yogurt with protein powder. Stir thoroughly until fully mixed and smooth.

2. Add Cinnamon:

Sprinkle cinnamon and mix to enhance flavor.

3. Add Toppings:

Gently fold in chia seeds, blueberries, and strawberries.

4. Let Sit (Optional):

For thicker texture, refrigerate for 5–10 minutes to allow chia seeds to swell.

5. Serve:

Enjoy immediately as a refreshing high-protein breakfast or snack.



Poached Eggs on Avocado Seed Toast

INGREDIENTS:

- 2 large eggs
- 1/2 avocado, mashed
- 2 slices low-carb bread
- 1 tsp lemon juice
- Salt
- Pepper
- Red pepper flakes (optional)
- 1 tsp vinegar (for poaching)

NUTRITIONAL INFORMATION:

Calories 320 | Protein 18g | Carbs 8g | Fat 24g | Fiber 6g | Cholesterol 370mg

Prep-time: 5-min

Cook-time: 5-min

Serves: 1

DIRECTIONS:

1. Poach the Eggs: Bring water with vinegar to a simmer in a saucepan. Crack eggs into ramekins, swirl water, and gently drop eggs in. Cook for 3–4 minutes.

2. Toast the Bread: Meanwhile, toast the low-carb bread until golden.

3. Mash the Avocado: In a bowl, mash avocado with lemon juice, salt, and pepper.

4. Assemble: Spread avocado on each toast slice.

5. Top with Eggs: Place a poached egg on top of each toast.

6. Garnish: Sprinkle red pepper flakes and extra salt if desired.

7. Serve: Serve immediately while eggs are warm.

Chia Pudding with Coconut Milk and Protein

INGREDIENTS:

- 3 tbsp chia seeds
- 3/4 cup unsweetened coconut milk
- 1/2 scoop vanilla protein powder
- 1/4 tsp vanilla extract
- 1 tbsp shredded coconut
- 1/2 tsp sweetener (optional)

NUTRITIONAL INFORMATION:

Calories 220 | Protein 11g | Carbs 6g | Fat 15g | Fiber 7g | Cholesterol 5mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 1



BREAKFAST

DIRECTIONS:

1. Mix Ingredients:

In a bowl or jar, combine coconut milk, protein powder, vanilla extract, and sweetener if using. Stir until smooth.

2. Add Chia Seeds:

Stir in chia seeds and shredded coconut. Mix thoroughly to prevent clumps.

3. Refrigerate:

Cover and refrigerate for at least 3 hours, preferably overnight, allowing pudding to thicken.

4. Stir Before Serving:

Before eating, stir the pudding once more to ensure even texture.

5. Serve:

Top with a few berries, coconut flakes, or almonds if desired.

Egg and Tuna Breakfast Salad

INGREDIENTS:

- 2 hard-boiled eggs
- 1 can tuna in water (drained)
- 1/2 avocado, diced
- 1/4 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt
- Pepper

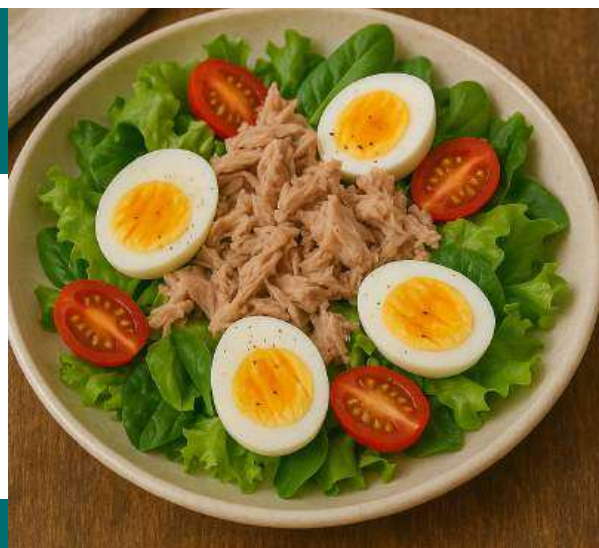
NUTRITIONAL INFORMATION:

Calories 310 | Protein 27g | Carbs 4g | Fat 20g | Fiber 3g | Cholesterol 370mg

Prep-time: 7-min

Cook-time: 10-min

Serves: 1



DIRECTIONS:

1. Prepare Ingredients:

Boil eggs, peel and chop. Drain tuna and break into flakes. Dice avocado and halve tomatoes.

2. Combine:

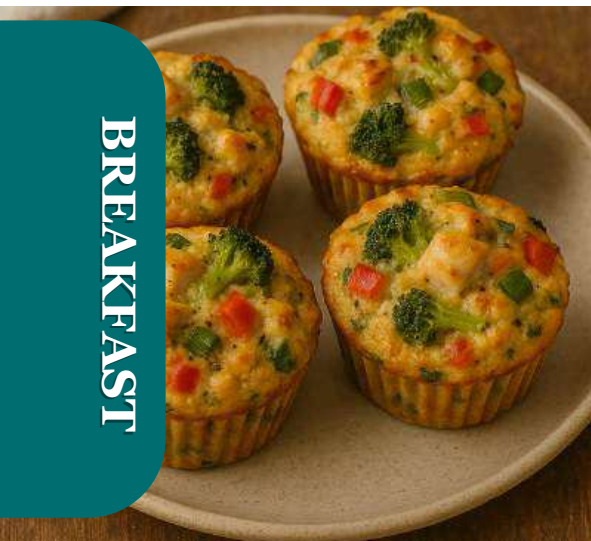
In a bowl, mix tuna, eggs, avocado, and tomatoes.

3. Dress:

Add olive oil, lemon juice, salt, and pepper. Mix gently to coat everything evenly.

4. Serve:

Enjoy fresh or chill slightly in fridge for 10 minutes for better flavor.



Chicken & Veggie Protein Muffins

INGREDIENTS:

- 4 large eggs
- 1/2 cup cooked ground chicken
- 1/2 cup chopped spinach
- 1/4 cup diced red bell pepper
- 1/4 cup shredded cheese
- Salt
- Pepper
- Cooking spray

NUTRITIONAL INFORMATION:

Calories 190 | Protein 18g | Carbs 2g | Fat 11g | Fiber 1g | Cholesterol 200mg

Prep-time: 10-min

Cook-time: 20-min

Serves: 4

DIRECTIONS:

1. Preheat Oven:

Set oven to 180°C (350°F). Grease muffin tin with cooking spray.

2. Combine Ingredients:

In a bowl, whisk eggs. Add chicken, spinach, bell pepper, cheese, salt, and pepper. Mix well.

3. Fill Muffin Tin:

Divide mixture into muffin cups, filling each 3/4 full.

4. Bake:

Cook for 18–20 minutes until set and golden on top.

5. Cool and Store:

Let cool before removing. Store in fridge up to 4 days.



Chocolate Peanut Butter Protein Shake

INGREDIENTS:

- 1 scoop chocolate protein powder
- 1 tbsp peanut butter
- 1/2 banana (optional)
- 3/4 cup unsweetened almond milk
- 1/4 cup ice
- 1/2 tsp cocoa powder

NUTRITIONAL INFORMATION:

Calories 270 | Protein 24g | Carbs 8g | Fat 15g | Fiber 3g | Cholesterol 45mg

Prep-time: 3-min

Cook-time: 0-min

Serves: 1

DIRECTIONS:

1. Add Ingredients to Blender:

In a high-speed blender, add the protein powder, peanut butter, almond milk, banana if using, cocoa powder, and ice.

2. Blend:

Blend on high for 30–60 seconds until smooth and creamy.

3. Adjust Consistency:

If too thick, add a splash of almond milk. If too thin, add a couple of ice cubes.

4. Serve:

Pour into a glass and enjoy immediately for a filling and energizing snack or breakfast.

Cloud Eggs with Cheese

INGREDIENTS:

- 2 large eggs
- 2 tbsp shredded cheddar cheese
- 1/8 tsp salt
- 1/8 tsp pepper
- Cooking spray

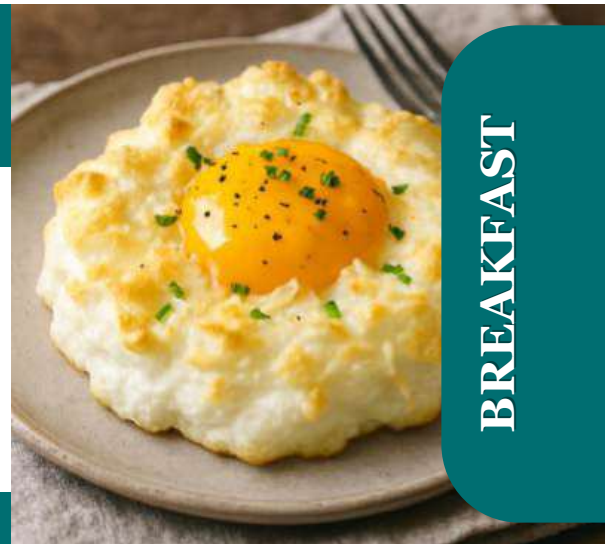
NUTRITIONAL INFORMATION:

Calories 170 | Protein 12g | Carbs 1g | Fat 12g | Fiber 0g | Cholesterol 310mg

Prep-time: 5-min

Cook-time: 6-min

Serves: 1



BREAKFAST

DIRECTIONS:

- 1. Preheat Oven:** Heat oven to 230°C (450°F) and line a baking sheet with parchment paper.
- 2. Separate Eggs:** Carefully separate yolks from whites and place yolks aside in individual bowls.
- 3. Whip Egg Whites:** Beat whites with salt and pepper until stiff peaks form.
- 4. Fold in Cheese:** Gently fold in shredded cheese.
- 5. Shape Nests:** Spoon egg whites onto baking sheet into two mounds and create a well in each center.
- 6. Bake Whites:** Bake for 3 minutes, remove, gently add yolks in centers, and bake for another 2–3 minutes.
- 7. Serve:** Serve immediately while fluffy and warm.

Zucchini Fritters with Parmesan

INGREDIENTS:

- 1 medium zucchini, grated
- 1 large egg
- 1/4 cup almond flour
- 1/4 cup grated Parmesan
- 1/4 tsp garlic powder
- Salt
- Pepper
- 1 tbsp olive oil

NUTRITIONAL INFORMATION:

Calories 190 | Protein 10g | Carbs 5g | Fat 14g | Fiber 2g | Cholesterol 60mg

Prep-time: 7-min

Cook-time: 8-min

Serves: 2



DIRECTIONS:

- 1. Prep Zucchini:** Grate zucchini and squeeze out excess moisture using a clean towel.
- 2. Mix Batter:** In a bowl, combine zucchini, egg, almond flour, Parmesan, garlic powder, salt, and pepper. Mix well.
- 3. Shape Fritters:** Form into small patties.
- 4. Heat Oil:** Warm olive oil in skillet over medium heat.
- 5. Cook:** Place fritters in skillet and cook for 3–4 minutes per side until golden brown.
- 6. Drain and Serve:** Let drain on paper towel briefly, then serve hot with Greek yogurt or sauce.



Egg Roll with Spinach and Cheese

INGREDIENTS:

- 2 large eggs
- 1/4 cup chopped spinach
- 2 tbsp shredded mozzarella
- 1 tbsp cream cheese
- 1/8 tsp garlic powder
- Salt
- Pepper
- 1 tsp olive oil

NUTRITIONAL INFORMATION:

Calories 240 | Protein 16g | Carbs 2g | Fat 18g | Fiber 1g | Cholesterol 310mg

Prep-time: 5-min

Cook-time: 5-min

Serves: 1

DIRECTIONS:

1. Whisk Eggs:

In a bowl, whisk eggs with garlic powder, salt, and pepper.

2. Heat Pan:

Warm olive oil in a small non-stick skillet over medium-low heat.

3. Cook Egg Base:

Pour egg mixture in and tilt pan to spread evenly. Cook 2–3 minutes until eggs begin to set.

4. Add Filling:

Add cream cheese in small dots, then sprinkle spinach and mozzarella evenly over eggs.

5. Roll:

Using a spatula, carefully roll omelette from one end.

6. Finish Cooking:

Cook another 1–2 minutes, turning to seal edges.



Keto “Oatmeal” with Flax and Walnuts

INGREDIENTS:

- 2 tbsp ground flaxseed
- 1 tbsp chia seeds
- 1 tbsp unsweetened shredded coconut
- 1/2 cup unsweetened almond milk
- 1/4 tsp cinnamon
- 1 tbsp chopped walnuts
- 1 tsp erythritol (optional)

NUTRITIONAL INFORMATION:

Calories 230 | Protein 7g | Carbs 5g | Fat 18g | Fiber 6g | Cholesterol 0mg

Prep-time: 3-min

Cook-time: 4-min

Serves: 1

DIRECTIONS:

1. Mix Ingredients:

In a small saucepan, combine flaxseed, chia seeds, coconut, almond milk, cinnamon, and sweetener.

2. Cook:

Heat over medium, stirring constantly for 3–4 minutes until thickened.

3. Adjust Texture:

Add a splash of almond milk if mixture gets too thick.

4. Top and Serve:

Remove from heat, sprinkle chopped walnuts on top, and serve warm. Great for a cozy low-carb start to your day.

Baked Avocado Eggs

INGREDIENTS:

- 1 avocado, halved and pitted
- 2 small eggs
- Salt
- Pepper
- 1 tbsp chopped chives
- 1 tbsp crumbled bacon or feta (optional)

NUTRITIONAL INFORMATION:

Calories 290 | Protein 10g | Carbs 6g | Fat 24g | Fiber 7g | Cholesterol 190mg

Prep-time: 5-min

Cook-time: 15-min

Serves: 1

DIRECTIONS:

1. Preheat Oven:

Heat oven to 200°C (400°F).

2. Prepare Avocado:

Scoop out a bit of flesh to fit the egg.

3. Crack Eggs:

Carefully crack an egg into each half.

4. Bake:

Place avocado halves in a baking dish and bake for 12–15 minutes until whites are set.

5. Season:

Sprinkle salt, pepper, chives, and toppings. 6. Serve: Enjoy warm with a spoon or on toast.



BREAKFAST

Quick Protein Toast with Flaxseed

INGREDIENTS:

- 1 slice low-carb bread
- 1/4 tsp cinnamon
- 1 tbsp peanut butter
- 1 tsp ground flaxseed
- 1 scoop protein powder
- 1 tsp water

NUTRITIONAL INFORMATION:

Calories 210 | Protein 18g | Carbs 6g | Fat 12g | Fiber 3g | Cholesterol 15mg

Prep-time: 3-min

Cook-time: 2-min

Serves: 1

DIRECTIONS:

1. Toast the Bread:

Lightly toast the slice of low-carb bread.

2. Mix Topping:

In a bowl, stir together peanut butter, protein powder, water, flaxseed, and cinnamon to make a thick paste.

3. Spread:

Spread the protein mix evenly over the warm toast.

4. Serve:

Eat immediately as a fast, energizing, protein-rich breakfast or post-workout snack.





Cottage Cheese Bake with Vanilla

INGREDIENTS:

- 1 cup low-fat cottage cheese
- 1 egg
- 1/2 tsp vanilla extract
- 1 tbsp almond flour
- 1 tsp erythritol
- 1/4 tsp baking powder

NUTRITIONAL INFORMATION:

Calories 180 | Protein 20g | Carbs 3g | Fat 8g | Fiber 1g | Cholesterol 140mg

Prep-time: 5-min

Cook-time: 20-min

Serves: 1

DIRECTIONS:

1. Preheat Oven:

Heat oven to 180°C (350°F).

2. Mix Ingredients:

In a bowl, whisk all ingredients until smooth.

3. Bake:

Pour into a greased ramekin and bake for 20 minutes until golden and set.

4. Serve:

Let cool for a few minutes before serving.

Optional:

top with berries or cinnamon.



High-Protein Overnight Yogurt Jar

INGREDIENTS:

- 3/4 cup Greek yogurt
- 1 scoop vanilla protein powder
- 2 tbsp chia seeds
- 1/4 cup unsweetened almond milk
- 1/4 tsp cinnamon
- 1 tbsp almond butter

NUTRITIONAL INFORMATION:

Calories 320 | Protein 30g | Carbs 8g | Fat 18g | Fiber 5g | Cholesterol 20mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 1

DIRECTIONS:

1. Combine Ingredients:

In a jar, mix yogurt, protein powder, chia seeds, almond milk, cinnamon, and almond butter until well blended.

2. Seal and Refrigerate:

Cover and refrigerate overnight or at least 4 hours.

3. Stir and Serve:

In the morning, stir and enjoy as a ready-to-eat, satisfying breakfast.

Protein Banana-Free Smoothie

INGREDIENTS:

- 1 scoop vanilla protein powder
- 1/2 cup frozen cauliflower
- 1/2 cup unsweetened almond milk
- 1/4 tsp cinnamon
- 1 tbsp peanut butter
- 1/4 tsp vanilla extract
- 1/2 cup ice

NUTRITIONAL INFORMATION:

Calories 250 | Protein 24g | Carbs 5g | Fat 14g | Fiber 3g | Cholesterol 25mg

Prep-time: 3 -min

Cook-time: 0 -min

Serves: 1

DIRECTIONS:

1. Combine Ingredients:

Add all ingredients to a blender.

2. Blend:

Blend on high for 60 seconds until completely smooth.

3. Adjust:

Add almond milk to thin or ice to thicken.

4. Serve:

Pour into a glass and enjoy chilled. Great for breakfast or post-workout.



Turkey & Spinach Breakfast Skillet

INGREDIENTS:

- 2 large eggs
- 1/2 cup ground turkey, cooked
- 1 cup fresh spinach
- 1/4 cup chopped onion
- 1 tbsp olive oil
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 310 | Protein 24g | Carbs 4g | Fat 22g | Fiber 2g | Cholesterol 370mg

Prep-time: 5 -min

Cook-time: 10 -min

Serves: 1

DIRECTIONS:

1. Heat Pan:

Warm olive oil in skillet over medium heat.

2. Cook Onion and Turkey:

Add onion and cook 2 minutes. Add cooked turkey and stir until heated.

3. Add Spinach:

Toss in spinach and cook until wilted.

4. Add Eggs:

Crack eggs on top. Cover and cook until whites are set and yolks are soft.

5. Serve:

Season and serve straight from skillet.





Cheese-Stuffed Mini Bell Peppers

INGREDIENTS:

- 6 mini bell peppers
- 1/2 cup cream cheese
- 1/4 cup shredded cheddar
- 1/2 tsp garlic powder
- 1/4 tsp paprika
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 180 | Protein 6g | Carbs 5g | Fat 15g | Fiber 1g | Cholesterol 25mg

Prep-time: 1 -min

Cook-time: 0-min

Serves: 3

DIRECTIONS:

1. Prep Peppers:

Wash mini bell peppers, slice them in half lengthwise, and remove seeds.

2. Mix Filling:

In a bowl, mix cream cheese, cheddar, garlic powder, paprika, salt, and pepper until smooth.

3. Stuff:

Spoon mixture into pepper halves evenly.

4. Chill or Serve:

Enjoy right away or refrigerate for 10–15 minutes for a firmer filling.



Hard-Boiled Eggs with Paprika Mayo

INGREDIENTS:

- 4 hard-boiled eggs
- 2 tbsp mayonnaise
- 1/4 tsp smoked paprika
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 220 | Protein 14g | Carbs 1g | Fat 18g | Fiber 0g | Cholesterol 370mg

Prep-time: 6-min

Cook-time: 10 -min

Serves: 2

DIRECTIONS:

1. Slice Eggs:

Peel and cut eggs in half lengthwise.

2. Make Mayo Mix:

In a small bowl, mix mayo with paprika, salt, and pepper.

3. Top and Serve:

Spoon or pipe paprika mayo onto each egg half. Chill or enjoy immediately.

Cucumber Slices with Tuna Spread

INGREDIENTS:

- 1 cucumber
- 1 can tuna in water (drained)
- 2 tbsp Greek yogurt
- 1 tsp Dijon mustard
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 190 | Protein 20g | Carbs 3g | Fat 10g | Fiber 1g | Cholesterol 30mg

Prep-time: 8-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Slice Cucumber:

Cut cucumber into thick slices and set aside.

2. Mix Tuna:

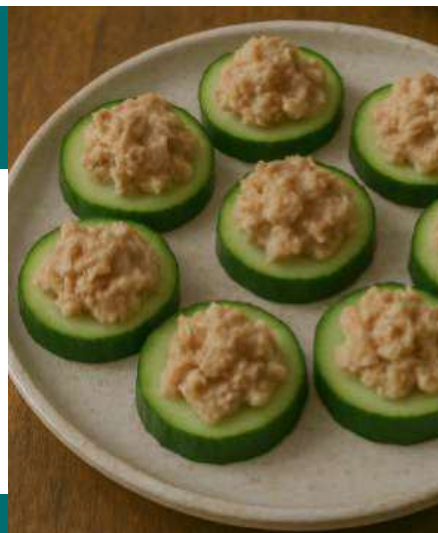
In a bowl, combine tuna, yogurt, mustard, salt, and pepper until smooth.

3. Top Slices:

Place a spoonful of tuna mix onto each cucumber slice.

4. Serve:

Garnish with parsley or chili flakes if desired.



SNACKS

Greek Yogurt Ranch Dip with Veggies

INGREDIENTS:

- 1/2 cup plain Greek yogurt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dill
- 1/4 tsp salt
- 1 cup raw veggie sticks

NUTRITIONAL INFORMATION:

Calories 120 | Protein 10g | Carbs 5g | Fat 6g | Fiber 2g | Cholesterol 10mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Make Dip:

Mix yogurt with garlic powder, onion powder, dill, and salt in a small bowl.

2. Chill:

Refrigerate for 10–15 minutes to let flavors blend.

3. Serve:

Serve with sliced carrots, celery, cucumber, or bell peppers.





Turkey Roll-Ups with Cream Cheese

INGREDIENTS:

- 4 slices deli turkey
- 2 tbsp cream cheese
- 1 tbsp chopped chives
- 1/4 avocado, sliced
- Pepper

NUTRITIONAL INFORMATION:

Calories 160 | Protein 14g | Carbs 2g | Fat 10g | Fiber 1g | Cholesterol 35mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Prep Filling:

Mix cream cheese with chives.

2. Assemble Rolls:

Spread cheese mix onto turkey slices. Add avocado slices.

3. Roll Up:

Roll tightly and slice in half if desired.

4. Serve:

Chill for 5 minutes or eat immediately.



Protein Chocolate Energy Balls

INGREDIENTS:

- 1/2 cup almond flour
- 1 scoop chocolate protein powder
- 2 tbsp peanut butter
- 1 tbsp cocoa powder
- 1 tbsp chia seeds
- 1 tbsp water

NUTRITIONAL INFORMATION:

Calories 220 | Protein 15g | Carbs 4g | Fat 14g | Fiber 3g | Cholesterol 10mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 4

DIRECTIONS:

1. Mix Ingredients:

Combine all ingredients in a bowl. Mix until sticky dough forms.

2. Shape Balls:

Roll into 8 small balls.

3. Chill:

Refrigerate for 20 minutes to firm.

4. Serve:

Enjoy immediately or store in fridge.

Almond Butter Celery Sticks

INGREDIENTS:

- 3 celery sticks
- 2 tbsp almond butter
- 1 tbsp chopped walnuts (optional)

NUTRITIONAL INFORMATION:

Calories 160 | Protein 5g | Carbs 3g | Fat 14g | Fiber 2g | Cholesterol 0mg

Prep-time: 3 -min

Cook-time: 0 -min

Serves: 1

DIRECTIONS:

1. Slice Celery:

Cut celery into manageable sticks.

2. Spread Butter:

Fill each stick with almond butter.

3. Top:

Sprinkle chopped walnuts if desired.

4. Serve:

Crunchy and satisfying snack ready in minutes.



SNACKS

Roasted Edamame with Sea Salt

INGREDIENTS:

- 1 cup shelled edamame
- 1/2 tbsp olive oil
- 1/4 tsp sea salt

NUTRITIONAL INFORMATION:

Calories 180 | Protein 16g | Carbs 7g | Fat 9g | Fiber 4g | Cholesterol 0mg

Prep-time: 3 -min

Cook-time: 15 -min

Serves: 2

DIRECTIONS:

1. Preheat Oven:

Set oven to 200°C (400°F).

2. Prep Edamame:

Toss edamame with olive oil and salt.

3. Roast:

Spread on baking sheet and roast for 15 minutes, tossing halfway.

4. Serve:

Let cool slightly and enjoy warm or cold.





Boiled Eggs & Avocado Dip

INGREDIENTS:

- 2 hard-boiled eggs
- 1/2 avocado
- 1/2 tsp lemon juice
- Salt
- Pepper
- Paprika (optional)

NUTRITIONAL INFORMATION:

Calories 240 | Protein 12g | Carbs 4g | Fat 20g | Fiber 3g | Cholesterol 370mg

Prep-time: 5-min

Cook-time: 10-min

Serves: 2

DIRECTIONS:

1. Mash Ingredients:

In a bowl, mash eggs and avocado with lemon juice, salt, and pepper.

2. Mix Well:

Stir until creamy.

3. Serve:

Use as dip with veggies or spread on toast.



Parmesan Crisps

INGREDIENTS:

- 1/2 cup grated Parmesan cheese
- 1/4 tsp garlic powder
- 1/4 tsp paprika

NUTRITIONAL INFORMATION:

Calories 160 | Protein 12g | Carbs 1g | Fat 11g | Fiber 0g | Cholesterol 20mg

Prep-time: 2-min

Cook-time: 7-min

Serves: 2

DIRECTIONS:

1. Preheat Oven:

Set to 200°C (400°F).

2. Make Mounds:

Spoon cheese onto parchment-lined baking sheet in small circles.

3. Bake:

Bake 6–8 minutes until golden.

4. Cool and Serve:

Let crisps cool before removing.

Beef Jerky (Low Sugar)

INGREDIENTS:

- 1 lb lean beef (eye of round), thinly sliced
- 2 tbsp coconut aminos
- 1 tbsp apple cider vinegar
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp black pepper

NUTRITIONAL INFORMATION:

Calories 100 | Protein 18g | Carbs 1g | Fat 3g | Fiber 0g | Cholesterol 35mg

Prep-time: 15-min

Cook-time: 240-min

Serves: 6

DIRECTIONS:

1. Slice Beef:

Slice beef thinly against the grain for tender texture.

2. Marinate:

In a bowl, mix coconut aminos, vinegar, and spices. Add beef and marinate 6–8 hours or overnight.

3. Preheat Oven:

Set oven to 80°C (175°F). Line baking sheet with foil and place beef on wire rack.

4. Dry:

Bake 3–4 hours, turning once halfway.

5. Cool and Store:

Let cool, then store in airtight container for up to 1 week.



SNACKS

Baked Zucchini Chips

INGREDIENTS:

- 1 medium zucchini, thinly sliced
- 1 tbsp olive oil
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 120 | Protein 2g | Carbs 4g | Fat 10g | Fiber 1g | Cholesterol 0mg

Prep-time: 5-min

Cook-time: 30-min

Serves: 2

DIRECTIONS:

1. Preheat Oven:

Heat oven to 200°C (400°F).

2. Prep Zucchini:

Slice zucchini into thin rounds and pat dry.

3. Season:

Toss slices with olive oil, garlic powder, paprika, salt, and pepper.

4. Arrange:

Place on parchment-lined baking sheet in single layer.

5. Bake:

Bake for 25–30 minutes until golden and crisp, flipping halfway.





Deviled Eggs with Mustard

INGREDIENTS:

- 6 hard-boiled eggs
- 2 tbsp mayonnaise
- 1 tsp yellow mustard
- 1/4 tsp paprika
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 210 | Protein 14g | Carbs 1g | Fat 17g | Fiber 0g | Cholesterol 375mg

Prep-time: 10-min

Cook-time: 10-min

Serves: 3

DIRECTIONS:

1. Slice Eggs:

Cut eggs in half and remove yolks.

2. Make Filling:

Mash yolks with mayo, mustard, salt, pepper, and a bit of paprika.

3. Fill:

Spoon or pipe mixture into egg whites. 4. Garnish: Dust with remaining paprika and serve chilled.



Mini Salmon Patties

INGREDIENTS:

- 1 can salmon (5 oz), drained
- 1 egg
- 2 tbsp almond flour
- 1 tbsp chopped onion
- 1/2 tsp Dijon mustard
- Salt
- Pepper
- 1 tbsp olive oil

NUTRITIONAL INFORMATION:

Calories 180 | Protein 17g | Carbs 2g | Fat 12g | Fiber 1g | Cholesterol 80mg

Prep-time: 7-min

Cook-time: 8-min

Serves: 2

DIRECTIONS:

1. Mix Ingredients:

In a bowl, mix salmon, egg, almond flour, onion, mustard, salt, and pepper.

2. Shape Patties:

Form into 4 small patties.

3. Cook:

Heat olive oil in skillet over medium heat. Cook patties 3–4 minutes per side until golden.

4. Serve:

Let cool slightly and enjoy warm or cold.

Keto Hummus with Veggies

INGREDIENTS:

- 1 cup cauliflower florets (steamed)
- 2 tbsp tahini
- 1 tbsp olive oil
- 1 garlic clove
- 1/2 tsp cumin
- 1 tbsp lemon juice
- Salt
- 1 cup veggie sticks

NUTRITIONAL INFORMATION:

Calories 150 | Protein 4g | Carbs 6g | Fat 12g | Fiber 3g | Cholesterol 0mg

Prep-time: 10-min

Cook-time: 5-min

Serves: 2

DIRECTIONS:

1. Blend Hummus:

In blender, combine cauliflower, tahini, oil, garlic, lemon, cumin, and salt. Blend until smooth.

2. Adjust:

Add water 1 tbsp at a time if needed.

3. Serve:

Scoop into bowl and serve with veggie sticks like cucumbers or celery.



SNACKS

Low Carb Protein Bars

INGREDIENTS:

- 1 cup almond flour
- 1 scoop vanilla protein powder
- 2 tbsp peanut butter
- 2 tbsp coconut oil
- 1 tbsp erythritol
- 1 tbsp cocoa nibs

NUTRITIONAL INFORMATION:

Calories 230 | Protein 15g | Carbs 5g | Fat 18g | Fiber 3g | Cholesterol 5mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 4

DIRECTIONS:

1. Melt & Mix:

In a bowl, mix all ingredients. Microwave 30 sec to soften if needed.

2. Press into Pan:

Spread mixture into parchment-lined dish.

3. Chill:

Refrigerate 1 hour until firm.

4. Slice:

Cut into bars and store chilled.





Cottage Cheese with Berries

INGREDIENTS:

- 1 cup low-fat cottage cheese
- 1/4 cup strawberries, sliced
- 1/4 cup blueberries
- 1/2 tsp cinnamon

NUTRITIONAL INFORMATION:

Calories 170 | Protein 20g | Carbs 6g | Fat 5g | Fiber 2g | Cholesterol 15mg

Prep-time: 3-min

Cook-time: 0-min

Serves: 1

DIRECTIONS:

1. Prepare Bowl:

Add cottage cheese to a bowl.

2. Top:

Add berries and sprinkle with cinnamon.

3. Serve:

Mix or layer and enjoy immediately.



Stuffed Mushrooms with Turkey

INGREDIENTS:

- 8 large mushrooms
- 1/4 cup cooked ground turkey
- 2 tbsp cream cheese
- 1 tbsp grated Parmesan
- 1/4 tsp garlic powder
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 190 | Protein 14g | Carbs 4g | Fat 12g | Fiber 1g | Cholesterol 35mg

Prep-time: 10-min

Cook-time: 15-min

Serves: 2

DIRECTIONS:

1. Preheat Oven:

Heat oven to 180°C (350°F).

2. Prep Mushrooms:

Remove stems.

3. Mix Filling:

Combine turkey, cream cheese, Parmesan, and seasoning.

4. Stuff:

Fill mushroom caps.

5. Bake:

Place on baking tray and bake 15–18 minutes.

Egg Salad Lettuce Wraps

INGREDIENTS:

- 4 boiled eggs, chopped
- 1 tbsp mayonnaise
- 1 tsp mustard
- 1/2 tsp paprika
- Salt
- Pepper
- 4 large romaine or butter lettuce leaves
- Optional: 1 tbsp chopped chives

NUTRITIONAL INFORMATION:

Calories 310 | Protein 18g | Carbs 2g | Fat 26g | Fiber 1g | Cholesterol 375mg

Prep-time: 10-min

Cook-time: 10-min

Serves: 2

DIRECTIONS:

1. Boil Eggs:

Place eggs in a pot of boiling water and cook for 9–10 minutes. Cool, peel, and chop.

2. Make Egg Salad:

In a bowl, combine chopped eggs with mayonnaise, mustard, paprika, salt, and pepper. Mix until creamy.

3. Prepare Wraps:

Lay out lettuce leaves and spoon about 2 tbsp of egg salad into the center of each.

4. Garnish:

Sprinkle with chopped chives if using.

5. Serve:

Wrap the lettuce around the filling and serve immediately as a light, low-carb lunch or snack.



Spicy Roasted Chickpeas (Low Carb Version)

INGREDIENTS:

- 1 cup lupini beans (rinsed)
- 1 tbsp olive oil 1/2 tsp smoked paprika
- 1/4 tsp cayenne
- Salt

NUTRITIONAL INFORMATION:

Calories 150 | Protein 12g | Carbs 5g | Fat 8g | Fiber 4g | Cholesterol 0mg

Prep-time: 5-min

Cook-time: 25-min

Serves: 2

DIRECTIONS:

1. Preheat Oven:

Heat to 200°C (400°F).

2. Prep Beans:

Pat dry and toss with oil and spices.

3. Roast:

Bake 25 minutes, shaking pan halfway.

4. Cool:

Let cool for crispier texture.





Grilled Chicken with Avocado Salsa

INGREDIENTS:

- 2 boneless skinless chicken breasts
- 1 tbsp olive oil
- 1/2 tsp cumin
- 1/2 tsp paprika
- Salt
- Pepper
- 1 avocado, diced
- 1/2 red onion, finely chopped
- 1/2 tomato, diced
- 1 tbsp lime juice
- 1 tbsp chopped cilantro

NUTRITIONAL INFORMATION:

Calories 360 | Protein 32g | Carbs 6g | Fat 22g | Fiber 4g | Cholesterol 85mg

Prep-time: 10 -min

Cook-time: 12-min

Serves: 2

DIRECTIONS:

1. Prepare Chicken:

Pat dry the chicken breasts and rub with olive oil, cumin, paprika, salt, and pepper. Let marinate for at least 10 minutes.

2. Grill Chicken:

Heat a grill pan or outdoor grill to medium-high. Grill the chicken for 5–6 minutes per side until fully cooked and juices run clear.

3. Prepare Salsa:

In a bowl, combine diced avocado, chopped red onion, tomato, lime juice, and cilantro. Gently toss to mix.

4. Serve:

Slice the grilled chicken and top with the fresh avocado salsa. Serve warm immediately for best flavor.



Zucchini Noodles with Turkey Meatballs

INGREDIENTS:

- 2 medium zucchinis, spiralized
- 8 oz ground turkey
- 1 egg
- 2 tbsp almond flour
- 1 garlic clove, minced
- 1/2 tsp oregano
- Salt
- Pepper
- 1/2 cup sugar-free marinara sauce

NUTRITIONAL INFORMATION:

Calories 340 | Protein 28g | Carbs 8g | Fat 20g | Fiber 3g | Cholesterol 115mg

Prep-time: 10-min

Cook-time: 15-min

Serves: 2

DIRECTIONS:

1. Make Meatball Mixture:

In a bowl, combine ground turkey, egg, almond flour, minced garlic, oregano, salt, and pepper. Mix until just combined and form into 10–12 small meatballs.

2. Sear and Simmer:

Sear meatballs in a skillet over medium-high heat for 2–3 minutes per side, then add marinara sauce. Reduce heat and simmer for 10 minutes until fully cooked.

3. Cook Zucchini:

In a separate pan, lightly sauté zucchini noodles for 2–3 minutes until just tender.

4. Serve:

Plate zoodles, top with meatballs and sauce.

Baked Salmon with Asparagus

INGREDIENTS:

- 2 salmon fillets (4 oz each)
- 1 bunch asparagus, trimmed
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- Salt
- Pepper

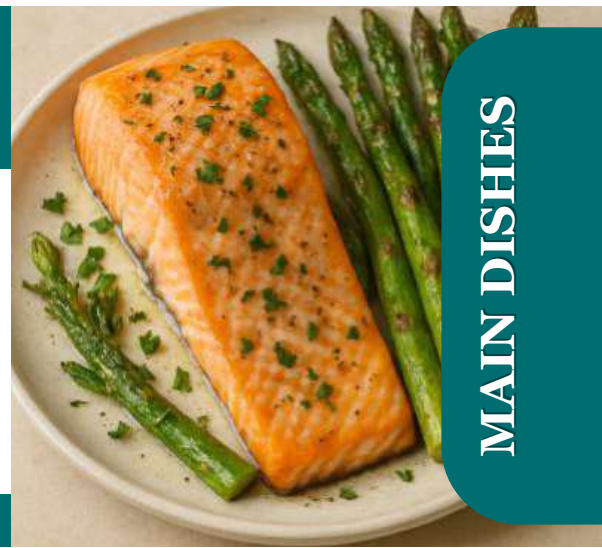
NUTRITIONAL INFORMATION:

Calories 400 | Protein 34g | Carbs 4g | Fat 26g | Fiber 2g | Cholesterol 85mg

Prep-time: 5-min

Cook-time: 15-min

Serves: 2



MAIN DISHES

DIRECTIONS:

1. Preheat Oven:

Set oven to 200°C (400°F). Line a baking sheet with parchment paper or foil.

2. Prepare Ingredients:

Place salmon fillets and asparagus on the tray. Drizzle olive oil over both, then season with lemon juice, garlic powder, salt, and pepper.

3. Bake:

Roast in the oven for 15–18 minutes or until salmon flakes easily with a fork and asparagus is tender.

4. Serve:

Plate the salmon with asparagus and spoon pan juices over the top for extra flavor.

Cauliflower Crust Pizza

INGREDIENTS:

- 1 cup cauliflower rice
- 1 egg
- 1/4 cup shredded mozzarella
- 1 tbsp almond flour
- 1/2 tsp oregano
- 1/4 cup marinara
- 1/4 cup mozzarella (topping)
- 5 pepperoni slices

NUTRITIONAL INFORMATION:

Calories 320 | Protein 22g | Carbs 6g | Fat 22g | Fiber 3g | Cholesterol 95mg

Prep-time: 10-min

Cook-time: 20-min

Serves: 2



DIRECTIONS:

1. Make Cauliflower Crust:

Combine cauliflower rice, egg, shredded cheese, almond flour, and oregano in a bowl. Mix well.

2. Shape Crust:

Press mixture onto parchment-lined baking sheet into a round thin crust.

3. Bake First Time:

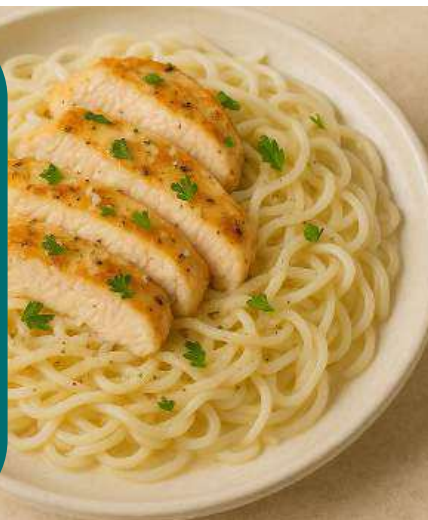
Bake at 220°C (425°F) for 12–15 minutes until firm and golden.

4. Add Toppings:

Spread marinara sauce, sprinkle mozzarella, and add pepperoni.

5. Final Bake:

Return to oven for 5 more minutes to melt cheese.



Chicken Alfredo with Shirataki Noodles

INGREDIENTS:

- 1/2 lb cooked chicken breast, sliced
- 1 pack shirataki noodles (rinsed)
- 1/4 cup heavy cream
- 1/4 cup Parmesan cheese
- 1 tbsp butter
- 1 garlic clove, minced
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 360 | Protein 32g | Carbs 4g | Fat 24g | Fiber 2g | Cholesterol 90mg

Prep-time: 8-min

Cook-time: 10-min

Serves: 2

DIRECTIONS:

1. Prep Noodles:

Rinse shirataki noodles thoroughly and pat dry. Set aside.

2. Cook Sauce:

In a skillet over medium heat, melt butter and sauté garlic for 1 minute. Stir in heavy cream and Parmesan, then simmer for 3–4 minutes until thickened.

3. Add Chicken and Noodles:

Add sliced cooked chicken and noodles to the sauce. Toss everything together and heat through.

4. Serve:

Plate warm, topped with extra cheese or fresh herbs if desired.



Ground Beef Stuffed Peppers

INGREDIENTS:

- 2 bell peppers, halved
- 1/2 lb ground beef
- 1/4 cup cauliflower rice
- 2 tbsp tomato paste
- 1/4 cup shredded cheese
- 1/2 tsp Italian seasoning
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 380 | Protein 30g | Carbs 7g | Fat 24g | Fiber 3g | Cholesterol 85mg

Prep-time: 10-min

Cook-time: 20-min

Serves: 2

DIRECTIONS:

1. Preheat Oven:

Set oven to 190°C (375°F). Cut bell peppers in half and remove seeds.

2. Cook Filling:

Brown ground beef in a skillet, then add cauliflower rice, tomato paste, Italian seasoning, salt, and pepper. Simmer for 5 minutes.

3. Stuff Peppers:

Fill each pepper half with the beef mixture and top with shredded cheese.

4. Bake:

Place in baking dish and bake for 20 minutes or until peppers are tender and cheese is melted.

5. Serve:

Let cool slightly before eating.

Garlic Butter Shrimp with Broccoli

INGREDIENTS:

- 8 oz shrimp, peeled
- 2 cups broccoli florets
- 1 tbsp butter
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1 tbsp lemon juice

NUTRITIONAL INFORMATION:

Calories 320 | Protein 28g | Carbs 5g | Fat 20g | Fiber 2g | Cholesterol 180mg

Prep-time: 7-min

Cook-time: 8-min

Serves: 2



MAIN DISHES

DIRECTIONS:

1. Prep Ingredients:

Peel shrimp and chop broccoli into florets.

2. Steam Broccoli:

Steam or microwave broccoli until fork tender.

3. Cook Shrimp:

Heat olive oil and butter in a skillet. Add garlic and shrimp, season with salt and pepper, and sauté for 3–4 minutes until pink.

4. Combine:

Add broccoli and a squeeze of lemon juice. Toss everything together and cook 1 more minute.

5. Serve:

Plate immediately, garnish with herbs or chili flakes if desired.

Turkey Lettuce Wraps

INGREDIENTS:

- 1/2 lb ground turkey
- 1/4 cup chopped onion
- 1 tbsp soy sauce or coconut aminos
- 1 tsp sesame oil
- 1 garlic clove, minced
- 1/4 tsp chili flakes
- 6 romaine leaves

NUTRITIONAL INFORMATION:

Calories 270 | Protein 24g | Carbs 4g | Fat 16g | Fiber 2g | Cholesterol 60mg

Prep-time: 5-min

Cook-time: 10-min

Serves: 2



DIRECTIONS:

1. Cook Filling:

Heat skillet over medium heat and cook onion and garlic until fragrant. Add ground turkey and cook until browned.

2. Flavor:

Stir in soy sauce (or coconut aminos), sesame oil, and chili flakes. Let it simmer for 2–3 minutes for flavors to blend.

3. Assemble Wraps:

Separate romaine leaves and fill each with a spoonful of the turkey mixture.

4. Serve:

Serve warm or chilled, optionally topping with chopped scallions or sesame seeds.



Baked Cod with Pesto and Tomatoes

INGREDIENTS:

- 2 cod fillets (4 oz each)
- 2 tbsp pesto
- 1/2 cup cherry tomatoes, halved
- Salt
- Pepper
- 1 tsp olive oil

NUTRITIONAL INFORMATION:

Calories 310 | Protein 28g | Carbs 4g | Fat 20g | Fiber 1g | Cholesterol 70mg

Prep-time: 5-min

Cook-time: 17-min

Serves: 2

DIRECTIONS:

1. Preheat Oven:

Set oven to 200°C (400°F). Place cod fillets in a small baking dish.

2. Add Toppings:

Spread pesto evenly over each fillet. Arrange halved cherry tomatoes around and on top of the fish. Drizzle olive oil, sprinkle salt and pepper.

3. Bake:

Bake for 15–17 minutes until fish flakes easily with a fork.

4. Serve:

Plate with roasted tomatoes and spoon pan juices over top. Optionally garnish with fresh basil or lemon.

Chicken & Veggie Sheet Pan Dinner

INGREDIENTS:

- 2 chicken thighs (boneless, skinless)
- 1 zucchini, chopped
- 1/2 bell pepper, sliced
- 1/4 red onion, sliced
- 1 tbsp olive oil
- 1/2 tsp Italian herbs

NUTRITIONAL INFORMATION:

Calories 370 | Protein 30g | Carbs 6g | Fat 24g | Fiber 2g | Cholesterol 90mg

Prep-time: 8-min

Cook-time: 30-min

Serves: 2

DIRECTIONS:

1. Preheat Oven:

Heat to 200°C (400°F).

2. Prep Ingredients:

Cut zucchini, bell pepper, and onion. Place veggies and chicken on a large sheet pan.

3. Season:

Drizzle olive oil and sprinkle with Italian herbs, salt, and pepper. Toss to coat evenly.

4. Bake:

Roast in the oven for 25–30 minutes, turning halfway, until chicken is fully cooked and veggies are tender.

5. Serve:

Serve straight from the tray or plate individually.

Keto Taco Bowls with Ground Turkey

INGREDIENTS:

- 1/2 lb ground turkey
- 1/4 tsp paprika
- 1 tbsp olive oil
- Pepper
- 1/4 cup chopped onion
- 1/2 avocado, diced
- 1 garlic clove, minced
- 1/4 cup shredded lettuce
- 1 tsp chili powder
- 1/4 cup chopped tomatoes
- 1/2 tsp cumin
- 2 tbsp sour cream

NUTRITIONAL INFORMATION:

Calories 370 | Protein 30g | Carbs 7g | Fat 24g | Fiber 3g | Cholesterol 80mg

Prep-time: 10-min

Cook-time: 10-min

Serves: 2

DIRECTIONS:

1. Cook Turkey:

Heat olive oil in a skillet over medium heat. Add chopped onion and garlic; cook for 2 minutes until fragrant. Add ground turkey and cook 5–7 minutes, breaking it apart until browned.

2. Season:

Stir in chili powder, cumin, paprika, salt, and pepper. Simmer for 2 more minutes to absorb flavor.

3. Assemble Bowl:

In a serving bowl, layer lettuce, cooked turkey, diced tomatoes, avocado, and shredded cheese if using.

4. Top:

Add a dollop of sour cream and optional cilantro.

5. Serve:

Serve warm as a low-carb taco alternative.



MAIN DISHES

Spaghetti Squash Bolognese

INGREDIENTS:

- 1 small spaghetti squash
- 1/2 lb ground beef
- 1/2 cup marinara
- 1/4 tsp oregano
- 1 tbsp olive oil
- Salt

NUTRITIONAL INFORMATION:

Calories 340 | Protein 26g | Carbs 10g | Fat 20g | Fiber 3g | Cholesterol 70mg

Prep-time: 10-min

Cook-time: 30-min

Serves: 2

DIRECTIONS:

1. Cook Squash:

Microwave squash for 5 minutes or bake whole at 200°C for 30–40 minutes. Let cool slightly, then cut and remove strands with fork.

2. Make Bolognese:

In skillet, brown beef, season with salt, pepper, oregano. Stir in marinara and simmer 5 minutes.

3. Serve:

Spoon sauce over squash or toss together before serving. Garnish with cheese if desired.





Teriyaki Chicken Skewers (Sugar-Free)

INGREDIENTS:

- 2 boneless chicken thighs, cut into cubes
- 2 tbsp coconut aminos
- 1 tbsp rice vinegar
- 1 garlic clove, minced
- 1/2 tsp grated ginger
- 1/2 tsp sesame oil
- 1/2 tsp xanthan gum (optional)
- 1 tbsp olive oil
- Salt
- Pepper
- Skewers

NUTRITIONAL INFORMATION:

Calories 360 | Protein 30g | Carbs 4g | Fat 24g | Fiber 1g | Cholesterol 90mg

Prep-time: 10-min

Cook-time: 10-min

Serves: 2

DIRECTIONS:

1. Make Marinade:

In a bowl, combine coconut aminos, vinegar, garlic, ginger, sesame oil, salt, and pepper. If desired, add xanthan gum to slightly thicken.

2. Marinate Chicken:

Add cubed chicken to marinade, cover, and chill for at least 30 minutes.

3. Preheat Grill:

Heat grill or grill pan to medium-high. Thread chicken onto skewers.

4. Grill:

Lightly oil grill. Cook skewers for 4–5 minutes per side until fully cooked and slightly charred.

5. Serve:

Serve warm with optional chopped scallions or sesame seeds.



Tuna Steak with Lemon & Herbs

INGREDIENTS:

- 2 tuna steaks (about 4 oz each)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- Salt
- Pepper
- Optional: fresh parsley for serving

NUTRITIONAL INFORMATION:

Calories 350 | Protein 33g | Carbs 1g | Fat 22g | Fiber 0g | Cholesterol 60mg

Prep-time: 10-min

Cook-time: 6-min

Serves: 2

DIRECTIONS:

1. Marinate Tuna:

In a bowl, whisk olive oil, lemon juice, garlic, thyme, oregano, salt, and pepper. Place tuna steaks in a shallow dish and coat with marinade. Cover and refrigerate for 20–30 minutes.

2. Preheat Pan or Grill:

Heat a grill pan or skillet over medium-high heat. Lightly grease if needed.

3. Cook Tuna:

Sear steaks for 2–3 minutes per side for medium-rare, or 4 minutes for medium-well.

4. Rest and Serve:

Let rest briefly. Serve garnished with lemon wedges or fresh herbs.

Grilled Tofu Stir Fry

INGREDIENTS:

- 1 block extra-firm tofu, pressed and cubed
- 1/2 cup broccoli florets
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp soy sauce (or coconut aminos)
- 1 tsp grated ginger
- 1 tsp sesame oil
- Salt
- 1/2 red bell pepper, sliced
- Pepper
- 1/2 zucchini, sliced

NUTRITIONAL INFORMATION:

Calories 330 | Protein 22g | Carbs 9g | Fat 22g | Fiber 3g | Cholesterol 0mg

Prep-time: 10-min

Cook-time: 12-min

Serves: 2

DIRECTIONS:

1. Prep Tofu:

Press tofu for 15 minutes to remove moisture. Cut into cubes. Toss with soy sauce, salt, and pepper.

2. Grill Tofu:

Heat olive oil in grill pan or skillet over medium-high. Grill tofu cubes 2–3 minutes per side until golden. Set aside.

3. Stir Fry Veggies:

In same pan, add sesame oil. Sauté garlic, ginger, and vegetables for 5–7 minutes until tender but crisp.

4. Combine:

Return tofu to pan and toss with veggies. Cook 1 more minute.

5. Serve:

Serve hot, optionally with green onion.



MAIN DISHES

Stuffed Zucchini Boats with Cheese

INGREDIENTS:

- 2 medium zucchinis, halved lengthwise
- Salt
- 1/2 lb ground beef or turkey
- Pepper
- 1 garlic clove, minced
- 1/3 cup shredded mozzarella cheese
- 1/4 cup sugar-free marinara sauce
- 1 tbsp olive oil
- 1/4 tsp Italian seasoning

NUTRITIONAL INFORMATION:

Calories 360 | Protein 30g | Carbs 6g | Fat 24g | Fiber 2g | Cholesterol 85mg

Prep-time: 10-min

Cook-time: 25-min

Serves: 2

DIRECTIONS:

1. Prep Zucchini:

Preheat oven to 190°C (375°F). Slice zucchinis in half and scoop out the center flesh with a spoon to create boats. Brush with olive oil and lightly season with salt.

2. Cook Filling:

In a skillet over medium heat, sauté garlic for 1 minute, then add ground meat. Cook until browned, drain excess fat, and stir in marinara and Italian seasoning. Simmer for 3–5 minutes.

3. Fill and Top:

Fill each zucchini boat with meat mixture and top with shredded cheese.

4. Bake:

Place in baking dish and bake for 20–25 minutes.

5. Serve: Let cool slightly and serve warm with optional fresh herbs.





Eggplant Lasagna

INGREDIENTS:

- 1 medium eggplant, sliced lengthwise
- 1 egg
- 1/2 lb ground beef
- 1/2 tsp oregano
- 1/2 cup ricotta cheese
- 1 tbsp olive oil
- 1/2 cup shredded mozzarella
- Salt
- 1/2 cup sugar-free marinara
- Pepper

NUTRITIONAL INFORMATION:

Calories 380 | Protein 30g | Carbs 8g | Fat 24g | Fiber 3g | Cholesterol 85mg

Prep-time: 15-min

Cook-time: 30-min

Serves: 2

DIRECTIONS:

1. Prep Eggplant:

Slice eggplant lengthwise, sprinkle with salt, and let sit 10 minutes to reduce moisture. Pat dry.

2. Brown Beef:

Cook ground beef in skillet until no longer pink. Add marinara, oregano, salt, and pepper. Simmer 5 minutes.

3. Prep Cheese:

In a bowl, mix ricotta, egg, and a pinch of salt.

4. Assemble Layers:

In a baking dish, layer eggplant, meat sauce, ricotta, and mozzarella. Repeat.

5. Bake:

Cover and bake at 190°C (375°F) for 25–30 min. 6. Serve: Let rest before slicing.



Chicken Fajita Bowl (No Rice)

INGREDIENTS:

- 1/2 lb chicken breast, sliced
- 1/4 tsp paprika
- 1/2 bell pepper, sliced
- Salt
- 1/4 red onion, sliced
- Pepper
- 1 tbsp olive oil
- 1/4 avocado, sliced
- 1/2 tsp chili powder
- 1/4 cup shredded lettuce
- 1/2 tsp cumin
- 1 tbsp lime juice

NUTRITIONAL INFORMATION:

Calories 370 | Protein 33g | Carbs 6g | Fat 24g | Fiber 3g | Cholesterol 75mg

Prep-time: 10-min

Cook-time: 12-min

Serves: 2

DIRECTIONS:

1. Season Chicken:

In a bowl, toss sliced chicken with chili powder, cumin, paprika, salt, and pepper.

2. Sauté Chicken:

Heat half the olive oil in a skillet over medium-high heat. Cook chicken for 6–7 minutes, turning once, until fully cooked. Remove and set aside.

3. Cook Veggies:

Add remaining oil, sauté bell pepper and onion for 4–5 minutes until slightly softened.

4. Assemble Bowl:

In serving bowls, layer lettuce, cooked chicken, sautéed veggies, avocado, and toppings.

5. Serve:

Drizzle lime juice and serve immediately.

Salmon Patties with Dill Sauce

INGREDIENTS:

1 can (6 oz) wild-caught salmon, drained | 1 egg | 2 tbsp almond flour | 1 tbsp chopped onion | 1 tbsp mayonnaise | 1/2 tsp Dijon mustard | Salt | Pepper | 1 tbsp olive oil

For Dill Sauce: 2 tbsp Greek yogurt | 1 tbsp mayonnaise | 1 tsp lemon juice | 1 tbsp fresh dill or 1/2 tsp dried

NUTRITIONAL INFORMATION:

Calories 340 | Protein 28g | Carbs 2g | Fat 22g | Fiber 1g | Cholesterol 95mg

Prep-time: 10-min

Cook-time: 8-min

Serves: 2



MAIN DISHES

DIRECTIONS:

1. Make Patty Mixture:

In a medium bowl, combine salmon, egg, almond flour, chopped onion, mayo, mustard, salt, and pepper. Stir until mixture holds together.

2. Form Patties:

Shape mixture into 3–4 small patties using hands or scoop.

3. Cook Patties:

Heat olive oil in a nonstick skillet over medium heat. Cook patties for 3–4 minutes per side until golden and cooked through.

4. Make Dill Sauce:

Whisk yogurt, mayo, lemon juice, and dill in a bowl until creamy.

5. Serve:

Serve patties warm with sauce on the side or spooned over top.

Beef and Broccoli (Low Carb Sauce)

INGREDIENTS:

- 1/2 lb flank steak, thinly sliced
- 2 cups broccoli florets
- 1 tbsp olive oil
- 1 tbsp sesame oil
- 1 garlic clove, minced
- 1/2 tsp grated ginger
- 2 tbsp coconut aminos
- 1 tbsp rice vinegar
- 1/2 tsp xanthan gum (optional)
- Salt

NUTRITIONAL INFORMATION:

Calories 390 | Protein 32g | Carbs 7g | Fat 25g | Fiber 2g | Cholesterol 80mg

Prep-time: 10-min

Cook-time: 12-min

Serves: 2



DIRECTIONS:

1. Prep Sauce:

In a small bowl, whisk coconut aminos, rice vinegar, garlic, ginger, and xanthan gum if using. Set aside.

2. Cook Broccoli:

Steam broccoli florets for 3–4 minutes until tender-crisp. Remove and set aside.

3. Sear Beef:

Heat olive oil and sesame oil in a large skillet over medium-high heat. Add sliced beef, season with salt and pepper, and cook for 3–4 minutes until browned.

4. Combine and Simmer:

Add broccoli and sauce to the pan. Stir well and cook for 2–3 minutes until the sauce thickens slightly.

5. Serve:

Serve hot, garnished with sesame seeds or green onions if desired.



Chicken Caesar Salad (No Croutons)

INGREDIENTS:

- 1 grilled chicken breast, sliced
- 2 cups chopped romaine lettuce
- 1/4 cup grated Parmesan cheese
- 2 tbsp Caesar dressing (low carb)
- 1 tsp olive oil
- 1 garlic clove, minced
- Salt
- Pepper
- Optional: anchovy fillet or lemon wedge

NUTRITIONAL INFORMATION:

Calories 360 | Protein 32g | Carbs 4g | Fat 24g | Fiber 2g | Cholesterol 75mg

Prep-time: 10-min

Cook-time: 12-min

Serves: 2

DIRECTIONS:

1. Cook Chicken:

Season chicken with salt and pepper. Grill over medium heat for 6–7 minutes per side or until fully cooked. Let rest and slice thinly.

2. Prep Lettuce:

In a large bowl, toss romaine lettuce with olive oil, Caesar dressing, and grated Parmesan.

3. Add Chicken:

Place sliced chicken on top of dressed lettuce.

4. Garnish:

Optionally top with anchovy fillet or a squeeze of lemon juice.

5. Serve:

Serve immediately while the chicken is warm and the lettuce crisp.



Tuna & Avocado Salad

INGREDIENTS:

- 1 can (5 oz) tuna in water, drained
- 1/2 ripe avocado, diced
- 1 tbsp mayonnaise
- 1 tsp lemon juice
- 1 tbsp chopped red onion
- Salt
- Pepper
- 2 cups mixed salad greens
- 1 tbsp chopped celery

NUTRITIONAL INFORMATION:

Calories 340 | Protein 27g | Carbs 5g | Fat 22g | Fiber 4g | Cholesterol 55mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Mix Tuna Base:

In a bowl, combine drained tuna, diced avocado, mayonnaise, lemon juice, red onion, and celery. Mix gently to keep avocado chunky. Season with salt and pepper.

2. Prepare Base Greens:

Arrange mixed greens in serving bowls or plates.

3. Add Tuna Mixture:

Spoon the tuna and avocado mixture on top of the greens.

4. Garnish:

Optionally drizzle with extra lemon juice or a few drops of olive oil.

5. Serve: Serve fresh and chilled, ideal for a protein-rich lunch or light dinner.

Greek Salad with Grilled Chicken

INGREDIENTS:

- 1 grilled chicken breast, sliced
- 1 cup chopped romaine or mixed greens
- 1/2 cup cherry tomatoes, halved
- 1/4 cup sliced cucumber
- 2 tbsp crumbled feta cheese
- 4–5 Kalamata olives
- 1 tbsp olive oil
- 1 tsp red wine vinegar
- 1/4 tsp dried oregano
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 390 | Protein 32g | Carbs 5g | Fat 26g | Fiber 2g | Cholesterol 80mg

Prep-time: 10-min

Cook-time: 12-min

Serves: 2

DIRECTIONS:

1. Grill Chicken:

Season chicken breast with salt and pepper. Grill over medium heat for 6–7 minutes per side or until fully cooked. Let rest and slice thinly.

2. Prepare Vegetables:

In a large bowl, combine lettuce, tomatoes, cucumber, olives, and feta.

3. Make Dressing:

Whisk olive oil, red wine vinegar, oregano, salt, and pepper until well blended.

4. Assemble Salad:

Top vegetables with grilled chicken slices. Drizzle with dressing and toss lightly to combine.

5. Serve: Serve fresh, optionally with a lemon wedge.



Egg Salad with Pickles

INGREDIENTS:

- 4 boiled eggs, chopped
- 1 tbsp mayonnaise
- 1 tsp mustard
- 2 tbsp chopped dill pickles
- 1 tbsp chopped red onion
- Salt
- Pepper
- Optional: lettuce leaves for serving

NUTRITIONAL INFORMATION:

Calories 320 | Protein 18g | Carbs 3g | Fat 26g | Fiber 1g | Cholesterol 375mg

Prep-time: 10-min

Cook-time: 10-min

Serves: 2

DIRECTIONS:

1. Boil Eggs:

Place eggs in boiling water for 9–10 minutes. Cool, peel, and chop.

2. Mix Salad:

In a bowl, combine chopped eggs, mayonnaise, mustard, pickles, red onion, salt, and pepper.

3. Stir Until Combined:

Mix until evenly coated and creamy.

4. Serve:

Spoon onto lettuce leaves or eat as is. Chill for 10 minutes for best flavor.

5. Optionally Garnish:

Add fresh dill or paprika before serving.





Shrimp & Cucumber Dill Salad

INGREDIENTS:

- 6 oz cooked shrimp, peeled and deveined
- 1/2 cucumber, sliced thin
- 2 tbsp mayonnaise
- 1 tsp lemon juice
- 1 tbsp chopped fresh dill
- Salt Pepper
- Optional: 1 tsp capers

NUTRITIONAL INFORMATION:

Calories 260 | Protein 24g | Carbs 3g | Fat 17g | Fiber 1g | Cholesterol 180mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Prep Shrimp:

If using frozen shrimp, thaw and pat dry. Slice into bite-sized pieces if large.

2. Mix Dressing:

In a medium bowl, whisk mayonnaise, lemon juice, dill, salt, and pepper.

3. Combine Salad:

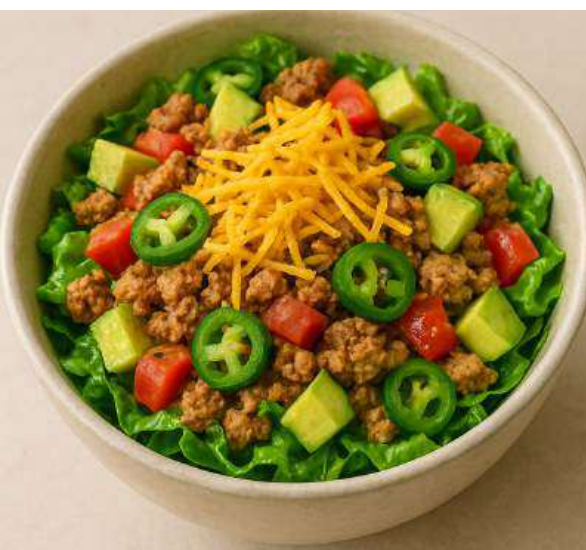
Add sliced cucumber and shrimp to the dressing. Stir gently to coat evenly.

4. Chill:

Cover and refrigerate for 10–15 minutes to blend flavors.

5. Serve:

Serve cold, optionally topped with capers or fresh dill.



Turkey Taco Salad

INGREDIENTS:

- 1/2 lb ground turkey
- 1 tbsp olive oil
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp paprika
- Pepper
- 2 cups chopped romaine lettuce
- 1/4 avocado, diced
- 1/4 cup chopped tomatoes
- 2 tbsp shredded cheddar cheese
- 1 tbsp sour cream

NUTRITIONAL INFORMATION:

Calories 370 | Protein 30g | Carbs 6g | Fat 24g | Fiber 3g | Cholesterol 80mg

Prep-time: 10-min

Cook-time: 10-min

Serves: 2

DIRECTIONS:

1. Cook Turkey:

Heat olive oil in a skillet over medium heat. Add ground turkey and cook until browned, about 6–7 minutes. Stir in chili powder, cumin, paprika, salt, and pepper. Simmer 2 more minutes.

2. Prep Salad Base:

In a large bowl or serving plate, layer chopped romaine, diced avocado, tomatoes, and shredded cheese.

3. Assemble:

Spoon seasoned turkey over the salad base.

4. Top:

Add sour cream or additional toppings like green onions or jalapeños.

5. Serve:

Serve warm or slightly chilled.

Spinach & Goat Cheese Salad

INGREDIENTS:

- 2 cups baby spinach
- 1/4 cup crumbled goat cheese
- 1/4 avocado, sliced
- 1 tbsp chopped walnuts
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 330 | Protein 10g | Carbs 4g | Fat 28g | Fiber 3g | Cholesterol 15mg

Prep-time: 8-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Prep Base:

Place baby spinach in a large bowl.

2. Add Toppings:

Top with crumbled goat cheese, avocado slices, and walnuts.

3. Make Dressing:

In a small bowl, whisk together olive oil, balsamic vinegar, salt, and pepper.

4. Dress Salad:

Drizzle dressing over the salad and toss gently to coat.

5. Serve:

Serve immediately as a fresh, creamy, and crunchy side or light meal.



Broccoli Bacon & Cheddar Salad

INGREDIENTS:

- 2 cups raw broccoli florets
- 2 slices bacon, cooked and crumbled
- 1/4 cup shredded cheddar cheese
- 1 tbsp mayonnaise
- 1 tbsp sour cream
- 1 tsp apple cider vinegar
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 350 | Protein 14g | Carbs 5g | Fat 30g | Fiber 2g | Cholesterol 45mg

Prep-time: 10-min

Cook-time: 5-min

Serves: 2

DIRECTIONS:

1. Prep Broccoli:

Chop raw broccoli into small bite-sized pieces.

2. Make Dressing:

In a bowl, whisk together mayonnaise, sour cream, vinegar, salt, and pepper.

3. Combine Salad:

In a larger bowl, mix broccoli, bacon, and cheddar cheese.

4. Add Dressing:

Pour dressing over and toss well to coat evenly.

5. Chill & Serve:

Let sit for 10–15 minutes in the fridge before serving for best flavor.





Grilled Halloumi and Tomato Salad

INGREDIENTS:

- 4 oz halloumi cheese, sliced
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil (for frying)
- 1 tbsp fresh basil, chopped
- 1 tsp balsamic vinegar
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 320 | Protein 16g | Carbs 4g | Fat 26g | Fiber 1g | Cholesterol 35mg

Prep-time: 8-min

Cook-time: 4-min

Serves: 2

DIRECTIONS:

1. Grill Halloumi:

Heat olive oil in a skillet over medium heat. Fry halloumi slices 1–2 minutes per side until golden.

2. Prep Tomatoes:

While halloumi cooks, slice cherry tomatoes and place in bowl.

3. Add Basil:

Toss tomatoes with fresh basil, balsamic vinegar, salt, and pepper.

4. Assemble:

Plate grilled halloumi over the tomato mixture.

5. Serve:

Serve warm or at room temperature for best texture and flavor.



Steak Salad with Avocado & Lime

INGREDIENTS:

- 1 small steak, grilled and sliced
- 2 cups mixed greens
- 1/2 avocado, sliced
- 1 tbsp lime juice
- 1 tbsp olive oil
- Salt
- Pepper
- Optional: chopped cilantro

NUTRITIONAL INFORMATION:

Calories 420 | Protein 30g | Carbs 4g | Fat 32g | Fiber 3g | Cholesterol 85mg

Prep-time: 10-min

Cook-time: 10-min

Serves: 2

DIRECTIONS:

1. Grill Steak:

Season steak with salt and pepper and grill 3–4 minutes per side. Let rest and slice thinly.

2. Prep Salad:

Arrange greens on plates. Add avocado slices.

3. Make Dressing:

Whisk lime juice and olive oil.

4. Assemble:

Place sliced steak on top of greens and drizzle with dressing.

5. Serve:

Garnish with chopped cilantro if desired and serve immediately.

Salmon & Arugula Salad

INGREDIENTS:

- 1 salmon fillet, grilled and flaked
- 2 cups arugula
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1/4 avocado, sliced
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 400 | Protein 28g | Carbs 2g | Fat 32g | Fiber 2g | Cholesterol 75mg

Prep-time: 10-min

Cook-time: 10-min

Serves: 2

DIRECTIONS:

1. Cook Salmon:

Grill or pan-fry salmon for 4–5 minutes per side until cooked through. Flake into chunks.

2. Prep Greens:

Place arugula in a salad bowl. Add avocado slices.

3. Make Dressing:

Mix lemon juice with olive oil, salt, and pepper.

4. Combine:

Add flaked salmon to arugula. Drizzle with dressing. 5. Serve: Toss lightly and serve warm or chilled.



SALADS

Spicy Asian Cabbage Slaw

INGREDIENTS:

- 2 cups shredded cabbage
- 1/4 cup shredded carrots
- 1 tbsp sesame oil
- 1 tsp rice vinegar
- 1/2 tsp chili flakes
- 1 tsp soy sauce
- 1 tsp chopped green onion
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 160 | Protein 2g | Carbs 6g | Fat 14g | Fiber 2g | Cholesterol 0mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Mix Veggies:

In a large bowl, combine cabbage and carrots.

2. Make Dressing:

In small bowl, whisk sesame oil, vinegar, chili flakes, soy sauce, salt, and pepper.

3. Combine:

Pour dressing over cabbage mixture and toss well.

4. Garnish:

Top with green onions.

5. Serve:

Chill for 10–15 minutes or serve immediately as a crunchy side.





Caprese Salad with Chicken

INGREDIENTS:

- 1 grilled chicken breast, sliced
- 1/2 cup cherry tomatoes, halved
- 2 oz mozzarella, sliced
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- Fresh basil leaves
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 390 | Protein 32g | Carbs 4g | Fat 26g | Fiber 1g | Cholesterol 85mg

Prep-time: 10-min

Cook-time: 12-min

Serves: 2

DIRECTIONS:

1. Grill Chicken:

Season and grill chicken breast 6–7 minutes per side. Slice.

2. Layer Ingredients:

On plate, alternate tomato, mozzarella, and chicken slices.

3. Add Basil:

Scatter fresh basil leaves on top.

4. Dress Salad:

Drizzle with olive oil and balsamic vinegar.

5. Serve:

Season with salt and pepper and serve immediately.



Cauliflower "Potato" Salad

INGREDIENTS:

- 2 cups steamed cauliflower florets
- 1 boiled egg, chopped
- 1 tbsp mayonnaise
- 1 tsp mustard
- 1 tbsp chopped celery
- 1 tsp apple cider vinegar
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 250 | Protein 10g | Carbs 5g | Fat 20g | Fiber 2g | Cholesterol 130mg

Prep-time: 10-min

Cook-time: 5-min

Serves: 2

DIRECTIONS:

1. Steam Cauliflower:

Cook cauliflower until fork-tender, then cool.

2. Mix Base:

In a bowl, combine cauliflower, chopped egg, celery.

3. Add Dressing:

Stir in mayo, mustard, vinegar, salt, and pepper.

4. Combine:

Mix gently until well coated.

5. Chill & Serve:

Refrigerate 10–15 minutes before serving.

Hard-Boiled Egg & Spinach Salad

INGREDIENTS:

- 2 boiled eggs, sliced
- 2 cups baby spinach
- 1 tbsp chopped red onion
- 1 tbsp olive oil
- 1 tsp apple cider vinegar
- Salt
- Pepper

NUTRITIONAL INFORMATION:

Calories 280 | Protein 14g | Carbs 3g | Fat 22g | Fiber 2g | Cholesterol 370mg

Prep-time: 10-min

Cook-time: 10-min

Serves: 2

DIRECTIONS:

1. Boil Eggs:

Cook eggs for 9–10 minutes, cool, peel, and slice.

2. Prep Base:

Place spinach and red onion in a salad bowl.

3. Make Dressing:

Whisk olive oil, vinegar, salt, and pepper.

4. Assemble:

Top greens with sliced eggs and drizzle with dressing.

5. Serve:

Serve immediately or chilled.



Curried Chicken Salad in Lettuce Cups

INGREDIENTS:

- 1/2 cup cooked chicken, shredded
- 1 tbsp mayonnaise
- 1/2 tsp curry powder
- 1 tsp lemon juice
- 1 tbsp chopped celery
- 1 tbsp chopped almonds
- Pepper
- 4 romaine lettuce leaves

NUTRITIONAL INFORMATION:

Calories 310 | Protein 20g | Carbs 4g | Fat 22g | Fiber 2g | Cholesterol 70mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Mix Salad:

In a bowl, combine chicken, mayo, curry powder, lemon juice, celery, almonds, salt, and pepper.

2. Stir Together:

Mix until well coated.

3. Prep Wraps:

Arrange lettuce leaves on a plate.

4. Fill:

Spoon chicken salad into lettuce cups.

5. Serve:

Serve immediately as a light meal or snack.





Quinoa-Free Tabouli with Grilled Shrimp

INGREDIENTS:

- 6 grilled shrimp
- 1 cup chopped parsley
- 1/2 cup chopped cucumber
- 1/4 cup chopped tomato
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt
- Pepper
- Optional: chopped mint

NUTRITIONAL INFORMATION:

Calories 280 | Protein 22g | Carbs 5g | Fat 18g | Fiber 3g | Cholesterol 150mg

Prep-time: 10 -min

Cook-time: 6-min

Serves: 2

DIRECTIONS:

1. Grill Shrimp:

Season shrimp and grill 2–3 minutes per side.

2. Chop Veggies:

In a bowl, combine parsley, cucumber, tomato, and optional mint.

3. Make Dressing:

Whisk lemon juice, olive oil, salt, and pepper.

4. Assemble Salad:

Mix dressing with veggies and top with shrimp.

5. Serve:

Serve fresh as a light Mediterranean-style salad.



Roasted Veggie & Feta Salad

INGREDIENTS:

- 1/2 zucchini, chopped
- 1/2 red bell pepper, chopped
- 1/2 cup cauliflower florets
- 1 tbsp olive oil
- Salt
- Pepper
- 1 cup mixed greens
- 2 tbsp crumbled feta
- 1 tsp balsamic vinegar

NUTRITIONAL INFORMATION:

Calories 270 | Protein 9g | Carbs 7g | Fat 22g | Fiber 3g | Cholesterol 25mg

Prep-time: 10 -min

Cook-time: 20-min

Serves: 2

DIRECTIONS:

1. Roast Veggies:

Toss zucchini, bell pepper, and cauliflower with olive oil, salt, and pepper. Roast at 200°C (400°F) for 20–25 minutes.

2. Prep Greens:

Place mixed greens in a bowl.

3. Add Roasted Veggies:

Once roasted, add warm veggies to the greens.

4. Finish Salad:

Sprinkle with feta and drizzle with balsamic vinegar.

5. Serve:

Serve warm or room temperature.

Zoodle Salad with Pesto

INGREDIENTS:

- 1 medium zucchini, spiralized
- 2 tbsp pesto (low carb)
- 1 tbsp chopped cherry tomatoes
- 1 tbsp grated Parmesan
- 1 tsp olive oil
- Salt

NUTRITIONAL INFORMATION:

Calories 210 | Protein 7g | Carbs 4g | Fat 18g | Fiber 2g | Cholesterol 10mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Spiralize Zucchini:

Use a spiralizer to create zoodles.

2. Toss with Pesto:

In a bowl, mix zoodles with pesto, olive oil, and salt.

3. Add Toppings:

Stir in cherry tomatoes and Parmesan.

4. Combine:

Toss gently to coat.

5. Serve:

Serve immediately or chilled for a fresh, crunchy texture.



SALADS

Mozzarella, Avocado & Basil Salad

INGREDIENTS:

- 2 oz mozzarella, cubed
- 1/2 avocado, diced
- 1 tbsp fresh basil, chopped
- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt

NUTRITIONAL INFORMATION:

Calories 310 | Protein 11g | Carbs 3g | Fat 27g | Fiber 2g | Cholesterol 25mg

Prep-time: 8-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Prep Ingredients:

Cube mozzarella and dice avocado.

2. Combine:

In a bowl, gently mix mozzarella, avocado, and basil.

3. Dress:

Drizzle with olive oil and lemon juice. Season with salt and pepper.

4. Toss:

Stir gently to combine without mashing avocado.

5. Serve:

Serve immediately as a fresh low-carb salad or side.





Chocolate Protein Mug Cake

INGREDIENTS:

- 1 scoop chocolate protein powder
- 1 egg
- 1 tbsp almond flour
- 1/2 tsp baking powder
- 1 tbsp unsweetened cocoa powder
- 1 tbsp almond milk
- Optional: stevia or dark chocolate chips

NUTRITIONAL INFORMATION:

Calories 230 | Protein 22g | Carbs 4g | Fat 12g | Fiber 2g | Cholesterol 185mg

Prep-time: 3-min

Cook-time: 2-min

Serves: 1

DIRECTIONS:

1. Mix Ingredients:

In a mug, mix protein powder, almond flour, baking powder, cocoa, and optional sweetener.

2. Add Wet:

Stir in egg and almond milk until smooth.

3. Microwave:

Microwave on high for 60–90 seconds until set.

4. Rest:

Let cool 1 minute.

5. Serve:

Enjoy warm, optionally topped with berries or whipped cream.



No-Bake Peanut Butter Protein Bars

INGREDIENTS:

- 1/2 cup natural peanut butter
- 1 scoop vanilla protein powder
- 2 tbsp almond flour
- 1 tbsp coconut oil
- Optional: pinch of salt or stevia

NUTRITIONAL INFORMATION:

Calories 270 | Protein 18g | Carbs 5g | Fat 20g | Fiber 2g | Cholesterol 10mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 4

DIRECTIONS:

1. Mix Ingredients:

In a bowl, combine peanut butter, protein powder, almond flour, and coconut oil.

2. Stir Until Doughy:

Add optional salt or sweetener. Mix well.

3. Press:

Press mixture into a lined dish.

4. Chill:

Refrigerate 30–60 minutes until firm.

5. Serve:

Cut into bars and store in fridge.

Keto Cheesecake Bites

INGREDIENTS:

- 4 oz cream cheese, softened
- 2 tbsp almond flour
- 1 tbsp erythritol
- 1/4 tsp vanilla extract
- Optional: lemon zest or melted chocolate drizzle

NUTRITIONAL INFORMATION:

Calories 120 | Protein 3g | Carbs 2g | Fat 11g | Fiber 1g | Cholesterol 25mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 4

DIRECTIONS:

1. Mix Base:

In a bowl, beat cream cheese with almond flour, erythritol, and vanilla until smooth.

2. Chill:

Refrigerate for 15–20 minutes to firm up.

3. Roll:

Shape into small balls.

4. Optional Topping:

Add lemon zest or drizzle melted chocolate.

5. Serve:

Keep chilled until serving.



DESSERTS

Greek Yogurt Chocolate Mousse

INGREDIENTS:

- 1/2 cup plain Greek yogurt
- 1 tbsp unsweetened cocoa powder
- 1 scoop chocolate protein powder
- 1 tsp vanilla extract
- Optional: stevia or dark chocolate shavings

NUTRITIONAL INFORMATION:

Calories 190 | Protein 20g | Carbs 5g | Fat 6g | Fiber 2g | Cholesterol 10mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Mix Base:

In a bowl, whisk together yogurt, cocoa powder, protein powder, and vanilla.

2. Sweeten:

Add optional stevia if desired.

3. Chill:

Let sit in fridge for 10 minutes to thicken.

4. Optional Topping:

Top with dark chocolate shavings.

5. Serve:

Serve cold as a creamy high-protein dessert.





Coconut Cream Chia Pudding

INGREDIENTS:

- 1/2 cup canned coconut milk
- 1 tbsp chia seeds
- 1/2 tsp vanilla extract
- Optional: stevia or berries

NUTRITIONAL INFORMATION:

Calories 220 | Protein 3g | Carbs 4g | Fat 20g | Fiber 3g | Cholesterol 0mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Mix Base:

In a jar, stir together coconut milk, chia seeds, and vanilla.

2. Sweeten:

Add optional sweetener if desired.

3. Chill:

Cover and refrigerate for at least 2 hours or overnight until thick.

4. Stir Before Serving:

Mix again if needed.

5. Serve:

Top with berries or coconut flakes if desired.



Almond Butter Protein Cookies

INGREDIENTS:

- 1/2 cup almond butter
- 1 scoop vanilla protein powder
- 1 egg
- 1 tbsp almond flour
- 1/2 tsp baking powder
- Optional: stevia or dark chocolate chips

NUTRITIONAL INFORMATION:

Calories 150 | Protein 10g | Carbs 3g | Fat 11g | Fiber 1g | Cholesterol 30mg

Prep-time: 8-min

Cook-time: 10-min

Serves: 3

DIRECTIONS:

1. Preheat Oven:

Heat to 175°C (350°F). Line a baking sheet.

2. Mix Dough:

Combine almond butter, protein powder, egg, almond flour, baking powder, and optional add-ins.

3. Form Cookies:

Scoop dough and shape into 6 cookies.

4. Bake:

Bake for 8–10 minutes until edges are set.

5. Cool & Serve:

Let cool before serving or storing.

Keto Chocolate Bark with Nuts

INGREDIENTS:

- 1/2 cup sugar-free dark chocolate chips
- 1 tbsp coconut oil
- 2 tbsp chopped almonds
- 1 tbsp shredded coconut
- Optional: sea salt

NUTRITIONAL INFORMATION:

Calories 210 | Protein 4g | Carbs 5g | Fat 19g | Fiber 3g | Cholesterol 0mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 4

DIRECTIONS:

1. Melt Chocolate:

Microwave chocolate chips and coconut oil until smooth.

2. Spread:

Pour onto parchment-lined tray.

3. Top:

Sprinkle with almonds, coconut, and sea salt.

4. Chill:

Freeze for 20–30 minutes until firm.

5. Serve:

Break into pieces and store chilled.



DESSERTS

Protein Ice Cream (No Sugar)

INGREDIENTS:

- 1 frozen banana
- 1 scoop vanilla protein powder
- 2 tbsp almond milk
- 1/2 tsp vanilla extract
- Optional: peanut butter or cocoa powder

NUTRITIONAL INFORMATION:

Calories 200 | Protein 20g | Carbs 7g | Fat 7g | Fiber 2g | Cholesterol 15mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Blend Base:

Add frozen banana, protein powder, almond milk, and vanilla to a blender.

2. Blend Until Smooth:

Add peanut butter or cocoa if desired.

3. Freeze (Optional):

For firmer texture, freeze for 30 minutes.

4. Scoop:

Scoop into bowl or cup.

5. Serve:

Enjoy immediately as soft-serve or after freezing.





Avocado Chocolate Pudding

INGREDIENTS:

- 1 ripe avocado
- 2 tbsp unsweetened cocoa powder
- 1 tbsp almond milk
- 1 tbsp erythritol or stevia
- 1/2 tsp vanilla extract

NUTRITIONAL INFORMATION:

Calories 240 | Protein 4g | Carbs 8g | Fat 20g | Fiber 5g | Cholesterol 0mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Prep Ingredients:

Cut and pit the avocado.

2. Blend:

Add avocado, cocoa, almond milk, sweetener, and vanilla to blender.

3. Process:

Blend until completely smooth.

4. Chill:

Refrigerate for 10–15 minutes for best texture.

5. Serve:

Serve with dark chocolate chips or berries if desired.



Cinnamon Roll Protein Balls

INGREDIENTS:

- 1/2 cup almond flour
- 1 scoop vanilla protein powder
- 1 tbsp almond butter
- 1 tsp cinnamon
- 1 tbsp coconut oil
- Optional: stevia or vanilla extract

NUTRITIONAL INFORMATION:

Calories 110 | Protein 8g | Carbs 3g | Fat 8g | Fiber 1g | Cholesterol 5mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 4

DIRECTIONS:

1. Mix Ingredients:

Combine all ingredients in a bowl. Stir until a thick dough forms.

2. Roll into Balls:

Shape into small balls using hands or a scoop.

3. Chill:

Place in fridge for 15–20 minutes to firm.

4. Optional Coating:

Roll in extra cinnamon or shredded coconut.

5. Serve:

Store refrigerated in an airtight container.

Mini Protein Brownies

INGREDIENTS:

- 1 scoop chocolate protein powder
- 1 egg
- 1 tbsp almond flour
- 1 tbsp cocoa powder
- 1/2 tsp baking powder
- 1 tbsp almond milk
- Optional: stevia or dark chocolate chips

NUTRITIONAL INFORMATION:

Calories 140 | Protein 10g | Carbs 3g | Fat 8g | Fiber 2g | Cholesterol 35mg

Prep-time: 8-min

Cook-time: 12-min

Serves: 3

DIRECTIONS:

1. Preheat Oven:

Set to 175°C (350°F). Line a mini muffin tin.

2. Mix Batter:

Stir all ingredients in a bowl until smooth.

3. Fill Molds:

Pour batter into muffin cups, 2/3 full.

4. Bake:

Bake for 10–12 minutes until set.

5. Cool & Serve:

Let cool before removing from tin.



DESSERTS

Strawberry Protein Smoothie Bowl

INGREDIENTS:

- 1/2 cup frozen strawberries
- 1/2 banana
- 1 scoop vanilla protein powder
- 2 tbsp almond milk
- Optional: chia seeds or coconut flakes

NUTRITIONAL INFORMATION:

Calories 230 | Protein 18g | Carbs 10g | Fat 7g | Fiber 3g | Cholesterol 10mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 1

DIRECTIONS:

1. Blend Base:

Add strawberries, banana, protein powder, and almond milk to blender.

2. Blend Until Thick:

Aim for smoothie bowl consistency.

3. Pour:

Transfer to a bowl.

4. Top:

Add optional toppings like chia seeds or coconut flakes.

5. Serve:

Enjoy immediately with a spoon.





Vanilla Chia & Berry Parfait

INGREDIENTS:

- 1/2 cup Greek yogurt
- 1 tbsp chia seeds
- 1/4 tsp vanilla extract
- 1/4 cup fresh berries
- Optional: stevia or sliced almonds

NUTRITIONAL INFORMATION:

Calories 180 | Protein 14g | Carbs 6g | Fat 8g | Fiber 3g | Cholesterol 10mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 1

DIRECTIONS:

1. Mix Base:

In a jar or glass, mix yogurt, chia seeds, and vanilla.

2. Chill:

Let sit for 10–15 minutes to thicken slightly.

3. Layer:

Add half of yogurt, then berries, then rest of yogurt.

4. Top:

Finish with more berries or almonds.

5. Serve:

Serve chilled for a light dessert or breakfast.



Keto Lemon Cheesecake Bars

INGREDIENTS:

- 4 oz cream cheese
- 1 tbsp lemon juice
- 1 tbsp almond flour
- 1 tbsp erythritol
- 1 egg
- 1/2 tsp vanilla extract

NUTRITIONAL INFORMATION:

Calories 160 | Protein 5g | Carbs 3g | Fat 14g | Fiber 1g | Cholesterol 55mg

Prep-time: 10-min

Cook-time: 20-min

Serves: 4

DIRECTIONS:

1. Preheat Oven:

Set to 175°C (350°F). Line small baking dish.

2. Mix Filling:

Blend cream cheese, lemon juice, almond flour, erythritol, egg, and vanilla until smooth.

3. Pour & Bake:

Pour into dish and bake 15–20 minutes until set.

4. Cool:

Let cool completely.

5. Slice & Serve:

Cut into bars and chill before serving.

Chocolate Zucchini Muffins

INGREDIENTS:

- 1/2 cup grated zucchini
- 1 scoop chocolate protein powder
- 1 egg
- 1 tbsp almond flour
- 1 tbsp cocoa powder
- 1/2 tsp baking powder
- Optional: stevia or dark chocolate chips

NUTRITIONAL INFORMATION:

Calories 160 | Protein 12g | Carbs 4g | Fat 9g | Fiber 2g | Cholesterol 40mg

Prep-time: 10-min

Cook-time: 15-min

Serves: 3

DIRECTIONS:

1. Preheat Oven:

Heat to 175°C (350°F). Line muffin tin.

2. Mix Ingredients:

In bowl, stir zucchini, protein powder, egg, almond flour, cocoa, baking powder, and optional add-ins.

3. Fill Molds:

Spoon batter into muffin cups.

4. Bake:

Bake 12–15 minutes until cooked through. 5. Cool & Serve: Let muffins cool slightly before serving.



DESSERTS

Almond Flour Shortbread Cookies

INGREDIENTS:

- 1/2 cup almond flour
- 2 tbsp melted butter
- 1 tbsp erythritol
- 1/4 tsp vanilla extract
- Optional: pinch of salt

NUTRITIONAL INFORMATION:

Calories 130 | Protein 3g | Carbs 2g | Fat 12g | Fiber 1g | Cholesterol 15mg

Prep-time: 8-min

Cook-time: 12-min

Serves: 3

DIRECTIONS:

1. Preheat Oven:

Heat oven to 175°C (350°F) and line a baking sheet.

2. Make Dough:

Mix almond flour, butter, sweetener, vanilla, and salt into a soft dough.

3. Shape Cookies:

Form 6 small cookies and flatten slightly.

4. Bake:

Bake 10–12 minutes until edges are golden. 5. Cool & Serve: Let cool completely before serving.





Protein Pudding with Berries

INGREDIENTS:

- 1/2 cup plain Greek yogurt
- 1 scoop vanilla protein powder
- 1 tbsp almond milk
- 1/4 cup fresh berries
- Optional: stevia

NUTRITIONAL INFORMATION:

Calories 190 | Protein 22g | Carbs 6g | Fat 5g | Fiber 2g | Cholesterol 10mg

Prep-time: 5-min

Cook-time: 0-min

Serves: 1

DIRECTIONS:

1. Mix Base:

In a bowl, whisk together yogurt, protein powder, almond milk, and optional sweetener.

2. Chill:

Let sit for 10 minutes in the fridge.

3. Add Berries:

Top with fresh berries.

4. Stir If Needed:

Mix before eating if desired.

5. Serve:

Enjoy chilled as a quick dessert or post-workout snack.



Mocha Protein Fudge Squares

INGREDIENTS:

- 1/4 cup almond butter
- 1 scoop chocolate protein powder
- 1 tbsp brewed coffee
- 1 tbsp cocoa powder
- 1 tbsp coconut oil

NUTRITIONAL INFORMATION:

Calories 160 | Protein 10g | Carbs 3g | Fat 12g | Fiber 2g | Cholesterol 5mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 4

DIRECTIONS:

1. Mix Ingredients:

Combine all ingredients in a bowl and stir until smooth.

2. Spread:

Pour mixture into a lined dish and smooth top.

3. Chill:

Refrigerate for 30–60 minutes until firm.

4. Slice:

Cut into squares.

5. Serve:

Keep refrigerated and enjoy cold.

Coconut Almond Protein Truffles

INGREDIENTS:

- 1/2 cup almond flour
- 1 scoop vanilla protein powder
- 1 tbsp almond butter
- 1 tbsp shredded coconut
- 1 tbsp coconut oil

NUTRITIONAL INFORMATION:

Calories 130 | Protein 8g | Carbs 3g | Fat 10g | Fiber 1g | Cholesterol 5mg

Prep-time: 10-min

Cook-time: 0-min

Serves: 4

DIRECTIONS:

1. Mix Dough:

In a bowl, stir all ingredients until well combined.

2. Roll Into Balls:

Form mixture into bite-sized truffles.

3. Chill:

Refrigerate 15–20 minutes until firm.

4. Optional Coating:

Roll in more shredded coconut.

5. Serve:

Keep chilled and serve as a sweet snack.



DESSERTS

Cream Cheese Protein Mousse

INGREDIENTS:

- 2 oz cream cheese, softened
- 1 scoop vanilla protein powder
- 1 tbsp almond milk
- 1/4 tsp vanilla extract
- Optional: cinnamon or stevia

NUTRITIONAL INFORMATION:

Calories 180 | Protein 15g | Carbs 3g | Fat 12g | Fiber 0g | Cholesterol 40mg

Prep-time: 7-min

Cook-time: 0-min

Serves: 2

DIRECTIONS:

1. Beat Cream Cheese:

Use a hand mixer to soften cream cheese.

2. Add Ingredients:

Mix in protein powder, almond milk, vanilla, and optional spices.

3. Whip Until Fluffy:

Blend until smooth and airy.

4. Chill:

Refrigerate for 10–15 minutes. 5. Serve: Spoon into cups and enjoy as a rich, creamy dessert.



30-DAY MEAL PLAN

Day 1

- **Breakfast:** Egg Muffins with Veggies and Bacon
- **Snack:** Cheese-Stuffed Mini Bell Peppers
- **Main Dish:** Grilled Chicken with Avocado Salsa
- **Salad:** Chicken Caesar Salad (No Croutons)
- **Dessert:** Chocolate Protein Mug Cake

Day 2

- **Breakfast:** Almond Flour Protein Pancakes
- **Snack:** Hard-Boiled Eggs with Paprika Mayo
- **Main Dish:** Zucchini Noodles with Turkey Meatballs
- **Salad:** Tuna & Avocado Salad
- **Dessert:** No-Bake Peanut Butter Protein Bars

Day 3

- **Breakfast:** Omelette with Smoked Salmon and Spinach
- **Snack:** Cucumber Slices with Tuna Spread
- **Main Dish:** Baked Salmon with Asparagus
- **Salad:** Greek Salad with Grilled Chicken
- **Dessert:** Keto Cheesecake Bites

Day 4

- **Breakfast:** Scrambled Eggs with Feta
- **Snack:** Greek Yogurt Ranch Dip with Veggies
- **Main Dish:** Cauliflower Crust Pizza
- **Salad:** Egg Salad with Pickles
- **Dessert:** Greek Yogurt Chocolate Mousse

Day 5

- **Breakfast:** Greek Yogurt with Protein Powder and Berries
- **Snack:** Turkey Roll-Ups with Cream Cheese
- **Main Dish:** Chicken Alfredo with Shirataki Noodles
- **Salad:** Shrimp & Cucumber Dill Salad
- **Dessert:** Coconut Cream Chia Pudding

Day 6

- **Breakfast:** Poached Eggs on Avocado Seed Toast
- **Snack:** Protein Chocolate Energy Balls
- **Main Dish:** Ground Beef Stuffed Peppers
- **Salad:** Turkey Taco Salad
- **Dessert:** Almond Butter Protein Cookies

Day 7

- **Breakfast:** Chia Pudding with Coconut Milk and Protein
- **Snack:** Almond Butter Celery Sticks
- **Main Dish:** Garlic Butter Shrimp with Broccoli
- **Salad:** Spinach & Goat Cheese Salad
- **Dessert:** Keto Chocolate Bark with Nuts

Day 8

- **Breakfast:** Egg and Tuna Breakfast Salad
- **Snack:** Roasted Edamame with Sea Salt
- **Main Dish:** Turkey Lettuce Wraps
- **Salad:** Broccoli Bacon & Cheddar Salad
- **Dessert:** Protein Ice Cream (No Sugar)

Day 9

- **Breakfast:** Chicken & Veggie Protein Muffins
- **Snack:** Boiled Eggs & Avocado Dip
- **Main Dish:** Baked Cod with Pesto and Tomatoes
- **Salad:** Grilled Halloumi and Tomato Salad
- **Dessert:** Avocado Chocolate Pudding

Day 10

- **Breakfast:** Chocolate Peanut Butter Protein Shake
- **Snack:** Parmesan Crisps
- **Main Dish:** Chicken & Veggie Sheet Pan Dinner
- **Salad:** Steak Salad with Avocado & Lime
- **Dessert:** Cinnamon Roll Protein Balls

Day 11

- **Breakfast:** Cloud Eggs with Cheese
- **Snack:** Beef Jerky (Low Sugar)
- **Main Dish:** Keto Taco Bowls with Ground Turkey
- **Salad:** Salmon & Arugula Salad
- **Dessert:** Mini Protein Brownies

Day 12

- **Breakfast:** Zucchini Fritters with Parmesan
- **Snack:** Baked Zucchini Chips
- **Main Dish:** Spaghetti Squash Bolognese
- **Salad:** Spicy Asian Cabbage Slaw
- **Dessert:** Strawberry Protein Smoothie Bowl

Day 13

- **Breakfast:** Egg Roll with Spinach and Cheese
- **Snack:** Deviled Eggs with Mustard
- **Main Dish:** Teriyaki Chicken Skewers (Sugar-Free)
- **Salad:** Caprese Salad with Chicken
- **Dessert:** Vanilla Chia & Berry Parfait

Day 14

- **Breakfast:** Keto "Oatmeal" with Flax and Walnuts
- **Snack:** Mini Salmon Patties
- **Main Dish:** Tuna Steak with Lemon & Herbs
- **Salad:** Cauliflower "Potato" Salad
- **Dessert:** Keto Lemon Cheesecake Bars

Day 15

- **Breakfast:** Baked Avocado Eggs
- **Snack:** Keto Hummus with Veggies
- **Main Dish:** Grilled Tofu Stir Fry
- **Salad:** Hard-Boiled Egg & Spinach Salad
- **Dessert:** Chocolate Zucchini Muffins

Day 16

- **Breakfast:** Quick Protein Toast with Flaxseed
- **Snack:** Low Carb Protein Bars
- **Main Dish:** Stuffed Zucchini Boats with Cheese
- **Salad:** Curried Chicken Salad in Lettuce Cups
- **Dessert:** Almond Flour Shortbread Cookies

30-DAY MEAL PLAN

Day 17

- **Breakfast:** Cottage Cheese Bake with Vanilla
- **Snack:** Cottage Cheese with Berries
- **Main Dish:** Eggplant Lasagna
- **Salad:** Quinoa-Free Tabouli with Grilled Shrimp
- **Dessert:** Protein Pudding with Berries

Day 18

- **Breakfast:** High-Protein Overnight Yogurt Jar
- **Snack:** Stuffed Mushrooms with Turkey
- **Main Dish:** Chicken Fajita Bowl (No Rice)
- **Salad:** Roasted Veggie & Feta Salad
- **Dessert:** Mocha Protein Fudge Squares

Day 19

- **Breakfast:** Protein Banana-Free Smoothie
- **Snack:** Egg Salad Lettuce Wraps
- **Main Dish:** Salmon Patties with Dill Sauce
- **Salad:** Zoodle Salad with Pesto
- **Dessert:** Coconut Almond Protein Truffles

Day 20

- **Breakfast:** Turkey & Spinach Breakfast Skillet
- **Snack:** Spicy Roasted Chickpeas (Low Carb Version)
- **Main Dish:** Beef and Broccoli (Low Carb Sauce)
- **Salad:** Mozzarella, Avocado & Basil Salad
- **Dessert:** Cream Cheese Protein Mousse

Day 21

- **Breakfast:** Chocolate Peanut Butter Protein Shake
- **Snack:** Turkey Roll-Ups with Cream Cheese
- **Main Dish:** Garlic Butter Shrimp with Broccoli
- **Salad:** Curried Chicken Salad in Lettuce Cups
- **Dessert:** Greek Yogurt Chocolate Mousse

Day 22

- **Breakfast:** Cloud Eggs with Cheese
- **Snack:** Deviled Eggs with Mustard
- **Main Dish:** Chicken Alfredo with Shirataki Noodles
- **Salad:** Grilled Halloumi and Tomato Salad
- **Dessert:** Keto Lemon Cheesecake Bars

Day 23

- **Breakfast:** Protein Banana-Free Smoothie
- **Snack:** Parmesan Crisps
- **Main Dish:** Grilled Tofu Stir Fry
- **Salad:** Greek Salad with Grilled Chicken
- **Dessert:** Protein Ice Cream (No Sugar)

Day 24

- **Breakfast:** High-Protein Overnight Yogurt Jar
- **Snack:** Hard-Boiled Eggs with Paprika Mayo
- **Main Dish:** Stuffed Zucchini Boats with Cheese
- **Salad:** Shrimp & Cucumber Dill Salad
- **Dessert:** Chocolate Zucchini Muffins

Day 25

- **Breakfast:** Baked Avocado Eggs
- **Snack:** Baked Zucchini Chips
- **Main Dish:** Zucchini Noodles with Turkey Meatballs
- **Salad:** Tuna & Avocado Salad
- **Dessert:** Vanilla Chia & Berry Parfait

Day 26

- **Breakfast:** Cottage Cheese Bake with Vanilla
- **Snack:** Cucumber Slices with Tuna Spread
- **Main Dish:** Eggplant Lasagna
- **Salad:** Zoodle Salad with Pesto
- **Dessert:** Coconut Almond Protein Truffles

Day 27

- **Breakfast:** Quick Protein Toast with Flaxseed
- **Snack:** Boiled Eggs & Avocado Dip
- **Main Dish:** Keto Taco Bowls with Ground Turkey
- **Salad:** Broccoli Bacon & Cheddar Salad
- **Dessert:** Mocha Protein Fudge Squares

Day 28

- **Breakfast:** Egg Muffins with Veggies and Bacon
- **Snack:** Roasted Edamame with Sea Salt
- **Main Dish:** Baked Cod with Pesto and Tomatoes
- **Salad:** Roasted Veggie & Feta Salad
- **Dessert:** Almond Flour Shortbread Cookies

Day 29

- **Breakfast:** Chia Pudding with Coconut Milk and Protein
- **Snack:** Cottage Cheese with Berries
- **Main Dish:** Spaghetti Squash Bolognese
- **Salad:** Caprese Salad with Chicken
- **Dessert:** Cream Cheese Protein Mousse

Day 30

- **Breakfast:** Omelette with Smoked Salmon and Spinach
- **Snack:** Stuffed Mushrooms with Turkey
- **Main Dish:** Beef and Broccoli (Low Carb Sauce)
- **Salad:** Chicken Caesar Salad (No Croutons)
- **Dessert:** Almond Butter Protein Cookies

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H

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red bell pepper

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Y

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INGREDIENT SUBSTITUTIONS

BASICS & SEASONINGS

IF YOU DONT HAVE	TRY THIS INSTEAD	NOTES
Salt	Celery salt, herb salt, lemon juice	Reduce sodium
Black pepper	Chili flakes, white pepper, cumin	Adds heat
Garlic	Garlic powder, shallots	1 clove = 1/8 tsp powder
Onion	Green onion, leek, shallots	Raw or cooked
Soy sauce	Tamari, coconut aminos	Lower sodium options
Mustard	Vinegar + turmeric	For dressings

MEAT & PROTEIN SWAPS

IF YOU DONT HAVE	TRY THIS INSTEAD	NOTES
Ground turkey	Ground chicken, lentils	Lean protein
Tuna	White beans, chickpeas	Vegan alt.
Chicken breast	Tempeh, tofu, firm mushrooms	Texture + protein
Salmon	Jackfruit (texture), smoked tofu	Try marinated
Bacon	Tempeh bacon, mushroom chips	Crisp alt

FLOURS & THICKENERS

IF YOU DONT HAVE	TRY THIS INSTEAD	NOTES
Almond flour	Sunflower flour, hazelnut flour	1:1 sub
Coconut flour	Use 1/3 of almond flour	Absorbs more moisture
Oat flour	Ground rolled oats	High carb
Cornstarch	Arrowroot, tapioca starch	Thickening agent

INGREDIENT SUBSTITUTIONS

SWEETENERS & FRUIT

IF YOU DONT HAVE	TRY THIS INSTEAD	NOTES
Honey	Maple syrup, date syrup	Vegan option
Sugar-free syrup	Chia jam, mashed banana	Natural
Stevia	Erythritol, monk fruit, allulose	Carb-free
Banana	Applesauce, pumpkin puree	Binding in baking
Berries	Frozen berries, pomegranate	Antioxidants

CHEESE SUBSTITUTIONS

IF YOU DONT HAVE	TRY THIS INSTEAD	NOTES
Mozzarella	Vegan cheese, cashew cheese	Melting texture
Cheddar	Nutritional yeast + tahini	Sauce-friendly
Feta	Crumbled tofu + lemon	Similar texture
Parmesan	Grated almonds + yeast	Nutty alt

DAIRY & CREAM ALTERNATIVES

IF YOU DONT HAVE	TRY THIS INSTEAD	NOTES
Milk	Almond, oat, soy milk	Adjust for taste
Cream	Full-fat coconut milk	Rich & plant-based
Cream cheese	Blended cottage cheese	More protein
Sour cream	Greek yogurt + lemon juice	Similar texture
Butter	Coconut oil, avocado	For moisture

Macros & Nutrition Guide

What Are Macronutrients?

Macronutrients — or “macros” — are the nutrients we need in large amounts to function, fuel, and flourish. They include:

- **Protein**
- **Fats**
- **Carbohydrates**

Each provides calories (energy), supports unique functions in the body, and plays a crucial role in how we feel, look, and perform. Whether your goal is fat loss, lean muscle, stable energy, or simply healthier eating — knowing your macros is the key.

Protein: The Foundation

Protein is the most important macro for satiety, **metabolism, muscle repair, and fat loss**. It also stabilizes blood sugar, reduces cravings, and preserves lean mass during dieting.

◆ Benefits:

- Keeps you full longer (most satiating macro)
- Supports muscle growth & recovery
- Boosts metabolism via **the thermic effect of food (TEF)**
- Maintains lean body mass during calorie deficits

◆ Best Protein Sources:

- **Animal-based:** chicken, turkey, lean beef, eggs, fish, Greek yogurt, cottage cheese
- **Plant-based:** tofu, tempeh, seitan, lentils, chickpeas, edamame
- **Supplemental:** whey, casein, vegan protein powders

◆ How Much Protein?

- Sedentary: 0.8g/kg body weight
- Active: 1.2–2.2g/kg body weight
- For fat loss: aim 1g per pound of lean body mass

Example:

60 kg active person → 90–130g protein/day

Fats: The Unsung Hero

Fats were once feared, but today we know they are **essential** — not only for hormones and brain function, but for **satiety** and real flavor.

◆ Benefits:

- Helps absorb vitamins A, D, E, and K
- Supports hormone production (especially for women)
- Slows digestion = longer-lasting energy
- Improves brain, skin, and joint health

◆ Healthy Fats To Prioritize:

- **Monounsaturated:** avocado, olive oil, almonds, peanuts
- **Polyunsaturated** (Omega-3s): salmon, sardines, flax, chia
- **Saturated** (in moderation): eggs, coconut oil, cheese

Macros & Nutrition Guide

◆ Fats To Limit:

- **Trans** fats (hydrogenated oils)
- **Overheated** vegetable oils
- Deep-fried **processed** foods

◆ How Much Fat?

Fats should make up 25–40% of your total calories. For low-carb diets, this may increase up to 50–60%.

Carbohydrates: Smart Fuel

Carbs are often misunderstood. While **refined** carbs (white bread, sugar) can lead to energy crashes, **complex** carbs are rich in fiber, micronutrients, and sustained energy.

◆ Benefits:

- Fuel for muscles & brain
- Supports digestion via fiber
- Enhances workout performance
- Regulates mood through serotonin production

◆ Smart Low-Carb Carbs:

- Leafy greens, cruciferous vegetables, berries
- Zucchini, cauliflower, mushrooms, tomatoes
- Nuts, seeds, avocado (fiber-rich & low glycemic)

◆ Avoid or Minimize:

- Sugary drinks, sweets, pastries, white rice, white bread

Macronutrient Balance in This Cookbook

All 100 recipes in this book follow a low-carb high-protein philosophy with:

- **Protein:** 15–35g per serving
- **Fats:** healthy and balanced
- **Carbs:** usually <10g net per serving

Each meal is designed to keep you full, energized, and on track with your weight, fitness, or health goals.

What Are Net Carbs?

Net carbs = Total Carbs – Fiber – Sugar Alcohols

Why subtract? Because fiber and sugar alcohols don't significantly impact blood sugar or insulin response.

Example:

15g carbs – 6g fiber – 3g erythritol = 6g net carbs

This book focuses on net carbs to support:

- Blood sugar control
- Keto/low-carb goals
- More food volume for fewer carbs

KITCHEN NOTES

Favorite recipes I want to repeat:

Substitutions I liked:

Ingredients I should always keep stocked:

Family favorites:



CONCLUSION

You've reached the end of Low Carb High Protein — but in many ways, this is just the beginning. By now, you've discovered that eating healthy doesn't have to be complicated, restrictive, or boring. With just a little planning, the right ingredients, and a handful of reliable recipes, you can create meals that fuel your body, satisfy your cravings, and fit effortlessly into your lifestyle.

This book wasn't about perfection. It was about **empowerment** — giving you tools to eat better without sacrificing flavor, joy, or your precious time. Whether you cook every day or just want a few go-to options to stay on track, the recipes here are meant to support your real life, not change it.

Remember:

You don't need fancy ingredients to eat well.

You don't have to give up comfort food to nourish your body.

You don't have to chase trends to get results that last.

This is a lifestyle built on **balance, not extremes**. A way of eating that supports energy, focus, strength, and long-term well-being.

So keep exploring. Keep experimenting.

Keep choosing meals that make you feel good — inside and out.

And whenever you need a little inspiration, come back to these pages. Your next great meal is already waiting.

Bon appétit — and here's to your strongest, healthiest self.

Disclaimer

The contents of Low Carb High Protein Cookbook are provided for informational purposes only and are not intended as a substitute for medical advice, diagnosis, or treatment. Always seek the guidance of your physician or a qualified health professional before making any changes to your diet, especially if you have known medical conditions, food allergies, or specific dietary needs.

The author and publisher disclaim any liability for any adverse reactions, effects, or consequences resulting from the use of any recipe or suggestions herein. Nutritional values are estimated and may vary depending on exact ingredients and methods used.

All recipes are intended for healthy adults unless otherwise stated. Use this book at your own risk.

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