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1 200-CALORIE HIGH-PROTEIN FAT-BURN BLUEPRINT

**60-Day Meal Plan, 100 Recipes, Bariatric Surgery Prep,
Low-Fat Macro Guide, Weekly Shopping Lists, Mindful
Eating Habits, Body Reset for Women & Men Guide**

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INTRODUCTION

Transform Your Life — One Meal at a Time

Many people today are exhausted, discouraged, and overwhelmed by diets that promise results but rarely deliver. The constant cycle of restriction, cravings, and failure leaves individuals feeling powerless over their weight and health. They search for a method that is not only effective, but realistic, affordable, and sustainable. That method exists.

This book presents a structured, 1200-calorie meal plan based on the proven approach developed by Dr. Younan Nowzaradan — a renowned bariatric surgeon known for helping patients achieve safe and measurable weight loss. Designed with simplicity and success in mind, this plan eliminates guesswork by offering clear guidance, well-balanced meals, and practical strategies for long-term change.

The content in this guide is rooted in Dr. Nowzaradan's clinical philosophy, adapted for everyday readers who are ready to take control of their health. The program emphasizes high-protein, low-fat, and moderate-carbohydrate meals to promote steady fat loss without depriving the body of essential nutrients. It helps readers overcome unhealthy patterns and replace them with habits that support energy, satiety, and confidence.

This plan is not about starvation. It is about smart choices. Every meal is carefully portioned and thoughtfully crafted to meet the nutritional needs of adults seeking to lose weight responsibly. The recipes are simple, accessible, and based on ingredients found in most grocery stores, making it easier to stay consistent without feeling overwhelmed.

Dr. Nowzaradan's method has already helped thousands regain control of their lives. This book adapts that proven system into a beginner-friendly format supported by structure, science, and results. It offers readers a straightforward path to success — without fads, gimmicks, or unnecessary restrictions.

When followed consistently, this plan teaches how to lose weight, maintain progress, and feel better — physically and mentally. It is a clear roadmap toward improved health, designed for anyone tired of confusion, frustration, and temporary solutions.

Delaying action often means continuing the same struggle. Promises to “start next week” can easily turn into months or years of inaction. The longer change is postponed, the harder it becomes. Now is the time to begin.

What follows is a 60-day transformation supported by expert principles, satisfying recipes, and a clear plan. With each page, readers will discover the tools they need to take meaningful steps toward a healthier, more confident future.

CHAPTER 1: FOUNDATION FOR TRANSFORMATION

1.1: WHY 1200 CALORIES ≠ STARVATION — IT'S A SMART SYSTEM

One of the most common misconceptions about weight loss is the belief that consuming only 1200 calories per day is extreme or harmful. In reality, when carefully planned, a 1200-calorie diet is a medically sound and effective strategy for promoting fat loss while preserving energy, muscle mass, and essential nutrients.

The key to successful weight loss lies in creating a *calorie deficit* — consuming fewer calories than the body burns. For many adults, especially those with sedentary lifestyles or higher body fat percentages, 1200 calories provide enough energy to support basic bodily functions while still encouraging the body to tap into stored fat for fuel. This calorie level is widely recommended in clinical settings, particularly for individuals preparing for weight-loss surgery or seeking medically supervised results.

A 1200-calorie plan is not about deprivation. It is about *optimization*. Every calorie must serve a purpose — delivering protein to protect muscle, fiber to support digestion, and nutrients to maintain metabolic function. Unlike starvation diets that trigger fatigue, nutrient deficiencies, and metabolic slowdown, a well-balanced 1200-calorie system focuses on *quality over quantity*.

When designed correctly, this approach promotes what can be called a *metabolic reset*. The body begins to adapt to efficient fuel usage, hormone regulation improves, and inflammation can decrease. Most importantly, the plan allows for *steady, measurable fat loss* without putting the body into crisis mode.

Clinical evidence supports the safety of a 1200-calorie diet under appropriate conditions. In programs like those led by Dr. Nowzaradan, this strategy is used to reduce surgical risk, improve mobility, and reverse early signs of metabolic disorders such as insulin resistance. For individuals with a higher starting weight, this calorie target can result in consistent progress while still allowing for satisfying meals.

Success on a 1200-calorie plan depends on smart food choices, portion control, and attention to macronutrient balance. Protein, fiber, and hydration are prioritized, while empty calories from sugar, refined carbs, and processed fats are minimized or eliminated. The result is a system that encourages fat burning without triggering physical or emotional burnout. This is not starvation. This is strategy. And for thousands of people, it's been the start of lasting transformation.

1.2: PROTEIN, FIBER AND BALANCE – THE WEIGHT LOSS TRIO

At the heart of every effective weight loss plan is a simple truth: what matters most isn't just how much one eats, but what one eats. A well-balanced plate that emphasizes protein, fiber, and portion control is the foundation of lasting, sustainable fat loss — and it's exactly what the 1200-calorie system is designed to deliver.

The Power of Protein

Protein plays a central role in fat loss. Unlike carbohydrates and fats, protein supports the preservation of lean muscle mass during periods of calorie restriction. Muscle is metabolically active tissue — the more of it the body maintains, the more calories it burns at rest. In addition, protein has a *high satiety factor*, meaning it helps people feel full for longer, reducing the likelihood of snacking or overeating.

High-protein foods like skinless poultry, lean fish, egg whites, low-fat dairy, and plant-based sources such as tofu and legumes (when permitted in moderation) are essential components of the 1200-calorie plan. By incorporating protein into each meal, individuals support their metabolism while keeping hunger under control.

The Role of Fiber

Fiber is another essential tool for weight loss. It adds volume to meals without adding calories, helps regulate blood sugar, and promotes healthy digestion. Just as importantly, fiber contributes to *longer-lasting fullness*, helping to reduce cravings and prevent emotional or habitual snacking.

Fiber is found in vegetables, low-sugar fruits, and certain whole grains. In the Dr. Now-style approach, non-starchy vegetables — such as leafy greens, broccoli, cauliflower, zucchini, and cucumbers — are prioritized. These foods offer maximum nutrient density with minimal calories, making them ideal for a calorie-controlled lifestyle.

Healthy Carbohydrates in Moderation

Carbohydrates are often misunderstood in weight loss, but they do have a place when chosen wisely. The focus is on *complex carbohydrates* that provide energy, fiber, and nutrients, rather than processed or sugary options that spike insulin and contribute to fat storage. Small portions of oats, quinoa, or brown rice (if allowed) may be included occasionally, but the bulk of carbohydrate intake should come from vegetables and small servings of fruit.

Mastering Portion Control

Even healthy foods can stall progress if eaten in excess. That's why portion control is a cornerstone of the 1200-calorie strategy. Each meal is designed to deliver just enough to support energy and satisfaction without excess. Visual tools, food scales, or measuring cups can help ensure accuracy — especially in the beginning.

Portion control is not about restriction. It's about precision. It ensures the body receives what it needs without the burden of what it doesn't. Over time, this creates a natural rhythm of eating that supports consistent progress.

Putting It All Together

A balanced plate on this plan typically includes:

- A lean protein source as the centerpiece
- Non-starchy vegetables filling half the plate
- A small serving of healthy fats or complex carbs as appropriate
- Plenty of water and minimal added salt or sugar

When these elements are in place, weight loss becomes not just possible — but sustainable.

1.3: THE SECRET OF SUCCESS – HABITS THAT STICK FOR GOOD

Weight loss is never just about food — it's about behavior. While meal plans and calorie targets are essential tools, the true driver of long-term success is the ability to build habits that last. Without sustainable routines and a mindset shift, even the most effective diet can fall apart in the face of stress, fatigue, or emotional triggers.

Many individuals struggle with *self-sabotage*, often without even realizing it. This may look like “starting over every Monday,” giving up after a single setback, or using food as a way to cope with boredom, anxiety, or disappointment. These patterns are not caused by a lack of willpower — they are the result of deeply embedded habits that must be gently reprogrammed.

Breaking the Cycle of Emotional Eating

Emotional eating is one of the most common barriers to weight loss. Food often becomes a comfort mechanism — a source of control in a chaotic world or a reward after a hard day. Recognizing this behavior is the first step to changing it. The 1200-calorie plan helps by introducing structure: meals are planned, portions are measured, and decisions are made in advance. This reduces impulsivity and removes the uncertainty that often leads to overeating.

In addition, developing non-food coping strategies is critical. Replacing the habit of reaching for a snack with alternatives — like going for a short walk, writing in a journal, or practicing a breathing exercise — allows individuals to interrupt the emotional loop and choose a different response.

Mental Reprogramming: Thought Patterns That Support Change

Successful weight loss requires a shift in self-perception. Instead of thinking, “I always fail at diets,” the mindset becomes, “I’m learning how to care for my body.” Progress is measured not just in pounds lost, but in decisions made: skipping takeout, preparing a home-cooked meal, drinking water instead of soda. These are the small victories that, over time, create lasting transformation.

Affirmations, reflection prompts, and progress tracking tools can reinforce this mindset. Each action builds momentum. Each healthy choice becomes easier than the last.

Building Routines That Eliminate Decision Fatigue

One reason diets often fail is **decision fatigue**. When every meal requires effort, planning, and restraint, willpower quickly wears down. That's why successful plans, like the one in this book, are built on routines. When healthy choices become automatic, they require less thought — and feel less like a burden.

Batch cooking, keeping approved snacks on hand, and following a structured meal schedule can reduce mental strain. Consistency builds confidence, and over time, the brain begins to expect — and even prefer — the new normal.

Long-Term Habits Start Small

The key to lasting change isn't perfection. It's **consistency over time**. Rather than overhauling everything at once, lasting habits are formed through repetition, small adjustments, and grace through setbacks. The goal isn't to be perfect — it's to get better, day by day.

This chapter serves as a reminder that transformation is not just physical. It's behavioral. And by developing the right habits, success becomes not only achievable — but permanent.

1.4: TRACKING, GOALS & STAYING ON TRACK WITHOUT OBSESSION

Tracking progress is one of the most powerful tools in a successful weight loss journey — not because it enforces discipline, but because it reveals patterns. The purpose of tracking is to provide clarity, not control. It helps individuals understand what's working, where adjustments are needed, and how far they've come. When used correctly, tracking becomes a form of empowerment, not pressure.

However, effective tracking must be approached with balance. Obsessing over daily fluctuations on the scale or micromanaging every calorie can lead to burnout or discouragement. The goal is to stay accountable while maintaining perspective.

Setting SMART Goals

The most effective goals are not vague hopes like “I want to lose weight.” They are specific, measurable, and tied to realistic actions. The SMART framework offers a simple, effective structure:

- **Specific:** Clearly define what is being achieved
Example: Lose 10 pounds in 2 months
- **Measurable:** Track progress in a tangible way
Use a journal, app, or printed log for weight, meals, or workouts
- **Achievable:** Choose goals that are realistic for your lifestyle
Avoid extreme deadlines or comparisons
- **Relevant:** Focus on goals that align with your personal motivation
Why do you want to lose weight? For energy? Health? Confidence?
- **Time-bound:** Set a deadline to create urgency and structure
Break long-term goals into short-term milestones

Writing goals down and reviewing them regularly increases commitment and focus. Displaying them in a visible spot — like a bathroom mirror or meal planning area — serves as a daily reminder of purpose.

Weight Tracking & Body Measurements

While the scale is a helpful tool, it's not the only one. Body weight can fluctuate due to water retention, hormonal changes, or digestion — all of which are normal. That's why it's important to also track *body measurements*, such as:

- Waist circumference
- Hip and thigh measurements
- Chest and upper arms
- Clothing fit and energy levels

A printable or digital *Body Measurement Chart* can help record these numbers every two weeks. Progress photos taken monthly in consistent lighting and clothing also offer powerful visual confirmation of transformation, even when the scale appears unchanged.

Motivational Tools That Reinforce Progress

Motivation tends to fade over time, especially when results are slow or life gets busy. To stay on track without pressure or perfectionism, simple strategies can make a big difference:

- Daily checklists for meals, water intake, and movement
- Reward milestones (non-food rewards such as a new outfit, book, or massage)
- Accountability partners or support groups for shared encouragement
- Positive affirmations and mindset journaling
- Meal planning templates to reduce stress and decision fatigue

The goal is to create a lifestyle that supports progress, not a rigid system that causes guilt. If setbacks happen — and they will — the key is not to start over, but to continue forward. Progress isn't ruined by a bad day. It's built by not giving up.

Balance Over Perfection

Tracking should never become obsessive or all-consuming. This program encourages awareness, not anxiety. It teaches individuals to work with their bodies, listen to their needs, and adjust with compassion.

With the right goals, supportive tracking, and flexible structure, long-term success becomes not just achievable — but sustainable.

CHAPTER 2: RECIPES YOU'LL WANT TO COOK AGAIN AND AGAIN



2.1 WHOLESOME BREAKFASTS

AVOCADO & FETA LETTUCE WRAPS

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1

Fresh romaine or iceberg lettuce leaves filled with creamy avocado and crumbled feta, topped with crunchy veggies and a light lemon dressing.

Nutritional Information (Per Serving):

Calories: 360 | Protein: 10 g | Fat: 28 g
Carbohydrates: 12 g | Fiber: 8 g

Allergen Note:

Contains dairy (feta cheese).

Ingredients:

- Romaine or iceberg lettuce leaves: 3 large / 60 g
- Avocado: ½ medium / 100 g
- Reduced-fat feta cheese: 2 tbsp / 30 g
- Cucumber (thinly sliced into strips): ¼ cup / 40 g
- Cherry tomatoes (halved): ¼ cup / 40 g
- Lemon juice: 1 tsp / 5 mL
- Olive oil: 1 tsp / 5 mL
- Fresh mint or basil (chopped): 1 tsp
- Salt and freshly ground black pepper: to taste

Instructions:

1. Carefully separate and wash the lettuce leaves, patting them dry until crisp and fresh. These will serve as your natural, crunchy wraps.
2. In a bowl, mash the avocado gently with a fork until creamy but still a bit chunky. Stir in the lemon juice, olive oil, chopped mint or basil, salt, and pepper to create a bright, flavorful spread.
3. Lay the lettuce leaves flat on a plate and spread the avocado mixture evenly across each leaf.
4. Sprinkle crumbled reduced-fat feta cheese over the avocado layer, followed by the thin cucumber strips and halved cherry tomatoes for a fresh crunch and burst of sweetness.
5. Fold or roll the lettuce leaves carefully, securing the fillings inside. Serve immediately to enjoy the creamy, tangy, and crisp textures together.



TURKEY & SPINACH BREAKFAST PATTIES

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 1 (2 patties)

Lean turkey mixed with greens and seared into juicy breakfast patties — meal-prep friendly and high in protein.

Nutritional Information (Per Serving):

Calories: 285 | Protein: 24 g | Fat: 18 g
Carbohydrates: 3 g | Fiber: 1 g

Allergen Note:

Contains egg.

Ingredients:

- Ground turkey (93% lean): 3 oz / 85 g
- Baby spinach (chopped): ¼ cup / 20 g
- Egg white: 1
- Garlic powder: ¼ tsp
- Olive oil: 1 tsp / 5 mL
- Salt & pepper: to taste
- Optional: pinch of dried thyme or oregano

Instructions:

1. In a mixing bowl, combine the ground turkey, chopped spinach, egg white, garlic powder, salt, pepper, and herbs if using. Use a fork or clean hands to gently mix until everything is evenly distributed, but try not to overwork it — just enough to hold its shape.
2. Divide the mixture in half and shape into two small, round patties. Flatten them slightly so they cook evenly in the pan.
3. Heat a nonstick skillet over medium heat and drizzle in the olive oil. Once the surface is hot and glossy, place the patties in the pan.
4. Let them cook undisturbed for about 3-4 minutes, or until the bottoms develop a golden crust. Flip and cook the other side for another 3-4 minutes, or until cooked through and firm to the touch.
5. Transfer to a plate and let rest briefly before serving. These patties are delicious on their own or paired with sliced tomato or avocado for a little extra color and texture.



OAT PANCAKES WITH APPLE & CINNAMON

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 1

Fluffy pancakes made with oat flour and unsweetened grated apple instead of banana, lightly spiced with cinnamon.

Nutritional Information (Per Serving):

Calories: 360 | Protein: 9 g | Fat: 16 g
Carbohydrates: 38 g | Fiber: 5 g

Allergen Note:

Contains egg and soy.

Ingredients:

- Grated apple (peeled):
½ medium / 80 g
- Egg: 1
- Oat flour: ¼ cup / 25 g
- Baking powder: ¼ tsp
- Unsweetened soy milk: 2 tbsp / 30 mL
- Ground cinnamon: ¼ tsp
- Olive oil spray: 1 spritz
- Optional: flaxseed meal:
1 tsp / 3 g
- Topping: a few raw blueberries
or extra apple (15-20 g)



Instructions:

1. Use a small bowl to whisk the egg until frothy, then stir in the grated apple. Add the oat flour, baking powder, cinnamon, and soy milk. If you're using flaxseed meal, stir that in as well for a fiber boost. Stir until the batter is thick, spoonable, and lightly scented with apple.
2. Put a nonstick skillet, turn on the medium heat and lightly coat with olive oil spray. As soon as the pan is hot, scoop the batter into 3 or 4 small pancakes.
3. Let them cook for 2-3 minutes, or until you see the edges firm up and the bottoms turn golden. Flip carefully and cook for another 1-2 minutes until both sides are nicely browned and the centers are set.
4. Transfer the pancakes to a plate and top with a few fresh blueberries or a spoonful of extra grated apple for natural sweetness and texture.

MEDITERRANEAN QUINOA BOWL WITH CHICKPEAS

Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 1

A plant-forward breakfast bowl with fluffy quinoa, fresh veggies, and fiber-rich chickpeas. Light but satisfying.

Nutritional Information (Per Serving):

Calories: 395 | Protein: 11 g | Fat: 17 g
Carbohydrates: 48 g | Fiber: 8 g

Allergen Note:

Contains olives (may be processed with traces of nuts or dairy depending on brand).

Ingredients:

- Cooked quinoa: ½ cup / 90 g
- Cooked chickpeas: ¼ cup / 60 g
- Cherry tomatoes: ½ cup / 75 g
- Cucumber: ¼ cup / 40 g
- Kalamata olives: 4 pcs / 15 g
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste
- Fresh parsley (optional): 1 tsp



Instructions:

1. Start by halving the cherry tomatoes and dicing the cucumber into small, bite-sized pieces. If you like a sharper flavor, leave the skins on for extra texture.
2. Use a bowl for combining the cooked quinoa and chickpeas, tossing gently with a fork to loosen up any clumps.
3. Add in the tomatoes, cucumber, and Kalamata olives, mixing just enough to distribute the ingredients evenly without mashing them.
4. Finish by drizzling olive oil and lemon juice, then seasoning with salt and pepper as preferred.
5. If using, add a sprinkle of fresh parsley on top. Let the bowl rest for a couple of minutes to let the flavors meld.

ZUCCHINI & FETA FRITTERS WITH HERBED YOGURT

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 1 (2 fritters)

Pan-seared veggie fritters with a creamy yogurt dip — light, crisp, and perfect for savory breakfast lovers.

Nutritional Information (Per Serving):

Calories: 310 | Protein: 15 g | Fat: 18 g
Carbohydrates: 21 g | Fiber: 3 g

Allergen Note:

Contains egg and dairy.

Ingredients:

- Zucchini (grated, squeezed): 1 cup / 120 g
- Egg: 1
- Oat flour: 2 tbsp / 15 g
- Feta cheese (reduced-fat): 1 tbsp / 15 g
- Olive oil: 1 tsp / 5 mL
- Plain Greek yogurt (0-2%): 3 tbsp / 45 g
- Lemon juice: 1 tsp / 5 mL
- Garlic powder: pinch
- Fresh dill or parsley: 1 tsp
- Salt & pepper: to taste

Instructions:

1. Use the coarse side of a box grater to shred the zucchini, then squeeze out excess liquid by wrapping it in a clean towel or paper towels—this helps maintain the fritters' crispiness.
2. In a bowl, combine the grated zucchini with the egg, oat flour, crumbled feta, and a little salt and pepper. Stir until everything comes together into a moist, spoonable mixture.
3. Heat a nonstick pan over medium heat and add the olive oil. Once the oil is hot, drop the batter in two equal amounts and carefully flatten each into a round shape.
4. Cook each side of the fritters for 3-4 minutes, or until they're golden brown with a delicate crust and cooked through the middle.
5. While the fritters cook, stir together the Greek yogurt, lemon juice, garlic powder, and fresh herbs in a small bowl. Season with a pinch of salt and mix until creamy and smooth.
6. Serve the warm fritters with a generous spoonful of the herbed yogurt on the side or drizzled on top.



SAVORY COTTAGE CHEESE TOAST WITH VEGGIES

Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 1

Whole grain toast layered with creamy cottage cheese and fresh, crunchy vegetables for a savory protein start.

Nutritional Information (Per Serving):

Calories: 400 | Protein: 17 g | Fat: 20 g
Carbohydrates: 30 g | Fiber: 5 g

Allergen Note:

Contains dairy and gluten. May contain seeds depending on topping choice.

Ingredients:

- Whole grain bread: 1 slice / 35 g
- Low-fat cottage cheese: 1/3 cup / 80 g
- Cucumber (thin-sliced): 1/4 cup / 40 g
- Cherry tomatoes (sliced): 1/4 cup / 40 g
- Ground flaxseed or pumpkin seeds: 1 tsp / 5 g
- Olive oil: 1 tsp / 5 mL
- Salt & dried herbs: to taste

Instructions:

1. Brown the slice of whole grain bread until it's crispy and golden around the edges but tender in the middle.
2. Thinly slice the cucumber and cherry tomatoes while the bread is toasting, so they're ready to layer.
3. Once the toast is ready, spread the cottage cheese over the surface in a thick, even layer. The warmth from the toast will slightly soften the cheese.
4. Neatly arrange the cucumber and tomato slices on top, overlapping them slightly for color and texture.
5. Finish with olive oil, a pinch of salt, some dried herbs, and ground flaxseed or pumpkin seeds to add crunch and enhance nutrition.



ZUCCHINI FRITTERS WITH YOGURT DIP

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 1 (2 fritters)

Crispy pan-seared fritters made from shredded zucchini and oat flour, served with a cool herb yogurt dip.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 16 g | Fat: 24 g
Carbohydrates: 22 g | Fiber: 4 g

Allergen Note:

Contains egg and dairy.

Ingredients:

- Zucchini (grated, squeezed): 1 cup / 120 g
- Oat flour: 2 tbsp / 15 g
- Egg: 1
- Feta (optional): 1 tbsp / 15 g

- Olive oil: 1 tsp / 5 mL
- Greek yogurt (0-2%): 3 tbsp / 45 g
- Garlic powder: pinch
- Fresh dill or parsley: 1 tsp
- Salt & pepper: to taste

Instructions:

1. Start by grating the zucchini using the coarse side of a box grater. Pile it into a clean kitchen towel or paper towels and squeeze out as much liquid as you can — this step is key for crisp fritters. You'll be surprised how much water comes out.
2. In a bowl, combine the squeezed zucchini with the oat flour, egg, a pinch of salt and pepper, and the feta if using. Mix until your batter gets thick and sticky and holds together when pressed.
3. Turn a nonstick skillet on medium heat and add the olive oil. Once the oil is warm and shimmering, scoop the batter into two portions and gently flatten them into rounds in the pan.
4. Let the fritters cook for about 3-4 minutes on the first side, until golden and crisp on the edges. Flip carefully and cook the other side for another 2-3 minutes, until firm and browned.
5. While the fritters cook, stir together the Greek yogurt, garlic powder, chopped herbs, and a pinch of salt in a small bowl. Taste and adjust the seasoning if you like it bolder.
6. Serve the fritters warm with the chilled yogurt dip on the side or spooned over the top.



QUINOA & BLUEBERRY BREAKFAST PARFAIT

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A layered breakfast parfait with cooked quinoa, fresh blueberries, and unsweetened Greek yogurt, lightly sweetened with cinnamon.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 22 g | Fat: 6 g
Carbohydrates: 45 g | Fiber: 7 g

Allergen Note:

Contains dairy.

Ingredients:

- Cooked quinoa: ½ cup / 90 g
- Fresh blueberries: ¼ cup / 40 g
- Plain Greek yogurt (0-2% fat): ½ cup / 120 g

- Ground cinnamon: ¼ tsp
- Vanilla extract (optional): ¼ tsp
- Chia seeds: 1 tsp / 5 g

Instructions:

1. In a small bowl or glass, start by spooning a layer of cooked quinoa, its fluffy texture providing a hearty base.
2. Add a layer of creamy Greek yogurt, gently spreading it over the quinoa.
3. Sprinkle a pinch of ground cinnamon over the yogurt, and add a few drops of vanilla extract if using, to bring warm, comforting notes.
4. Add a layer of fresh blueberries, their juicy burst, adding natural sweetness and vibrant color.
5. Repeat the layering once more if desired, finishing with a sprinkle of chia seeds on top for a subtle crunch and added nutrition.
6. Serve immediately or chill briefly to let the flavors meld and the chia seeds soften slightly.



HIGH-PROTEIN TOFU WRAP WITH FRESH VEGGIES

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 1

A trendy vegan wrap made with seasoned tofu and raw vegetables wrapped in a soft low-carb tortilla.

Nutritional Information (Per Serving):

Calories: 395 | Protein: 18 g | Fat: 22 g
Carbohydrates: 28 g | Fiber: 6 g

Allergen Note:

Contains sesame and soy. Tortilla may contain gluten depending on the brand.

Ingredients:

- Firm tofu (pressed & cubed): 3 oz / 85 g
- Low-carb tortilla: 1 wrap / ~40 g
- Carrots (shredded): ¼ cup / 25 g
- Cucumber (sliced): ¼ cup / 40 g
- Baby spinach: ¼ cup / 15 g
- Tahini: 1 tsp / 5 g
- Lemon juice: 1 tsp / 5 mL
- Salt & cumin: to taste

Instructions:

1. Warm a nonstick skillet over medium heat. Add the cubed tofu and let it cook without oil for the first minute, just to dry the surface. Then sprinkle in a pinch of salt and cumin, and continue sautéing for 5-7 minutes, turning occasionally so the cubes are golden on all sides and lightly crisped.
2. While the tofu cooks, whisk together the tahini and lemon juice in a small bowl until smooth. Add a splash of water if needed to loosen the texture into a drizzle.
3. Lay the tortilla flat on a clean surface. Pile the spinach leaves across the center, followed by the shredded carrots and sliced cucumber.
4. Spoon the warm tofu over the veggies, then drizzle everything with the tahini-lemon sauce.
5. Fold in the sides of the tortilla and roll it up tightly from the bottom, creating a snug wrap that holds together when sliced.
6. If you'd like a slightly warmed texture, place the finished wrap back in the skillet for 1-2 minutes per side to lightly toast the exterior.



SPICED LENTIL & TOMATO BOW

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 1

Fragrant lentils cooked with warm spices and tomatoes for a protein- and fiber-rich breakfast bowl.

Nutritional Information (Per Serving):

Calories: 405 | Protein: 17 g | Fat: 15 g
Carbohydrates: 46 g | Fiber: 10 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Cooked lentils: ½ cup / 100 g
- Cherry tomatoes (halved): ½ cup / 75 g
- Onion (sliced): 2 tbsp / 20 g
- Olive oil: 1 tsp / 5 mL
- Ground cumin: ¼ tsp
- Chili flakes: pinch
- Fresh parsley or cilantro: 1 tbsp / 5 g
- Salt: to taste

Instructions:

1. Pour in the olive oil in a skillet set over medium. Once it's warm and aromatic, add the sliced onion and cook for 2-3 minutes, just until it softens and begins to turn translucent.
2. Put the cherry tomatoes in the pan and let them sizzle for another 3-4 minutes. As they cook, they'll begin to break down slightly and release their juices, creating a light, natural sauce.
3. Stir in the ground cumin and a pinch of chili flakes. Let the spices warm in the pan for about 30 seconds — you'll notice the scent deepen.
4. Add the cooked lentils and a bit of salt. Mix everything together gently, and let it all warm through for 2-3 minutes. The mixture should be steamy, fragrant, and just slightly thickened.
5. Place the lentil mixture in a bowl and garnish generously with fresh parsley or cilantro. Let it sit for a moment before enjoying it so the flavors can settle together.



BAKED PUMPKIN & COTTAGE CHEESE PLATE

Prep Time: 5 minutes

Cook Time: 20 minutes

Servings: 1

A warm and comforting breakfast with roasted pumpkin, creamy cottage cheese, and toasted sunflower seeds — sweet, savory, and beautifully balanced.

Nutritional Information (Per Serving):

Calories: 360 | Protein: 20 g | Fat: 17 g
Carbohydrates: 29 g | Fiber: 5 g

Allergen Note:

Contains dairy and seeds.

Ingredients:

- Pumpkin (peeled, cubed): 1 cup / 150 g
- Low-fat cottage cheese: ½ cup / 120 g
- Sunflower seeds (unsalted): 1 tsp / 5 g
- Olive oil: 1 tsp / 5 mL
- Cinnamon: ¼ tsp
- Salt: small pinch
- Optional: ½ tsp lemon juice or apple cider vinegar

Instructions:

1. Set your oven's temperature at 400°F (200°C). Spread the cubed pumpkin on a small baking tray and drizzle with olive oil. Sprinkle with a small pinch of salt and cinnamon, and then toss to coat evenly.
2. Roast the pumpkin for about 18-20 minutes, or until the edges are golden and the inside is tender when pierced with a fork. The natural sweetness will deepen as it cooks.
3. While the pumpkin roasts, toast the sunflower seeds in a dry pan over low heat just for 2-3 minutes, just until lightly golden and fragrant. Set aside to cool.
4. Once the pumpkin is ready, transfer it to a plate while still warm. Spoon the cottage cheese alongside or over the pumpkin cubes.
5. Scatter the toasted sunflower seeds on top, and if using, add a tiny splash of apple cider vinegar or lemon juice to bring a gentle brightness to the dish.



COTTAGE CHEESE PROTEIN FLATBREAD

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 1

A pan-fried soft flatbread made from cottage cheese and oats, finished with herbs for a chewy, protein-rich bite.

Nutritional Information (Per Serving):

Calories: 385 | Protein: 21 g | Fat: 19 g
Carbohydrates: 27 g | Fiber: 3 g

Allergen Note:

Contains egg and dairy.

Ingredients:

- Low-fat cottage cheese: ¾ cup / 80 g
- Oat flour: ¼ cup / 25 g
- Egg white: 1
- Baking powder: ¼ tsp
- Olive oil: 1 tsp / 5 mL
- Fresh dill or parsley: 1 tsp
- Salt: to taste

Instructions:

1. Use a bowl to combine the cottage cheese, egg white, oat flour, baking powder, chopped herbs, and a pinch of salt. Stir until you have a thick, slightly lumpy batter — it should hold together but still spread easily.
2. Warm a nonstick skillet over medium heat and add the olive oil. Once it's hot enough to shimmer, spoon the batter into the center of the pan and use the back of a spoon or spatula to gently shape it into a round, flat disc.
3. Let it cook for 3-4 minutes on the first side. The edges should firm up, and the bottom should take on a golden color before you carefully flip it.
4. Cook the second side for another 2-3 minutes, pressing slightly to ensure even browning. The center should feel springy when gently pressed with your finger.
5. Transfer to a plate and enjoy warm. This flatbread pairs well with extra herbs, yogurt, or a few slices of tomato if you want to dress it up.



2.2 BALANCED LUNCHES: LIGHT MEALS THAT ACTUALLY SATISFY



TURKEY & ZUCCHINI SKILLET WITH TOMATO

Prep Time: 5 minutes

Cook Time: 15 minutes

Servings: 1

Lean ground turkey sautéed with zucchini and tomatoes — light, juicy, and herby.

Nutritional Information (Per Serving):

Calories: 360 | Protein: 26 g | Fat: 15 g
Carbohydrates: 13 g | Fiber: 3 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Ground turkey (93% lean): 3 oz / 85 g
- Zucchini (diced): 1 cup / 130 g
- Tomato (chopped): ½ medium / 60 g
- Onion (minced): 1 tbsp / 15 g
- Olive oil: 1 tsp / 5 mL
- Garlic powder: ¼ tsp
- Dried oregano: pinch
- Salt & pepper: to taste

Instructions:

1. Add the olive oil to the nonstick skillet set over medium heat. Add the minced onion and sauté for 2-3 minutes until it softens and releases its sweet aroma.
2. Add the ground turkey, breaking it apart with a spatula. Cook for 5-6 minutes, stirring often, until the meat is browned and cooked through.
3. Stir in the diced zucchini and chopped tomato. Season with garlic powder, dried oregano, salt, and pepper.
4. Keep cooking for another 5-7 minutes. Stir occasionally, until the zucchini is tender and the tomato has softened into a light sauce that coats the turkey.
5. Once everything is heated through and the flavors melded, transfer to a plate and serve warm.



BAKED WHITE FISH WITH CAULIFLOWER MASH

Prep Time: 5 minutes

Cook Time: 20 minutes

Servings: 1

Oven-baked white fish fillet served with creamy mashed cauliflower and herbs.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 30 g | Fat: 18 g
Carbohydrates: 15 g | Fiber: 5 g

Allergen Note:

Contains fish.

Ingredients:

- White fish (cod or pollock): 3 oz / 85 g
- Cauliflower (florets, steamed): 1½ cups / 180 g
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tsp / 5 mL
- Garlic (optional, minced): ½ clove
- Parsley: 1 tsp, chopped
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 375°F (190°C). Lightly grease a small baking dish and lay the white fish fillet inside. Season with salt, pepper, and a drizzle of olive oil.
2. Bake the fish for 15-18 minutes, to the point when it flakes easily with a fork and is opaque throughout.
3. Meanwhile, steam the cauliflower florets until tender, about 8-10 minutes. Transfer to a blender or food processor.
4. Add olive oil, lemon juice, minced garlic (if using), and a pinch of salt to the cauliflower. Blend or mash until smooth and creamy, adjusting texture with a little water if needed.
5. Spoon the cauliflower mash onto a plate, place the baked fish on top or beside it, and sprinkle with fresh chopped parsley.



BAKED TURKEY & PUMPKIN CUBES

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1

Lean turkey baked with tender pumpkin cubes and a hint of rosemary — cozy, simple, and seasonal.

Nutritional Information (Per Serving):

Calories: 360 | Protein: 27 g | Fat: 14 g
Carbohydrates: 22 g | Fiber: 4 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Ground turkey (93% lean): 3 oz / 85 g
- Pumpkin (peeled, cubed): 1 cup / 150 g
- Onion (sliced): 2 tbsp / 20 g
- Olive oil: 1 tsp / 5 mL
- Garlic powder: ¼ tsp
- Dried rosemary or thyme: pinch
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature to 375°F (190°C). Use a mixing bowl to toss the cubed pumpkin and sliced onion with half of the olive oil, garlic powder, dried rosemary or thyme, and a pinch of salt and pepper. Lay the mixture evenly across the baking sheet.
2. Bake the pumpkin and onion for 15 minutes to start softening and caramelizing.
3. While the vegetables roast, combine the ground turkey with the remaining olive oil, salt, and pepper in a separate bowl. Mix gently to combine.
4. After the initial roasting, remove the baking sheet and nestle the turkey mixture into small clusters among the pumpkin cubes.
5. Slide the baking sheet back into the oven and bake for another 10 minutes, or until the turkey is cooked through and the pumpkin is tender and lightly browned.
6. Give the dish a short cooling period before serving so the flavors can come together and the turkey can rest.



GRILLED ZUCCHINI ROLLS WITH TURKEY FILLING

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 1 (4 rolls)

Thin grilled zucchini slices wrapped around a juicy turkey filling, served warm — light but flavorful.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 28 g | Fat: 18 g
Carbohydrates: 10 g | Fiber: 2 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Ground turkey (93% lean): 3 oz / 85 g
- Zucchini (thinly sliced lengthwise): 1 medium / 140 g
- Onion (minced): 1 tbsp / 15 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced or powder): ¼ tsp
- Dried basil or oregano: pinch
- Salt & pepper: to taste

Instructions:

1. Heat a grill pan or skillet over medium heat. Lightly brush the zucchini slices with half the olive oil and grill them for 2-3 minutes per side until tender with nice grill marks. Set aside on a plate.
2. Use a bowl to combine the ground turkey, minced onion, garlic, dried herbs, salt, and pepper. Mix gently but thoroughly.
3. Heat up the remaining olive oil in a skillet set to medium heat. Mix in the turkey mixture and cook, breaking it up slightly, for about 5-6 minutes until fully cooked and slightly browned.
4. To assemble, place a spoonful of the cooked turkey mixture at one end of each zucchini slice. Roll up tightly to enclose the filling.
5. Return the rolls to the skillet or grill pan for 1-2 minutes, turning gently to warm through, and let the flavors meld.
6. Serve the zucchini rolls warm as a light, satisfying meal.



CHICKEN & CABBAGE STIR PLATE

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 1

Gently steamed or lightly sautéed chicken breast with shredded cabbage and carrots.

Nutritional Information (Per Serving):

Calories: 375 | Protein: 35 g | Fat: 15 g
Carbohydrates: 15 g | Fiber: 5 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Cooked chicken breast (poached or oven-baked, chopped): 3 oz / 85 g
- Cabbage (shredded): 1 cup / 80 g
- Carrot (thinly sliced): ¼ cup / 30 g
- Olive oil: 1 tsp / 5 mL
- Apple cider vinegar: 1 tsp / 5 mL
- Paprika or cumin: pinch
- Salt & pepper: to taste



Instructions:

1. Add the olive oil to the nonstick skillet set over medium heat. Add the shredded cabbage and thinly sliced carrot. Cook gently, and stir occasionally, until the vegetables are tender but still have a bit of crunch—about 8-10 minutes.
2. Once the vegetables are softened, stir in the chopped cooked chicken, allowing it to warm through evenly.
3. Season the mixture with a pinch of paprika or cumin, salt, and pepper, then splash in the apple cider vinegar for a bright tang that brightens the dish.
4. Toss everything together and cook for another minute, letting the flavors meld beautifully.
5. Serve the stir plate warm, enjoying the balance of tender chicken with crisp, vibrant vegetables.

TURKEY PATTIES WITH ROASTED EGGPLANT

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 1

Juicy turkey patties served with soft, oven-roasted eggplant slices and lemon dressing.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 28 g | Fat: 21 g
Carbohydrates: 12 g | Fiber: 3 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Ground turkey (93% lean): 3 oz / 85 g
- Eggplant (sliced): ¾ cup / 100 g
- Onion (grated): 1 tbsp / 15 g
- Garlic powder: ¼ tsp
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Lightly brush the eggplant slices with half the olive oil, and then season with salt and pepper. Lay them out on a baking sheet and roast for about 15-18 minutes, turning halfway, until tender and golden.
2. Meanwhile, use a bowl to combine the ground turkey, grated onion, garlic powder, salt, and pepper. Stir gently until everything is well incorporated but not overworked, keeping the mixture tender.
3. Shape the mixture into two small patties.
4. Drop the remaining olive oil in a skillet set over medium heat. Put in the patties and cook for about 4-5 minutes per side until they are cooked through and have a nice golden crust.
5. As soon as patties are cooked, remove them and let them rest briefly. Drizzle the roasted eggplant with lemon juice to brighten the flavors.
6. Serve the patties alongside the roasted eggplant slices for a satisfying, balanced meal.



EGGPLANT BOATS WITH CHICKEN & TOMATO

Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 1 (1 full eggplant)

Roasted eggplant halves stuffed with tender chicken and tomato — juicy, aromatic, and satisfying.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 32 g | Fat: 14 g
Carbohydrates: 22 g | Fiber: 6 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Chicken breast (cooked, chopped): 3 oz / 85 g
- Eggplant (halved): 1 small / 200 g
- Tomato (diced): ½ medium / 60 g
- Olive oil: 1 tsp / 5 mL
- Garlic: 1 clove
- Fresh parsley or basil: 1 tsp
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Score the cut side of the eggplant halves with a knife in a crosshatch pattern to help them cook evenly. Brush the surfaces with half the olive oil and season with salt and pepper.
2. Place the eggplant halves cut-side down on a baking sheet lined with parchment paper. Roast for about 20 minutes, until the flesh is tender and showing signs of caramelization.
3. While the eggplant roasts, heat the remaining olive oil in a small skillet set over medium temperature. Add the minced garlic and diced tomato, cooking for 3-4 minutes until the tomato softens and releases its juices.
4. Stir in the chopped chicken breast and cook until warmed through, about 2 minutes. Season with salt and pepper.
5. Flip the roasted eggplant halves cut-side up and gently scoop some flesh out to create a cavity for the filling, leaving a sturdy edge. Mix the scooped eggplant flesh into the chicken and tomato mixture.
6. Spoon the filling back into the eggplant boats, pressing lightly to pack it in.
7. Return the filled eggplants to the oven for 5-7 minutes until everything is heated through and the top starts to brown lightly.
8. Take it out of the oven and sprinkle with fresh parsley or basil before serving.



CHICKEN WITH ROASTED ASPARAGUS & CHERRY TOMATOES

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1

Tender baked chicken breast served with roasted asparagus and cherry tomatoes, lightly seasoned with lemon and herbs.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 30 g | Fat: 18 g
Carbohydrates: 12 g | Fiber: 4 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Chicken breast (skinless): 3 oz / 85 g
- Asparagus spears: ½ cup / 60 g
- Cherry tomatoes: ½ cup / 75 g
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tsp / 5 mL
- Garlic powder: pinch
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Position the chicken breast in a baking dish and spoon over half the olive oil. Season with garlic powder, salt, and pepper.
2. Place the asparagus and cherry tomatoes around the chicken. Mix the vegetables with the remaining olive oil, lemon juice, salt, and pepper.
3. Roast for 20-25 minutes, or until the chicken is cooked through, juices run clear, and the vegetables are tender and slightly caramelized.
4. Remove from the oven and let the chicken rest for a few minutes before slicing. Serve alongside the roasted asparagus and tomatoes for a fresh, vibrant meal.



BAKED SALMON WITH CARROT–ZUCCHINI MEDLEY

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 1

Oven-roasted salmon fillet served with a soft blend of carrots and zucchini tossed in herbs.

Nutritional Information (Per Serving):

Calories: 395 | Protein: 28 g | Fat: 20 g
Carbohydrates: 15 g | Fiber: 4 g

Allergen Note:

Contains fish.

Ingredients:

- Salmon fillet (skinless): 3 oz / 85 g
- Carrot (sliced): ½ cup / 65 g
- Zucchini (sliced): ½ cup / 70 g
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste
- Optional: dill or parsley

Instructions:

1. Set your oven's temperature at 400°F (200°C). Arrange the salmon fillet on a parchment-lined tray. Drizzle with half the olive oil and lightly season with salt and pepper.
2. Arrange the sliced carrots and zucchini around the salmon. Mix the vegetables with the remaining olive oil, lemon juice, salt, and pepper. If using, sprinkle chopped dill or parsley over everything.
3. Cook in the oven for 15-18 minutes, until the salmon flakes effortlessly and the vegetables are tender and golden at the edges.
4. Remove from the oven and let rest for a couple of minutes to let the flavors meld. Serve the salmon alongside the carrot and zucchini medley for a wholesome, balanced meal.



BAKED TURKEY MEATBALLS WITH ROASTED BELL PEPPERS

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1 (3 meatballs)

Oven-baked turkey meatballs served with sweet roasted bell peppers — simple, juicy, and colorful.

Nutritional Information (Per Serving):

Calories: 385 | Protein: 30 g | Fat: 15 g
Carbohydrates: 18 g | Fiber: 4 g

Allergen Note:

Contains egg. Naturally free of other common allergens.

Ingredients:

- Ground turkey (93% lean): 3 oz / 85 g
- Egg white: 1
- Onion (grated): 1 tbsp / 15 g
- Dried oregano: ¼ tsp
- Bell pepper (any color, sliced): 1 medium / 120 g
- Olive oil: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 375°F (190°C). Use a bowl to combine the ground turkey, egg white, grated onion, oregano, salt, and pepper. Mix gently until well combined but avoid overworking.
2. Shape the mixture into three equal portions and roll each into a meatball, then place them on a baking sheet lined with parchment.
3. Mix the sliced bell pepper with olive oil, salt, and pepper, then distribute them evenly around the meatballs on the baking sheet.
4. Cook in the oven for 20-25 minutes, until the meatballs are done and the bell peppers have softened and begun to caramelize.
5. Take them out of the oven and let them rest briefly before serving, allowing the meatballs to stay juicy and the peppers to cool slightly.



FISH & BROCCOLI TRAY BAKE

Prep Time: 5 minutes

Cook Time: 20 minutes

Servings: 1

White fish baked alongside broccoli florets and finished with a garlic-lemon drizzle.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 30 g | Fat: 18 g
Carbohydrates: 12 g | Fiber: 5 g

Allergen Note:

Contains fish.

Ingredients:

- White fish (pollock or cod): 3 oz / 85 g
- Broccoli (florets): 1½ cups / 130 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). On a baking tray, arrange the white fish fillet and surround it with broccoli florets.
2. Evenly sprinkle the olive oil evenly over the fish and broccoli. Sprinkle the minced garlic on top and season everything generously with salt and pepper.
3. Bake for 15 to 18 minutes, or until the fish is flaky and the broccoli is tender with a slight crunch at the edges.
4. Take it out of the oven and immediately drizzle the lemon juice over the fish and broccoli for a fresh, zesty finish.
5. Give the dish a minute to rest before serving to allow the flavors to come together.



CHICKEN & EGGPLANT RAGOUT

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1

Slow-simmered chicken with eggplant and tomatoes in a light garlic-herb sauce — cozy and rustic.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 30 g | Fat: 14 g
Carbohydrates: 20 g | Fiber: 5 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Chicken breast (cubed): 3 oz / 85 g
- Eggplant (cubed): 1 cup / 130 g
- Tomato (chopped): ½ medium / 60 g
- Onion (chopped): 1 tbsp / 15 g
- Olive oil: 1 tsp / 5 mL
- Garlic powder: ¼ tsp
- Basil or thyme: pinch
- Salt & pepper: to taste

Instructions:

1. Warm the olive oil using a small saucepan over medium heat until it shimmers.
2. Include the chopped onion and cook gently until it softens and becomes translucent, releasing a sweet aroma.
3. Mix in the cubed chicken and cook until the outside is lightly browned and the meat remains juicy.
4. Add the eggplant cubes and chopped tomato, stirring to combine and soften the vegetables.
5. Season the mixture with garlic powder, basil or thyme, salt, and pepper.
6. Drop the heat to low, cover the pan, and simmer gently for about 20 minutes, letting the flavors blend and the eggplant tenderize.
7. Check the ragout occasionally, adding a splash of water or broth if it seems too dry.
8. Stir gently before serving warm.



GROUND TURKEY & ROASTED FENNEL WITH CARROTS

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1

Lean ground turkey cooked with sweet roasted fennel and tender carrots, seasoned with thyme and garlic.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 38 g | Fat: 18 g
Carbohydrates: 14 g | Fiber: 4 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Ground turkey (93% lean): 4 oz / 115 g
- Fennel bulb (sliced): 1 cup / 100 g
- Carrots (sliced): ½ cup / 65 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Fresh thyme (or dried): ½ tsp
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Combine the sliced fennel and carrots with half the olive oil, salt, pepper, and half the thyme. Lay them on a baking sheet and roast for approximately 20 minutes until they are tender and caramelized.
2. While that's cooking, warm the rest of the olive oil in a skillet over medium heat. Also add the minced garlic and cook for about 30 seconds until fragrant.
3. Put the ground turkey in the skillet, breaking it apart with a spatula. Season with salt, pepper, and the remaining thyme. Cook until the turkey is browned and cooked through, around 8-10 minutes.
4. Combine the roasted fennel and carrots with the cooked turkey in the skillet. Stir gently to blend the flavors and warm everything together for a minute or two.
5. Serve warm, enjoying the balance of savory turkey with the sweet, aromatic roasted vegetables.



LEMON HERB BAKED COD WITH SAUTÉED GREEN BEANS

Prep Time: 5 minutes

Cook Time: 20 minutes

Servings: 1

Light, flaky cod baked with lemon and herbs, served alongside tender sautéed green beans with garlic.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 30 g | Fat: 17 g
Carbohydrates: 12 g | Fiber: 5 g

Allergen Note:

Contains fish.

Ingredients:

- Cod fillet (skinless): 3 oz / 85 g
- Green beans (trimmed): 1 cup / 100 g
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Fresh parsley (chopped): 1 tsp
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Arrange the cod fillet on a parchment paper lined on a baking tray. Drizzle with half the olive oil and lemon juice, then season with salt, pepper, and half the chopped parsley.
2. Bake the cod for about 15 minutes, or until it flakes easily with a fork and is opaque throughout.
3. While the cod bakes, heat the remaining olive oil in a skillet over medium heat. Mix in the minced garlic and cook it for about 30 seconds until fragrant.
4. Add the trimmed green beans and sauté for 5-7 minutes, stirring often, until the beans are tender but still crisp. Season with salt and pepper to taste.
5. Turn off the heat and sprinkle the remaining parsley over the green beans.
6. Serve the baked cod alongside the sautéed green beans, finishing with an extra squeeze of lemon juice if desired.



2.3 NOURISHING DINNERS: LOW-CALORIE, HIGH-FLAVOR MAINS



BAKED LEMON HERB COD WITH ROASTED ASPARAGUS

Prep Time: 5 minutes

Cook Time: 20 minutes

Servings: 1

Tender cod fillet baked with fresh herbs and lemon, served with roasted asparagus.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 30 g | Fat: 17 g
Carbohydrates: 8 g | Fiber: 3 g

Allergen Note:

Contains fish.

Ingredients:

- Cod fillet (skinless): 3 oz / 85 g
- Asparagus (trimmed): 1 cup / 90 g
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Fresh thyme or parsley: 1 tsp
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Arrange the cod fillet on a baking sheet lined with parchment paper.
2. In a small bowl, mix half the olive oil with lemon juice, minced garlic, chopped thyme or parsley, salt, and pepper. Drizzle this mixture over the cod.
3. Toss the trimmed asparagus with the remaining olive oil, salt, and pepper, then spread it out on the baking sheet alongside the fish.
4. Cook in the oven for 15-18 minutes, until the cod flakes effortlessly and the asparagus becomes tender and slightly browned.
5. Take it out of the oven and let it rest briefly before serving, allowing the fresh herb flavors to settle beautifully over the fish and vegetables.



SPICY CHICKEN SHAWARMA BOWL WITH ROASTED CARROTS

Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 1

Marinated chicken breast with Middle Eastern spices, oven-roasted and served with roasted carrots.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 40 g | Fat: 12 g
Carbohydrates: 20 g | Fiber: 5 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Chicken breast (skinless, oven-roasted): 4 oz / 115 g
- Carrots (sliced, roasted): 1 cup / 130 g
- Olive oil: 1 tsp / 5 mL
- Shawarma spice mix (cumin, paprika, coriander): 1 tsp
- Garlic powder: ¼ tsp
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). In a bowl, combine the olive oil, shawarma spice mix, garlic powder, salt, pepper, and lemon juice to create a fragrant marinade.
2. Coat the chicken breast thoroughly in the marinade, letting the spices cling to every surface.
3. Spread the sliced carrots evenly on a baking sheet, then add olive oil, salt, and pepper. Toss to coat evenly.
4. Arrange the marinated chicken breast alongside the carrots on the baking sheet, ensuring they have enough space to roast evenly.
5. Bake everything for about 25-30 minutes, or until the chicken is cooked through (juices run clear) and the carrots are tender and slightly caramelized.
6. Remove from the oven and let the chicken rest briefly before slicing.
7. Serve the sliced chicken breast over the roasted carrots, savoring the warm spices and sweet roasted flavors in every bite.



GRILLED TURKEY & ZUCCHINI KEBABS

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 1 (2 skewers)

Skewered turkey cubes grilled with zucchini slices and a light herb marinade.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 34 g | Fat: 16 g
Carbohydrates: 8 g | Fiber: 2 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- White fish (pollock or cod): 3 oz / 85 g
- Broccoli (florets): 1½ cups / 130 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). On a baking tray, arrange the white fish fillet and surround it with broccoli florets.
2. Evenly sprinkle the olive oil evenly over the fish and broccoli. Sprinkle the minced garlic on top and season everything generously with salt and pepper.
3. Bake for 15 to 18 minutes, or until the fish is flaky and the broccoli is tender with a slight crunch at the edges.
4. Take it out of the oven and immediately drizzle the lemon juice over the fish and broccoli for a fresh, zesty finish.
5. Give the dish a minute to rest before serving to allow the flavors to come together.



GARLIC BUTTER SHRIMP WITH SAUTÉED GREEN BEANS

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 1

Juicy shrimp sautéed with garlic butter, served with tender green beans.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 30 g | Fat: 18 g
Carbohydrates: 8 g | Fiber: 3 g

Allergen Note:

Contains shellfish and dairy.

Ingredients:

- Shrimp (peeled): 4 oz / 115 g
- Green beans (trimmed): 1½ cups / 130 g
- Butter (unsalted): 1 tsp / 5 g
- Garlic (minced): 1 clove
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Heat half the butter in a skillet over medium heat until it starts to foam gently, then add the minced garlic and cook for 30 seconds to enrich the butter with its fragrance.
2. Add the shrimp to the skillet, seasoning lightly with salt and pepper. Cook for 2-3 minutes per side until they turn pink and opaque, with a slight golden sear.
3. Remove the shrimp from the pan and set aside, keeping them warm.
4. Use the same skillet to melt the remaining butter and add the trimmed green beans. Toss them in the garlic butter, cooking for about 5-6 minutes until tender but still crisp, stirring often to coat evenly.
5. Return the shrimp to the pan, drizzle with fresh lemon juice, and gently toss everything together to marry the flavors.
6. Serve immediately, enjoying the rich garlic butter coating the succulent shrimp and vibrant green beans.



HERB-ROASTED CHICKEN THIGHS WITH SAUTÉED SWISS CHARD

Prep Time: 10 minutes

Cook Time: 35 minutes

Servings: 1

Juicy oven-roasted chicken thighs seasoned with fresh herbs, served alongside garlicky sautéed Swiss chard.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 35 g | Fat: 20 g
Carbohydrates: 6 g | Fiber: 3 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Chicken thighs (skin removed, bone-in): 4 oz / 115 g
- Swiss chard (chopped): 1½ cups / 45 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Fresh rosemary and thyme: 1 tsp, chopped
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Rub the chicken thighs with salt, pepper, and the chopped rosemary and thyme, making sure every inch is coated with fragrant herbs.
2. Place the chicken thighs on a baking tray and roast for 30-35 minutes until the meat is cooked through and juices run clear, with a golden crust forming on the outside.
3. While the chicken roasts, heat the olive oil in a skillet over medium heat. Add the minced garlic and sauté until fragrant and golden, about 30 seconds.
4. Add the chopped Swiss chard to the skillet, tossing gently to coat with the garlic-infused oil. Cook for 3-4 minutes until the chard wilts but retains a bright green color.
5. Take the skillet off the heat and stir in the lemon juice, adding a fresh, zesty finish to the greens. Season with salt and pepper to taste.
6. Serve the juicy herb-roasted chicken thighs alongside the garlicky Swiss chard, enjoying a balance of rich and fresh flavors.



HERB-CRUSTED PORK TENDERLOIN WITH ROASTED BRUSSELS SPROUTS

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1

Juicy pork tenderloin seasoned with herbs, roasted alongside crispy Brussels sprouts.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 35 g | Fat: 18 g
Carbohydrates: 12 g | Fiber: 4 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Pork tenderloin (lean, trimmed): 4 oz / 115 g
- Brussels sprouts (halved): 1 cup / 90 g
- Olive oil: 1 tsp / 5 mL
- Garlic powder: ¼ tsp
- Rosemary or thyme (dried): ½ tsp
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Use a small bowl to mix garlic powder, dried rosemary or thyme, salt, and pepper. Rub this herb blend evenly over the pork tenderloin.
2. Toss the halved Brussels sprouts with olive oil, salt, and pepper. Spread them on a baking sheet in a single layer.
3. Place the seasoned pork tenderloin on the same baking sheet or a separate one if preferred.
4. Roast everything in the oven for about 20-25 minutes, turning the Brussels sprouts halfway through, until the pork is cooked through and the sprouts are golden and crispy on the edges.
5. Take it out of the oven and let the pork rest for a few minutes before slicing. Serve with the roasted Brussels sprouts for a balanced, flavorful meal.



BAKED SALMON WITH DILL YOGURT SAUCE AND ROASTED FENNEL

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 1

Tender salmon fillet topped with fresh dill yogurt sauce, served with roasted fennel slices.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 28 g | Fat: 20 g
Carbohydrates: 12 g | Fiber: 3 g

Allergen Note:

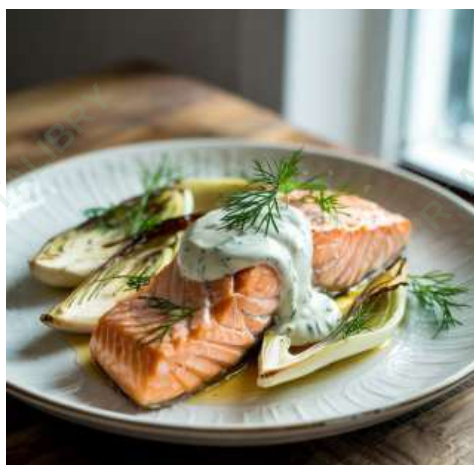
Contains fish and dairy.

Ingredients:

- Salmon fillet (skinless): 3 oz / 85 g
- Fennel (sliced): 1 cup / 90 g
- Low-fat Greek yogurt: 2 tbsp / 30 g
- Fresh dill (chopped): 1 tsp
- Lemon juice: 1 tsp / 5 mL
- Olive oil: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Toss the sliced fennel with half the olive oil, salt, and pepper, then spread it evenly on a baking sheet. Roast for about 15 minutes until tender and slightly caramelized.
2. While the fennel roasts, place the salmon fillet on a small baking dish. Drizzle with the remaining olive oil and season with salt and pepper.
3. Bake the salmon for 12-15 minutes until it flakes easily with a fork and is cooked through.
4. Use a small bowl to combine the Greek yogurt, chopped fresh dill, and lemon juice. Mix well to create a bright, creamy sauce.
5. Serve the baked salmon topped with the dill yogurt sauce alongside the roasted fennel slices for a fresh and flavorful meal.



ROASTED DUCK BREAST WITH CAULIFLOWER AND ORANGE GLAZE

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1

Succulent duck breast roasted with a zesty orange glaze, served alongside steamed cauliflower.

Nutritional Information (Per Serving):

Calories: 400 | Protein: 28 g | Fat: 25 g
Carbohydrates: 10 g | Fiber: 4 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Duck breast (skin-on, trimmed): 3 oz / 85 g
- Orange juice (fresh): 1 tbsp / 15 mL
- Cauliflower (steamed): 1 cup / 120 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Score the duck breast skin in a crisscross pattern to help release fat and promote crispiness. Season both sides with salt and pepper.
2. Heat a cold skillet over medium heat and place the duck breast skin-side down. Let it cook gently for about 6-8 minutes until the skin is golden and crisp, pouring off excess fat if needed.
3. Flip the duck breast and cook for 2 more minutes on the meat side. Transfer the skillet to the oven and roast for another 8-10 minutes, depending on your preferred doneness.
4. While the duck roasts, steam the cauliflower until tender but still firm, about 8 minutes.
5. Use a small saucepan to warm the olive oil and minced garlic over low heat until fragrant. Add the fresh orange juice and let it reduce gently for 3-4 minutes, creating a bright glaze.
6. Take the duck out of the oven and let it rest for a few minutes before slicing.
7. Serve the sliced duck breast drizzled with the orange glaze alongside the steamed cauliflower for a flavorful, balanced meal.



GROUND BEEF STUFFED BELL PEPPERS WITH QUINOA

Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 1 (2 halves)

Bell peppers stuffed with seasoned ground beef and fluffy quinoa, baked to perfection.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 30 g | Fat: 16 g
Carbohydrates: 20 g | Fiber: 5 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Lean ground beef (93% lean): 3 oz / 85 g
- Cooked quinoa: 1/3 cup / 60 g
- Bell pepper (large, halved): 1 / 150 g
- Onion (minced): 2 tbsp / 30 g
- Garlic (minced): 1 clove
- Olive oil: 1 tsp / 5 mL
- Cumin & paprika: 1/4 tsp each
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 375°F (190°C). Lightly oil a baking dish and set aside the halved bell pepper, cut side up.
2. In a skillet, warm the olive oil over medium heat. Add the minced onion and garlic, cooking gently until softened and fragrant.
3. Add the ground beef to the skillet, breaking it apart as it cooks. Stir in cumin, paprika, salt, and pepper. Cook until the beef is browned and cooked through.
4. Remove from heat and mix in the cooked quinoa until well combined.
5. Spoon the beef and quinoa mixture into the bell pepper halves, pressing lightly to fill each cavity evenly.
6. Place the stuffed peppers in the baking dish and bake for 20-25 minutes until the peppers are tender and the filling is heated through.
7. Take it out of the oven and let it cool slightly before serving.



GRILLED SWORDFISH WITH CUCUMBER & TOMATO SALSA

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 1

Fresh and light grilled swordfish topped with a refreshing cucumber and tomato salsa.

Nutritional Information (Per Serving):

Calories: 375 | Protein: 38 g | Fat: 18 g
Carbohydrates: 8 g | Fiber: 2 g

Allergen Note:

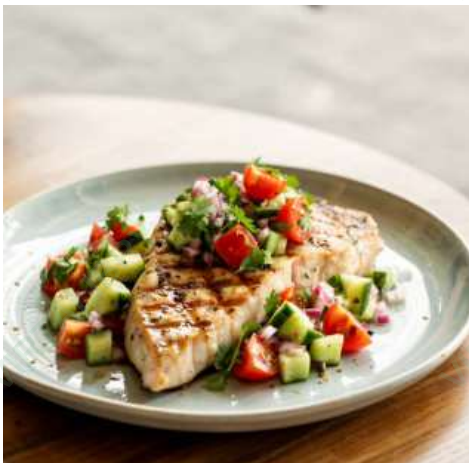
This recipe contains no common allergens.

Ingredients:

- Swordfish steak: 4 oz / 115 g
- Cucumber (diced): 1/2 cup / 75 g
- Cherry tomatoes (diced): 1/2 cup / 75 g
- Red onion (finely chopped): 1 tbsp / 15 g
- Fresh cilantro (chopped): 1 tbsp / 5 g
- Lime juice: 1 tsp / 5 mL
- Olive oil: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Prepare the salsa by combining diced cucumber, cherry tomatoes, red onion, and chopped cilantro in a bowl. Drizzle with lime juice and olive oil, then gently toss. Season with salt and pepper to taste. Set aside to allow flavors to meld.
2. Preheat the grill or grill pan over medium-high heat. Lightly brush the swordfish steak with olive oil and season with salt and pepper on both sides.
3. Grill the swordfish for 3 to 4 minutes per side, depending on thickness, until the fish is opaque and flakes easily with a fork.
4. Transfer the grilled swordfish to a serving plate and top with the prepared cucumber and tomato salsa.
5. Serve immediately for a fresh, flavorful meal perfect for a balanced 1200-calorie plan.



TURKEY MEATLOAF WITH SAUTÉED SPINACH

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1

Lean turkey meatloaf served with lightly sautéed spinach.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 36 g | Fat: 15 g
Carbohydrates: 8 g | Fiber: 2 g

Allergen Note:

Contains egg.

Ingredients:

- Ground turkey (93% lean): 4 oz / 115 g
- Egg white: 1
- Onion (grated): 2 tbsp / 30 g
- Garlic powder: 1/4 tsp
- Spinach (fresh): 1 cup / 30 g
- Olive oil: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 375°F (190°C). In a bowl, combine the ground turkey, egg white, grated onion, garlic powder, salt, and pepper. Mix gently until everything is evenly incorporated.
2. Shape the mixture into a small loaf and place it in a lightly greased baking dish.
3. Bake for 20-25 minutes, or until the meatloaf is cooked through and slightly browned on top.
4. While the meatloaf bakes, heat the olive oil in a skillet over medium heat. Add the fresh spinach and sauté for 2-3 minutes, stirring frequently, until wilted but still vibrant. Season with a pinch of salt and pepper.
5. Take the meatloaf out of the oven and let it rest briefly before slicing. Serve alongside the sautéed spinach for a balanced, protein-packed meal.



LEMON GARLIC SCALLOPS WITH WILTED KALE

Prep Time: 5 minutes

Cook Time: 10 minutes

Servings: 1

Seared scallops with garlic and lemon, served with wilted kale.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 34 g | Fat: 18 g
Carbohydrates: 7 g | Fiber: 3 g

Allergen Note:

Contains shellfish.

Ingredients:

- Scallops: 4 oz / 115 g
- Kale (stems removed): 1 cup / 30 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Heat half the olive oil in a skillet over medium-high heat. Pat the scallops dry, season with salt and pepper, and sear them for about 2-3 minutes per side until golden and just cooked through. Remove from the pan and set aside.
2. Lower the heat to medium, add the remaining olive oil, and sauté the minced garlic until fragrant, about 30 seconds.
3. Add the kale to the skillet and toss gently, cooking just until wilted and tender but still vibrant green, around 2-3 minutes. Season with salt and pepper.
4. Return the scallops to the skillet, drizzle with lemon juice, and give everything a gentle toss to combine the flavors.
5. Serve immediately, enjoying the fresh brightness of lemon paired with tender scallops and savory kale.



ROASTED RABBIT WITH ROOT VEGETABLES

Prep Time: 10 minutes

Cook Time: 35 minutes

Servings: 1

Tender roasted rabbit with a mix of root vegetables.

Nutritional Information (Per Serving):

Calories: 400 | Protein: 38 g | Fat: 16 g
Carbohydrates: 15 g | Fiber: 4 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Rabbit meat (lean, skin removed): 4 oz / 115 g
- Carrot (cubed): ½ cup / 65 g
- Parsnip (cubed): ¼ cup / 40 g
- Olive oil: 1 tsp / 5 mL
- Thyme (fresh or dried): ½ tsp
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 375°F (190°C). Toss the cubed carrot and parsnip with half the olive oil, thyme, salt, and pepper. Spread them out evenly on a baking dish.
2. Place the rabbit meat on top of the vegetables and brush with the remaining olive oil. Season the rabbit generously with salt, pepper, and a sprinkle of thyme.
3. Roast in the oven for about 30-35 minutes, or until the rabbit is tender and cooked through and the root vegetables are soft and caramelized.
4. Remove from the oven and let rest briefly before serving to allow the juices to redistribute.
5. Serve the roasted rabbit alongside the sweet, earthy root vegetables for a comforting, flavorful meal.



BEEF AND CABBAGE STIR-FRY WITH GINGER AND GARLIC

Prep Time: 5 minutes

Cook Time: 15 minutes

Servings: 1

Fresh and light grilled swordfish topped with a refreshing cucumber and tomato salsa.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 32 g | Fat: 18 g
Carbohydrates: 12 g | Fiber: 4 g

Allergen Note:

Contains soy (soy sauce).

Ingredients:

- Lean beef strips: 3 oz / 85 g
- Cabbage (shredded): 1½ cups / 120 g
- Garlic (minced): 1 clove
- Fresh ginger (minced): ½ tsp
- Olive oil: 1 tsp / 5 mL
- Soy sauce (low sodium): 1 tbsp / 15 mL
- Salt & pepper: to taste

Instructions:

1. Warm the olive oil in a large skillet or wok over medium-high heat until shimmering.
2. Add the minced garlic and ginger, stirring quickly to release their fragrant aroma, about 30 seconds.
3. Toss in the beef strips, spreading them out to ensure even cooking. Stir-fry for 4-5 minutes until the beef is browned and cooked through.
4. Add the shredded cabbage and continue to stir-fry for another 5 minutes, until the cabbage softens but still retains some crispness.
5. Pour in the soy sauce and season with salt and pepper to taste. Toss everything together, letting the flavors meld for a minute or two.
6. Remove from heat and serve immediately, enjoying the balance of savory beef and tender, flavorful cabbage.



BAKED CHICKEN BREAST WITH RATATOUILLE VEGETABLES

Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 1

Baked skinless chicken breast served with aromatic ratatouille made from zucchini, eggplant, and tomatoes.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 35 g | Fat: 15 g
Carbohydrates: 18 g | Fiber: 5 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Skinless chicken breast: 4 oz / 115 g
- Zucchini (chopped): ½ cup / 65 g
- Eggplant (chopped): ½ cup / 65 g
- Tomatoes (chopped): ½ cup / 75 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Italian herbs: ½ tsp
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 375°F (190°C). Toss the zucchini, eggplant, and tomatoes with olive oil, minced garlic, Italian herbs, salt, and pepper in a mixing bowl.
2. Spread the vegetable mixture evenly in a baking dish and place the chicken breast on top. Season the chicken with additional salt and pepper.
3. Bake for 25-30 minutes, until the chicken is cooked through and the vegetables are tender and fragrant.
4. Remove from the oven and let the chicken rest for a few minutes before slicing.
5. Serve the juicy chicken breast alongside the warm ratatouille vegetables, enjoying the blend of fresh herbs and rich tomato flavors.



VENISON STEAKS WITH ROASTED MUSHROOMS AND ASPARAGUS

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 1

Pan-seared venison steaks served with sautéed mushrooms and roasted asparagus.

Nutritional Information (Per Serving):

Calories: 400 | Protein: 38 g | Fat: 18 g
Carbohydrates: 10 g | Fiber: 4 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Venison steak: 4 oz / 115 g
- Mushrooms (sliced): ½ cup / 60 g
- Asparagus (roasted): 1 cup / 90 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Toss the asparagus with half the olive oil, salt, and pepper. Spread it on a baking sheet and roast for about 12-15 minutes until tender and slightly caramelized.
2. While the asparagus roasts, heat the remaining olive oil in a skillet over medium-high heat. Add the minced garlic and sliced mushrooms, sautéing until the mushrooms are golden and fragrant, about 5-6 minutes. Season with salt and pepper.
3. Push the mushrooms to the side of the skillet and add the venison steak. Sear the steak for about 3-4 minutes per side for medium-rare, or until it reaches your preferred doneness.
4. Take the steak out of the pan and let it rest for a few minutes to retain its juices.
5. Plate the venison steak alongside the roasted asparagus and sautéed mushrooms, savoring the rich, earthy flavors of this hearty meal.



LAMB CHOPS WITH MINT PESTO AND ROASTED ZUCCHINI

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 1

Tender lamb chops served with mint pesto and roasted zucchini.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 32 g | Fat: 24 g
Carbohydrates: 8 g | Fiber: 2 g

Allergen Note:

Check pesto ingredients for potential allergens (e.g., nuts, dairy) if store-bought.

Ingredients:

- Lamb chops: 3.5 oz / 100 g
- Zucchini (sliced): 1 cup / 130 g
- Mint pesto (homemade or store-bought): 1 tbsp / 15 g
- Olive oil: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Toss the zucchini slices with olive oil, salt, and pepper, then spread them evenly on a baking sheet. Roast for 15-18 minutes until tender and lightly golden.
2. While the zucchini roasts, heat a skillet over medium-high heat. Season the lamb chops with salt and pepper.
3. Sear the lamb chops for about 3-4 minutes per side for medium-rare, or cook to your desired doneness. Remove from heat and let rest briefly to keep them juicy.
4. Serve the lamb chops topped with a generous spoonful of mint pesto alongside the roasted zucchini.
5. Enjoy the vibrant freshness of the mint paired with the rich, tender lamb and sweet zucchini.



GRILLED SEA BASS WITH LEMON AND ROASTED VEGETABLES

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 1

Light and flaky grilled sea bass seasoned with lemon, served alongside a medley of roasted seasonal vegetables.

Nutritional Information (Per Serving):

Calories: 385 | Protein: 34 g | Fat: 18 g
Carbohydrates: 14 g | Fiber: 5 g

Allergen Note:

Contains fish.

Ingredients:

- Sea bass fillet (skinless): 4 oz / 115 g
- Bell peppers (mixed colors, chopped): ½ cup / 75 g
- Cherry tomatoes: ½ cup / 75 g
- Zucchini (sliced): ½ cup / 65 g
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Fresh thyme or rosemary: 1 tsp
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Use a bowl to toss the chopped bell peppers, cherry tomatoes, and zucchini with half the olive oil, minced garlic, fresh thyme or rosemary, salt, and pepper. Spread the vegetables evenly on a baking sheet and roast for about 15 minutes until tender and caramelized.
2. While the vegetables roast, heat a grill pan or outdoor grill over medium-high heat. Brush the sea bass fillet with the remaining olive oil and season with salt, pepper, and a squeeze of lemon juice.
3. Grill the sea bass for 4-5 minutes per side, depending on thickness, until the fish is opaque and flakes easily with a fork.
4. Remove the vegetables and fish from heat. Drizzle the roasted vegetables with additional lemon juice to brighten the flavors.
5. Serve the grilled sea bass alongside the roasted vegetables for a light, fresh, and satisfying meal.



2.4 SMART SNACKS & APPETIZERS



CUCUMBER HUMMUS BITES

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

Crunchy cucumber rounds topped with creamy low-fat hummus and a sprinkle of smoked paprika.

Nutritional Information (Per Serving):

Calories: 120 | Protein: 4 g | Fat: 3 g
Carbohydrates: 15 g | Fiber: 2 g

Allergen Note:

Contains sesame (in hummus).

Ingredients:

- Cucumber (sliced): ½ cup / 50 g
- Low-fat hummus: 2 tbsp / 30 g
- Smoked paprika: pinch

Instructions:

1. Arrange the cucumber slices neatly on a serving plate, creating a fresh, crisp base for each bite.
2. Spoon a small dollop of low-fat hummus onto each cucumber slice, spreading gently to cover the surface without overpowering the crunch.
3. Lightly sprinkle smoked paprika over the hummus-topped cucumber rounds to add a subtle smoky warmth and a pop of color.
4. Serve immediately as a refreshing, light snack or appetizer.



TURKEY & VEGGIE ROLL-UPS

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1 (3 rolls)

Thin slices of turkey wrapped around julienned carrots and bell peppers with a light cream cheese spread.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 20 g | Fat: 5 g
Carbohydrates: 6 g | Fiber: 2 g

Allergen Note:

Contains dairy (cream cheese).

Ingredients:

- Turkey slices (deli, low sodium):
3 slices / 85 g
- Carrot (julienned): ¼ cup / 30 g
- Bell pepper (julienned): ¼ cup / 30 g
- Light cream cheese: 1 tbsp / 15 g

Instructions:

1. Lay out the turkey slices flat on a clean surface, feeling their smooth, tender texture beneath your fingertips.
2. Using a small knife or the back of a spoon, spread a thin, even layer of light cream cheese across each slice, adding a gentle creaminess that will balance the crunch.
3. Place a small pile of the bright orange julienned carrots and red bell peppers at one edge of each slice, the colors vibrant and inviting.
4. Carefully roll each slice over the vegetables, tucking and shaping it into a neat, compact roll. The turkey should feel pliable but hold everything securely inside.
5. Arrange the roll-ups on a plate, their colorful filling peeking through the edges — perfect for a refreshing snack or light lunch.



ZUCCHINI CHIPS WITH GREEK YOGURT DIP

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 1

Crispy oven-baked zucchini slices served with a tangy Greek yogurt and dill dip.

Nutritional Information (Per Serving):

Calories: 140 | Protein: 8 g | Fat: 5 g
Carbohydrates: 12 g | Fiber: 3 g

Allergen Note:

Contains dairy.

Ingredients:

- Zucchini (thinly sliced): 1 cup / 130 g
- Olive oil spray: 1 spritz
- Greek yogurt (0-2% fat): 3 tbsp / 45 g
- Fresh dill (chopped): 1 tsp
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 425°F (220°C). Arrange the thin zucchini slices in a single layer on a baking sheet lined with parchment paper. Lightly spritz the slices with olive oil to help them crisp up during baking.
2. Slide the baking sheet into the oven and roast the zucchini for 15-20 minutes, turning the slices halfway through, until they are golden and crispy around the edges.
3. While the zucchini bakes, combine the Greek yogurt, chopped fresh dill, lemon juice, salt, and pepper in a small bowl. Stir until the dip is smooth and fragrant, with a bright citrus note.
4. Remove the zucchini chips from the oven and let them cool slightly — this helps them become extra crisp.
5. Serve the warm zucchini chips alongside the cool, tangy dill dip for a satisfying snack or light appetizer.



STUFFED MINI BELL PEPPERS

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1 (4 peppers)

Sweet mini bell peppers filled with a cottage cheese and herb blend.

Nutritional Information (Per Serving):

Calories: 130 | Protein: 15 g | Fat: 4 g
Carbohydrates: 8 g | Fiber: 2 g

Allergen Note:

Contains dairy.

Ingredients:

- Mini bell peppers (halved, seeded): 4
- Low-fat cottage cheese: ½ cup / 120 g
- Fresh parsley (chopped): 1 tsp
- Garlic powder: pinch
- Salt & pepper: to taste

Instructions:

1. Gently rinse the mini bell peppers, then slice them in half lengthwise and remove the seeds, creating little colorful boats ready to be filled.
2. In a small bowl, combine the cottage cheese, chopped parsley, garlic powder, salt, and pepper. Stir well to blend the fresh, creamy flavors.
3. Spoon the cottage cheese mixture generously into each pepper half, filling them until they look plump and inviting.
4. Arrange the stuffed peppers on a serving plate, their bright colors contrasting with the creamy filling.
5. Enjoy these as a refreshing, protein-rich snack or appetizer, perfect for light eating anytime.



ROASTED CHICKPEAS WITH SMOKED PAPRIKA

Prep Time: 5 minutes

Cook Time: 25 minutes

Servings: 1

Crunchy oven-roasted chickpeas tossed with smoked paprika and garlic powder.

Nutritional Information (Per Serving):

Calories: 160 | Protein: 6 g | Fat: 5 g
Carbohydrates: 22 g | Fiber: 6 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Canned chickpeas (rinsed, dried): ½ cup / 120 g
- Olive oil: 1 tsp / 5 mL
- Smoked paprika: ¼ tsp
- Garlic powder: ¼ tsp
- Salt: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). After rinsing the chickpeas well, pat them dry thoroughly with paper towels to help them crisp up in the oven.
2. Toss the dried chickpeas with olive oil, smoked paprika, garlic powder, and a pinch of salt until evenly coated. The spices should cling nicely to each chickpea.
3. Spread the chickpeas in a single layer on a baking sheet lined with parchment paper or a silicone mat.
4. Roast for 20-25 minutes, shaking the pan or stirring halfway through, until the chickpeas turn golden and crunchy.
5. Remove from the oven and let cool briefly — the chickpeas will crisp further as they cool.
6. Enjoy as a crunchy, smoky snack or a protein-rich salad topper.



AVOCADO & TOMATO BRUSCHETTA ON WHOLE GRAIN TOAST

Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 1

Diced avocado and cherry tomatoes mixed with basil and lemon juice, served on toasted whole grain bread.

Nutritional Information (Per Serving):

Calories: 180 | Protein: 4 g | Fat: 9 g
Carbohydrates: 20 g | Fiber: 5 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Whole grain bread (thin slice): 1 / 35 g
- Avocado (diced): ⅓ medium / 25 g
- Cherry tomatoes (diced): ¼ cup / 40 g
- Fresh basil (chopped): 1 tsp
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Toast the slice of whole grain bread until golden and crisp, filling the kitchen with a warm, toasty aroma.
2. In a small bowl, gently toss the diced avocado and cherry tomatoes with the chopped basil, lemon juice, salt, and pepper. The lemon juice will keep the avocado bright and fresh.
3. Spoon the vibrant avocado and tomato mixture generously over the toasted bread, allowing the juices to mingle with the crunchy base.
4. Serve immediately to enjoy the contrast of creamy avocado, juicy tomatoes, and crunchy toast — a refreshing and satisfying bite.



EGGPLANT PARMESAN BITES

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 1 (4 bites)

Baked eggplant rounds topped with marinara sauce and part-skim mozzarella.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 8 g | Fat: 7 g
Carbohydrates: 12 g | Fiber: 3 g

Allergen Note:

Contains dairy.

Ingredients:

- Eggplant (sliced into rounds):
½ cup / 60 g
- Marinara sauce (no added sugar):
¼ cup / 60 g

- Part-skim mozzarella (shredded):
2 tbsp / 14 g
- Olive oil spray: 1 spritz
- Italian seasoning: pinch
- Salt & pepper: to taste



Instructions:

1. Set your oven's temperature to 400°F (200°C). Apply a light coating of olive oil spray on the baking sheet to avoid sticking.
2. Spread the eggplant slices on the baking sheet in one flat layer. Add a gentle dash of salt, pepper, and Italian herbs for flavor.
3. Bake the eggplant for about 10 minutes, until they start to soften and turn golden.
4. Once out of the oven, add a spoonful of marinara sauce to each eggplant round.
5. Sprinkle shredded mozzarella evenly over the sauced eggplant slices.
6. Return to the oven and bake for another 8-10 minutes, or until the cheese is melted, bubbly, and slightly golden.
7. Let the bites cool for a moment before serving, so the cheese sets just right.

SPICY SHRIMP LETTUCE CUPS

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1 (3 cups)

Chilled shrimp tossed in a chili-lime dressing, served in crisp lettuce leaves.

Nutritional Information (Per Serving):

Calories: 180 | Protein: 25 g | Fat: 7 g
Carbohydrates: 4 g | Fiber: 1 g

Allergen Note:

Contains shellfish.

Ingredients:

- Cooked shrimp (peeled): 3 oz / 85 g
- Butter lettuce leaves: 3 large
- Lime juice: 1 tbsp / 15 mL
- Chili powder: ¼ tsp

- Olive oil: 1 tsp / 5 mL
- Garlic powder: pinch
- Salt: to taste



Instructions:

1. Use a mixing bowl to combine the lime juice, olive oil, chili powder, garlic powder, and a pinch of salt to create a zesty dressing that wakes up the palate.
2. Toss the cooked shrimp gently in the dressing, coating each piece with the vibrant, spicy flavors.
3. Separate the butter lettuce leaves, washing and patting them dry until crisp and fresh.
4. Spoon the dressed shrimp evenly into each lettuce leaf, creating colorful, handheld cups.
5. Arrange the lettuce cups on a plate, inviting with their bright colors and fresh crunch, perfect for a light, refreshing snack or appetizer.

CARROT & CELERY STICKS WITH TAHINI DIP

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1

A refreshing snack of carrot and celery sticks with a tangy, creamy tahini and lemon dip.

Nutritional Information (Per Serving):

Calories: 140 | Protein: 5 g | Fat: 10 g
Carbohydrates: 8 g | Fiber: 3 g

Allergen Note:

Contains sesame (tahini).

Ingredients:

- Carrot sticks: ½ cup / 60 g
- Celery sticks: ½ cup / 50 g
- Tahini: 2 tbsp / 30 g
- Lemon juice: 1 tsp / 5 mL
- Garlic powder: pinch
- Salt & pepper: to taste

Instructions:

1. Prepare the carrot and celery sticks by washing, peeling (if needed), and cutting them into crisp, even-sized sticks that are easy to dip and crunch.
2. Use a small bowl to whisk together the tahini, lemon juice, salt, pepper, and garlic powder until the dip is smooth and creamy, with a bright, tangy flavor.
3. Give it a taste and tweak the flavors to your liking—add extra lemon juice or garlic powder for more zest.
4. Arrange the fresh vegetable sticks on a plate alongside the tahini dip, inviting you to enjoy a crunchy, satisfying snack.
5. Dip the crisp carrot and celery sticks into the creamy tahini mixture and savor the combination of fresh and rich textures.



SMOKED SALMON & CUCUMBER ROUNDS

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1 (6 rounds)

Layer smoked salmon and a touch of light cream cheese onto fresh cucumber slices.

Nutritional Information (Per Serving):

Calories: 160 | Protein: 14 g | Fat: 9 g
Carbohydrates: 3 g | Fiber: 1 g

Allergen Note:

Contains fish and dairy.

Ingredients:

- Cucumber (sliced): ½ medium / 50 g
- Smoked salmon (thin slices): 2 oz / 60 g
- Light cream cheese: 2 tbsp / 30 g
- Fresh dill: 1 tsp
- Lemon zest: pinch
- Black pepper: to taste

Instructions:

1. Slice the cucumber into even, thin rounds and arrange them neatly on a serving plate, their cool, crisp texture setting the stage for the toppings.
2. Spread a small dollop of light cream cheese on each cucumber slice, smoothing it gently with the back of a spoon or knife to create a creamy base.
3. Tear or cut the smoked salmon into pieces that fit nicely atop each round, layering the rich, smoky fish over the cream cheese.
4. Sprinkle freshly chopped dill and a pinch of lemon zest over the salmon to add brightness and an herbal note.
5. Finish with a few cracks of black pepper for a subtle kick. Serve immediately for a fresh, elegant appetizer or snack.



CAULIFLOWER TABBOULEH BITES

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1 (4 bites)

Mini cauliflower tabbouleh served on romaine leaves with fresh parsley and lemon.

Nutritional Information (Per Serving):

Calories: 130 | Protein: 4 g | Fat: 7 g
Carbohydrates: 12 g | Fiber: 4 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Cauliflower rice (raw): ½ cup / 60 g
- Fresh parsley (chopped): 2 tbsp / 10 g
- Lemon juice: 1 tbsp / 15 mL
- Tomato (finely chopped): ¼ cup / 40 g
- Romaine leaves: 4 small
- Olive oil: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. In a medium bowl, combine the raw cauliflower rice, chopped parsley, and finely chopped tomato, creating a colorful and fresh mixture.
2. Sprinkle the olive oil and lemon juice over the veggies and toss gently to coat everything evenly and bring out bright, zesty flavors.
3. Add salt and pepper as needed, tasting as you go to fine-tune the seasoning.
4. Spoon a generous amount of the tabbouleh mixture onto each romaine leaf, forming small, bite-sized portions that are easy to pick up and enjoy.
5. Arrange the filled romaine leaves on a plate, inviting with their vibrant greens and fresh textures — a light, refreshing snack or appetizer.



GRILLED CHICKEN SKEWERS WITH MINT YOGURT SAUCE

Prep Time: 15 minutes

Cook Time: 12 minutes

Servings: 1 (3 skewers)

Juicy grilled chicken cubes served with a refreshing mint yogurt sauce.

Nutritional Information (Per Serving):

Calories: 190 | Protein: 28 g | Fat: 5 g
Carbohydrates: 4 g | Fiber: 0 g

Allergen Note:

Contains dairy.

Ingredients:

- Chicken breast (cubed, grilled): 3 oz / 85 g
- Low-fat Greek yogurt: 3 tbsp / 45 g
- Fresh mint (chopped): 1 tbsp
- Lemon juice: 1 tsp / 5 mL
- Garlic powder: pinch
- Olive oil: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Turn on your grill or grill pan at medium-high heat. Thread the cubed chicken onto skewers, brushing them lightly with olive oil and seasoning with salt, pepper, and a pinch of garlic powder.
2. Cook the chicken skewers on the grill for 4-5 minutes on each side, turning gently to achieve an even, golden char and ensuring the meat is fully cooked yet tender and juicy.
3. As the chicken cooks, stir together Greek yogurt, fresh lemon juice, chopped mint, and a hint of garlic powder in a small bowl. Stir until smooth and fragrant.
4. Once the chicken is done, remove the skewers and let them rest for a moment to seal in the juices.
5. Serve the skewers alongside the cool mint yogurt sauce, perfect for dipping or drizzling.



2.5 HEARTY SOUPS & FRESH SALADS



ROASTED BUTTERNUT SQUASH SOUP WITH COCONUT MILK

Prep Time: 15 minutes

Cook Time: 40 minutes

Servings: 1

Creamy roasted butternut squash blended with light coconut milk and warm spices.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 4 g | Fat: 18 g
Carbohydrates: 40 g | Fiber: 6 g

Allergen Note:

Contains coconut.

Ingredients:

- Butternut squash (peeled, cubed): 1 cup / 150 g
- Light coconut milk: ½ cup / 120 mL
- Onion (chopped): 2 tbsp / 30 g
- Garlic (minced): 1 clove
- Olive oil: 1 tsp / 5 mL
- Ground cinnamon: ¼ tsp
- Nutmeg: pinch
- Vegetable broth (low sodium): 1 cup / 240 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Coat the butternut squash cubes with half the olive oil, salt, and pepper, and spread them evenly on a baking sheet. Cook in the oven for 25-30 minutes, until the squash is tender and edges are caramelized.
2. In a pot, heat the remaining olive oil over medium heat. Stir in the chopped onion and sauté gently until soft and translucent, about 5 minutes. Mix in the minced garlic and sauté for an additional minute until aromatic.
3. Transfer the roasted squash to the pot along with the vegetable broth, coconut milk, ground cinnamon, and nutmeg.
4. Gently simmer the mixture for 10 minutes to make the flavors blend together.
5. Process the soup with an immersion blender until completely smooth and creamy.
6. Taste and adjust salt and pepper accordingly. Serve warm to enjoy the comforting mix of sweet, spicy, and creamy flavors.



SPICED LENTIL & TOMATO SOUP WITH FRESH CILANTRO

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 1

Hearty lentil and tomato soup seasoned with cumin and fresh cilantro.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 22 g | Fat: 7 g
Carbohydrates: 50 g | Fiber: 15 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Red lentils (rinsed): ½ cup / 100 g
- Diced tomatoes (no salt): ½ cup / 120 g
- Onion (chopped): 2 tbsp / 30 g
- Garlic (minced): 1 clove
- Olive oil: 1 tsp / 5 mL
- Ground cumin: ½ tsp
- Ground coriander: ½ tsp
- Fresh cilantro (chopped): 1 tbsp
- Vegetable broth (low sodium): 2 cups / 480 mL
- Salt & pepper: to taste

Instructions:

1. Pour olive oil into a pot and warm it over medium heat. Drop the chopped onion and cook it gently until softened and translucent, about 5 minutes. Drop in the minced garlic and stir for another minute, letting the aroma fill your kitchen.
2. Mix in the ground cumin and coriander, allowing the spices to toast briefly and release their warm, earthy fragrance.
3. Add the rinsed red lentils, diced tomatoes, and vegetable broth to the pot. Stir well to combine.
4. Heat the soup until it simmers gently, then turn the heat down to low. Cover and cook for approximately 25 minutes, until the lentils are tender and the soup has slightly thickened.
5. Add salt and pepper to taste. Stir in the freshly chopped cilantro for a refreshing pop of flavor and vibrant color.
6. Serve the soup in a bowl and enjoy a comforting, warmly spiced meal that soothes you from within.



GREEK SALAD WITH OVEN-BAKED SHRIMP AND FETA

Prep Time: 10 minutes

Cook Time: 12 minutes

Servings: 1

Fresh vegetables tossed with tender oven-baked shrimp and crumbled feta cheese.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 34 g | Fat: 18 g
Carbohydrates: 10 g | Fiber: 3 g

Allergen Note:

Contains shellfish and dairy.

Ingredients:

- Shrimp (peeled and deveined): 4 oz / 115 g
- Cucumber (diced): ½ cup / 75 g
- Cherry tomatoes (halved): ½ cup / 75 g
- Red onion (thinly sliced): 2 tbsp / 20 g
- Reduced-fat feta cheese: 2 tbsp / 30 g
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tbsp / 15 mL
- Dried oregano: pinch
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Coat the shrimp with half the olive oil, salt, pepper, and some dried oregano. Put them on a baking sheet and roast for 10-12 minutes, or until they turn pink and are fully cooked.
2. In a bowl, combine the diced cucumber, halved cherry tomatoes, and thinly sliced red onion.
3. Drop the remaining olive oil and lemon juice over the vegetables, allowing the flavors to coat them lightly. Toss gently to coat everything evenly.
4. Add the oven-baked shrimp to the bowl and toss lightly once more.
5. Sprinkle the crumbled reduced-fat feta cheese on top.
6. Serve at once to enjoy the bright flavors of crisp veggies, juicy shrimp, and sharp feta.



KALE CAESAR SALAD WITH OVEN-BAKED CHICKEN AND PARMESAN CRISPS

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1 (6 rounds)

Crunchy kale tossed with tender oven-baked chicken, shaved parmesan, and a light Caesar dressing.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 42 g | Fat: 18 g
Carbohydrates: 8 g | Fiber: 3 g

Allergen Note:

Contains dairy.

Ingredients:

- Kale (chopped): 2 cups / 70 g
- Chicken breast: 3.5 oz / 100 g
- Parmesan cheese (shaved): 1 tbsp / 10 g
- Greek yogurt (0-2% fat): 2 tbsp / 30 g
- Lemon juice: 1 tsp / 5 mL
- Dijon mustard: ½ tsp
- Garlic powder: pinch
- Olive oil: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 375°F (190°C). Using half the olive oil, lightly brush the chicken breast, then season it with salt, pepper, and garlic powder. Place it on a baking sheet and bake for 20-25 minutes until fully cooked and juices run clear. Allow it to rest for a few minutes, then slice thinly.
2. Meanwhile, whisk together Greek yogurt, lemon juice, Dijon mustard, the remaining olive oil, garlic powder, salt, and pepper in a small bowl until it's smooth to make the dressing.
3. Rub the chopped kale with a pinch of salt for 1-2 minutes to tenderize the leaves and mellow the bitterness.
4. Toss the kale with the dressing, ensuring the leaves are evenly coated.
5. Arrange the sliced chicken over the kale, then sprinkle shaved Parmesan cheese on top.
6. Serve promptly to experience the crisp, vibrant flavors and satisfying textures at their peak.



ASIAN SESAME SALAD WITH OVEN-BAKED TOFU AND CRUNCHY VEGGIES

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 1

Fresh greens and crunchy vegetables paired with tender oven-baked tofu and a fragrant sesame dressing.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 20 g | Fat: 22 g
Carbohydrates: 18 g | Fiber: 5 g

Allergen Note:

Contains soy and sesame.

Ingredients:

- Firm tofu: 3 oz / 85 g
- Mixed greens: 1½ cups / 45 g
- Carrot (juliened): ¼ cup / 25 g
- Cucumber (juliened): ¼ cup / 40 g
- Sesame oil: 1 tsp / 5 mL
- Rice vinegar: 1 tbsp / 15 mL
- Soy sauce (low sodium): 1 tsp / 5 mL
- Sesame seeds: 1 tsp / 5 g
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Remove excess moisture by pressing the tofu gently, then cut into small, bite-sized cubes.
2. Lay the tofu cubes on parchment paper in a baking dish, drizzle with half the sesame oil, salt, and pepper lightly. Roast the tofu for 15-20 minutes, flipping halfway, until it develops a golden color and crisp edges.
3. Use a small bowl to whisk together the remaining sesame oil, soy sauce, and rice vinegar to create the dressing.
4. You can use a salad bowl to combine the mixed greens, julienned carrot, and cucumber. Toss gently with the dressing to coat evenly.
5. Add the warm baked tofu on top, then sprinkle the salad with sesame seeds for a nutty crunch.
6. Serve immediately, enjoying the refreshing veggies and flavorful tofu.



MOROCCAN CHICKPEA SOUP WITH LEMON AND CUMIN

Prep Time: 10 minutes

Cook Time: 35 minutes

Servings: 1

Spiced chickpea soup with bright lemon and warming cumin.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 16 g | Fat: 9 g
Carbohydrates: 50 g | Fiber: 13 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Chickpeas (cooked): ½ cup / 120 g
- Onion (chopped): 2 tbsp / 30 g
- Garlic (minced): 1 clove
- Olive oil: 1 tsp / 5 mL
- Ground cumin: ½ tsp
- Lemon juice: 1 tbsp / 15 mL
- Vegetable broth (low sodium): 2 cups / 480 mL
- Fresh cilantro (chopped): 1 tbsp / 15 g
- Salt & pepper: to taste

Instructions:

1. Warm the olive oil in a pot set at medium temperature. Put in the chopped onion and cook over low heat until softened and translucent, approximately 5 minutes.
2. Mix in the minced garlic and ground cumin, letting the spices toast lightly for about 1 minute to release their fragrance.
3. Add the cooked chickpeas and vegetable broth, stirring to combine.
4. Simmer the soup gently, uncovered, for 25 minutes to allow the flavors to blend and the soup to thicken a bit.
5. Take the pot off the heat, then stir in fresh lemon juice and chopped cilantro to add a bright, fresh finish.
6. Season with salt and pepper to taste. Ladle into a bowl and enjoy a comforting and aromatic soup.



CHICKEN AND VEGETABLE MINESTRONE (LOW CARB)

Prep Time: 15 minutes

Cook Time: 45 minutes

Servings: 1

Light minestrone soup with tender homemade shredded chicken, zucchini, tomatoes, and green beans.

Nutritional Information (Per Serving):

Calories: 400 | Protein: 38 g | Fat: 10 g
Carbohydrates: 25 g | Fiber: 6 g

Allergen Note:

Naturally free of common allergens.



Ingredients:

- Chicken breast (raw, skinless): 3.5 oz / 100 g
- Zucchini (diced): ½ cup / 65 g
- Green beans (trimmed and chopped): ½ cup / 60 g
- Tomatoes (diced): ½ cup / 120 g
- Onion (chopped): 2 tbsp / 30 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Vegetable broth (low sodium): 2 cups / 480 mL
- Italian herbs (dried): ½ tsp
- Salt & pepper: to taste

Instructions:

1. Start by cooking the chicken breast. You can either poach it by gently simmering it in water for about 15 minutes until cooked through, or bake it in an oven at 375°F (190°C) for 20-25 minutes until no longer pink inside.
2. Let the cooked chicken cool slightly, then use two forks to shred it or chop it finely. Set aside.
3. Use a pot for heating the olive oil over medium heat. Add the chopped onion and sauté gently until soft and translucent, about 5 minutes.
4. Add the minced garlic, stirring for 30 more seconds to bring out its aroma.
5. Toss in the diced zucchini, chopped green beans, and diced tomatoes. Stir to combine all the vegetables.
6. Pour the vegetable broth and season with dried Italian herbs. Bring the mixture to a gentle simmer.
7. Let the vegetables cook uncovered for about 15-20 minutes until tender but still vibrant.
8. Add the shredded chicken, mix thoroughly, and cook for 3-5 minutes to warm.
9. Sprinkle salt and pepper to taste.
10. Serve hot and enjoy a nourishing, low-carb minestrone soup with fresh, homemade chicken.

ROASTED BEET & WALNUT SALAD WITH CITRUS VINAIGRETTE

Prep Time: 15 minutes

Cook Time: 40 minutes

Servings: 1 (6 rounds)

Earthy roasted beets paired with crunchy walnuts and a bright citrus dressing.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 6 g | Fat: 22 g
Carbohydrates: 30 g | Fiber: 7 g

Allergen Note:

Contains tree nuts (walnuts).



Ingredients:

- Beetroot (peeled and cubed): 1 cup / 150 g
- Walnuts (chopped): 1 tbsp / 15 g
- Mixed greens: 1½ cups / 45 g
- Olive oil: 1 tsp / 5 mL
- Orange juice (fresh): 1 tbsp / 15 mL
- Balsamic vinegar: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C). Spread the peeled and cubed beetroot on a baking sheet lined with parchment paper. Coat with half the olive oil, sprinkle lightly with salt and pepper. Then roast for 35-40 minutes, flipping once halfway, until golden and tender.
2. While the beets roast, prepare the citrus vinaigrette by whisking together the remaining olive oil, fresh orange juice, balsamic vinegar, salt, and pepper in a small bowl until well combined.
3. Once the beets are done, let them cool slightly.
4. Use a salad bowl to combine the mixed greens, roasted beets, and chopped walnuts.
5. Toss the salad gently with the citrus vinaigrette until evenly coated.
6. Serve immediately or chilled, enjoying the contrast of earthy beets, crunchy walnuts, and bright dressing.

CREAMY BROCCOLI & CAULIFLOWER SOUP (DAIRY-FREE)

Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 1

Velvety soup made with broccoli and cauliflower, blended smoothly with light coconut milk.

Nutritional Information (Per Serving):

Calories: 360 | Protein: 7 g | Fat: 25 g
Carbohydrates: 20 g | Fiber: 6 g

Allergen Note:

Dairy-free, suitable for lactose intolerance.

Ingredients:

- Broccoli florets: 1 cup / 90 g
- Cauliflower florets: 1 cup / 90 g
- Light coconut milk: ½ cup / 120 mL
- Onion (chopped): 2 tbsp / 30 g
- Garlic (minced): 1 clove
- Olive oil: 1 tsp / 5 mL
- Vegetable broth (low sodium): 1½ cups / 360 mL
- Salt & pepper: to taste

Instructions:

1. Begin with heating the olive oil in a medium pot over medium heat. Sauté the onion gently for 5 minutes, or until soft and clear.
2. Stir in the minced garlic and let it soften for about 30 seconds, releasing its aroma without browning.
3. Add the broccoli and cauliflower florets, stirring to coat them with the mixture of onion and garlic.
4. Include the vegetable broth and gently simmer it. Cover and cook for 15-20 minutes, or until the vegetables are tender.
5. Once off the heat, blend the soup until velvety smooth using an immersion blender — or in batches in a countertop blender for a silkier finish.
6. Stir in the light coconut milk, mixing until fully incorporated and warming through.
7. Season with salt and pepper to taste. Serve immediately for a comforting, dairy-free creamy soup.



VIETNAMESE FRESH HERB SALAD WITH LEMONGRASS CHICKEN

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 1

Fresh herbs and tender lemongrass chicken tossed in a light, tangy citrus dressing.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 38 g | Fat: 15 g
Carbohydrates: 12 g | Fiber: 4 g

Allergen Note:

Contains fish (fish sauce).

Ingredients:

- Chicken breast (skinless): 4 oz / 115 g
- Fresh mint, cilantro, basil mix: 1 cup / 30 g
- Cucumber (julienned): ½ cup / 75 g
- Carrot (julienned): ¼ cup / 30 g
- Lime juice: 1 tbsp / 15 mL
- Fish sauce (low sodium): 1 tsp / 5 mL
- Olive oil: 1 tsp / 5 mL
- Chili flakes: pinch

Instructions:

1. Begin by gently cooking the chicken breast—bake or poach it until juicy and cooked through, then slice it thinly, revealing tender, moist meat.
2. Use a small bowl to whisk together the lime juice, fish sauce, olive oil, and chili flakes, creating a bright, fragrant dressing with just the right balance of tang and heat.
3. Toss the fresh mint, cilantro, and basil with the crisp julienned cucumber and carrot in a mixing bowl, releasing herbal aromas that will awaken your senses.
4. Layer the sliced chicken atop the herbs and vegetables, then drizzle the dressing evenly over everything.
5. Give the salad a gentle toss to ensure every bite is infused with fresh, zesty flavor. Serve immediately and enjoy the vibrant taste and refreshing texture.



CABBAGE SLAW WITH APPLE CIDER DRESSING AND ROASTED TURKEY

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 1

Crunchy cabbage slaw dressed with tangy apple cider vinaigrette, paired with tender roasted turkey slices.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 40 g | Fat: 12 g
Carbohydrates: 10 g | Fiber: 4 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Turkey breast (skinless): 4 oz / 115 g
- Shredded cabbage: 1½ cups / 120 g
- Apple cider vinegar: 1 tbsp / 15 mL
- Olive oil: 1 tsp / 5 mL
- Dijon mustard: ½ tsp / 2.5 mL
- Stevia (optional): small pinch
- Salt & pepper: to taste

Instructions:

1. If the turkey breast needs further cooking, roast it in a 375°F (190°C) oven for roughly 20 minutes until done and juicy, then rest before slicing thinly.
2. Use a small bowl to whisk together the apple cider vinegar, olive oil, Dijon mustard, stevia (if using), salt, and pepper to make a lively, tangy dressing.
3. Add the shredded cabbage into a big bowl and toss it with the dressing. Toss thoroughly to coat each shred with the bright vinaigrette, letting the flavors meld for a minute or two.
4. Arrange the sliced roasted turkey alongside the dressed cabbage slaw on a plate.
5. Enjoy the crisp freshness of the slaw balanced by the savory, moist turkey for a satisfying, balanced meal.



TOMATO, CUCUMBER & AVOCADO SALAD WITH LEMON-OREGANO DRESSING

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1

Simple salad with creamy avocado, fresh tomato, and crisp cucumber, brought together by a zesty lemon and oregano dressing.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 4 g | Fat: 30 g
Carbohydrates: 18 g | Fiber: 8 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Tomato (diced): ½ cup / 75 g
- Cucumber (diced): ½ cup / 75 g
- Avocado (diced): ¼ medium / 50 g
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tbsp / 15 mL
- Dried oregano: ½ tsp / 1.5 g
- Salt & pepper: to taste

Instructions:

1. Gently combine the diced tomato, cucumber, and creamy avocado in a bowl, being careful to keep the avocado pieces intact for a lovely texture.
2. Use a small bowl to stir together the olive oil, dried oregano, and fresh lemon juice using a whisk. The bright citrus aroma mingles with the herbaceous oregano to create a refreshing dressing.
3. Drizzle the dressing over the salad components and toss just enough to evenly distribute the lively flavors.
4. Let the salad rest for a few minutes if you can, allowing the dressing to meld with the fresh vegetables and soften the avocado just slightly.
5. Serve as a refreshing side or a light, nourishing snack.



2.6 GUILT-FREE DESSERTS



CHILLED BERRY YOGURT PARFAIT

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A refreshing parfait layered with creamy Greek yogurt, sweet mixed berries, and a hint of warming cinnamon.

Nutritional Information (Per Serving):

Calories: 140 | Protein: 22 g | Fat: 2 g
Carbohydrates: 12 g | Fiber: 2 g

Allergen Note:

Contains dairy.

Ingredients:

- Greek yogurt (0-2% fat): ½ cup / 120 g
- Mixed berries (blueberries, raspberries, strawberries): ¼ cup / 40 g
- Ground cinnamon: ¼ tsp

Instructions:

1. In a clear glass or bowl, spoon half of the Greek yogurt to create the first layer—smooth and creamy with a mild tang.
2. Sprinkle half of the mixed berries evenly over the yogurt, adding pops of vibrant color and juicy sweetness.
3. Lightly dust the berries with a pinch of ground cinnamon, releasing a subtle, warm aroma.
4. Layer the remaining yogurt and berries again, finishing off with a sprinkle of cinnamon.
5. Chill briefly if desired, or enjoy immediately for a cool, nourishing snack.



BAKED CINNAMON APPLES

Prep Time: 5 minutes

Cook Time: 25 minutes

Servings: 1

Tender baked apple slices infused with warm cinnamon and a hint of natural sweetness.

Nutritional Information (Per Serving):

Calories: 130 | Protein: 0.5 g | Fat: 0 g
Carbohydrates: 34 g | Fiber: 5 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Apple (sliced): 1 medium / 150 g
- Ground cinnamon: ½ tsp
- Stevia: ⅛ tsp (or to taste)

Instructions:

1. Set your oven's temperature to 350°F (175°C). Arrange the apple slices evenly in a small baking dish, letting the natural juices gather.
2. Sprinkle the ground cinnamon over the apples, coating them with the fragrant spice that promises a cozy warmth.
3. Lightly dust the stevia across the apple slices for a gentle, low-calorie sweetness that enhances but doesn't overpower.
4. Bake for about 20-25 minutes, until the apples are soft and tender, with edges starting to caramelize. The kitchen will fill with an inviting aroma as they cook.
5. Take it from the oven and let it cool slightly before serving. Enjoy as a comforting snack or a naturally sweet dessert.



FROZEN AVOCADO & UNSWEETENED APPLESAUCE CREAM

Prep Time: 10 minutes

Cook Time: 0 minutes (plus freezing time)

Servings: 1

A smooth, creamy frozen treat blending ripe avocado with natural applesauce and a hint of vanilla.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 2 g | Fat: 10 g
Carbohydrates: 12 g | Fiber: 3 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Avocado (ripe): ½ medium / 100 g
- Unsweetened applesauce: ¼ cup / 60 g
- Vanilla extract: ¼ tsp
- Stevia: ⅛ tsp (optional)

Instructions:

1. Place the ripe avocado flesh into a blender or food processor, adding unsweetened applesauce, vanilla extract, and stevia to taste for added sweetness.
2. Blend until the mixture becomes perfectly smooth and creamy, with a pale green hue and rich texture.
3. Transfer the blend into a small freezer-safe container and smooth the top.
4. Freeze for at least 2 hours or until firm but scoopable, stirring once or twice during freezing to maintain creaminess.
5. Serve in a bowl and savor this naturally sweet, satisfying, and refreshing dessert.



CHOCOLATE AVOCADO MOUSSE

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1

A velvety, rich chocolate mousse made creamy with ripe avocado and naturally sweetened with stevia.

Nutritional Information (Per Serving):

Calories: 140 | Protein: 2 g | Fat: 10 g
Carbohydrates: 9 g | Fiber: 5 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Avocado (ripe): ½ medium / 100 g
- Unsweetened cocoa powder: 1 tbsp / 5 g
- Stevia: ⅛ tsp (or to taste)
- Vanilla extract: ¼ tsp

Instructions:

1. Put the ripe avocado into a blender or food processor, then add the unsweetened cocoa powder, stevia, and vanilla extract.
2. Process until the mixture is smooth, creamy, and shiny, showcasing a deep chocolate color and luxurious texture.
3. Sample the mixture and add more stevia if you want it sweeter, blending briefly to combine.
4. Spoon the mousse into a serving dish and chill for at least 30 minutes to let the flavors meld and the texture firm up slightly.
5. Enjoy this indulgent yet wholesome treat as a guilt-free dessert.



COCONUT CHIA PUDDING

Prep Time: 5 minutes

Cook Time: Overnight soaking

Servings: 1

A creamy, nourishing pudding made by soaking chia seeds overnight in light coconut milk and flavored with vanilla.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 4 g | Fat: 9 g
Carbohydrates: 12 g | Fiber: 10 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Chia seeds: 2 tbsp / 24 g
- Light coconut milk: ½ cup / 120 mL
- Vanilla extract: ¼ tsp

Instructions:

1. Use a small bowl or jar to combine the chia seeds, light coconut milk, and vanilla extract.
2. Mix well to ensure the seeds are spread uniformly without any clumps.
3. Seal and refrigerate for at least 6 hours or overnight to let the chia seeds expand and form a thick, pudding-like texture.
4. Give the pudding a good stir before serving, and if it's too thick, loosen it with a bit of coconut milk.
5. Enjoy as a wholesome breakfast or a light dessert, optionally topping with fresh berries or nuts if desired.



BAKED PEARS WITH NUTMEG

Prep Time: 5 minutes

Cook Time: 25 minutes

Servings: 1

Soft, tender baked pears infused with the warm, cozy flavors of nutmeg and cinnamon.

Nutritional Information (Per Serving):

Calories: 130 | Protein: 0.5 g | Fat: 0 g
Carbohydrates: 34 g | Fiber: 5 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Pear (halved, cored): 1 medium / 150 g
- Ground nutmeg: ⅛ tsp
- Ground cinnamon: ¼ tsp

Instructions:

1. Set your oven's temperature to 350°F (175°C). Place the pear halves cut side up in a small baking dish.
2. Sprinkle the ground nutmeg and cinnamon evenly over the pear halves, letting the spices settle into every nook.
3. Bake the pears for about 20-25 minutes, until they become soft and fragrant, with edges lightly caramelized.
4. Take it out of the oven and leave it for a while, allowing the warm spices to develop a richer aroma.
5. Serve on their own or with a dollop of Greek yogurt for a comforting, naturally sweet dessert.



PUMPKIN SPICE CUSTARD

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1

A light and creamy custard flavored with pumpkin puree and warming spices, perfect for a cozy treat.

Nutritional Information (Per Serving):

Calories: 140 | Protein: 10 g | Fat: 0 g
Carbohydrates: 16 g | Fiber: 3 g

Allergen Note:

Contains eggs.

Ingredients:

- Pumpkin puree (unsweetened):
½ cup / 120 g
- Egg whites: 3 large
- Ground cinnamon: ½ tsp
- Vanilla extract: ¼ tsp
- Stevia: ⅛ tsp (optional)



Instructions:

1. Set the oven's temperature to 325°F (160°C). Use a mixing bowl to whisk together the pumpkin puree, egg whites, ground cinnamon, vanilla extract, and stevia until smooth and well combined.
2. Pour the mixture into a small oven-safe ramekin or custard dish.
3. Place the ramekin inside a baking dish and carefully add hot water until it comes halfway up the ramekin's sides, forming a mild water bath.
4. Bake for about 20-25 minutes, or until the custard is set but still slightly jiggly in the center when gently shaken.
5. Take it out of the oven and let it cool slightly before serving. The custard will firm up a bit as it cools.

LEMON COCONUT ENERGY BALLS

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1 (3 balls)

No-bake, zesty energy bites packed with coconut, lemon, and a subtle sweetness—perfect for a quick, wholesome boost.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 3 g | Fat: 10 g
Carbohydrates: 12 g | Fiber: 5 g

Allergen Note:

Contains seeds (sunflower).

Ingredients:

- Unsweetened coconut flakes:
3 tbsp / 18 g
- Lemon zest: 1 tsp
- Lemon juice: 1 tsp / 5 mL
- Ground flaxseed: 1 tbsp / 7 g
- Stevia: ⅛ tsp
- Sunflower seed butter:
1 tbsp / 16 g



Instructions:

1. Use a mixing bowl for combining the coconut flakes, ground flaxseed, and stevia, stirring them together to blend the dry ingredients evenly.
2. Add the lemon zest, lemon juice, and sunflower seed butter to the bowl. Use a spatula or your hands to mix everything until a sticky, cohesive dough forms. The fresh citrus aroma will brighten the mixture.
3. Roll the mixture into three equal-sized balls, pressing firmly so they hold their shape well.
4. Lay the energy balls on a plate or tray and cool them in the refrigerator for at least 20 minutes so they can firm up.
5. Enjoy these refreshing bites as a quick snack that combines tropical sweetness with a tangy twist.

STRAWBERRY GELATIN CUPS

Prep Time: 5 minutes

Cook Time: Chill time per package instructions

Servings: 1

Light and refreshing sugar-free strawberry gelatin topped with fresh, juicy strawberries for a simple, satisfying dessert.

Nutritional Information (Per Serving):

Calories: 110 | Protein: 1 g | Fat: 0 g
Carbohydrates: 20 g | Fiber: 2 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Sugar-free strawberry gelatin powder: 1 serving (prepared as per package instructions)
- Fresh strawberries (sliced): 1/4 cup / 40 g

Instructions:

1. Prepare the sugar-free strawberry gelatin according to the package directions, typically dissolving the powder in hot water and then adding cold water.
2. Pour the prepared gelatin into a serving cup or mold and place it in the refrigerator to set, following the chill time suggested on the package (usually around 2-4 hours).
3. Once firm, gently top the gelatin with fresh sliced strawberries, adding a burst of natural sweetness and a lovely contrast in texture.
4. Serve chilled and enjoy this low-calorie, refreshing treat.



CINNAMON-SPICED BAKED PLUMS

Prep Time: 5 minutes

Cook Time: 25 minutes

Servings: 1 (2 halves)

Juicy plum halves baked with warm cinnamon and bright lemon juice, creating a cozy and tangy dessert.

Nutritional Information (Per Serving):

Calories: 130 | Protein: 0.5 g | Fat: 0 g
Carbohydrates: 33 g | Fiber: 4 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Plums (halved, pitted): 1 medium / 100 g
- Ground cinnamon: 1/4 tsp
- Lemon juice: 1 tsp / 5 mL

Instructions:

1. Set the oven's temperature at 350°F (175°C). Place the plum halves cut side up in a small baking dish, arranging them evenly.
2. Drizzle the lemon juice over the plums, letting the citrus add a fresh brightness.
3. Sprinkle the ground cinnamon generously over the plum halves, coating them with its warm, inviting aroma.
4. Bake for 20-25 minutes until the plums are tender and their natural juices bubble slightly, releasing a delicious scent.
5. Take it out of the oven and let it cool briefly before serving. Enjoy this simple, naturally sweet dessert as is or with a dollop of plain yogurt.



OAT FLOUR & SUNFLOWER SEED COOKIES

Prep Time: 10 minutes

Cook Time: 12 minutes

Servings: 1 (2 cookies)

Soft and wholesome cookies combining nutty sunflower seeds with hearty oat flour and a touch of vanilla sweetness.

Nutritional Information (Per Serving):

Calories: 140 | Protein: 5 g | Fat: 6 g
Carbohydrates: 15 g | Fiber: 3 g

Allergen Note:

Contains seeds (sunflower) and eggs.

Ingredients:

- Oat flour: ¼ cup / 25 g
- Ground sunflower seeds: 2 tbsp / 16 g
- Egg white: 1
- Vanilla extract: ¼ tsp
- Baking powder: ¼ tsp
- Stevia: ⅛ tsp (optional)
- Olive oil: 1 tsp / 5 mL (for baking)

Instructions:

1. Set your oven's temperature at 350°F (175°C) and lay out parchment paper on a baking sheet or lightly grease it with olive oil.
2. In a mixing bowl, combine oat flour, ground sunflower seeds, baking powder, and stevia if using. Stir well to blend the dry ingredients evenly.
3. Stir the egg white and vanilla extract into the dry mix until a soft, slightly tacky dough forms.
4. Using your hands or a spoon, shape the dough into two equal-sized rounds and place them on the prepared baking sheet, flattening slightly for even baking.
5. Use olive oil to lightly brush the tops, aiding in the development of a soft, golden crust.
6. Place in the oven and bake for 10-12 minutes, until the cookies hold their shape and have a subtle golden tint on the edges.
7. Remove from the oven and leave the treats on the baking sheet for a short time to cool, then place them on a wire rack.



MINT LIME SORBET

Prep Time: 10 minutes

Freeze Time: 4 hours

Servings: 1

A bright and refreshing sorbet bursting with zesty lime and cool mint, lightly sweetened with stevia.

Nutritional Information (Per Serving):

Calories: 120 | Protein: 0 g | Fat: 0 g
Carbohydrates: 10 g | Fiber: 1 g

Allergen Note:

Naturally free of common allergens.

Ingredients:

- Fresh lime juice: 2 tbsp / 30 mL
- Fresh mint leaves: 1 tbsp / 5 g
- Water: ½ cup / 120 mL
- Stevia: ⅛ tsp (or to taste)

Instructions:

1. Using a blender or food processor, combine fresh lime juice, fresh mint leaves, water, and stevia. Process until the mint is minced finely and the mixture is smooth and bright.
2. Pour the mixture into a shallow container suitable for freezing.
3. Place the container in the freezer and freeze for about 4 hours, stirring every 30-45 minutes to break up ice crystals and create a smooth sorbet texture.
4. Once firm and scoopable, serve in a chilled bowl or glass, garnished with a sprig of fresh mint if desired.
5. Enjoy this refreshing treat as a light, cooling dessert perfect for warm days.



CHAPTER 3: YOUR 60-DAY PLAN TO TRANSFORM YOUR BODY AND MIND

BEFORE YOU BEGIN: READ THIS FIRST

This 60-day meal plan is carefully designed to support steady, sustainable weight loss by following Dr. Nowzaradan's 1200-calorie dietary principles. Every meal is built to deliver balanced nutrition using accessible ingredients, with minimal preparation stress. However, success with this plan depends not only on what's on the plate — but also on how it's approached.

Before starting, please keep in mind:

- *Portion control is critical.* Even healthy foods can stall progress when consumed in excess. Stick to the serving sizes provided.
- *Stay hydrated.* Drinking water consistently helps manage appetite and supports digestion. Aim for at least 2 liters per day unless advised otherwise.
- *Adjust meals only when necessary.* If substitutions are needed (due to allergies or availability), try to match the original recipe's nutritional profile — especially for protein content.
- *Use the plan as a structure, not a prison.* Life happens. The goal is consistency, not perfection. If a meal is missed or replaced, move on and stay committed.
- *Consult a healthcare provider if needed,* particularly if you have existing health issues, are on medication, or are scheduled for surgery.

This plan is meant to help simplify daily decisions while reinforcing new, sustainable habits. Combined with mindfulness and realistic expectations, it can become a powerful foundation for long-term health.

MEDITATION GUIDE: STAY CALM, STAY ON TRACK

Lasting change is built not only with nutrition, but with mindset. Stress, self-doubt, and frustration can easily derail even the most well-structured plan. That's why incorporating moments of calm into each day — no matter how brief — is a vital part of success.

This guide encourages a simple, accessible meditation practice designed to help stay focused, reduce emotional eating, and reconnect with personal motivation.

Daily Practice (5–10 minutes):

1. Find a quiet space where you can sit or stand comfortably.
2. Close your eyes and inhale deeply three times, slowly.
3. Focus your attention on your breath — breathe in through your nose and out through your mouth. Let thoughts pass without judgment.

4. With each breath, mentally repeat calming phrases such as:

“I am in control.”

“I treat my body with care.”

“I am making progress, one choice at a time.”

5. If the mind wanders to food, stress, or temptation — gently return to your breath and affirm your purpose.

6. Finish by opening your eyes, stretching your arms, and expressing silent gratitude for showing up.

When to Practice:

- Upon waking, to set the tone for the day
- Before meals, to encourage mindful eating
- After setbacks, to reset with compassion
- Before bed, to reduce stress and enhance sleep quality

Mindfulness is not about perfection — it’s about awareness. Even a few quiet moments each day can strengthen emotional resilience and help keep the journey on track.

WEEK 1 MEAL PLAN (1200 CALORIE DAILY LIMIT)

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 1	Avocado & Feta Lettuce Wraps – 360 kcal	Chicken & Cabbage Stir Plate – 375 kcal	Turkey Meatloaf with Sautéed Spinach – 370 kcal	Strawberry Gelatin Cups – 110 kcal
Day 2	Turkey & Spinach Breakfast Patties – 285 kcal	Fish & Broccoli Tray Bake – 370 kcal	Garlic Butter Shrimp with Sautéed Green Beans – 350 kcal	Mint Lime Sorbet – 120 kcal
Day 3	Oat Pancakes with Apple & Cinnamon – 360 kcal	Greek Salad with Oven-Baked Shrimp and Feta – 380 kcal	Grilled Turkey & Zucchini Kebabs – 370 kcal	—
Day 4	Savory Cottage Cheese Toast with Veggies – 400 kcal	Baked White Fish with Cauliflower Mash – 370 kcal	Herb-Roasted Chicken Thighs with Swiss Chard – 380 kcal	—
Day 5	Zucchini & Feta Fritters with Herbed Yogurt – 310 kcal	Moroccan Chickpea Soup with Lemon and Cumin – 380 kcal	Baked Chicken Breast with Ratatouille Vegetables – 390 kcal	Cucumber Hummus Bites – 120 kcal
Day 6	Cottage Cheese Protein Flatbread – 385 kcal	Grilled Zucchini Rolls with Turkey Filling – 370 kcal	Beef and Cabbage Stir-Fry with Ginger and Garlic – 380 kcal	—
Day 7	High-Protein Tofu Wrap with Fresh Veggies – 395 kcal	Chicken with Roasted Asparagus & Cherry Tomatoes – 370 kcal	Grilled Swordfish with Cucumber & Tomato Salsa – 375 kcal	—

WEEK 2 MEAL PLAN (1200 CALORIE DAILY LIMIT)

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 8	Mediterranean Quinoa Bowl with Chickpeas – 395 kcal	Turkey & Zucchini Skillet with Tomato – 360 kcal	Grilled Sea Bass with Lemon and Roasted Vegetables – 385 kcal	Strawberry Gelatin Cups – 110 kcal
Day 9	Spiced Lentil & Tomato Bowl – 405 kcal	Chicken & Eggplant Ragout – 390 kcal	Lamb Chops with Mint Pesto and Roasted Zucchini – 390 kcal	—
Day 10	Baked Pumpkin & Cottage Cheese Plate – 360 kcal	Baked Salmon with Carrot–Zucchini Medley – 395 kcal	Roasted Rabbit with Root Vegetables – 400 kcal	—
Day 11	Zucchini Fritters with Yogurt Dip – 390 kcal	Cabbage Slaw with Apple Cider Dressing & Roasted Turkey – 380 kcal	Roasted Duck Breast with Cauliflower & Orange Glaze – 400 kcal	—
Day 12	Quinoa & Blueberry Breakfast Parfait – 350 kcal	Ground Turkey & Roasted Fennel with Carrots – 380 kcal	Grilled Swordfish with Cucumber & Tomato Salsa – 375 kcal	Chilled Berry Yogurt Parfait – 140 kcal
Day 13	Oat Pancakes with Apple & Cinnamon – 360 kcal	Asian Sesame Salad with Oven-Baked Tofu – 370 kcal	Baked Lemon Herb Cod with Roasted Asparagus – 380 kcal	—
Day 14	Avocado & Feta Lettuce Wraps – 360 kcal	Baked Turkey Meatballs with Roasted Bell Peppers – 385 kcal	Spicy Chicken Shawarma Bowl with Roasted Carrots – 390 kcal	—

WEEK 3 MEAL PLAN (1200 CALORIE DAILY LIMIT)

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 15	Cottage Cheese Protein Flatbread – 385 kcal	Lemon Herb Baked Cod with Sautéed Green Beans – 380 kcal	Ground Beef Stuffed Bell Peppers with Quinoa – 390 kcal	—
Day 16	Baked Pumpkin & Cottage Cheese Plate – 360 kcal	Moroccan Chickpea Soup with Lemon and Cumin – 380 kcal	Turkey Meatloaf with Sautéed Spinach – 370 kcal	—
Day 17	Savory Cottage Cheese Toast with Veggies – 400 kcal	Chicken with Roasted Asparagus & Cherry Tomatoes – 370 kcal	Baked Salmon with Dill Yogurt Sauce and Roasted Fennel – 390 kcal	—
Day 18	Turkey & Spinach Breakfast Patties – 285 kcal	Grilled Zucchini Rolls with Turkey Filling – 370 kcal	Lemon Garlic Scallops with Wilted Kale – 390 kcal	Eggplant Parmesan Bites – 150 kcal
Day 19	Mediterranean Quinoa Bowl with Chickpeas – 395 kcal	Fish & Broccoli Tray Bake – 370 kcal	Herb-Roasted Chicken Thighs with Swiss Chard – 380 kcal	—
Day 20	High-Protein Tofu Wrap with Fresh Veggies – 395 kcal	Baked White Fish with Cauliflower Mash – 370 kcal	Grilled Turkey & Zucchini Kebabs – 370 kcal	—
Day 21	Zucchini & Feta Fritters with Herbed Yogurt – 310 kcal	Chicken & Eggplant Ragout – 390 kcal	Venison Steaks with Roasted Mushrooms and Asparagus – 400 kcal	Mint Lime Sorbet – 120 kcal

WEEK 4 MEAL PLAN (1200 CALORIE DAILY LIMIT)

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 22	Quinoa & Blueberry Breakfast Parfait – 350 kcal	Greek Salad with Oven-Baked Shrimp and Feta – 380 kcal	Grilled Swordfish with Cucumber & Tomato Salsa – 375 kcal	Pumpkin Spice Custard – 140 kcal
Day 23	Oat Pancakes with Apple & Cinnamon – 360 kcal	Ground Turkey & Roasted Fennel with Carrots – 380 kcal	Herb-Crusted Pork Tenderloin with Roasted Brussels Sprouts – 380 kcal	—
Day 24	Zucchini Fritters with Yogurt Dip – 390 kcal	Cabbage Slaw with Apple Cider Dressing & Roasted Turkey – 380 kcal	Baked Lemon Herb Cod with Roasted Asparagus – 380 kcal	—
Day 25	Turkey & Spinach Breakfast Patties – 285 kcal	Moroccan Chickpea Soup with Lemon and Cumin – 380 kcal	Roasted Rabbit with Root Vegetables – 400 kcal	Frozen Avocado & Unsweetened Applesauce Cream – 150 kcal
Day 26	Avocado & Feta Lettuce Wraps – 360 kcal	Chicken & Cabbage Stir Plate – 375 kcal	Turkey Meatloaf with Sautéed Spinach – 370 kcal	—
Day 27	Savory Cottage Cheese Toast with Veggies – 400 kcal	Lemon Herb Baked Cod with Sautéed Green Beans – 380 kcal	Lamb Chops with Mint Pesto and Roasted Zucchini – 390 kcal	—
Day 28	Spiced Lentil & Tomato Bowl – 405 kcal	Asian Sesame Salad with Oven-Baked Tofu – 370 kcal	Baked Chicken Breast with Ratatouille Vegetables – 390 kcal	—

WEEK 5 MEAL PLAN (1200 CALORIE DAILY LIMIT)

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 29	Zucchini & Feta Fritters with Herbed Yogurt – 310 kcal	Chicken & Eggplant Ragout – 390 kcal	Herb-Roasted Chicken Thighs with Swiss Chard – 380 kcal	Strawberry Gelatin Cups – 110 kcal
Day 30	Oat Pancakes with Apple & Cinnamon – 360 kcal	Fish & Broccoli Tray Bake – 370 kcal	Grilled Swordfish with Cucumber & Tomato Salsa – 375 kcal	—
Day 31	Cottage Cheese Protein Flatbread – 385 kcal	Asian Sesame Salad with Oven-Baked Tofu – 370 kcal	Roasted Duck Breast with Cauliflower & Orange Glaze – 400 kcal	—
Day 32	Avocado & Feta Lettuce Wraps – 360 kcal	Cabbage Slaw with Apple Cider Dressing & Roasted Turkey – 380 kcal	Lamb Chops with Mint Pesto and Roasted Zucchini – 390 kcal	—
Day 33	Turkey & Spinach Breakfast Patties – 285 kcal	Moroccan Chickpea Soup with Lemon and Cumin – 380 kcal	Venison Steaks with Roasted Mushrooms and Asparagus – 400 kcal	Smoked Salmon & Cucumber Rounds – 160 kcal
Day 34	Quinoa & Blueberry Breakfast Parfait – 350 kcal	Ground Turkey & Roasted Fennel with Carrots – 380 kcal	Ground Beef Stuffed Bell Peppers with Quinoa – 390 kcal	—
Day 35	Savory Cottage Cheese Toast with Veggies – 400 kcal	Greek Salad with Oven-Baked Shrimp and Feta – 380 kcal	Garlic Butter Shrimp with Sautéed Green Beans – 350 kcal	—

WEEK 6 MEAL PLAN (1200 CALORIE DAILY LIMIT)

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 36	High-Protein Tofu Wrap with Fresh Veggies – 395 kcal	Moroccan Chickpea Soup with Lemon and Cumin – 380 kcal	Lamb Chops with Mint Pesto and Roasted Zucchini – 390 kcal	—
Day 37	Baked Pumpkin & Cottage Cheese Plate – 360 kcal	Grilled Zucchini Rolls with Turkey Filling – 370 kcal	Roasted Rabbit with Root Vegetables – 400 kcal	—
Day 38	Mediterranean Quinoa Bowl with Chickpeas – 395 kcal	Fish & Broccoli Tray Bake – 370 kcal	Grilled Swordfish with Cucumber & Tomato Salsa – 375 kcal	—
Day 39	Savory Cottage Cheese Toast with Veggies – 400 kcal	Chicken & Cabbage Stir Plate – 375 kcal	Turkey Meatloaf with Sautéed Spinach – 370 kcal	—
Day 40	Zucchini & Feta Fritters with Herbed Yogurt – 310 kcal	Greek Salad with Oven-Baked Shrimp and Feta – 380 kcal	Baked Lemon Herb Cod with Roasted Asparagus – 380 kcal	Mint Lime Sorbet – 120 kcal
Day 41	Turkey & Spinach Breakfast Patties – 285 kcal	Lemon Herb Baked Cod with Sautéed Green Beans – 380 kcal	Grilled Sea Bass with Lemon and Roasted Vegetables – 385 kcal	—
Day 42	Spiced Lentil & Tomato Bowl – 405 kcal	Ground Turkey & Roasted Fennel with Carrots – 380 kcal	Roasted Duck Breast with Cauliflower & Orange Glaze – 400 kcal	—

WEEK 7 MEAL PLAN (1200 CALORIE DAILY LIMIT)

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 43	Quinoa & Blueberry Breakfast Parfait – 350 kcal	Greek Salad with Oven-Baked Shrimp and Feta – 380 kcal	Turkey Meatloaf with Sautéed Spinach – 370 kcal	Lemon Coconut Energy Balls – 150 kcal
Day 44	Oat Pancakes with Apple & Cinnamon – 360 kcal	Asian Sesame Salad with Oven-Baked Tofu – 370 kcal	Grilled Swordfish with Cucumber & Tomato Salsa – 375 kcal	—
Day 45	Zucchini & Feta Fritters with Herbed Yogurt – 310 kcal	Fish & Broccoli Tray Bake – 370 kcal	Venison Steaks with Roasted Mushrooms and Asparagus – 400 kcal	—
Day 46	Savory Cottage Cheese Toast with Veggies – 400 kcal	Cabbage Slaw with Apple Cider Dressing & Roasted Turkey – 380 kcal	Lamb Chops with Mint Pesto and Roasted Zucchini – 390 kcal	—
Day 47	Spiced Lentil & Tomato Bowl – 405 kcal	Chicken & Eggplant Ragout – 390 kcal	Baked Lemon Herb Cod with Roasted Asparagus – 380 kcal	—
Day 48	Cottage Cheese Protein Flatbread – 385 kcal	Grilled Zucchini Rolls with Turkey Filling – 370 kcal	Herb-Roasted Chicken Thighs with Swiss Chard – 380 kcal	—
Day 49	Avocado & Feta Lettuce Wraps – 360 kcal	Ground Turkey & Roasted Fennel with Carrots – 380 kcal	Ground Beef Stuffed Bell Peppers with Quinoa – 390 kcal	—

WEEK 8 MEAL PLAN (1200 CALORIE DAILY LIMIT)

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 50	Spiced Lentil & Tomato Bowl – 405 kcal	Moroccan Chickpea Soup with Lemon and Cumin – 380 kcal	Baked Lemon Herb Cod with Roasted Asparagus – 380 kcal	—
Day 51	Turkey & Spinach Breakfast Patties – 285 kcal	Cabbage Slaw with Apple Cider Dressing & Roasted Turkey – 380 kcal	Grilled Swordfish with Cucumber & Tomato Salsa – 375 kcal	Chilled Berry Yogurt Parfait – 140 kcal
Day 52	Baked Pumpkin & Cottage Cheese Plate – 360 kcal	Asian Sesame Salad with Oven-Baked Tofu – 370 kcal	Roasted Rabbit with Root Vegetables – 400 kcal	—
Day 53	Zucchini & Feta Fritters with Herbed Yogurt – 310 kcal	Lemon Herb Baked Cod with Sautéed Green Beans – 380 kcal	Turkey Meatloaf with Sautéed Spinach – 370 kcal	—
Day 54	Cottage Cheese Protein Flatbread – 385 kcal	Ground Turkey & Roasted Fennel with Carrots – 380 kcal	Herb-Crusted Pork Tenderloin with Roasted Brussels Sprouts – 380 kcal	—
Day 55	Quinoa & Blueberry Breakfast Parfait – 350 kcal	Chicken with Roasted Asparagus & Cherry Tomatoes – 370 kcal	Grilled Sea Bass with Lemon and Roasted Vegetables – 385 kcal	—
Day 56	High-Protein Tofu Wrap with Fresh Veggies – 395 kcal	Greek Salad with Oven-Baked Shrimp and Feta – 380 kcal	Lamb Chops with Mint Pesto and Roasted Zucchini – 390 kcal	—

WEEK 9 MEAL PLAN (1200 CALORIE DAILY LIMIT)

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Day 57	Avocado & Feta Lettuce Wraps – 360 kcal	Chicken & Cabbage Stir Plate – 375 kcal	Lamb Chops with Mint Pesto and Roasted Zucchini – 390 kcal	Cucumber Hummus Bites – 120 kcal
Day 58	Spiced Lentil & Tomato Bowl – 405 kcal	Greek Salad with Oven-Baked Shrimp and Feta – 380 kcal	Grilled Swordfish with Cucumber & Tomato Salsa – 375 kcal	—
Day 59	Oat Pancakes with Apple & Cinnamon – 360 kcal	Cabbage Slaw with Apple Cider Dressing & Roasted Turkey – 380 kcal	Baked Lemon Herb Cod with Roasted Asparagus – 380 kcal	—
Day 60	Zucchini & Feta Fritters with Herbed Yogurt – 310 kcal	Ground Turkey & Roasted Fennel with Carrots – 380 kcal	Turkey Meatloaf with Sautéed Spinach – 370 kcal	Frozen Avocado & Unsweetened Applesauce Cream – 150 kcal

CHAPTER 4: TOOLS, BONUSES & SECRET WEAPONS

SMART GROCERY SHOPPING: CUT WASTE, SAVE TIME, STAY ON BUDGET

Important note about this shopping list

This shopping list is based on *approximate portion sizes* and standard amounts, designed for one person following a 1200-calorie daily meal plan.

- Ingredient quantities are rounded to convenient purchase sizes (e.g., 1 bunch, 1 cup, 1 package).
- Many items repeat week to week (such as olive oil, herbs, eggs, lemon juice). You may already have some of these at home or have leftovers from previous weeks.
- Ingredients like: olive oil; salt, pepper, dried herbs, vinegar; oat flour, stevia, water; greek yogurt, eggs, lemons, frozen vegetables are often basic pantry staples and may not need to be purchased again each week.

Before shopping, it's a good idea to:

- Review your pantry, fridge, and freezer
- Adjust the quantities based on what you already have

This helps cut down on food waste and streamlines your shopping.

WEEK 1

VEGETABLES & GREENS

- Romaine or iceberg lettuce: 1 head
- Cucumber: 3 medium / 450 g
- Cherry tomatoes: 2½ cups / 375 g
- Baby spinach: 2½ cups / 75 g
- Zucchini: 3 medium / 390 g
- Tomato: 2 medium / 250 g
- Onion: 3 medium / 360 g
- Garlic: 10 cloves / 10 cloves
- Cabbage: ½ head / ½ head
- Green beans: 2 cups / 230 g
- Eggplant: 2 medium / 400 g
- Pumpkin (peeled, cubed): 1 cup / 150 g
- Cauliflower florets: 1½ cups / 180 g
- Broccoli florets: 1½ cups / 130 g
- Asparagus: ½ bunch / 60 g
- Swiss chard: 1 bunch / 45 g
- Bell pepper (any color): 1 medium / 120 g

PROTEINS

- Ground turkey (93% lean): 18 oz / 510 g
- Chicken breast (skinless): 22 oz / 620 g
- Chicken thighs (skin removed, bone-in): 4 oz / 115 g
- Turkey meatloaf (ground turkey used): included above
- Salmon fillet (skinless): 3 oz / 85 g
- White fish (cod or pollock): 6 oz / 170 g
- Swordfish: 4 oz / 115 g
- Shrimp (peeled, deveined): 8 oz / 230 g
- Beef strips (lean): 3 oz / 85 g
- Firm tofu: 3 oz / 85 g
- Egg white: 3 large
- Egg: 2 large

DAIRY & EGGS

- Reduced-fat feta cheese: ½ cup / 100 g
- Plain Greek yogurt (0-2% fat): ¾ cup / 180 g
- Low-fat cottage cheese: 1 cup / 240 g
- Light cream cheese: 3 tbsp / 45 g

PANTRY ITEMS

- Oat flour: ½ cup / 50 g
- Unsweetened soy milk: 2 tbsp / 30 mL
- Chickpeas (canned or cooked): 1 cup / 240 g
- Low-carb tortilla: 1 piece
- Coconut milk (light): ½ cup / 120 mL
- Whole grain bread: 2 slices / 70 g
- Strawberry gelatin powder (sugar-free): 1 pack

OILS & CONDIMENTS

- Olive oil: 12 tsp / 60 mL
- Lemon juice: 6 tbsp / 90 mL
- Tahini: 2 tbsp / 30 g
- Lime juice: 2 tbsp / 30 mL

HERBS & SPICES

- Fresh mint or basil: 3 tbsp / 15 g
- Fresh parsley: 2 tbsp / 10 g
- Fresh dill: 1 tsp / 1 g
- Dried oregano, thyme, cumin, paprika, garlic powder: small pinches each

FRUITS

- Avocado: 2 medium
- Grated apple (peeled): 1 medium / 150 g
- Fresh strawberries: ¼ cup / 40 g

WEEK 2

VEGETABLES & GREENS

- Zucchini: 4 medium / 520 g
- Tomato: 3 medium / 360 g
- Carrot: 4 medium / 260 g
- Cucumber: 2 medium / 300 g
- Red onion: 1 small / 75 g
- Onion: 3 medium / 360 g
- Garlic: 6 cloves / 6 cloves
- Fennel bulb: 1 medium / 100 g
- Bell pepper: 1 large / 120 g
- Green beans: ½ cup / 60 g
- Mixed greens: 3 cups / 90 g
- Cabbage (shredded): 1 small head / 120 g
- Cauliflower florets: 1 cup / 90 g
- Broccoli florets: ½ cup / 90 g
- Beetroot: 1 cup / 150 g
- Romaine leaves: 4 / 4

PROTEINS

- Ground turkey (93% lean): 12 oz / 340 g
- Chicken breast: 14 oz / 400 g
- Duck breast: 3 oz / 85 g
- Turkey breast: 4 oz / 115 g
- Rabbit meat: 4 oz / 115 g
- Lamb chops: 3.5 oz / 100 g
- Tofu (firm): 3 oz / 85 g
- Salmon fillet: 3 oz / 85 g
- Swordfish: 4 oz / 115 g
- Sea bass: 4 oz / 115 g
- Cod fillet: 3 oz / 85 g

DAIRY & EGGS

- Egg white: 2
- Low-fat cottage cheese: ½ cup / 120 g
- Plain Greek yogurt: 5 tbsp / 75 g
- Reduced-fat feta cheese: 2 tbsp / 30 g

- Part-skim mozzarella: 2 tbsp / 14 g

PANTRY ITEMS

- Quinoa (cooked): 1 cup / 180 g
- Chickpeas (cooked or canned): 1 cup / 240 g
- Red lentils: ½ cup / 100 g
- Oat flour: ¼ cup / 25 g
- Whole grain bread: 1 slice / 35 g
- Strawberry gelatin (sugar-free): 1 pack

OILS & CONDIMENTS

- Lemon juice: 5 tbsp / 75 mL
- Lime juice: 2 tbsp / 30 mL
- Olive oil: 12 tsp / 60 mL
- Sesame oil: 1 tsp / 5 mL
- Balsamic vinegar: 1 tsp / 5 mL
- Rice vinegar: 1 tbsp / 15 mL
- Apple cider vinegar: 1 tbsp / 15 mL
- Fish sauce (low sodium): 1 tsp / 5 mL

HERBS & SPICES

- Mint, cilantro, basil mix: 1 cup / 30 g
- Fresh parsley: 2 tbsp / 10 g
- Dried oregano: ½ tsp / 1.5 g
- Ground cumin: 1 tsp / 2 g
- Garlic powder: ½ tsp / 1 g
- Chili flakes: pinch

FRUITS

- Avocado: 2 medium
- Apple (grated): 1 medium / 150 g
- Orange juice (fresh): 1 tbsp / 15 mL
- Blueberries (fresh): ¼ cup / 40 g

OTHER

- Stevia (optional): small pinch

WEEK 3

VEGETABLES & GREENS

- Zucchini: 3 medium / 390 g
- Tomato: 2 medium / 250 g
- Cherry tomatoes: ½ cup / 75 g
- Onion: 3 medium / 360 g
- Red onion: 1 small / 75 g
- Garlic: 8 cloves / 8 cloves
- Green beans: 1 cup / 100 g
- Cauliflower florets: 1½ cups / 180 g
- Broccoli florets: 1½ cups / 130 g
- Eggplant: 2 medium / 400 g
- Bell pepper: 1 large / 120 g
- Swiss chard: 1 bunch / 45 g
- Kale: 1 bunch / 30 g
- Asparagus: 1 bunch / 100 g
- Fennel: 1 small bulb / 90 g
- Mushrooms: ½ cup / 60 g

PROTEINS

- Ground turkey (93% lean): 9 oz / 255 g
- Chicken breast: 14 oz / 400 g
- Chicken thighs: 4 oz / 115 g
- Beef (lean): 3 oz / 85 g
- Salmon fillet: 3 oz / 85 g
- Cod fillet: 3 oz / 85 g
- Scallops: 4 oz / 115 g
- Venison steak: 4 oz / 115 g
- Tofu (firm): 3 oz / 85 g

DAIRY & EGGS

- Egg white: 2
- Low-fat cottage cheese: 1 cup / 240 g
- Plain Greek yogurt: 6 tbsp / 90 g
- Part-skim mozzarella: 2 tbsp / 14 g

PANTRY ITEMS

- Oat flour: ¼ cup / 25 g
- Whole grain bread: 1 slice / 35 g
- Chickpeas (canned or cooked): 1 cup / 240 g
- Red lentils: ½ cup / 100 g
- Quinoa (cooked): ¾ cup / 135 g

OILS & CONDIMENTS

- Lemon juice: 4 tbsp / 60 mL
- Lime juice: 2 tbsp / 30 mL
- Olive oil: 10 tsp / 50 mL

HERBS & SPICES

- Dill (fresh): 1 tsp / 1 g
- Garlic powder: ¼ tsp / 1 g
- Fresh parsley: 2 tbsp / 10 g
- Dried oregano: ½ tsp / 1.5 g

FRUITS

- Avocado: 1 medium
- Apple (grated): 1 medium / 150 g

OTHER

- Stevia (optional): small pinch

WEEK 4

VEGETABLES & GREENS

- Zucchini: 3 medium / 390 g
- Tomato: 2 medium / 250 g
- Cucumber: 1 medium / 150 g
- Cherry tomatoes: ½ cup / 75 g
- Onion: 2 medium / 240 g
- Red onion: 1 small / 75 g
- Garlic: 6 cloves
- Green beans: 1 cup / 100 g
- Cauliflower florets: 1 cup / 120 g
- Asparagus: 1 bunch / 100 g
- Fennel bulb: 1 small / 90 g
- Bell pepper: 1 large / 120 g
- Swiss chard: 1 bunch / 45 g
- Brussels sprouts: 1 cup / 90 g
- Cabbage (shredded): 1 small head / 120 g

PROTEINS

- Ground turkey (93% lean): 9 oz / 255 g
- Chicken breast: 8 oz / 230 g
- Turkey breast: 4 oz / 115 g
- Shrimp: 4 oz / 115 g
- Rabbit meat: 4 oz / 115 g
- Pork tenderloin: 4 oz / 115 g
- Lamb chops: 3.5 oz / 100 g
- Tofu (firm): 3 oz / 85 g
- Swordfish: 4 oz / 115 g
- Cod fillet: 6 oz / 170 g

DAIRY & EGGS

- Low-fat cottage cheese: ½ cup / 120 g
- Plain Greek yogurt: 5 tbsp / 75 g
- Reduced-fat feta cheese: 2 tbsp / 30 g
- Egg white: 2

PANTRY ITEMS

- Quinoa (cooked): ¾ cup / 135 g
- Chickpeas (cooked or canned): 1 cup / 240 g
- Red lentils: ½ cup / 100 g
- Oat flour: ¼ cup / 25 g
- Whole grain bread: 1 slice / 35 g

OILS & CONDIMENTS

- Lemon juice: 4 tbsp / 60 mL
- Olive oil: 10 tsp / 50 mL
- Apple cider vinegar: 1 tbsp / 15 mL
- Lime juice: 1 tbsp / 15 mL

HERBS & SPICES

- Garlic powder: ¼ tsp / 1 g
- Dried oregano: ½ tsp / 1.5 g
- Fresh parsley: 2 tbsp / 10 g
- Mint pesto (store-bought or fresh): 1 tbsp / 15 g

FRUITS

- Avocado: 2 medium
- Apple (grated): 1 medium / 150 g
- Blueberries (fresh): ¼ cup / 40 g
- Unsweetened applesauce: ¼ cup / 60 g

OTHER

- Stevia (optional): small pinch

WEEK 5

VEGETABLES & GREENS

- Zucchini: 3 medium / 390 g
- Tomato: 2 medium / 250 g
- Cucumber: 2 medium / 300 g
- Cherry tomatoes: ½ cup / 75 g
- Onion: 2 medium / 240 g
- Red onion: 1 small / 75 g
- Garlic: 6 cloves
- Green beans: 1 cup / 100 g
- Cauliflower florets: 1 cup / 120 g
- Swiss chard: 1 bunch / 45 g
- Asparagus: 1 bunch / 100 g
- Fennel bulb: 1 small / 90 g
- Bell pepper: 1 large / 120 g
- Cabbage (shredded): 1 small head / 120 g
- Mushrooms: ½ cup / 60 g

PROTEINS

- Ground turkey (93% lean): 9 oz / 255 g
- Chicken breast: 6 oz / 170 g
- Turkey breast: 4 oz / 115 g
- Duck breast: 3 oz / 85 g
- Shrimp: 4 oz / 115 g
- Venison steak: 4 oz / 115 g
- Swordfish: 4 oz / 115 g
- Tofu (firm): 3 oz / 85 g
- Cod fillet: 3 oz / 85 g
- Beef (lean): 3 oz / 85 g
- Smoked salmon: 2 oz / 60 g

DAIRY & EGGS

- Low-fat cottage cheese: ½ cup / 120 g
- Plain Greek yogurt: 5 tbsp / 75 g
- Reduced-fat feta cheese: 2 tbsp / 30 g
- Egg white: 2
- Part-skim mozzarella: 2 tbsp / 14 g

PANTRY ITEMS

- Quinoa (cooked): ¾ cup / 135 g
- Chickpeas (cooked or canned): 1 cup / 240 g
- Red lentils: ½ cup / 100 g
- Oat flour: ¼ cup / 25 g
- Whole grain bread: 1 slice / 35 g
- Strawberry gelatin (sugar-free): 1 pack

OILS & CONDIMENTS

- Lemon juice: 4 tbsp / 60 mL
- Olive oil: 10 tsp / 50 mL
- Apple cider vinegar: 1 tbsp / 15 mL
- Lime juice: 1 tbsp / 15 mL

HERBS & SPICES

- Fresh parsley: 2 tbsp / 10 g
- Dried oregano: ½ tsp / 1.5 g
- Garlic powder: ¼ tsp / 1 g
- Mint pesto (store-bought or fresh): 1 tbsp / 15 g

FRUITS

- Avocado: 2 medium
- Apple (grated): 1 medium / 150 g
- Blueberries (fresh): ¼ cup / 40 g
- Orange juice (fresh): 1 tbsp / 15 mL

OTHER

- Stevia (optional): small pinch

WEEK 6

VEGETABLES & GREENS

- Zucchini: 3 medium / 390 g
- Tomato: 2 medium / 250 g
- Cucumber: 1 medium / 150 g
- Cherry tomatoes: ½ cup / 75 g
- Onion: 2 medium / 240 g
- Red onion: 1 small / 75 g
- Garlic: 6 cloves / 6 cloves
- Green beans: 1 cup / 100 g
- Cauliflower florets: 1 cup / 120 g
- Asparagus: 1 bunch / 100 g
- Fennel bulb: 1 small / 90 g
- Bell pepper: 1 large / 120 g
- Cabbage (shredded): 1 small head / 120 g
- Swiss chard: 1 bunch / 45 g
- Mushrooms: ½ cup / 60 g

PROTEINS

- Ground turkey (93% lean): 9 oz / 255 g
- Chicken breast: 6 oz / 170 g
- Turkey breast: 4 oz / 115 g
- Rabbit meat: 4 oz / 115 g
- Shrimp: 4 oz / 115 g
- Cod fillet: 6 oz / 170 g
- Sea bass: 4 oz / 115 g
- Swordfish: 4 oz / 115 g
- Duck breast: 3 oz / 85 g
- Lamb chops: 3.5 oz / 100 g
- Tofu (firm): 3 oz / 85 g

DAIRY & EGGS

- Low-fat cottage cheese: ½ cup / 120 g
- Plain Greek yogurt: 5 tbsp / 75 g
- Reduced-fat feta cheese: 2 tbsp / 30 g
- Egg white: 2 / 2

PANTRY ITEMS

- Quinoa (cooked): ¾ cup / 135 g
- Chickpeas (cooked or canned): 1 cup / 240 g
- Red lentils: ½ cup / 100 g
- Oat flour: ¼ cup / 25 g
- Whole grain bread: 1 slice / 35 g

OILS & CONDIMENTS

- Lemon juice: 4 tbsp / 60 mL
- Olive oil: 10 tsp / 50 mL
- Apple cider vinegar: 1 tbsp / 15 mL
- Lime juice: 1 tbsp / 15 mL

HERBS & SPICES

- Fresh parsley: 2 tbsp / 10 g
- Dried oregano: ½ tsp / 1.5 g
- Garlic powder: ¼ tsp / 1 g
- Mint pesto (store-bought or fresh): 1 tbsp / 15 g

FRUITS

- Avocado: 2 medium
- Apple (grated): 1 medium / 150 g
- Orange juice (fresh): 1 tbsp / 15 mL

OTHER

- Stevia (optional): small pinch

WEEK 7

VEGETABLES & GREENS

- Zucchini: 3 medium / 390 g
- Tomato: 2 medium / 250 g
- Cucumber: 2 medium / 300 g
- Cherry tomatoes: ½ cup / 75 g
- Onion: 2 medium / 240 g
- Red onion: 1 small / 75 g
- Garlic: 6 cloves
- Green beans: 1 cup / 100 g
- Cauliflower florets: 1 cup / 120 g
- Asparagus: 1 bunch / 100 g
- Fennel bulb: 1 small / 90 g
- Bell pepper: 1 large / 120 g
- Cabbage (shredded): 1 small head / 120 g
- Swiss chard: 1 bunch / 45 g
- Mushrooms: ½ cup / 60 g

PROTEINS

- Ground turkey (93% lean): 9 oz / 255 g
- Chicken breast: 6 oz / 170 g
- Turkey breast: 4 oz / 115 g
- Shrimp: 4 oz / 115 g
- Cod fillet: 6 oz / 170 g
- Tofu (firm): 3 oz / 85 g
- Swordfish: 4 oz / 115 g
- Venison steak: 4 oz / 115 g
- Lamb chops: 3.5 oz / 100 g
- Beef (lean): 3 oz / 85 g

DAIRY & EGGS

- Low-fat cottage cheese: ½ cup / 120 g
- Plain Greek yogurt: 5 tbsp / 75 g
- Reduced-fat feta cheese: 2 tbsp / 30 g
- Egg white: 2

PANTRY ITEMS

- Quinoa (cooked): ¾ cup / 135 g
- Chickpeas (cooked or canned): 1 cup / 240 g
- Red lentils: ½ cup / 100 g
- Oat flour: ¼ cup / 25 g
- Whole grain bread: 1 slice / 35 g

OILS & CONDIMENTS

- Lemon juice: 4 tbsp / 60 mL
- Olive oil: 10 tsp / 50 mL
- Apple cider vinegar: 1 tbsp / 15 mL

HERBS & SPICES

- Fresh parsley: 2 tbsp / 10 g
- Dried oregano: ½ tsp / 1.5 g
- Garlic powder: ¼ tsp / 1 g
- Mint pesto (store-bought or fresh): 1 tbsp / 15 g

FRUITS

- Avocado: 2 medium
- Apple (grated): 1 medium / 150 g
- Blueberries (fresh): ¼ cup / 40 g

OTHER

- Lemon zest: 1 tsp / 2 g
- Coconut flakes (unsweetened): 3 tbsp / 18 g
- Ground flaxseed: 1 tbsp / 7 g
- Sunflower seed butter: 1 tbsp / 16 g
- Stevia (optional): small pinch

WEEK 8

VEGETABLES & GREENS

- Zucchini: 3 medium / 390 g
- Tomato: 2 medium / 250 g
- Cucumber: 1 medium / 150 g
- Cherry tomatoes: ½ cup / 75 g
- Onion: 2 medium / 240 g
- Red onion: 1 small / 75 g
- Garlic: 6 cloves / 6 cloves
- Green beans: 1 cup / 100 g
- Cauliflower florets: 1 cup / 120 g
- Asparagus: 1 bunch / 100 g
- Fennel bulb: 1 small / 90 g
- Bell pepper: 1 large / 120 g
- Cabbage (shredded): 1 small head / 120 g
- Swiss chard: 1 bunch / 45 g
- Brussels sprouts: 1 cup / 90 g

PROTEINS

- Ground turkey (93% lean): 9 oz / 255 g
- Chicken breast: 6 oz / 170 g
- Turkey breast: 4 oz / 115 g
- Shrimp: 4 oz / 115 g
- Cod fillet: 6 oz / 170 g
- Tofu (firm): 3 oz / 85 g
- Rabbit meat: 4 oz / 115 g
- Pork tenderloin: 4 oz / 115 g
- Lamb chops: 3.5 oz / 100 g
- Swordfish: 4 oz / 115 g
- Sea bass: 4 oz / 115 g

DAIRY & EGGS

- Low-fat cottage cheese: ½ cup / 120 g
- Plain Greek yogurt: 5 tbsp / 75 g
- Reduced-fat feta cheese: 2 tbsp / 30 g
- Egg white: 2 / 2

PANTRY ITEMS

- Quinoa (cooked): ¾ cup / 135 g
- Chickpeas (cooked or canned): 1 cup / 240 g
- Red lentils: ½ cup / 100 g
- Oat flour: ¼ cup / 25 g
- Whole grain bread: 1 slice / 35 g

OILS & CONDIMENTS

- Lemon juice: 4 tbsp / 60 mL
- Olive oil: 10 tsp / 50 mL
- Apple cider vinegar: 1 tbsp / 15 mL

HERBS & SPICES

- Fresh parsley: 2 tbsp / 10 g
- Dried oregano: ½ tsp / 1.5 g
- Garlic powder: ¼ tsp / 1 g
- Mint pesto (store-bought or fresh): 1 tbsp / 15 g

FRUITS

- Avocado: 2 medium
- Apple (grated): 1 medium / 150 g
- Blueberries (fresh): ¼ cup / 40 g

OTHER

- Stevia (optional): small pinch

WEEK 9

VEGETABLES & GREENS

- Zucchini: 2 medium / 260 g
- Cucumber: 2 medium / 300 g
- Tomato: 2 medium / 250 g
- Cherry tomatoes: ½ cup / 75 g
- Onion: 1 medium / 120 g
- Garlic: 4 cloves / 4 cloves
- Green beans: 1 cup / 100 g
- Fennel bulb: 1 small / 90 g
- Bell pepper: 1 medium / 120 g
- Cabbage (shredded): 1 small head / 120 g
- Asparagus: 1 bunch / 100 g
- Swiss chard: 1 bunch / 45 g

PROTEINS

- Ground turkey (93% lean): 6 oz / 170 g
- Chicken breast: 3 oz / 85 g
- Turkey breast: 4 oz / 115 g
- Shrimp: 4 oz / 115 g
- Cod fillet: 6 oz / 170 g
- Swordfish: 4 oz / 115 g
- Lamb chops: 3.5 oz / 100 g

DAIRY & EGGS

- Low-fat cottage cheese: ½ cup / 120 g
- Plain Greek yogurt: 3 tbsp / 45 g
- Reduced-fat feta cheese: 2 tbsp / 30 g
- Egg white: 2

PANTRY ITEMS

- Oat flour: ¼ cup / 25 g
- Chickpeas (cooked or canned): ½ cup / 120 g

OILS & CONDIMENTS

- Olive oil: 6 tsp / 30 mL
- Apple cider vinegar: 1 tbsp / 15 mL
- Lemon juice: 2 tbsp / 30 mL

HERBS & SPICES

- Garlic powder: ¼ tsp / 1 g
- Dried oregano: ½ tsp / 1.5 g
- Mint pesto (store-bought or fresh): 1 tbsp / 15 g

FRUITS

- Avocado: 2 medium
- Apple (grated): 1 medium / 150 g
- Unsweetened applesauce: ¼ cup / 60 g

OTHER

- Stevia (optional): small pinch
- Hummus (low-fat): 2 tbsp / 30 g

10 SIMPLE PROTEIN SHAKES & DRINKS



CLASSIC VANILLA PROTEIN SHAKE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A smooth and creamy vanilla protein shake, perfect for a quick and nutritious boost.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 25 g | Fat: 3 g
Carbohydrates: 3 g | Fiber: 1 g

Allergen Note:

Contains dairy (whey protein) and soy if soy milk is used.

Ingredients:

- Unsweetened soy milk (or unsweetened oat milk): 1 cup / 240 mL
- Ice cubes: 4-5
- Vanilla whey protein powder: 1 scoop (~25 g)
- Stevia (optional): small pinch

Instructions:

1. Pour the unsweetened soy or oat milk into a blender.
2. Add the vanilla whey protein powder and ice cubes. If you like, add a small pinch of stevia for extra sweetness.
3. Blend on high speed until smooth and creamy, about 30 seconds to 1 minute.
4. Serve immediately and enjoy your protein-rich shake.



CHOCOLATE PROTEIN SHAKE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A rich and satisfying chocolate-flavored protein shake perfect for a quick energy boost.

Nutritional Information (Per Serving):

Calories: 160 | Protein: 25 g | Fat: 9 g
Carbohydrates: 5 g | Fiber: 2 g

Allergen Note:

Contains dairy (whey protein). Soy if soy milk is used.

Ingredients:

- Unsweetened soy milk (or unsweetened oat milk): 1 cup / 240 mL
- Unsweetened cocoa powder: 1 tbsp / 5 g
- Chocolate whey protein powder: 1 scoop (~25 g)
- Vanilla extract: ¼ tsp
- Olive oil: 1 tsp / 5 mL
- Ice cubes: 4-5

Instructions:

1. Pour the unsweetened soy or oat milk into your blender.
2. Add the chocolate whey protein powder, olive oil, vanilla extract, unsweetened cocoa powder, and ice cubes.
3. Blend on high until creamy and smooth, about 30 seconds to 1 minute.
4. Serve in a glass and indulge in a rich, chocolatey protein delight.



BERRY BLAST PROTEIN SMOOTHIE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A refreshing, fruity smoothie packed with mixed berries and protein for a vibrant energy boost.

Nutritional Information (Per Serving):

Calories: 140 | Protein: 25 g | Fat: 2 g
Carbohydrates: 8 g | Fiber: 3 g

Allergen Note:

Contains dairy (whey protein). Soy if soy milk is used.

Ingredients:

- Unsweetened soy milk (or unsweetened oat milk): 1 cup / 240 mL
- Mixed frozen berries (blueberries, raspberries, strawberries): ½ cup / 70 g
- Vanilla whey protein powder: 1 scoop (~25 g)
- Ice cubes: 4-5

Instructions:

1. Add the unsweetened soy or oat milk to a blender.
2. Toss in the mixed frozen berries, vanilla whey protein powder, and ice cubes.
3. Blend everything on high until smooth and creamy, about 30 seconds to 1 minute.
4. Fill your favorite glass and delight in this revitalizing, nutritious smoothie.



GREEN PROTEIN SHAKE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A vibrant, nutrient-packed green shake blending fresh spinach with creamy vanilla protein.

Nutritional Information (Per Serving):

Calories: 130 | Protein: 25 g | Fat: 2 g
Carbohydrates: 5 g | Fiber: 2 g

Allergen Note:

Contains dairy (whey protein). Soy if soy milk is used.

Ingredients:

- Unsweetened soy milk (or unsweetened oat milk): 1 cup / 240 mL
- Fresh spinach: 1 cup / 30 g
- Vanilla whey protein powder: 1 scoop (~25 g)
- Ice cubes: 4-5

Instructions:

1. Pour the unsweetened soy or oat milk into your blender.
2. Add fresh spinach, vanilla whey protein powder, and ice cubes.
3. Blend thoroughly on high until the mixture turns smooth and velvety, roughly 30-60 seconds.
4. Serve in a glass and enjoy a crisp, invigorating green lift.



COFFEE PROTEIN SHAKE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A smooth and energizing protein shake combining rich coffee flavor with creamy vanilla protein.

Nutritional Information (Per Serving):

Calories: 140 | Protein: 25 g | Fat: 2 g
Carbohydrates: 3 g | Fiber: 0 g

Allergen Note:

Contains dairy (whey protein). Soy if soy milk is used.

Ingredients:

- Brewed black coffee (cooled):
1 cup / 240 mL
- Vanilla whey protein powder:
1 scoop (~25 g)
- Unsweetened soy milk (or unsweetened oat milk):
1/4 cup / 60 mL
- Ice cubes: 4-5

Instructions:

1. Pour the cooled brewed coffee and unsweetened soy or oat milk into a blender.
2. Add the vanilla whey protein powder and ice cubes.
3. Process on high until the mixture is smooth and light, about 30 to 60 seconds.
4. Serve immediately and enjoy a delicious protein-packed coffee treat.



CUCUMBER MINT PROTEIN REFRESHER

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A cool and hydrating protein shake with fresh cucumber, mint, and vanilla protein for a crisp, refreshing taste.

Nutritional Information (Per Serving):

Calories: 140 | Protein: 25 g | Fat: 2 g
Carbohydrates: 4 g | Fiber: 1 g

Allergen Note:

Contains dairy (whey protein). Soy if soy milk is used.

Ingredients:

- Unsweetened soy milk (or unsweetened oat milk): 1 cup / 240 mL
- Cucumber (peeled and chopped):
1/2 cup / 75 g
- Fresh mint leaves: 6-8
- Vanilla whey protein powder:
1 scoop (~25 g)
- Ice cubes: 4-5
- Stevia (optional): small pinch

Instructions:

1. Add unsweetened soy or oat milk to the blender.
2. Add peeled and chopped cucumber, fresh mint leaves, vanilla whey protein powder, and ice cubes.
3. Blend on high until smooth and refreshing, about 30 seconds to 1 minute.
4. Taste and add a small pinch of stevia if you'd like a touch of sweetness. Blend briefly again.
5. Pour into a glass and enjoy this crisp, protein-rich refresher.



CINNAMON ROLL PROTEIN SHAKE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A cozy and flavorful protein shake inspired by cinnamon rolls, perfect for a comforting snack or breakfast.

Nutritional Information (Per Serving):

Calories: 160 | Protein: 25 g | Fat: 2 g
Carbohydrates: 4 g | Fiber: 1 g

Allergen Note:

Contains dairy (whey protein). Soy if soy milk is used.

Ingredients:

- Unsweetened soy milk (or unsweetened oat milk): 1 cup / 240 mL
- Ground cinnamon: ¼ tsp
- Vanilla whey protein powder: 1 scoop (~25 g)
- Ice cubes: 4-5

Instructions:

1. Pour the unsweetened soy or oat milk into a blender.
2. Add the vanilla whey protein powder, ground cinnamon, and ice cubes.
3. Blend thoroughly on high until the mixture turns smooth and velvety, roughly 30-60 seconds.
4. Transfer to your favorite glass and enjoy the comforting, cinnamon-kissed taste of a classic roll in a creamy shake.



CHOCOLATE MINT PROTEIN SHAKE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A refreshing and indulgent protein shake blending rich chocolate with fresh mint.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 25 g | Fat: 2 g
Carbohydrates: 3 g | Fiber: 1 g

Allergen Note:

Contains dairy (whey protein). Soy if soy milk is used.

Ingredients:

- Unsweetened soy milk (or unsweetened oat milk): 1 cup / 240 mL
- Fresh mint leaves: 4-5
- Chocolate whey protein powder: 1 scoop (~25 g)
- Ice cubes: 4-5

Instructions:

1. Pour the unsweetened soy or oat milk into your blender.
2. Add the chocolate whey protein powder, fresh mint leaves, and ice cubes.
3. Blend thoroughly on high until the mixture turns smooth and velvety, roughly 30-60 seconds.
4. Enjoy a glass of this creamy, mint-chocolate shake packed with protein and chill.



PUMPKIN SPICE PROTEIN SHAKE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A creamy and cozy protein shake blending pumpkin puree with warming spices.

Nutritional Information (Per Serving):

Calories: 150 | Protein: 25 g | Fat: 2 g
Carbohydrates: 6 g | Fiber: 2 g

Allergen Note:

Contains dairy (whey protein). Soy if soy milk is used.

Ingredients:

- Unsweetened soy milk (or unsweetened oat milk): 1 cup / 240 mL
- Vanilla whey protein powder: 1 scoop (~25 g)

- Pumpkin puree (unsweetened): ¼ cup / 60 g
- Ground cinnamon: ¼ tsp
- Nutmeg: pinch
- Ice cubes: 4-5

Instructions:

1. Add the unsweetened soy or oat milk to the blender.
2. Spoon in the pumpkin puree, vanilla whey protein powder, ground cinnamon, nutmeg, and ice cubes.
3. Run the blender on high for 30 seconds to 1 minute, until the mixture reaches a smooth, creamy consistency.
4. Enjoy a glass of this protein shake, bursting with comforting fall flavors.



AVOCADO PROTEIN SHAKE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 1

A creamy and nourishing protein shake featuring ripe avocado for healthy fats and smooth texture.

Nutritional Information (Per Serving):

Calories: 160 | Protein: 25 g | Fat: 10 g
Carbohydrates: 4 g | Fiber: 4 g

Allergen Note:

Contains dairy (whey protein). Soy if soy milk is used.

Ingredients:

- Unsweetened soy milk (or unsweetened oat milk): 1 cup / 240 mL
- Vanilla whey protein powder: 1 scoop (~25 g)
- Avocado: ½ medium / 100 g

- Olive oil: 1 tsp / 5 mL
- Ice cubes: 4-5
- Stevia (optional): small pinch

Instructions:

1. Pour the unsweetened soy or oat milk into the blender.
2. Add the vanilla whey protein powder, ripe avocado, olive oil, and ice cubes.
3. Process on high until the texture is silky and well-blended, about 30 seconds to a minute.
4. Taste and add a pinch of stevia if you'd like a touch of sweetness. Blend briefly again.
5. Serve in a glass and savor this smooth, protein-packed treat.



10 HEALTHY HOLIDAY RECIPES



CEDAR PLANK GRILLED SALMON WITH HERB SAUCE

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 1

Delicately grilled salmon infused with subtle smoky notes from the cedar plank, paired with a bright and fresh herb sauce.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 35 g | Fat: 24 g
Carbohydrates: 1 g | Fiber: 0 g

Allergen Note:

Contains fish

Ingredients:

- Salmon fillet (skinless): 4 oz / 115 g
- Fresh parsley (chopped): 1 tbsp / 5 g
- Lemon juice: 1 tsp / 5 mL
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Salt & pepper: to taste

Instructions:

1. Submerge the cedar plank in water for a minimum of 30 minutes before grilling to prevent burning.
2. Preheat your grill to medium-high heat.
3. Use a small bowl to mix chopped parsley, lemon juice, minced garlic, salt, pepper, and olive oil to create a fresh herb sauce.
4. Lay the salmon fillet on the damp cedar plank and put it onto the grill.
5. With the lid closed, cook the salmon gently for 12-15 minutes, until it's infused with a gentle smokiness and flakes with ease.
6. Remove from the grill and spoon the herb sauce over the salmon before serving.



SEARED SCALLOPS WITH CAULIFLOWER PURÉE AND PEA SHOOTS

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 1

Tender scallops seared to golden perfection, paired with silky cauliflower purée and fresh, crisp pea shoots.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 32 g | Fat: 18 g
Carbohydrates: 8 g | Fiber: 3 g

Allergen Note:

Contains shellfish.

Ingredients:

- Sea scallops: 4 oz / 115 g
- Cauliflower florets: 1 cup / 90 g
- Olive oil: 1 tsp / 5 mL
- Pea shoots: ½ cup / 15 g
- Garlic (minced): 1 clove
- Salt & pepper: to taste

Instructions:

1. Bring a pot of salted water to a gentle simmer and cook the cauliflower florets until tender, about 8-10 minutes. Drain, then place in a blender or food processor. Pour a bit of olive oil and add a pinch of salt, then blend until smooth and creamy. Set aside and keep warm.
2. Place a nonstick skillet over medium-high heat, then add half the olive oil. Gently dry the scallops with paper towels, then sprinkle with salt and pepper.
3. Put the scallops in the hot pan, and make sure they remain untouched for 2-3 minutes to develop a rich golden sear. Flip and cook the other side for another 1-2 minutes until just cooked through and opaque in the center.
4. Take the same pan, add the remaining olive oil, and gently sauté minced garlic till it is fragrant but not browned, about 30 seconds. Remove from heat.
5. Arrange the cauliflower purée on a plate, top it with seared scallops, then garnish with fresh pea shoots. Drizzle the garlic oil over the dish for an aromatic finish.



MISO-GLAZED BLACK COD WITH SAUTÉED BABY BOK CHOY

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 1

Delicate black cod glazed with savory miso, paired with tender sautéed baby bok choy for a flavorful, balanced meal.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 35 g | Fat: 22 g
Carbohydrates: 5 g | Fiber: 2 g

Allergen Note:

Contains fish and soy (from miso).

Ingredients:

- Black cod fillet: 4 oz / 115 g
- White miso paste: 1 tbsp / 16 g
- Baby bok choy: 1 cup / 70 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Salt & pepper: to taste

Instructions:

1. Pat the black cod fillet dry and spread the white miso paste evenly over the top surface. Let it marinate briefly while preparing the vegetables.
2. Heat a nonstick skillet over medium heat. Add half the olive oil, then place the cod fillet skin-side down. Cook gently for about 6-8 minutes, allowing the miso glaze to caramelize and the fish to cook through. Turn the scallops gently and sear the other side for 2 more minutes. Remove from the pan and keep warm.
3. Take the same skillet, and add there the remaining olive oil and minced garlic. Sauté briefly until fragrant but not browned.
4. Set the baby bok choy in the pan, cut side facing down, and cook for 3-4 minutes until tender but still vibrant green. Season with salt and pepper.
5. Plate the miso-glazed cod alongside the sautéed bok choy. Spoon any pan juices over the fish for added flavor.



LOBSTER SALAD WITH AVOCADO AND CITRUS VINAIGRETTE

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1

Sweet lobster meat combined with creamy avocado and fresh greens, dressed in a bright citrus vinaigrette.

Nutritional Information (Per Serving):

Calories: 370 | Protein: 32 g | Fat: 24 g
Carbohydrates: 7 g | Fiber: 5 g

Allergen Note:

Contains shellfish and avocado.

Ingredients:

- Cooked lobster meat: 4 oz / 115 g
- Avocado (diced): 1/4 medium / 50 g
- Mixed greens: 1 cup / 30 g
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tbsp / 15 mL
- Salt & pepper: to taste

Instructions:

1. In a medium bowl, gently combine the mixed greens with a simple dressing of lemon juice, olive oil, salt, and pepper.
2. Add the diced avocado and cooked lobster meat to the bowl. Carefully fold the ingredients together, being mindful not to mash the avocado.
3. Spoon the salad into a plate or serving bowl, arranging the lobster and avocado attractively on top of the greens.
4. Adjust seasoning if needed, adding a touch more lemon juice or salt to lift the flavors.



TUNA TARTARE WITH SESAME AND CUCUMBER

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1

A refreshing tuna tartare featuring sushi-grade tuna, crisp cucumber, and nutty sesame flavors with a tangy lime-soy dressing.

Nutritional Information (Per Serving):

Calories: 350 | Protein: 35 g | Fat: 18 g
Carbohydrates: 6 g | Fiber: 1 g

Allergen Note:

Contains fish, soy, and sesame.

Ingredients:

- Fresh tuna (sushi-grade): 4 oz / 115 g
- Cucumber (diced): ½ cup / 75 g
- Soy sauce (low sodium): 1 tbsp / 15 mL
- Lime juice: 1 tsp / 5 mL
- Sesame seeds: 1 tsp / 5 g
- Salt & pepper: to taste

Instructions:

1. Place the diced fresh tuna in a mixing bowl and gently toss with soy sauce and lime juice to coat evenly. Let it marinate briefly to absorb the flavors.
2. Add the diced cucumber to the bowl and fold gently to combine without breaking up the tuna.
3. Slowly toast the sesame seeds in a dry skillet over medium heat until it gets fragrant, then sprinkle over the tuna mixture.
4. Add salt and pepper to taste, tweaking the lime juice or soy sauce for the right flavor balance.
5. Serve immediately on a chilled plate or in a small bowl, optionally garnished with extra sesame seeds or thinly sliced scallions.



HERB-CRUSTED ROASTED DUCK BREAST WITH CHERRY REDUCTION

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 1

Succulent herb-crusted duck breast paired with a tangy, sweet cherry reduction sauce.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 32 g | Fat: 26 g
Carbohydrates: 8 g | Fiber: 2 g

Allergen Note:

No common allergens present beyond the main ingredients.

Ingredients:

- Duck breast (skinless): 4 oz / 115 g
- Fresh cherries (pitted, chopped): ½ cup / 75 g
- Balsamic vinegar: 1 tbsp / 15 mL
- Fresh thyme: 1 tsp / 5 g
- Olive oil: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 400°F (200°C) before cooking. Lightly rub the duck breast with olive oil, then sprinkle fresh thyme, salt, and pepper evenly over the meat.
2. Lay the duck breast on a baking sheet and roast for 15-20 minutes, or until the internal temperature reaches 135°F (57°C) for medium rare. Let it rest for a few minutes after removing it from the oven.
3. While the duck roasts, heat a small saucepan over medium heat. Add the chopped cherries and balsamic vinegar. Simmer gently, stirring occasionally, until the cherries soften and the sauce thickens into a glossy reduction—about 8-10 minutes.
4. Slice the rested duck breast thinly and drizzle with the warm cherry reduction. Serve immediately, enjoying the rich flavors balanced by the tangy fruit sauce.



GRILLED LAMB CHOPS WITH ROSEMARY AND GARLIC

Prep Time: 10 minutes

Cook Time: 12 minutes

Servings: 1

Tender lamb chops marinated with fragrant rosemary and garlic, grilled to juicy perfection.

Nutritional Information (Per Serving):

Calories: 400 | Protein: 30 g | Fat: 28 g
Carbohydrates: 1 g | Fiber: 0 g

Allergen Note:

No common allergens beyond the main ingredients.

Ingredients:

- Lamb chops: 4 oz / 115 g
- Fresh rosemary (chopped): 1 tsp / 5 g
- Garlic (minced): 1 clove
- Olive oil: 1 tsp / 5 mL
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Use a small bowl to mix together olive oil, lemon juice, minced garlic, chopped rosemary, salt, and pepper to make a marinade.
2. Evenly coat the lamb chops with the marinade and let them rest for at least 10 minutes at room temperature to soak up the flavors.
3. Set your grill's temperature to medium-high heat and let it preheat. Then place the lamb chops on it.
4. Grill the chops for about 5-6 minutes per side for medium doneness, or until they develop a nice char and reach your preferred level of doneness. While cooking, the air will be filled with the savory scent of rosemary and garlic.
5. Remove the chops and let them rest for a few minutes before serving to keep them juicy and tender.



SLOW-ROASTED BEEF BRISKET WITH HORSERADISH SAUCE

Prep Time: 15 minutes

Cook Time: 3 hours

Servings: 1

Tender slow-roasted beef brisket paired with a creamy, tangy horseradish sauce for a rich yet balanced meal.

Nutritional Information (Per Serving):

Calories: 400 | Protein: 32 g | Fat: 26 g
Carbohydrates: 2 g | Fiber: 0 g

Allergen Note:

Contains dairy from Greek yogurt.

Ingredients:

- Beef brisket (trimmed): 4 oz / 115 g
- Low-fat Greek yogurt: 2 tbsp / 30 g
- Prepared horseradish (low sodium): 1 tsp / 5 g
- Garlic powder: ¼ tsp
- Lemon juice: 1 tsp / 5 mL
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature at 275°F (135°C). Rub the brisket well with salt, pepper, and a gentle sprinkle of garlic powder.
2. Put the brisket into a roasting pan or an ovenproof dish and seal it tightly with foil to retain moisture throughout the slow roasting process.
3. Roast the brisket low and slow for about 3 hours, until the meat is tender and easily pulls apart with a fork. The aroma will be warm and inviting as it cooks.
4. While the brisket roasts, mix the Greek yogurt, lemon juice, prepared horseradish, and a pinch of salt and pepper in a small bowl to create the horseradish sauce. Adjust the seasoning to your taste.
5. Once the brisket is done, let it rest for a few minutes before slicing it thinly. Serve with the horseradish sauce on the side for a refreshing, creamy contrast to the rich meat.



LEMON-THYME ROASTED CHICKEN THIGHS

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 1

Juicy chicken thighs roasted with fragrant lemon zest, fresh thyme, and garlic for a simple, flavorful dish.

Nutritional Information (Per Serving):

Calories: 380 | Protein: 34 g | Fat: 25 g
Carbohydrates: 1 g | Fiber: 0 g

Allergen Note:

This recipe is free from common allergens.

Ingredients:

- Chicken thighs (skin removed): 4 oz / 115 g
- Fresh thyme: 1 tsp / 5 g
- Lemon zest: 1 tsp / 5 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Salt & pepper: to taste

Instructions:

1. Set your oven's temperature to 400°F (200°C). Use a small bowl for combining the olive oil, lemon zest, minced garlic, and fresh thyme.
2. Use paper towels to thoroughly pat the chicken thighs dry, helping to achieve a crispy skin, then rub the lemon-thyme mixture evenly over them. Season generously with salt and pepper.
3. Lay out the thighs on a baking sheet or oven-safe dish, leaving space between each piece.
4. Roast in the oven for 30-35 minutes, and flip halfway through cooking, until the chicken is golden, cooked through, and juices run clear when pierced. The aroma of lemon and herbs will fill your kitchen.
5. Take the chicken out of the oven and let it rest for a few minutes before serving, allowing the juices to redistribute for tender, flavorful meat.



TURKEY TENDERLOIN MEDALLIONS WITH MUSHROOM RAGOUT

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 1

Tender turkey medallions paired with a rich, savory mushroom ragout enhanced by fresh parsley.

Nutritional Information (Per Serving):

Calories: 390 | Protein: 38 g | Fat: 20 g
Carbohydrates: 6 g | Fiber: 2 g

Allergen Note:

This recipe contains no common allergens.

Ingredients:

- Turkey tenderloin: 4 oz / 115 g
- Mushrooms (sliced): ½ cup / 60 g
- Onion (chopped): 2 tbsp / 30 g
- Olive oil: 1 tsp / 5 mL
- Garlic (minced): 1 clove
- Fresh parsley (chopped): 1 tsp / 5 g
- Salt & pepper: to taste

Instructions:

1. Begin by warming half of the olive oil in a skillet over medium heat. Season the turkey tenderloin medallions with salt and pepper.
2. Place the medallions in the skillet, cooking for about 4 minutes on each side until golden brown and cooked through. Remove from the pan and keep warm.
3. Pour the remaining olive oil in the same skillet. Toss in the chopped onion and sauté gently until translucent and fragrant.
4. Put the sliced mushrooms and minced garlic in the pan. Cook them, stirring occasionally, until the mushrooms release their juices and become tender and lightly caramelized—about 6-8 minutes.
5. Return the turkey medallions to the pan briefly, allowing them to soak up the ragout flavors for a minute or two. Sprinkle with fresh parsley before serving.



APPENDICES

APPENDIX A

Clean Fifteen & Dirty Dozen Guide

What to Buy Organic — and What You Don't Need To

Eating more fruits and vegetables is always a healthy choice, but not all produce is grown equally. Some contain higher levels of pesticide residues than others, making it helpful to know when buying organic matters most. The two lists below are based on data from the Environmental Working Group (EWG) and are updated annually.

DIRTY DOZEN: BUY ORGANIC WHEN POSSIBLE

These fruits and vegetables are known to have the highest pesticide residues when grown conventionally. For those following a low-calorie, health-focused plan, buying these organic is strongly advised — especially when eaten raw or regularly.

#	Item
1	Strawberries
2	Spinach
3	Kale, Collard & Mustard Greens
4	Peaches
5	Pears
6	Nectarines
7	Apples
8	Bell Peppers & Hot Peppers
9	Cherries
10	Blueberries
11	Green Beans

Note: Wash thoroughly, even when buying organic. For especially sensitive individuals or frequent consumers, consider peeling or lightly cooking.

CLEAN FIFTEEN: SAFE TO BUY CONVENTIONAL

These items consistently show the lowest levels of pesticide residues. Buying them non-organic is generally considered safe, helping reduce grocery costs without compromising quality.

#	Item
1	Avocados
2	Sweet Corn
3	Pineapple
4	Papaya
5	Sweet Peas (frozen)
6	Asparagus
7	Kiwi
8	Cabbage
9	Mushrooms
10	Carrots

Note: If organic options are unavailable, these foods are a safe and practical choice to buy conventionally.

APPENDIX B

Conversion Tables – American to European Units

To ensure the recipes in this book are accessible to readers worldwide, all ingredients are listed using both U.S. and European measurement systems. The following conversion tables provide a quick-reference guide for weight, volume, and temperature — as well as approximate conversions for common ingredients used in cooking.

WEIGHT CONVERSION TABLE

U.S. (oz)	Metric (g)
1 oz	28 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	142 g
6 oz	170 g
8 oz	227 g
10 oz	284 g
12 oz	340 g
16 oz (1 lb)	454 g

TEMPERATURE CONVERSION TABLE

°F (Fahrenheit)	°C (Celsius)
250°F	120°C
275°F	135°C
300°F	150°C
325°F	165°C
350°F	175°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	245°C

These tables are intended to support accurate cooking across different regions and ensure that readers can follow the plan with confidence, no matter what kitchen tools they use.

VOLUME CONVERSION TABLE

U.S. Unit	Metric Equivalent
1 teaspoon (tsp)	5 mL
1 tablespoon (tbsp)	15 mL
1/4 cup	60 mL
1/3 cup	80 mL
1/2 cup	120 mL
2/3 cup	160 mL
3/4 cup	180 mL
1 cup	240 mL

COMMON INGREDIENT WEIGHT EQUIVALENTS

Note: These are approximate values for standard raw ingredients commonly used in recipes.

Ingredient	1 Cup (U.S.) ≈ grams
All-purpose flour	120 g
Rolled oats	90 g
White sugar	200 g
Brown sugar	180 g (packed)
Cooked rice	195 g
Cooked quinoa	170 g
Raw chicken (diced)	140 g
Cooked lentils	180 g
Shredded cheese	110 g
Greek yogurt	245 g
Chopped vegetables	150-180 g (avg.)

CONCLUSION

Reflecting on Your Journey & Staying Motivated

Reaching the final pages of this book marks more than just the end of a reading experience — it signals the beginning of a real, sustainable transformation. Over the past chapters, a complete system has been laid out: one that equips readers with practical tools, simple nutrition, and a clear structure for progress. From understanding calorie balance to building lasting habits, each step has been designed to support long-term success, not short-term fixes.

This journey wasn't about extreme rules or unrealistic promises. Instead, it was about learning how to eat with intention, how to plan with purpose, and how to create a daily rhythm that aligns with personal health goals. Along the way, readers explored not only what to eat, but how to stay focused, how to work with their emotions, and how to build routines that truly fit into everyday life.

At the heart of this book was a promise — to provide a proven, realistic solution for weight loss built on the trusted 1200-calorie method. That promise was fulfilled through a combination of expert-backed guidance, adaptable recipes, and a fully structured 60-day plan. The goal was not just to explain what to do, but to make it doable.

More than anything, this book was created to help readers reclaim a sense of control over their health — and to do so in a way that feels empowering, not punishing. This plan was never meant to be a temporary fix, but a foundation to build on. With each meal, each goal reached, and each mindful choice, progress becomes more natural and more rewarding.

What should remain after closing this book is not pressure to be perfect — but confidence in what's possible. Sustainable change comes from small, consistent action, paired with the belief that health is worth the effort. Whether the reader is just beginning or continuing their journey, the tools and structure offered here will always be available for support, motivation, and direction.

Stay focused. Stay kind to yourself. And remember: transformation doesn't happen overnight — but it does happen, one strong step at a time.

THANK YOU

Thank you so much for purchasing my book! Out of all the options available, you chose this one, and I'm incredibly grateful for that. I appreciate you sticking with it all the way to the end. Before you go, I have one small request: Would you consider posting a review on the platform? Leaving a review is one of the best and easiest ways to support independent authors like me. Your feedback not only helps me continue writing books that deliver the results you're looking for, but it also means a great deal to me personally. I'd love to hear your thoughts! Leave a review on Amazon.



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