

COMPLETE DIABETIC COOKBOOK

**Enjoy 2000 Days of Simple, Flavorful Recipes with Smart
Shopping Lists, Practical Checklists, and a 30-Day Meal
Plan for Stress-Free Healthy Living**

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INTRODUCTION

Understanding Diabetes & Nutrition Basics

Diabetes is a condition where the body has trouble managing blood sugar (glucose), which is the main fuel our bodies get from food. Normally, a hormone called insulin helps move sugar from the blood into the cells for energy. With diabetes, this process doesn't work as it should—so sugar builds up in the blood instead of being used by the body.

Main Types of Diabetes

- Type 1 Diabetes – The body doesn't make insulin. People with Type 1 need daily insulin to live and manage blood sugar.
- Type 2 Diabetes – The body still makes insulin but doesn't use it well (insulin resistance). This is the most common type and often linked to lifestyle.
- Gestational Diabetes – Happens during pregnancy and usually goes away after birth, but it increases the risk of Type 2 later in life.

Managing diabetes starts with understanding how food affects your blood sugar. The meals you choose and the way you balance them play a big role in keeping your energy steady, reducing health risks, and helping you feel your best.

The Role of Carbohydrates

Carbohydrates are the body's main source of energy, but they also have the biggest impact on blood sugar. When you eat carbs, your body breaks them down into glucose. For people with diabetes, glucose builds up in the bloodstream instead of moving smoothly into cells.

- Choose complex carbs such as whole grains, beans, lentils, and vegetables—they digest more slowly and prevent sharp spikes in blood sugar.
- Limit refined carbs and sugars like white bread, pastries, and soda—they cause rapid rises and crashes.
- Watch portion sizes—too much of even healthy carbs can raise blood sugar.

Protein for Balance

Protein doesn't cause big blood sugar spikes and helps keep you full. It also supports muscle health and steady energy.

- Good sources: lean poultry, fish, eggs, Greek yogurt, tofu, beans, and nuts.
- Tip: Pair protein with carbs to slow down how quickly sugar enters the bloodstream.

Healthy Fats Matter

- Not all fats are bad! The right kinds can protect your heart and improve satiety.
- Go for healthy fats: olive oil, avocado, nuts, seeds, and fatty fish like salmon.
- Limit saturated fats: processed meats, butter, and fried foods, as these increase heart disease risk.

Fiber: The Diabetes Super Nutrient

Fiber slows down digestion, helps control blood sugar, and supports a healthy gut.

- Aim for at least 25–30 grams per day.
- Best sources: leafy greens, non-starchy vegetables, berries, whole grains, beans, and seeds.

KEY INGREDIENTS FOR BALANCED BLOOD SUGAR

The right ingredients make all the difference when it comes to steady energy and healthy blood sugar levels. Stock your kitchen with these staples to make diabetes-friendly cooking simple and delicious.

Non-Starchy Vegetables

- Examples: spinach, kale, broccoli, zucchini, bell peppers, cucumbers
- Why they help: Packed with fiber, vitamins, and minerals with very little impact on blood sugar.
- Tip: Fill half your plate with these for every meal.

Low-Glycemic Fruits

- Examples: berries, apples, pears, cherries, citrus fruits
- Why they help: Provide natural sweetness, fiber, and antioxidants without sharp sugar spikes.
- Tip: Pair fruit with protein (like apple slices with peanut butter) to slow sugar absorption.

Lean Proteins

- Examples: chicken, turkey, fish, eggs, tofu, beans, lentils
- Why they help: Keep you full longer, balance carb intake, and prevent energy crashes.
- Tip: Include a palm-sized portion at each meal.

Healthy Fats

- Examples: avocado, olive oil, nuts, seeds, fatty fish (salmon, sardines)
- Why they help: Slow down digestion, improve heart health, and keep you satisfied.
- Tip: Use small amounts—healthy fats are nutrient-dense.

High-Fiber Whole Grains & Legumes

- Examples: quinoa, barley, oats, brown rice, chickpeas, black beans, lentils
- Why they help: Fiber slows digestion and helps avoid spikes in blood sugar.
- Tip: Watch portions—½ cup of cooked grains or beans is usually enough for balance.

Dairy & Alternatives (Low-Sugar)

- Examples: Greek yogurt, cottage cheese, unsweetened almond or soy milk
- Why they help: Provide protein and calcium while being lower in sugar than traditional dairy.
- Tip: Always choose unsweetened or plain versions.

Flavor Boosters (Herbs & Spices)

- Examples: cinnamon, turmeric, garlic, ginger, basil, rosemary
- Why they help: Add flavor without extra salt, sugar, or unhealthy fats. Some even support blood sugar control.

✓ **Pro Tip:** Build your meals with a mix of fiber + protein + healthy fat every time you eat. This combo is the secret to stable blood sugar and long-lasting energy.

PORTION CONTROL & SMART CRAB COUNTING

Managing diabetes isn't about giving up crabs—it's about choosing the right kinds and eating them in the right amounts. With a few simple strategies, you can enjoy balanced meals without blood sugar spikes.

Why Portion Control Matters

Even healthy foods can raise blood sugar if eaten in large amounts. Learning to balance your plate helps keep energy steady and prevents overeating.

The Plate Method (easy visual guide):

- $\frac{1}{2}$ plate: Non-starchy vegetables (spinach, broccoli, peppers, zucchini)
- $\frac{1}{4}$ plate: Lean protein (chicken, fish, tofu, eggs)
- $\frac{1}{4}$ plate: Whole grains or starchy foods (quinoa, brown rice, beans, sweet potato)
- Add healthy fats (olive oil, avocado, nuts) in small amounts.

Quick Formula for a Balanced Plate:

- $\frac{1}{2}$ plate = vegetables
- $\frac{1}{4}$ plate = lean protein
- $\frac{1}{4}$ plate = smartcarbs
- A small serving of healthy fat

Understanding Carbohydrates

- Carbohydrates affect blood sugar the most, but not all carbs are equal:
- Smart carbs (choose often): whole grains, beans, lentils, fruit, vegetables
- Limit these: white bread, pastries, candy, sugary drinks, refined rice

Smart Crab Counting Basics

Crab counting helps you keep track of how much carbohydrate you're eating at meals and snacks.

- **1 serving of crabs = about 15 grams.**

Examples of 1 serving:

- 1 slice of whole-grain bread
- $\frac{1}{2}$ cup cooked brown rice or quinoa
- $\frac{1}{2}$ cup bean or lentils
- 1 small piece of fruit (like an apple or orange)
- $\frac{1}{2}$ cup starchy vegetables (like corn or peas)
- Most people aim for about 45–60 grams of crabs per meal (3–4 servings), but your needs may vary.

Simple Portion Control Tricks

- Use smaller plates and bowls—it naturally reduces portion sizes.
- Read food labels and check serving sizes.
- Pre-portion snacks (nuts, fruit, yogurt) instead of eating straight from the package.
- Fill half your plate with veggies first to crowd out extra crabs.
- Practice mindful eating—slow down and notice when you feel full.

✓ Key Takeaway

Crabs aren't the enemy—balance is the key. By combining the right portions of crabs with protein, fiber, and healthy fats, you'll enjoy satisfying meals that keep your blood sugar steady and your energy strong.

CHAPTER 1: GETTING STARTED

HOW TO READ FOOD LABELS SMARTLY

Food labels can be confusing, but they're one of the best tools for managing diabetes. Once you know what to look for, you can make quick, confident choices at the store.

Key Things to Check on Every Label

1. Serving Size

- Found at the top of the label.
- All the numbers listed (calories, carbs, protein, etc.) are **per serving**, not per package.
- Many packages have 2–3 servings—easy to overlook!

2. Total Carbohydrates

- This is the most important number for diabetes.
- Includes **fiber, sugar, and starches**.
- **Fiber** doesn't raise blood sugar, so subtract it from the total carbs to find the net carbs.
 - Example: 20 g total carbs – 5 g fiber = 15 g net carbs.

3. Added Sugars

- Found under "Total Sugars."
- Choose products with 0–5 **g added sugar** per serving whenever possible.
- Watch for hidden sugars: cane juice, corn syrup, honey, maltose, etc.

4. Protein

- Look for at least **5–10 g protein per serving** in snacks and meals to help keep you full and balance blood sugar.

5. Fat

- Limit saturated and Trans fats (<2 g per serving) (fried foods, processed snacks).
- Go for products with healthy fats (nuts, seeds, olive oil).

6. Sodium (Salt)

• Aim for less than **200–300 mg per serving** to protect heart health.

Smart Label-Reading Tips

- If the ingredients list is long and hard to pronounce, put it back.
- Look for whole foods listed first (like oats, beans, brown rice).
- Choose high-fiber, low-sugar products whenever possible.
- Compare brands—sometimes the "healthy" looking one isn't the best choice.

Quick Rule of Thumb

- 5% DV or less = low (good for sodium, sugar, bad fats).
- 20% DV or more = high (good for fiber, vitamins, protein).

Example: Yogurt Label

- Total carbs: 15 g
- Fiber: 2 g → Net carbs = 13 g
- Added sugar: 1 g (low, good choice)
- Protein: 12 g (excellent)
- Saturated fat: 1 g (low)

✔ this yogurt is a diabetes-friendly option!

BLOOD SUGAR–FRIENDLY SNACK STRATEGIES

Snacking can either help stabilize your blood sugar—or send it on a roller coaster. The key is to choose snacks that combine fiber, protein, and healthy fats while keeping portions in check.

1. Pair Carbs with Protein or Healthy Fat

Carbs alone (like crackers or fruit juice) can spike blood sugar. Pairing them with protein or fat slows digestion and keeps levels steady.

•Examples:

- Apple slices + peanut butter
- Whole-grain crackers + cheese
- Greek yogurt + berries

2. Choose High-Fiber Snacks

- Fiber helps slow the release of sugar into your bloodstream.
- Examples: raw veggies with hummus, roasted chickpeas, and chia seed pudding.

3. Snack at the Right Time

- Space snacks evenly between meals to avoid long gaps that cause dips.
- If you're not hungry, skip the snack—listen to your body.

4. Keep Portions Small

- Snacks should be 100–200 calories and around 15 g of carbs or less.
- A small handful of nuts (about $\frac{1}{4}$ cup)
- 1 boiled egg with veggie sticks
- 1 small piece of fruit with nut butter

5. Be Prepared

- Pre-portion nuts, yogurt cups, or veggie sticks so they're ready to grab.
- Keep portable options like trail mix or cheese sticks for on-the-go.

 **Pro Tip:** Always include at least two nutrients (carbs + protein or fat). This simple formula turns a snack into steady energy instead of a sugar spike.

BLOOD SUGAR–FRIENDLY SNACK IDEAS TABLE

Snack Idea	Carbs (g)	Protein (g)	Why It Works
Apple slices + 1 Tbsp peanut butter	~15	~4	Fiber + protein + healthy fat = slows sugar absorption
½ cup Greek yogurt + ¼ cup berries	~12	~10	High protein keeps you full, berries are low-glycemic
1 boiled egg + veggie sticks	~5	~6	Almost no carbs, steady protein boost
10–12 almond so walnuts	~6	~4	Healthy fats + fiber stabilize energy
½ cup cottage cheese + cucumber slices	~5	~7	Low-carb, high-protein, refreshing option
Whole-grain crackers (6) + cheese slice	~14	~7	Balanced mix of carbs and protein
Turkey or chicken roll-ups with avocado	~3	~8	Lean protein + healthy fats = blood sugar control
Roasted chickpeas (¾ cup)	~10	~5	Crunchy, fiber-rich alternative to chips
Chia pudding (made with unsweetened almond milk)	~12	~4	High fiber slows carb digestion
Edam me (½ cup)	~9	~8	Protein + fiber = perfect combo for satiety
Celery sticks with almond butter (2 Tbsp)	~6	~4	Low-carb veggie + healthy fat = slow energy release
Cottage cheese with sliced cucumber (½ cup + ½ cucumber)	~6	~8	Cool, refreshing, low-carb protein option
Turkey roll-ups with avocado (2 slices turkey + ¼ avocado)	~4	~9	Lean protein + healthy fat keeps blood sugar steady
Roasted edam me (½ cup) or chickpeas (¾ cup)	~10	~8	Plant-based protein + fiber for long-lasting fullness
Small smoothie (unsweetened almond milk, spinach, ½ cup berries, protein powder)	~14	~12	Balanced blend of fiber, protein, and antioxidants

MANAGING CRAVINGS & EMOTIONAL EATING

Cravings are a normal part of life—and so are moments when we turn to food for comfort, stress relief, or even boredom. For someone living with diabetes, these habits can make blood sugar harder to control. The good news? With the right strategies, you can enjoy food without guilt and keep cravings from taking over.

1. Understand Cravings

- Cravings are often linked to blood sugar dips, emotions, or habits, not true hunger.
- Sweet and salty snacks can create a quick “feel-good” effect, but the crash that follows makes cravings even stronger.

2. Balance Your Meals

- Eating balanced meals with fiber, protein, and healthy fats helps prevent cravings by keeping blood sugar steady.
- Don’t skip meals—this often leads to overeating later.

3. Pause & Check In

- Before grabbing a snack, ask yourself:
- Am I physically hungry?
- Or am I bored, stressed, or tired?
- If it’s not true hunger, try another soothing activity—take a walk, call a friend, practice deep breathing or having a glass of water before reaching for food...

4. Smart Swaps for Sweet Cravings

- Fresh berries or apple slices with nut butter
- Greek yogurt with cinnamon and a few nuts
- Dark chocolate (70% or higher), 1–2 small squares

5. Smart Swaps for Salty/Crunchy Cravings

- Roasted chick peas or edamame
- Air-popped popcorn with herbs
- Raw veggie sticks with hummus or guacamole

6. Manage Emotional Eating

- Keep a “craving journal”—note the time, situation, and feeling when cravings hit.
- Identify patterns (stress after work, boredom in the evening).
- Replace emotional eating with healthy coping tools—movement, hobbies, or a cup of tea.

7. Practice the 80/20 Rule

- Aim for balance, not perfection.
- If you enjoy a treat, savor it mindfully in a small portion—don’t label it as “bad.”
- Consistency in healthy habits matters more than occasional indulgences.

Key Takeaway

Cravings and emotional eating don’t have to derail your progress. By preparing balanced meals, keeping smart swaps on hand, and finding healthier ways to manage emotions, you’ll enjoy food while staying in control of your blood sugar.

CHAPTER 2: BUILDING LONG-TERM HEALTHY HABITS

Managing diabetes isn't about short-term diets or quick fixes—it's about creating everyday habits that support your health for the long run. Small, consistent steps make the biggest difference over time.

Start by focusing on balance rather than restriction. Instead of cutting out entire food groups, learn how to combine foods in a way that keeps blood sugar steady. Filling half your plate with vegetables, adding lean proteins, and choosing smart carbs in moderate portions is a simple formula that works every day.

Consistency is key. Eating meals at regular times helps prevent big blood sugar swings and gives your body a routine. Planning ahead with weekly shopping lists and meal prep also makes it easier to make healthy choices when life gets busy.

Physical activity is another cornerstone of long-term success. You don't need to run marathons—even a daily walk, light stretching, or dancing in your living room can improve insulin sensitivity and energy.

Healthy habits go beyond food and exercise. Quality sleep and stress management are equally important. Lack of sleep and high stress can raise blood sugar, so make time for relaxation, mindfulness, or hobbies that bring you joy.

Finally, give yourself grace. Change doesn't happen overnight. Focus on progress, not perfection. Celebrate small wins, like choosing water instead of soda or adding one more serving of vegetables to your day. Over time, these little steps add up to big results.

The bottom line: Living well with diabetes is about building a lifestyle you can enjoy. By creating habits that feel natural and sustainable, you'll be supporting your health—not just for a week or a month, but for life.

Healthy Habits Checklist

Daily Habits

- Eat 3 balanced meals with fiber, protein, and healthy fats
- Fill ½ my plate with non-starchy vegetables
- Stick to my carb portions and count smartly
- Drink at least 6–8 glasses of water
- Choose healthy snacks (protein + fiber) if needed
- Do at least 20–30 minutes of movement (walking, stretching, light exercise)
- Check blood sugar as recommended
- Get 7–8 hours of quality sleep
- Take time for stress relief (deep breathing, journaling, a hobby, or quiet time)

Weekly Habits

- Plan meals ahead with a weekly menu or meal plan
- Write and follow a grocery shopping list
- Prep vegetables, proteins, and grains for quick meals
- Try 1 new diabetes-friendly recipe
- Track wins in a progress journal (energy levels, cravings, mood)
- Celebrate small successes (not with food—reward yourself with a walk, a book, or self-care)

Remember:

- Progress, not perfection.
- Small, steady changes add up to lifelong healthy habits.

CHAPTER 3: STRESS-FREE LIVING TIPS & CHECKLISTS

ORGANIZED GROCERY LISTS

One of the easiest ways to stay on track with healthy eating is to shop with a plan. A well-organized grocery list keeps your kitchen stocked with balanced options, prevents impulse buys, and makes meal prep stress-free.

Here's a master Diabetes-Friendly Grocery List by category that you can use as your foundation.

Category	Grocery Items
Vegetables (Non-Starchy)	Spinach, Kale, Arugula, Broccoli, Cauliflower, Zucchini, Cucumbers, Bell peppers, Tomatoes, Green beans, Asparagus, Mushrooms, Onions
Vegetables (Starchy – in moderation)	Sweet potatoes, Carrots, Beets, Green peas, Corn
Fruits (Low-Glycemic)	Berries (strawberries, blueberries, raspberries), Apples, Pears, Citrus fruits (oranges, grapefruit), Cherries, Plums
Proteins	Skinless chicken or turkey, Fish (salmon, tuna, cod, sardines), Lean beef (90% lean or higher), Eggs, Tofu, Tempe, Beans, Lentils, Chickpeas
Dairy Alternatives	Plain Greek yogurt, Cottage cheese, Unsweetened almond/soy/oat milk, Part-skim cheese, String cheese
Whole Grains & Legumes	Quinoa, Bulgur, Barley, Brown rice, Wild rice, Steel-cut oats, Whole-grain bread/tortillas (3+ g fiber per serving), Lentils, Black beans, Kidney beans
Healthy Fats	Olive oil, Avocado oil, Avocados, Almonds, Walnuts, Cashews, Chia seeds, Flaxseeds, Sunflower seeds, Pumpkin seeds, Unsweetened nut butters
Pantry Staples & Flavorings	Low-sodium broth (chicken, vegetable, beef), Canned tuna/salmon (in water), Tomato paste, Diced tomatoes (no added sugar), Garlic powder, Onion powder, Cinnamon, Turmeric, Basil, Rosemary, Black pepper, Vinegars (apple cider, balsamic)

DINING OUT & SOCIAL EATING TIPS

Eating out or attending social gatherings doesn't have to derail your diabetes-friendly lifestyle. With a little planning and smart choice, you can enjoy meals with family and friends while keeping your blood sugar steady.

Before You Go

- Check the menu online and pick a healthier option ahead of time.
- Don't skip meals to "save calories" before dining out—this can lead to overeating.
- Carry a small snack (like nuts or a cheese stick) in case meals are delayed.

Smart Ordering Strategies

- Start with veggies: Order a side salad or non-starchy vegetable starter.
- Watch the portions: Restaurants often serve oversized plates. Share a meal, order a half-portion, or ask for a to-go box right away.
- Choose lean proteins like grilled chicken, fish, or tofu instead of fried or breaded options.
- Swap sides: Replace fries or white rice with salad, steamed veggies, or brown rice if available.
- Ask for sauces/dressings on the side to control sugar and fat.

Beverages & Desserts

- Stick to water, sparkling water, or unsweetened tea.
- Limit alcohol—if you drink, pair it with food and choose lighter options (like wine spritzers).
- For dessert, share with a friend or choose fruit-based options.

Social Gatherings & Parties

- Bring a dish to share that you know fits your plan (like a veggie platter or bean salad).
- Survey the table first—fill half your plate with veggies before adding other foods.
- Eat mindfully—enjoy each bite and put your fork down between bites.
- Focus on people, not just food—social events are about connection, not just eating.

Key Takeaway

Dining out and social eating should be enjoyable, not stressful. With a few simple strategies—like portion control, smart swaps, and mindful eating—you can join in every occasion without guilt and keep your blood sugar in check.

TIME-SAVING MEAL PREP HACKS

Healthy eating doesn't have to take hours in the kitchen. With a few smart strategies, you can save time, reduce stress, and still enjoy fresh, diabetes-friendly meals all week long.

1. Batch Cook Basics

- Cook large portions of grains (brown rice, quinoa, and oats) and proteins (chicken, turkey, and beans) once, and then use them in different meals.
- Roast a tray of mixed non-starchy vegetables to add to salads, wraps, or as sides.

2. Portion Ahead

- Divide meals into individual containers right after cooking.
- Pre-portion snacks like nuts, hummus cups, or veggie sticks so they're ready to grab.

3. Prep Vegetables Right Away

- Wash, chop, and store veggies in clear containers so they're easy to use.
- Keep "snack able" veggies like carrots, cucumbers, and peppers ready to go.

4. Use Kitchen Gadgets

- An Instant Pot or slow cooker can prepare soups, beans, or shredded chicken with little effort.
- A blender makes quick smoothies, sauces, or soups.
- A spiralizer or grater can turn veggies into fun, quick-cook alternatives for pasta or rice.

5. Shop Smart

- Use the weekly grocery lists to avoid extra trips.
- Buy frozen vegetables and fruits—they're just as nutritious, pre-chopped, and last longer.
- Stock canned beans, tuna, or tomatoes (low-sodium) for fast, healthy meals.

6. Double up Recipes

- When cooking dinner, double the recipe and freeze half for another week.
- Make extra protein (like grilled chicken or salmon) to use in salads, wraps, or bowls the next day.

7. Keep "Emergency Meals" Ready

- Have a few freezer-friendly meals or pantry go-toss (like soup, chili, or tuna salad) for busy nights.
- Always keep eggs, canned beans, and frozen veggies on hand—you can make a balanced meal in 10 minutes.

VEGGIE OMELET WITH SPINACH, MUSHROOMS & TOMATOES

SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 10 MIN

Ingredients

- 4 large eggs
- ½ cup fresh spinach, chopped
- ½ cup mushrooms, sliced
- ½ cup tomatoes, diced
- 2 tsp olive oil (or cooking spray)
- 2 tbsp skim milk (optional, for fluffiness)
- ¼ tsp garlic powder
- Salt & black pepper, to taste
- 1 tbsp fresh parsley, chopped (optional garnish)

Nutrition (per serving):

• Calories: 170 kcal • Protein: 12 g • Carbohydrates: 5 g • Fat: 12 g • Fiber: 2 g • Cholesterol: 210 mg • Sodium: 180 mg • Potassium: 420 mg

Instructions

1. Crack eggs into a bowl, add milk, garlic powder, salt, and pepper. Whisk until smooth.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add mushrooms and cook for 3–4 minutes until softened.
4. Stir in spinach and tomatoes; sauté 1–2 minutes until spinach wilts.
5. Pour the egg mixture over the vegetables and cook gently, lifting edges with a spatula so uncooked eggs flow underneath.
6. When almost set (about 4–5 minutes), fold omelet in half.
7. Garnish with fresh parsley and serve warm.

SCRAMBLED EGGS WITH ZUCCHINI & FETA

SERVES: 2

PREP TIME: 6 MIN

COOK TIME: 7 MIN

Ingredients

- 4 large eggs
- ½ cup zucchini, grated
- 2 tbsp feta cheese, crumbled
- 1 tsp olive oil
- Salt & black pepper, to taste
- 1 tbsp fresh dill or parsley, chopped (optional)

Nutrition (per serving):

• Calories: 170 kcal • Protein: 12 g • Carbohydrates: 3 g • Fat: 12 g • Fiber: 1 g • Cholesterol: 210 mg • Sodium: 220 mg • Potassium: 300 mg

Instructions

1. Whisk eggs with a pinch of salt and pepper.
2. Heat olive oil in a skillet over medium heat.
3. Add grated zucchini and sauté for 2–3 minutes until softened.
4. Pour eggs over zucchini and cook, stirring gently.
5. When nearly set, sprinkle in feta and fresh herbs.
6. Cook until fluffy and serve immediately.

EGG MUFFINS WITH TURKEY, PEPPERS & BROCCOLI

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

Ingredients

- 6 large eggs
- ½ cup cooked turkey breast, diced
- ½ cup red bell pepper, chopped
- ½ cup broccoli florets, finely chopped
- ¼ cup shredded low-fat cheese (optional)
- ½ tsp garlic powder
- Salt & black pepper, to taste

Nutrition (per serving = 2 muffins):

• Calories: 160 kcal • Protein: 15 g • Carbohydrates: 3 g • Fat: 9 g • Fiber: 1 g • Cholesterol: 210 mg • Sodium: 230 mg • Potassium: 280 mg

Instructions

1. Preheat oven to 375°F (190°C). Lightly grease a muffin tin.
2. Whisk eggs with garlic powder, salt, and pepper.
3. Stir in turkey, peppers, and broccoli.
4. Pour mixture evenly into 6 muffin cups.
5. Sprinkle cheese on top if using.
6. Bake for 18–20 minutes or until set.
7. Let cool slightly before serving.

BREAKFAST BURRITO WITH SCRAMBLED EGGS & VEGGIES IN A WHOLE-GRAIN TORTILLA

SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 7 MIN

INGREDIENTS

- 4 large eggs
- 2 whole-grain tortillas (small)
- ½ cup bell peppers, diced
- ½ cup spinach, chopped
- 1 small tomato, diced
- 1 tsp olive oil
- 2 tbsp shredded cheese (optional)
- Salt & black pepper, to taste

DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Heat olive oil in a skillet and sauté peppers for 2 minutes.
3. Add spinach and tomato; cook until softened.
4. Pour eggs into skillet and scramble until fluffy.
5. Divide mixture between tortillas, sprinkle cheese if desired, and roll up burritos.
6. Serve warm.



Nutrition (per serving = 1 burrito):

• Calories: 260 kcal • Protein: 16 g • Carbohydrates: 22 g • Fat: 12 g • Fiber: 4 g • Cholesterol: 210 mg • Sodium: 310 mg • Potassium: 360 mg



HARD-BOILED EGGS WITH SLICED AVOCADO & TOMATO SALAD

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 4 large eggs
- 1 avocado, sliced
- 1 large tomato, sliced
- 1 tsp olive oil
- Salt & black pepper, to taste
- Fresh basil or parsley (optional)

DIRECTIONS

1. Place eggs in a pot, cover with water, and bring to a boil.
2. Boil for 9–10 minutes, then cool and peel.
3. Slice avocado and tomato onto plates.
4. Drizzle with olive oil, season with salt and pepper.
5. Add halved boiled eggs on the side.

Nutrition (per serving):

• Calories: 220 kcal • Protein: 10 g • Carbohydrates: 6 g • Fat: 18 g • Fiber: 4 g • Cholesterol: 210 mg • Sodium: 140 mg • Potassium: 620 mg



SMOKED SALMON & CREAM CHEESE ROLL-UPS WITH CUCUMBER

SERVINGS: 2

PREPPING TIME: 8 MIN

COOKING TIME: 0 MIN

Ingredients

- 4 slices smoked salmon (≈100 g)
- 4 tbsp light cream cheese
- ½ cucumber, cut into thin strips
- 1 tbsp fresh dill, chopped (optional)

Instructions

1. Lay salmon slices flat on a cutting board.
2. Spread cream cheese evenly over each slice.
3. Place cucumber strips across the center.
4. Roll up tightly and secure with toothpicks if needed.
5. Slice into bite-sized pieces and garnish with dill.

Nutrition:

• Calories: 150 kcal • Protein: 12 g • Carbohydrates: 3 g • Fat: 10 g • Fiber: 1 g • Cholesterol: 30 mg • Sodium: 380 mg • Potassium: 260 mg

GREEK YOGURT PARFAIT WITH BERRIES & CHIA SEEDS

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 0 MIN

Ingredients

- 1½ cups plain Greek yogurt (non-fat or low-fat)
- 1 cup mixed berries (blueberries, raspberries, strawberries)
- 2 tbsp chia seeds
- 2 tbsp chopped walnuts (optional)
- 1 tsp cinnamon (optional, for flavor)

Instructions

1. Place half of the yogurt in two bowls or glasses.
2. Add a layer of mixed berries and 1 tbsp chia seeds each.
3. Top with the remaining yogurt.
4. Sprinkle with walnuts and a dash of cinnamon.
5. Serve immediately.

Nutrition (per serving):

• Calories: 180 kcal • Protein: 14 g • Carbohydrates: 18 g • Fat: 6 g • Fiber: 5 g • Cholesterol: 5 mg • Sodium: 60 mg • Potassium: 340 mg

COTTAGE CHEESE BOWL WITH CUCUMBER, CHERRY TOMATOES & FLAXSEEDS

SERVES: 2

PREP TIME: 6 MIN

COOK TIME: 0 MIN

Ingredients

- 1 cup cottage cheese (low-fat)
- 1 small cucumber, diced
- 1 cup cherry tomatoes, halved
- 2 tsp flaxseed meal
- 1 tsp olive oil (optional, for richness)
- Fresh basil or parsley, chopped

Instructions

1. Divide cottage cheese between two bowls.
2. Top each with cucumber and cherry tomato pieces.
3. Sprinkle flaxseed meal on top.
4. Drizzle with olive oil if desired.
5. Garnish with fresh herbs and serve.

Nutrition (per serving):

• Calories: 140 kcal • Protein: 13 g • Carbohydrates: 7 g • Fat: 6 g • Fiber: 2 g • Cholesterol: 10 mg • Sodium: 260 mg • Potassium: 420 mg

GREEK YOGURT WITH CINNAMON, WALNUTS & APPLE SLICES

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 0 MIN

Ingredients

- 1½ cups plain Greek yogurt
- 1 medium apple, sliced
- 2 tbsp chopped walnuts
- 1 tsp cinnamon
- 1 tsp chia seeds (optional)

Instructions

1. Divide yogurt into two serving bowls.
2. Arrange apple slices on top.
3. Sprinkle with walnuts, cinnamon, and chia seeds.
4. Serve chilled.

Nutrition (per serving):

• Calories: 170 kcal • Protein: 13 g • Carbohydrates: 17 g • Fat: 6 g • Fiber: 3 g • Cholesterol: 5 mg • Sodium: 60 mg • Potassium: 360 mg

STEEL-CUT OATS WITH WALNUTS, CINNAMON & BLUEBERRIES



SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 20 MIN

INGREDIENTS

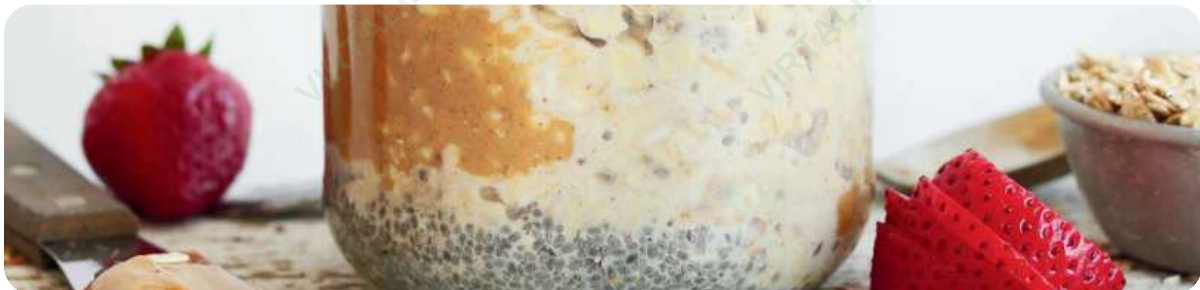
- ½ cup steel-cutouts
- 1 ½ cups water (or unsweetened almond milk)
- ½ cup fresh blueberries
- 2 tbsp chopped walnuts
- ½ tsp cinnamon
- Pinch of salt

DIRECTIONS

1. Bring water (or almond milk) to a boil in a saucepan.
2. Add oats and salt; reduce heat and simmer for 15–20 minutes, stirring occasionally.
3. When oats are tender, stir in cinnamon.
4. Divide into bowls, top with blueberries and walnuts.
5. Serve warm.

Nutrition (per serving):

• Calories: 220 kcal • Protein: 7 g • Carbohydrates: 34 g • Fat: 8 g • Fiber: 6 g • Cholesterol: 0 mg • Sodium: 20 mg • Potassium: 200 mg



OVERNIGHT OATS WITH PEANUT BUTTER & CHIA SEEDS

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 0 MIN

INGREDIENTS

- 1 cup rolled oats
- 1 cup unsweetened almond milk
- 2 tbsp peanut butter
- 2 tsp chia seeds
- 1 tsp cinnamon
- ½ banana, sliced (optional topping)

DIRECTIONS

1. In a jar, combine oats, almond milk, chia seeds, and cinnamon.
2. Stir in peanut butter until blended.
3. Cover and refrigerate overnight (at least 6 hours).
4. In the morning, stir well and top with banana slices if desired.
5. Serve chilled.

Nutrition (per serving):

• Calories: 250 kcal • Protein: 9 g • Carbohydrates: 32 g • Fat: 10 g • Fiber: 7 g • Cholesterol: 0 mg • Sodium: 120 mg • Potassium: 300 mg

QUINOA BREAKFAST BOWL WITH ALMONDS & CHERRIES



2 servings



15 minutes

Ingredients

- ½ cup quinoa (uncooked)
- 1 cup water or unsweetened almond milk
- ½ cup cherries, pitted and halved
- 2 tbsp sliced almonds
- ½ tsp cinnamon
- 1 tsp chia seeds (optional)

Instructions

1. Rinse quinoa under cold water.
2. Bring water (or almond milk) to a boil in a saucepan.
3. Add quinoa and reduce heat; simmer for 12–15 minutes until fluffy.
4. Stir in cinnamon and divide into bowls.
5. Top with cherries, almonds, and chia seeds.

nutrition

• Calories: 230 kcal • Protein: 8 g • Carbohydrates: 32 g • Fat: 8 g • Fiber: 5 g •
Cholesterol: 0 mg • Sodium: 15 mg • Potassium: 310 mg



BUCKWHEAT PORRIDGE WITH FLAXSEEDS & BERRIES

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 15 MIN

Ingredients

- ½ cup buck wheatgrass
- 1 ½ cups water or unsweetened almond milk
- ½ cup mixed berries (blueberries, raspberries, strawberries)
- 2 tsp ground flaxseeds
- ½ tsp cinnamon

Instructions

1. Rinse buckwheat and place in a saucepan with water.
2. Bring to a boil, reduce heat, and simmer 12–15 minutes until soft.
3. Stir in cinnamon and flaxseeds.
4. Divide into bowls and top with fresh berries.

Nutrition (per serving):

• Calories: 210 kcal • Protein: 6 g • Carbohydrates: 36 g • Fat: 5 g • Fiber: 6 g • Cholesterol: 0 mg • Sodium: 10 mg • Potassium: 260 mg

ALMOND FLOUR PANCAKES WITH FRESH STRAWBERRIES

SERVES: 2

PREP TIME: 7 MIN

COOK TIME: 8 MIN

Ingredients

- 1 cup almond flour
- 2 large eggs
- 2 tbsp unsweetened almond milk
- ½ tsp baking powder
- ½ tsp cinnamon
- ½ cup strawberries, sliced
- 1 tsp olive oil or cooking spray

Instructions

1. In a bowl, whisk eggs, almond milk, cinnamon, and baking powder.
2. Stir in almond flour until smooth.
3. Heat oil in a skillet over medium heat.
4. Pour batter into 4 small pancakes.
5. Cook 2–3 minutes per side until golden.
6. Serve topped with fresh strawberries.

Nutrition (per serving):

• Calories: 240 kcal • Protein: 10 g • Carbohydrates: 10 g • Fat: 19 g • Fiber: 4 g • Cholesterol: 190 mg • Sodium: 150 mg • Potassium: 220 mg

WHOLE-GRAIN AVOCADO TOAST WITH POACHED EGG & MICROGREENS

SERVES: 2

PREP TIME: 7 MIN

COOK TIME: 5 MIN

Ingredients

- 2 slices whole-grain bread
- 1 avocado, mashed
- 2 large eggs
- 1 cup water + 1 tsp vinegar (for poaching)
- ¼ cup micro greens (or sprouts)
- Salt & black pepper, to taste

Instructions

1. Toast bread until golden.
2. Mash avocado with a pinch of salt and spread on toast.
3. Heat water with vinegar in a saucepan until simmering.
4. Crack each egg into a small dish and gently slip into water.
5. Poach 3–4 minutes, remove with slotted spoon.
6. Place poached eggs on avocado toast and top with micro greens.

Nutrition (per serving):

• Calories: 250 kcal • Protein: 11 g • Carbohydrates: 18 g • Fat: 16 g • Fiber: 6 g • Cholesterol: 190 mg • Sodium: 180 mg • Potassium: 480 mg

GREEN SMOOTHIE (SPINACH, CUCUMBER, BERRIES, ALMOND MILK & PROTEIN POWDER)

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 0 MIN

INGREDIENTS

- 1 cup fresh spinach
- ½ cucumber, sliced
- 1 cup mixed berries (blueberries, raspberries, strawberries)
- 2 cup sun sweetened almond milk
- 1 scoop vanilla protein powder (or plant-based protein)
- 1 tsp chia seeds (optional)

DIRECTIONS

1. Place spinach, cucumber, berries, almond milk, and protein powder into a blender.
2. Blend until smooth and creamy.
3. Add chia seeds if desired and blend again.
4. Pour into 2 glasses and serve chilled.



Nutrition (per serving):

• Calories: 170 kcal • Protein: 13 g • Carbohydrates: 18 g • Fat: 5 g • Fiber: 5 g • Cholesterol: 5 mg • Sodium: 140 mg • Potassium: 380 mg

BERRY SMOOTHIE BOWL WITH CHIA & PUMPKIN SEEDS

SERVES: 2

PREP TIME: 7 MIN

COOK TIME: 0 MIN

INGREDIENTS

- 1 cup mixed frozen berries (blueberries, raspberries, strawberries)
- 1 cup unsweetened almond milk
- ½ banana, sliced (for creaminess)
- 2 tsp chia seeds
- 2 tsp pumpkin seeds
- 2 tbsp granola (optional, low-sugar)

DIRECTIONS

1. Blend berries, almond milk, and banana until thick and smooth.
2. Pour smoothie mixture into two bowls.
3. Sprinkle with chia seeds, pumpkin seeds, and granola (if using).
4. Serve immediately with a spoon.



Nutrition (per serving):

• Calories: 190 kcal • Protein: 6 g • Carbohydrates: 28 g • Fat: 6 g • Fiber: 7 g • Cholesterol: 0 mg • Sodium: 60 mg • Potassium: 420 mg



PROTEIN SHAKE WITH COCOA, ALMOND BUTTER & BANANA (UNSWEETENED MILK)

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 medium banana
- 2 cup sun sweetened almond milk
- 1 scoop chocolate protein powder (or 1 tbsp unsweetened cocoa powder)
- 2 tsp almond butter
- 1 tsp flaxseeds (optional)

Instructions

1. Place banana, almond milk, protein powder, and almond butter into a blender.
2. Add flaxseeds if desired for extra fiber.
3. Blend until smooth and creamy.
4. Pour into 2 glasses and serve cold.

Nutrition:

• Calories: 210 kcal • Protein: 15 g • Carbohydrates: 20 g • Fat: 8 g • Fiber: 4 g • Cholesterol: 5 mg • Sodium: 150 mg • Potassium: 470 mg

LOW-CARB CHIA PUDDING WITH ALMOND MILK & RASPBERRIES

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 0 MIN

Ingredients

- ½ cup chia seeds
- 2 cup sun sweetened almond milk
- ½ tsp cinnamon
- 1 tsp vanilla extract (optional)
- ½ cup fresh raspberries

Instructions

1. In a jar, mix chia seeds, almond milk, cinnamon, and vanilla.
2. Stir well and let sit for 10 minutes. Stir again to prevent clumping.
3. Cover and refrigerate for at least 4 hours or overnight.
4. Before serving, stir and top with raspberries.

Nutrition (per serving):

• Calories: 180 kcal • Protein: 6 g • Carbohydrates: 14 g • Fat: 10 g • Fiber: 9 g • Cholesterol: 0 mg • Sodium: 120 mg • Potassium: 320 mg

NUT BUTTER ON APPLE SLICES WITH HEMP SEEDS

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 0 MIN

Ingredients

- 2 medium apples, sliced
- 2 tbsp almond or peanut butter
- 2 tsp hempseeds

Instructions

1. Slice apples into wedges.
2. Spread nut butter evenly on slices.
3. Sprinkle hemp seeds over the top.
4. Serve immediately as a quick snack or light breakfast.

Nutrition (per serving):

• Calories: 190 kcal • Protein: 5 g • Carbohydrates: 24 g • Fat: 9 g • Fiber: 5 g • Cholesterol: 0 mg • Sodium: 2 mg • Potassium: 330 mg

HIGH-FIBER MUFFINS (ALMOND FLOUR, FLAXSEED & ZUCCHINI)

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

Ingredients

- 1 cup almond flour
- 2 tbsp ground flaxseed
- 1 cup zucchini, grated and squeezed dry
- 2 large eggs
- 2 tbsp olive oil (or coconut oil)
- ½ tsp baking powder
- ½ tsp cinnamon
- 1 tsp vanilla extract

Instructions

1. Preheat oven to 350°F (175°C). Line or grease a muffin tin.
2. In a bowl, whisk eggs, oil, vanilla, and cinnamon.
3. Add almond flour, flaxseed, baking powder, and zucchini. Mix until combined.
4. Divide batter into 6 muffin cups.
5. Bake 18–20 minutes until golden and firm.
6. Cool before serving.

Nutrition ((per serving = 3 muffins):

• Calories: 220 kcal • Protein: 9 g • Carbohydrates: 10 g • Fat: 18 g • Fiber: 5 g • Cholesterol: 110 mg • Sodium: 120 mg • Potassium: 280 mg

TURKEY & VEGGIE BREAKFAST WRAP (LETTUCE WRAP)



SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 5 MIN

INGREDIENTS

- 4 large lettuce leaves (Romaine or butter lettuce)
- ½ cup cooked turkey breast, sliced
- ½ cup bell peppers, thinly sliced
- ¼ cup cucumber, thinly sliced
- 2 tbsp hummus or Greek yogurt spread
- 1 tsp olive oil (optional, for sautéing peppers)

DIRECTIONS

1. If desired, sauté peppers lightly in olive oil for 2–3 minutes.
2. Lay lettuce leaves flat and spread hummus or yogurt.
3. Add turkey slices, peppers, and cucumber.
4. Roll up leaves tightly into wraps.
5. Serve immediately.

Nutrition (per serving):

• Calories: 150 kcal • Protein: 15 g • Carbohydrates: 5 g • Fat: 7 g • Fiber: 2 g • Cholesterol: 40 mg • Sodium: 180 mg • Potassium: 320 mg



MINI BREAKFAST FRITTATAS WITH SPINACH & CHEESE

SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 18 MIN

INGREDIENTS

- 4 large eggs
- 1 cup fresh spinach, chopped
- ¼ cup shredded low-fat cheese
- 2 tbsp milk (optional, for fluffiness)
- Salt & black pepper, to taste
- Cooking spray or olive oil for muffin tin

DIRECTIONS

1. Preheat oven to 375°F (190°C). Grease a muffin tin.
2. Whisk eggs, milk, salt, and pepper in a bowl.
3. Stir in spinach and cheese.
4. Pour mixture evenly into 6 muffin cups.
5. Bake for 16–18 minutes until set and lightly golden.
6. Let cool slightly before removing.

Nutrition (per serving = 3 mini frittatas):

• Calories: 160 kcal • Protein: 13 g • Carbohydrates: 2 g • Fat: 11 g • Fiber: 1 g • Cholesterol: 210 mg • Sodium: 160 mg • Potassium: 220 mg

Quick & On-the-Go

GRILLED CHICKEN SALAD WITH SPINACH, AVOCADO & WALNUTS



2 servings



12 minutes

Ingredients

- 2 small chicken breasts (≈250 g total)
- 4 cups baby spinach
- 1 avocado, sliced
- 2 tbsp walnuts, chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt & black pepper, to taste

Instructions

1. Season chicken with salt and pepper. Grill 5–6 minutes per side until cooked through.
2. In a bowl, toss spinach with olive oil and lemon juice.
3. Slice chicken and arrange over spinach.
4. Top with avocado slices and walnuts.
5. Serve immediately.

nutrition

• Calories: 340 kcal • Protein: 32 g • Carbohydrates: 7 g • Fat: 22 g • Fiber: 5 g •
Cholesterol: 85 mg • Sodium: 140 mg • Potassium: 780 mg



MEDITERRANEAN CHICKPEA SALAD WITH CUCUMBER, TOMATO & FETA

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 0 MIN

Ingredients

- 1 cup cooked chickpeas (or 1 can, rinsed & drained)
- 1 cucumber, diced
- 2 medium tomatoes, diced
- ¼ cup feta cheese, crumbled
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano
- Salt & black pepper, to taste

Instructions

1. In a large bowl, combine chickpeas, cucumber, and tomatoes.
2. Add feta cheese.
3. Whisk olive oil, lemon juice, oregano, salt, and pepper.
4. Pour dressing over salad and toss gently.
5. Serve chilled or at room temperature.

Nutrition (per serving):

• Calories: 280 kcal • Protein: 11 g • Carbohydrates: 28 g • Fat: 14 g • Fiber: 8 g • Cholesterol: 15 mg • Sodium: 280 mg • Potassium: 580 mg

SALMON POWER BOWL WITH QUINOA & ROASTED VEGGIES

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 18 MIN

Ingredients

- 2 salmon fillets (≈300 g total)
- ½ cup quinoa, uncooked
- 1 cup broccoli florets
- 1 cup zucchini, sliced
- 1 tbsp olive oil
- ½ tsp garlic powder
- Salt & pepper, to taste
- Lemon wedges, for serving

Instructions

1. Cook quinoa according to package Directions (≈15 minutes).
2. Toss broccoli and zucchini with olive oil, garlic powder, salt, and pepper. Roast at 400°F (200°C) for 15 minutes.
3. Season salmon with salt and pepper; bake or pan-sear 12–15 minutes until cooked.
4. Divide quinoa into bowls. Top with salmon and roasted veggies.
5. Serve with Lemon wedges.

Nutrition (per serving):

• Calories: 410 kcal • Protein: 34 g • Carbohydrates: 27 g • Fat: 19 g • Fiber: 5 g • Cholesterol: 85 mg • Sodium: 160 mg • Potassium: 850 mg

LENTIL & KALE SALAD WITH LEMON-TAHINI DRESSING

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

Ingredients

- 1 cup cooked lentils (≈½ cup dry)
- 2 cups kale, chopped
- ½ cucumber, diced
- 1 tbsp olive oil
- 1 tbsp tahini
- 1 tbsp lemon juice
- ½ tsp garlic powder
- Water as needed (to thin dressing)
- Salt & black pepper, to taste

Instructions

1. Cook lentils until tender (15–20 minutes), then drain.
2. Whisk tahini, lemon juice, garlic powder, olive oil, and water into a creamy dressing.
3. Place kale, lentils, and cucumber in a bowl.
4. Pour dressing on top and toss well.
5. Serve immediately.

Nutrition (per serving):

• Calories: 280 kcal • Protein: 12 g • Carbohydrates: 27 g • Fat: 12 g • Fiber: 9 g • Cholesterol: 0 mg • Sodium: 120 mg • Potassium: 620 mg

TURKEY & VEGGIE BOWL WITH BROWN RICE & STEAMED BROCCOLI

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 200 g ground turkey (≈7 oz)
- ½ cup brown rice, uncooked
- 2 cups broccoli florets
- 1 bell pepper, diced
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt & black pepper, to taste

DIRECTIONS

1. Cook brown rice according to package Directions.
2. Steam broccoli until tender-crisp (about 5 minutes).
3. In a skillet, heat olive oil and cook turkey with garlic powder, salt, and pepper until browned.
4. Stir in bell peppers and cook 2–3 minutes.
5. Assemble bowls with rice, turkey mixture, and steamed broccoli.



Nutrition (per serving):

• Calories: 350 kcal • Protein: 27 g • Carbohydrates: 32 g • Fat: 12 g • Fiber: 5 g • Cholesterol: 65 mg • Sodium: 140 mg • Potassium: 720 mg



CAPRESE SALAD WITH TOMATOES, MOZZARELLA & BASIL (WITH GRILLED CHICKEN)

SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 12 MIN

INGREDIENTS

- 2 small chicken breasts (≈250 g total)
- 2 medium tomatoes, sliced
- 4 oz fresh mozzarella, sliced
- 6 fresh basil leaves
- 1 tbsp olive oil
- 1 tsp balsamic vinegar (optional)
- Salt & black pepper, to taste

DIRECTIONS

1. Season chicken with salt and pepper. Grill 5–6 minutes per side until cooked through.
2. Arrange tomato and mozzarella slices on a plate, alternating layers.
3. Add basil leaves between layers.
4. Slice grilled chicken and serve alongside salad.
5. Drizzle with olive oil and balsamic vinegar.

Nutrition (per serving):

• Calories: 360 kcal • Protein: 34 g • Carbohydrates: 7 g • Fat: 22 g • Fiber: 2 g • Cholesterol: 95 mg • Sodium: 240 mg • Potassium: 650 mg



TURKEY & AVOCADO WRAP IN A WHOLE-GRAIN OR LOW-CARB TORTILLA

SERVINGS: 2

PREPPING TIME: 8 MIN

COOKING TIME: 0 MIN

Ingredients

- 2 whole-grain or low-carb tortillas
- 4 oz sliced turkey breast (cooked)
- 1 avocado, sliced
- 1 cup lettuce leaves
- ½ small tomato, sliced
- 2 tsp mustard or light mayo (optional)

Instructions

1. Lay tortillas flat on a clean surface.
2. Spread mustard or mayo if desired.
3. Layer turkey, avocado, lettuce, and tomato.
4. Roll tortillas tightly into wraps.
5. Cut in half and serve.

Nutrition:

• Calories: 290 kcal • Protein: 20 g • Carbohydrates: 22 g • Fat: 15 g • Fiber: 6 g • Cholesterol: 35 mg • Sodium: 400 mg • Potassium: 580 mg

TUNA SALAD LETTUCE WRAPS WITH CELERY & GREEK YOGURT DRESSING

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 0 MIN

Ingredients

- 1 can tuna in water, drained (≈150 g)
- 2 tbsp plain Greek yogurt
- 1 celery stalk, finely chopped
- 1 tbsp lemon juice
- Salt & black pepper, to taste
- 6 large lettuce leaves

Instructions

1. In a bowl, combine tuna, Greek yogurt, celery, lemon juice, salt, and pepper.
2. Mix until creamy.
3. Spoon mixture into lettuce leaves.
4. Roll or fold leaves into wraps.
5. Serve chilled.

Nutrition (per serving):

• Calories: 180 kcal • Protein: 22 g • Carbohydrates: 3 g • Fat: 8 g • Fiber: 1 g • Cholesterol: 40 mg • Sodium: 320 mg • Potassium: 340 mg

GRILLED VEGGIE & HUMMUS WRAP IN A HIGH-FIBER TORTILLA

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 12 MIN

Ingredients

- 2 high-fiber tortillas
- ½ cup zucchini, sliced
- ½ cup bell peppers, sliced
- ½ cup mushrooms, sliced
- 2 tbsp hummus
- 1 tsp olive oil
- Salt & pepper, to taste

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add zucchini, peppers, and mushrooms; sauté 5–7 minutes until tender.
3. Warm tortillas briefly in a dry pan.
4. Spread hummus on each tortilla.
5. Fill with grilled veggies, roll up, and serve.

Nutrition (per serving):

• Calories: 240 kcal • Protein: 9 g • Carbohydrates: 30 g • Fat: 10 g • Fiber: 8 g • Cholesterol: 0 mg • Sodium: 300 mg • Potassium: 450 mg

EGG SALAD SANDWICH ON WHOLE-GRAIN BREAD (OR LETTUCE WRAP VERSION)

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

Ingredients

- 4 large eggs, hard-boiled
- 2 tbsp plain Greek yogurt (or light mayo)
- 1 tsp mustard
- ¼ cup celery, finely chopped
- Salt & pepper, to taste
- 4 slices whole-grain bread (or 6 lettuce leaves)

Instructions

1. Hard-boil eggs (10 minutes), peel, and chop.
2. In a bowl, mix eggs, Greek yogurt, mustard, celery, salt, and pepper.
3. Spread egg salad between bread slices or spoon into lettuce leaves.
4. Serve chilled.

Nutrition (per serving, bread version):

• Calories: 280 kcal • Protein: 18 g • Carbohydrates: 24 g • Fat: 13 g • Fiber: 4 g • Cholesterol: 275 mg • Sodium: 380 mg • Potassium: 280 mg

CHICKEN & VEGETABLE SOUP WITH FARRO



SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 2 chicken breasts, diced (≈300 g total)
- ½ cup farro, uncooked
- 6 cups low-sodium chicken broth
- 1 cup carrots, diced
- 1 cup celery, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 tsp dried thyme
- Salt & pepper, to taste

Nutrition (per serving):

• Calories: 280 kcal • Protein: 25 g • Carbohydrates: 24 g • Fat: 9 g • Fiber: 4 g • Cholesterol: 65 mg • Sodium: 230 mg • Potassium: 620 mg

DIRECTIONS

1. Heat olive oil in a pot. Add onion, garlic, carrot, and celery; cook 5 minutes.
2. Add chicken, broth, thyme, salt, and pepper. Bring to a boil.
3. Stir in farro and simmer 25–30 minutes until farro is tender.
4. Adjust seasoning and serve hot.



LENTIL SOUP WITH SPINACH & HERBS

SERVES: 4

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1 cup dry lentils, rinsed
- 6 cups low-sodium vegetable broth
- 1 cup diced tomatoes (canned or fresh)
- 1 cup carrots, diced
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 cups fresh spinach, chopped
- 1 tbsp olive oil
- 1 tsp dried thyme
- 1 tsp cumin
- Salt & black pepper, to taste

Nutrition (per serving):

• Calories: 210 kcal • Protein: 13 g • Carbohydrates: 33 g • Fat: 5 g • Fiber: 13 g • Cholesterol: 0 mg • Sodium: 220 mg • Potassium: 620 mg

DIRECTIONS

1. Heat olive oil in a pot. Sauté onion, garlic, and carrots for 3–4 minutes.
2. Add lentils, tomatoes, broth, thyme, and cumin.
3. Bring to a boil, then reduce heat and simmer 25 minutes.
4. Stir in spinach and cook 2–3 minutes until wilted.
5. Adjust seasoning and serve warm.

CHICKEN & VEGETABLE SOUP WITH ZUCCHINI NOODLES



4 servings



25 minutes

Ingredients

- 2 small chicken breasts (~300 g total)
- 6 cups low-sodium chicken broth
- 1 medium carrot, diced
- 1 cup celery, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 medium zucchinis, spiral zed into noodles
- 1 tbsp olive oil
- 1 tsp dried basil
- Salt & black pepper, to taste

Instructions

1. Heat olive oil in a soup pot. Add onion, garlic, carrot, and celery. Cook 5 minutes.
2. Add chicken breasts, broth, basil, salt, and pepper. Simmer 20 minutes.
3. Remove chicken, shred, and return to pot.
4. Add zucchini noodles and cook 2 minutes.
5. Serve hot.

nutrition

• Calories: 190 kcal • Protein: 22 g • Carbohydrates: 8 g • Fat: 7 g • Fiber: 2 g •
Cholesterol: 60 mg • Sodium: 240 mg • Potassium: 500 mg



TURKEY CHILI WITH BEANS & PEPPERS

SERVES: 4

PREP TIME: 12 MIN

COOK TIME: 30 MIN

Ingredients

- 400 g (14 oz) lean ground turkey
- 1 cup kidney beans, cooked (or 1 can, rinsed)
- 1 cup black beans, cooked (or 1 can, rinsed)
- 1 red bell pepper, diced
- 1 medium onion, chopped
- 2 cups diced tomatoes (canned, no added salt)
- 1 tbsp olive oil
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- Salt & black pepper, to taste

Nutrition (per serving):

• Calories: 280 kcal • Protein: 25 g • Carbohydrates: 24 g • Fat: 9 g • Fiber: 8 g • Cholesterol: 60 mg • Sodium: 300 mg • Potassium: 690 mg

Instructions

1. Heat olive oil in a pot. Cook onion and pepper until softened.
2. Add ground turkey; cook until browned.
3. Stir in beans, tomatoes, chili powder, cumin, paprika, salt, and pepper.
4. Simmer 25–30 minutes, stirring occasionally.
5. Serve hot.

CREAMY BROCCOLI & CHEDDAR SOUP (LIGHTENED WITH GREEK YOGURT)

SERVES: 4

PREP TIME: 10 MIN

COOK TIME: 20 MIN

Ingredients

- 4 cups broccoli florets
- 4 cups low-sodium vegetable broth
- 1 medium onion, chopped
- 2 garlic cloves, minced
- ½ cup shredded reduced-fat cheddar cheese
- ½ cup plain Greek yogurt
- 1 tbsp olive oil
- ½ tsp paprika
- Salt & black pepper, to taste

Nutrition (per serving):

• Calories: 190 kcal • Protein: 13 g • Carbohydrates: 15 g • Fat: 9 g • Fiber: 4 g • Cholesterol: 25 mg • Sodium: 260 mg • Potassium: 520 mg

Instructions

1. Heat olive oil in a pot. Sauté onion and garlic for 3 minutes.
2. Add broccoli, broth, paprika, salt, and pepper. Simmer 12–15 minutes until broccoli softens.
3. Blend half the soup until smooth, then return to pot.
4. Stir in cheddar until melted. Remove from heat and add Greek yogurt.
5. Mix well and serve warm.

MINISTRONE SOUP WITH EXTRA VEGGIES & WHOLE-GRAIN PASTA

SERVES: 4

PREP TIME: 12 MIN

COOK TIME: 25 MIN

Ingredients

- ½ cup whole-grain pasta (small shape)
- 6 cups low-sodium vegetable broth
- 1 cup zucchini, diced
- 1 cup carrots, diced
- 1 cup green beans, chopped
- 1 cup diced tomatoes (canned, no added salt)
- 1 cup kidney beans, cooked (or 1 can, rinsed)
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- Salt & black pepper, to taste

Nutrition (per serving):

• Calories: 220 kcal • Protein: 10 g • Carbohydrates: 35 g • Fat: 6 g • Fiber: 9 g • Cholesterol: 0 mg • Sodium: 240 mg • Potassium: 580 mg

Instructions

1. Heat olive oil in a soup pot. Add carrots and zucchini; sauté 3–4 minutes.
2. Add broth, tomatoes, beans, Italian seasoning, salt, and pepper. Bring to a boil.
3. Stir in pasta and cook until al dente (about 8–10 minutes).
4. Add green beans in the last 5 minutes of cooking.
5. Serve hot.

GRILLED SALMON WITH STEAMED ASPARAGUS & SIDE SALAD

SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 12 MIN

INGREDIENTS

- 2 salmon fillets (≈300 g total)
- 1 bunch asparagus, trimmed
- 4 cups mixed salad greens
- 1 small cucumber, sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt & black pepper, to taste

DIRECTIONS

1. Season salmon with salt and pepper; grill 5–6 minutes per side until cooked.
2. Steam asparagus for 4–5 minutes until tender-crisp.
3. Toss salad greens and cucumber with olive oil and lemon juice.
4. Serve salmon with asparagus and salad on the side.



Nutrition (per serving):

• Calories: 350 kcal • Protein: 32 g • Carbohydrates: 8 g • Fat: 22 g • Fiber: 4 g • Cholesterol: 85 mg • Sodium: 140 mg • Potassium: 800 mg



TURKEY MEATBALLS WITH ZUCCHINI NOODLES & TOMATO SAUCE

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 200 g lean ground turkey
- 1 egg
- ¼ cup almond flour
- 1 garlic clove, minced
- 2 medium zucchinis, spiral zed into noodles
- 1 cup tomato sauce (no added sugar)
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- Salt & black pepper, to taste

Nutrition (per serving):

• Calories: 280 kcal • Protein: 28 g • Carbohydrates: 10 g • Fat: 15 g • Fiber: 3 g • Cholesterol: 115 mg • Sodium: 260 mg • Potassium: 620 mg

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Mix turkey, egg, almond flour, garlic, Italian seasoning, salt, and pepper. Form into ~8 meatballs.
3. Bake meatballs 15 minutes until cooked through.
4. Sauté zucchini noodles in olive oil for 2–3 minutes.
5. Heat tomato sauce in a saucepan.
6. Serve meatballs over zucchini noodles topped with sauce.



GRILLED CHICKEN WITH QUINOA PILAF & ROASTED VEGGIES

SERVINGS: 2

PREPPING TIME: 12 MIN

COOKING TIME: 25 MIN

Ingredients

- 2 small chicken breasts (~250 g total)
- ½ cup quinoa, uncooked
- 1 cup broccoli florets
- 1 cup carrots, diced
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt & black pepper, to taste

Instructions

1. Cook quinoa according to package instructions.
2. Toss broccoli and carrots with olive oil, garlic powder, salt, and pepper. Roast at 400°F (200°C) for 20 minutes.
3. Grill chicken 5–6 minutes per side until cooked through.
4. Serve chicken with quinoa pilaf and roasted veggies.

Nutrition:

• Calories: 370 kcal • Protein: 33 g • Carbohydrates: 28 g • Fat: 14 g • Fiber: 5 g • Cholesterol: 80 mg • Sodium: 180 mg • Potassium: 720 mg

BAKED TOFU WITH BARLEY & ROASTED BRUSSELS SPROUTS

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 25 MIN

Ingredients

- 200 g firm tofu, cubed
- ½ cup barley, uncooked
- 1 cup Brussels sprouts, halved
- 1 tbsp olive oil
- 1 tsp paprika
- Salt & black pepper, to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss tofu and Brussels sprouts with olive oil, paprika, salt, and pepper. Spread on a baking sheet.
3. Roast 20–25 minute until golden.
4. Meanwhile, cook barley according to package Directions.
5. Serve tofu and Brussels sprouts over barley.

Nutrition (per serving):

• Calories: 310 kcal • Protein: 14 g • Carbohydrates: 38 g • Fat: 12 g • Fiber: 8 g • Cholesterol: 0 mg • Sodium: 180 mg • Potassium: 540 mg

STUFFED BELL PEPPERS WITH GROUND TURKEY, QUINOA & SPINACH

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 25 MIN

Ingredients

- 2 bell peppers, halved and seeded
- 200 g lean ground turkey
- ½ cup cooked quinoa
- 1 cup spinach, chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- ½ cup diced tomatoes
- Salt & pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet; cook turkey and garlic until browned.
3. Stir in quinoa, spinach, and tomatoes. Season with salt and pepper.
4. Fill bell pepper halves with mixture.
5. Bake 20–25 minutes until peppers are tender.

Nutrition per serving = 1 stuffed pepper):

• Calories: 270 kcal • Protein: 25 g • Carbohydrates: 16 g • Fat: 12 g • Fiber: 4 g • Cholesterol: 60 mg • Sodium: 200 mg • Potassium: 610 mg

TURKEY CHILI OVER QUINOA

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

Ingredients

- 200 g lean ground turkey
- 1 cup diced tomatoes (canned, no added salt)
- ½ cup kidney beans, cooked (or 1 can, rinsed)
- ½ cup black beans, cooked
- ½ cup quinoa, uncooked
- 1 tsp chili powder
- 1 tsp cumin
- Salt & black pepper, to taste

Instructions

1. Cook quinoa according to package instructions.
2. In a skillet, cook ground turkey with chili powder and cumin.
3. Add tomatoes and beans, simmer 20 minutes.
4. Serve chili over quinoa.

Nutrition (per serving):

• Calories: 360 kcal • Protein: 30 g • Carbohydrates: 36 g • Fat: 11 g • Fiber: 8 g • Cholesterol: 65 mg • Sodium: 220 mg • Potassium: 700 mg

EGGPLANT & CHICKPEA CURRY WITH BROWN RICE



SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1 medium eggplant, diced
- 1 cup cooked chickpeas (or 1 can, rinsed)
- ½ cup diced tomatoes
- ½ cup onion, chopped
- 1 garlic clove, minced
- ½ cup brown rice, uncooked
- 1 tbsp olive oil
- 1 tsp curry powder
- Salt & pepper, to taste

DIRECTIONS

1. Cook brown rice according to package instructions.
2. Heat olive oil in a skillet; sauté onion, garlic, and eggplant 5 minutes.
3. Stir in tomatoes, chickpeas, curry powder, salt, and pepper.
4. Simmer 15 minutes until eggplant is soft.
5. Serve curry over rice.

Nutrition (per serving):

• Calories: 330 kcal • Protein: 11 g • Carbohydrates: 48 g • Fat: 11 g • Fiber: 11 g • Cholesterol: 0 mg • Sodium: 180 mg • Potassium: 690 mg



BEEF STIR-FRY WITH BARLEY & MIXED VEGETABLES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 18 MIN

INGREDIENTS

- 200 g lean beef strips
- ½ cup barley, uncooked
- 1 cup broccoli florets
- 1 cup bell peppers, sliced
- 1 tbsp olive oil
- 1 tbsp low-sodium soy sauce
- 1 garlic clove, minced

DIRECTIONS

1. Cook barley according to package instructions.
2. Heat olive oil in a wok; cook garlic and beef strips until browned.
3. Add broccoli and peppers, stir-fry 5 minutes.
4. Stir in soy sauce and cook 1 more minute.
5. Serve over barley.

Nutrition (per serving):

• Calories: 340 kcal • Protein: 28 g • Carbohydrates: 32 g • Fat: 12 g • Fiber: 6 g • Cholesterol: 70 mg • Sodium: 280 mg • Potassium: 680 mg

SEARED TUNA WITH QUINOA, AVOCADO & CABBAGE SLAW



2 servings



10 minutes

Ingredients

- 2 tuna steaks (≈250 g total)
- ½ cup quinoa, uncooked
- 1 avocado, sliced
- 1 cup cabbage, shredded
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt & black pepper, to taste

Instructions

1. Cook quinoa according to package instructions.
2. Toss cabbage with lemon juice, salt, and pepper.
3. Season tuna with salt and pepper; sear 2–3 minutes per side in olive oil until medium-rare.
4. Serve tuna over quinoa with avocado slices and cabbage slaw.

nutrition

• Calories: 360 kcal • Protein: 34 g • Carbohydrates: 22 g • Fat: 16 g • Fiber: 6 g •
Cholesterol: 55 mg • Sodium: 160 mg • Potassium: 740 mg



GRILLED LEMON-HERB CHICKEN WITH ROASTED BRUSSELS SPROUTS & QUINOA

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

Ingredients

- 2 small chicken breasts (≈250 g total)
- ½ lemon (juice + zest)
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 cup Brussels sprouts, halved
- ½ cup quinoa, uncooked
- Salt & pepper, to taste

Instructions

1. Marinate chicken with lemon juice, zest, olive oil, oregano, salt, and pepper.
2. Roast Brussels sprouts at 400°F (200°C) for 18–20 minutes.
3. Cook quinoa according to package instructions.
4. Grill chicken 5–6 minutes per side until cooked through.
5. Serve chicken with quinoa and roasted Brussels sprouts.

Nutrition (per serving):

• Calories: 370 kcal • Protein: 34 g • Carbohydrates: 30 g • Fat: 14 g • Fiber: 6 g • Cholesterol: 80 mg • Sodium: 180 mg • Potassium: 750 mg

TURKEY MEATLOAF WITH CAULIFLOWER MASH & GREEN BEANS

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 35 MIN

Ingredients

- 250 g lean ground turkey
- 1 egg
- ¼ cup almond flour
- 1 garlic clove, minced
- 1 tsp paprika
- 2 cups cauliflower florets
- 2 cups green beans
- 1 tbsp olive oil
- Salt & pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C). Mix turkey, egg, almond flour, garlic, paprika, salt, and pepper. Form into a small loaf and bake 30–35 minutes.
2. Steam cauliflower until tender, then mash with ½ tbsp olive oil, salt, and pepper.
3. Steam or sauté green beans with ½ tbsp olive oil.
4. Serve turkey meatloaf with cauliflower mash and green beans.

Nutrition per serving):

• Calories: 340 kcal • Protein: 30 g • Carbohydrates: 18 g • Fat: 16 g • Fiber: 7 g • Cholesterol: 115 mg • Sodium: 210 mg • Potassium: 720 mg

CHICKEN STIR-FRY WITH BROCCOLI, BELL PEPPERS & BROWN RICE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

Ingredients

- 2 small chicken breasts, sliced
- ½ cup brown rice, uncooked
- 1 cup broccoli florets
- 1 cup bell peppers, sliced
- 1 tbsp olive oil
- 1 tbsp low-sodium soy sauce
- 1 garlic clove, minced

Instructions

1. Cook brown rice according to package instructions.
2. Heat olive oil in a wok, sauté garlic and chicken until browned.
3. Add broccoli and peppers; stir-fry 5 minutes.
4. Add soy sauce, stir, and cook 1 more minute.
5. Serve stir-fry over brown rice.

Nutrition (per serving):

• Calories: 360 kcal • Protein: 32 g • Carbohydrates: 34 g • Fat: 12 g • Fiber: 5 g • Cholesterol: 80 mg • Sodium: 280 mg • Potassium: 640 mg

BAKED CHICKEN BREAST WITH ZUCCHINI NOODLES & TOMATO SAUCE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 2 chicken breasts (~250 g total)
- 2 medium zucchinis, spiral zed into noodles
- 1 cup tomato sauce (no added sugar)
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- Salt & pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C). Season chicken with Italian seasoning, salt, and pepper. Bake 20 minute so until cooked.
2. Heat olive oil in a skillet, sauté zucchini noodles for 2–3 minutes.
3. Warm tomato sauce in a saucepan.
4. Serve chicken over zucchini noodles topped with tomato sauce.



Nutrition (per serving):

• Calories: 280 kcal • Protein: 30 g • Carbohydrates: 10 g • Fat: 12 g • Fiber: 3 g • Cholesterol: 75 mg • Sodium: 220 mg • Potassium: 620 mg



TURKEY CHILI WITH BLACK BEANS & AVOCADO TOPPING

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 200 g lean ground turkey
- ½ cup black beans, cooked (or 1 can, rinsed)
- 1 cup diced tomatoes
- 1 medium onion, chopped
- 1 tsp chili powder
- 1 tsp cumin
- 1 tbsp olive oil
- 1 avocado, diced (for topping)
- Salt & pepper, to taste

DIRECTIONS

1. Heat olive oil in a pot; cook onion until soft.
2. Add ground turkey, chili powder, cumin, salt, and pepper; cook until browned.
3. Stir in beans and tomatoes; simmer 20–25 minutes.
4. Top each serving with diced avocado.

Nutrition (per serving):

• Calories: 340 kcal • Protein: 28 g • Carbohydrates: 16 g • Fat: 18 g • Fiber: 6 g • Cholesterol: 65 mg • Sodium: 230 mg • Potassium: 740 mg



TURKEY CHILI WITH BLACK BEANS & AVOCADO TOPPING

SERVINGS: 2

PREPPING TIME: 12 MIN

COOKING TIME: 30 MIN

Ingredients

- 200 g lean ground turkey
- ½ cup black beans, cooked (or 1 can, rinsed)
- 1 cup diced tomatoes
- 1 medium onion, chopped
- 1 tsp chili powder
- 1 tsp cumin
- 1 tbsp olive oil
- 1 avocado, diced (for topping)
- Salt & pepper, to taste

Instructions

1. Heat olive oil in a pot; cook onion until soft.
2. Add ground turkey, chili powder, cumin, salt, and pepper; cook until browned.
3. Stir in beans and tomatoes; simmer 20–25 minutes.
4. Top each serving with diced avocado.

Nutrition:

• Calories: 340 kcal • Protein: 28 g • Carbohydrates: 16 g • Fat: 18 g • Fiber: 6 g • Cholesterol: 65 mg • Sodium: 230 mg • Potassium: 740 mg

GARLIC-ROSEMARY ROASTED CHICKEN WITH BRUSSELS SPROUTS & CARROTS

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 35 MIN

Ingredients

- 2 chicken thighs (skinless)
- 1 cup Brussels sprouts, halved
- 1 cup carrots, sliced
- 1 tbsp olive oil
- 1 tsp fresh rosemary, chopped
- 2 garlic cloves, minced
- Salt & pepper, to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss chicken, Brussels sprouts, and carrots with olive oil, garlic, rosemary, salt, and pepper.
3. Spread on a baking sheet and roast 30–35 minutes until chicken is cooked through.
4. Serve warm.

Nutrition (per serving):

• Calories: 330 kcal • Protein: 30 g • Carbohydrates: 12 g • Fat: 18 g • Fiber: 4 g • Cholesterol: 85 mg • Sodium: 180 mg • Potassium: 660 mg

TURKEY & SPINACH STUFFED BELL PEPPERS WITH BROWN RICE

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 25 MIN

Ingredients

- 2 bell peppers, halved and seeded
- 200 g ground turkey
- ½ cup cooked brown rice
- 1 cup spinach, chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- Salt & pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet; cook turkey and garlic until browned.
3. Stir in rice and spinach, season with salt and pepper.
4. Fill bell pepper halves with mixture.
5. Bake 20–25 minutes until peppers are tender.

Nutrition (per serving = 1 pepper):

• Calories: 280 kcal • Protein: 25 g • Carbohydrates: 20 g • Fat: 12 g • Fiber: 4 g • Cholesterol: 65 mg • Sodium: 190 mg • Potassium: 620 mg

SHEET PAN CHICKEN FAJITAS WITH ONIONS & PEPPERS (LETTUCE WRAPS)

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

Ingredients

- 2 chicken breasts, sliced
- 1 cup bell peppers, sliced
- 1 medium onion, sliced
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin
- 6 large lettuce leaves (for wraps)
- Salt & pepper, to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss chicken, peppers, and onions with olive oil, chili powder, cumin, salt, and pepper.
3. Spread on a sheet pan and roast 18–20 minutes.
4. Serve in lettuce leaves as wraps.

Nutrition (per serving):

• Calories: 290 kcal • Protein: 30 g • Carbohydrates: 9 g • Fat: 14 g • Fiber: 3 g • Cholesterol: 80 mg • Sodium: 210 mg • Potassium: 640 mg

BAKED SALMON WITH ASPARAGUS & WILD RICE



SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 2 salmon fillets (≈300 g total)
- 1 bunch asparagus, trimmed
- ½ cup wild rice, uncooked
- 1 tbsp olive oil
- ½ lemon, sliced
- Salt & black pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Place salmon and asparagus on a baking sheet. Drizzle with olive oil, season with salt and pepper, and top with lemon slices.
3. Bake 18–20 minutes until salmon is cooked through.
4. Meanwhile, cook wild rice according to package Directions.
5. Serve salmon with asparagus and wild rice.

Nutrition (per serving):

• Calories: 380 kcal • Protein: 34 g • Carbohydrates: 28 g • Fat: 15 g • Fiber: 5 g • Cholesterol: 85 mg • Sodium: 170 mg • Potassium: 780 mg



SHRIMP & VEGETABLE SKEWERS WITH QUINOA SALAD

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 12 MIN

INGREDIENTS

- 200 g shrimp, peeled and deveined
- 1 cup zucchini, cubed
- 1 bell pepper, cubed
- ½ cup quinoa, uncooked
- 1 tbsp olive oil
- 1 tsp paprika
- Salt & black pepper, to taste

DIRECTIONS

1. Cook quinoa according to package instructions.
2. Thread shrimp, zucchini, and peppers onto skewers. Brush with olive oil, sprinkle with paprika, salt, and pepper.
3. Grill or bake skewers for 8–10 minutes until shrimp turn pink.
4. Serve skewers over quinoa salad.

Nutrition (per serving):

• Calories: 330 kcal • Protein: 27 g • Carbohydrates: 28 g • Fat: 11 g • Fiber: 4 g • Cholesterol: 140 mg • Sodium: 240 mg • Potassium: 580 mg

COD FILLET WITH ROASTED CAULIFLOWER & SPINACH SALAD



2 servings



18 minutes

Ingredients

- 2 cod fillets (≈250 g total)
- 2 cups cauliflower florets
- 2 cups spinach
- 1 small cucumber, sliced
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tbsp lemon juice
- Salt & black pepper, to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower with olive oil, garlic powder, salt, and pepper; roast 15–18 minutes.
3. Season cod fillets with salt and pepper; bake alongside cauliflower 12–15 minutes.
4. Toss spinach and cucumber with lemon juice.
5. Serve cod with roasted cauliflower and spinach salad.

nutrition

• Calories: 300 kcal • Protein: 30 g • Carbohydrates: 12 g • Fat: 14 g • Fiber: 5 g •
Cholesterol: 60 mg • Sodium: 170 mg • Potassium: 700 mg



SEARED TUNA WITH CABBAGE SLAW & AVOCADO DRESSING

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 8 MIN

Ingredients

- 2 tuna steaks (≈250 g total)
- 2 cups shredded cabbage
- 1 carrot, grated
- 1 avocado
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt & black pepper, to taste

Instructions

1. Mash avocado with lemon juice, olive oil, salt, and pepper to make dressing.
2. Toss cabbage and carrot with avocado dressing.
3. Season tuna steaks; sear 3–4 minutes per side in a skillet until medium-rare.
4. Serve tuna with cabbage slaw.

Nutrition (per serving):

• Calories: 350 kcal • Protein: 34 g • Carbohydrates: 11 g • Fat: 20 g • Fiber: 6 g • Cholesterol: 55 mg • Sodium: 150 mg • Potassium: 750 mg

FISH TACOS IN LETTUCE WRAPS WITH PICO DE GALLO

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 10 MIN

Ingredients

- 250 g white fish fillet (cod, tilapia, or halibut)
- 8 large lettuce leaves
- 1 cup diced tomatoes
- ½ cup onion, finely chopped
- ½ cup cilantro, chopped
- 1 tbsp lime juice
- 1 tbsp olive oil
- Salt & pepper, to taste

Instructions

1. Mix tomatoes, onion, cilantro, lime juice, salt, and pepper to make pico de gallo.
2. Season fish and cook in olive oil 3–4 minutes per side until flaky.
3. Flake fish into pieces.
4. Serve in lettuce leaves topped with Pico de gallo.

Nutrition (per serving = 2 tacos):

• Calories: 220 kcal • Protein: 26 g • Carbohydrates: 6 g • Fat: 11 g • Fiber: 2 g • Cholesterol: 55 mg • Sodium: 180 mg • Potassium: 520 mg

GARLIC BUTTER SHRIMP WITH ZUCCHINI NOODLES

SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 8 MIN

Ingredients

- 200 g shrimp, peeled and deveined
- 2 medium zucchinis, spiral zed into noodles
- 1 tbsp olive oil
- 1 tsp butter
- 2 garlic cloves, minced
- 1 tbsp lemon juice
- Salt & pepper, to taste

Instructions

1. Heat olive oil and butter in a skillet; sauté garlic 1 minute.
2. Add shrimp; cook 3–4 minutes until pink.
3. Stir in zucchini noodles and cook 2–3 minutes until tender.
4. Finish with lemon juice, salt, and pepper.

Nutrition (per serving):

• Calories: 250 kcal • Protein: 25 g • Carbohydrates: 7 g • Fat: 13 g • Fiber: 2 g • Cholesterol: 140 mg • Sodium: 260 mg • Potassium: 460 mg

SALMON CAKES WITH LEMON-DILL YOGURT SAUCE & SIDE SALAD

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 12 MIN

INGREDIENTS

- 200 g canned salmon, drained
- 1 egg
- ¼ cup almond flour
- 1 tbsp fresh dill, chopped
- ½ cup plain Greek yogurt
- 1 tbsp lemon juice
- 4 cups salad greens
- 1 tbsp olive oil

DIRECTIONS

1. Mix salmon, egg, almond flour, and dill. Form into 4 cakes.
2. Heat olive oil in a skillet; cook cakes 4–5 minutes per side until golden.
3. Mix yogurt with lemon juice for sauce.
4. Serve salmon cakes with sauce and side salad.



Nutrition (per serving = 2 cakes + salad):

• Calories: 310 kcal • Protein: 29 g • Carbohydrates: 9 g • Fat: 17 g • Fiber: 3 g • Cholesterol: 95 mg • Sodium: 280 mg • Potassium: 540 mg

GRILLED MACKEREL WITH STEAMED BROCCOLI & BROWN RICE

SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 18 MIN

INGREDIENTS

- 2 mackerel fillets (≈250 g total)
- 2 cups broccoli florets
- ½ cup brown rice, uncooked
- 1 tbsp olive oil
- Salt & pepper, to taste

DIRECTIONS

1. Cook brown rice according to package instructions.
2. Steam broccoli until tender (5 minutes).
3. Brush mackerel with olive oil, season, and grill 3–4 minutes per side.
4. Serve with broccoli and brown rice.



Nutrition (per serving):

• Calories: 360 kcal • Protein: 31 g • Carbohydrates: 26 g • Fat: 15 g • Fiber: 4 g • Cholesterol: 70 mg • Sodium: 150 mg • Potassium: 690 mg



MEDITERRANEAN BAKED COD WITH TOMATOES, OLIVES & SPINACH

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

- 2 cod fillets (≈250 g total)
- 1 cup cherry tomatoes, halved
- ½ cup black olives, sliced
- 2 cups spinach
- 1 tbsp olive oil
- 1 tsp oregano
- Salt & pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Place cod in a baking dish; top with tomatoes, olives, spinach, olive oil, oregano, salt, and pepper.
3. Bake 15 minutes or until fish flakes easily.
4. Serve hot.

Nutrition:

• Calories: 310 kcal • Protein: 31 g • Carbohydrates: 10 g • Fat: 16 g • Fiber: 3 g • Cholesterol: 60 mg • Sodium: 320 mg • Potassium: 640 mg

LEAN BEEF STIR-FRY WITH BROCCOLI & BROWN RICE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

Ingredients

- 200 g lean beef strips
- ½ cup brown rice, uncooked
- 2 cups broccoli florets
- 1 tbsp olive oil
- 1 tbsp low-sodium soy sauce
- 1 garlic clove, minced
- Salt & pepper, to taste

Instructions

1. Cook brown rice according to package instructions.
2. Heat olive oil in a wok; sauté garlic and beef until browned.
3. Add broccoli and stir-fry 5 minutes.
4. Stir in soy sauce, cook 1 minute, and serve over rice.

Nutrition (per serving):

• Calories: 350 kcal • Protein: 29 g • Carbohydrates: 34 g • Fat: 11 g • Fiber: 4 g • Cholesterol: 70 mg • Sodium: 260 mg • Potassium: 610 mg

GRILLED STEAK STRIPS WITH ROASTED VEGETABLES & FARRO

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 20 MIN

Ingredients

- 250 g flank steak or sirloin, sliced into strips
- 1 cup mixed vegetables (zucchini, peppers, onions)
- ½ cup farro, uncooked
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- Salt & pepper, to taste

Instructions

1. Cook farro according to package instructions.
2. Toss vegetables with olive oil, Italian seasoning, salt, and pepper. Roast at 400°F (200°C) for 18–20 minutes.
3. Grill steak strips 3–4 minutes per side until desired doneness.
4. Serve steak with roasted veggies and farro.

Nutrition (per serving):

• Calories: 390 kcal • Protein: 33 g • Carbohydrates: 34 g • Fat: 14 g • Fiber: 6 g • Cholesterol: 80 mg • Sodium: 200 mg • Potassium: 720 mg

STUFFED PEPPERS WITH LEAN GROUND BEEF, QUINOA & SPINACH

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 25 MIN

Ingredients

- 2 bell peppers, halved and seeded
- 200 g lean ground beef
- ½ cup cooked quinoa
- 1 cup spinach, chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- Salt & pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet; cook beef and garlic until browned.
3. Stir in quinoa and spinach, season with salt and pepper.
4. Fill pepper halves with mixture.
5. Bake 20–25 minutes until peppers are tender.

Nutrition (per serving = 1 pepper):

• Calories: 310 kcal • Protein: 27 g • Carbohydrates: 18 g • Fat: 15 g • Fiber: 4 g • Cholesterol: 70 mg • Sodium: 190 mg • Potassium: 630 mg

BISON BURGER (BUN-FREE) WITH SIDE SALAD & SWEET POTATO WEDGES



SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 250 g ground bison (makes 2 patties)
- 1 medium sweet potato, cut into wedges
- 4 cups salad greens
- 1 tbsp olive oil
- 1 tsp paprika
- Salt & pepper, to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss sweet potato wedges with olive oil, paprika, salt, and pepper; roast 20–25 minutes.
2. Shape ground bison into 2 patties; season with salt and pepper. Grill or pan-cook 4–5 minutes per side.
3. Serve patties with salad and sweet potato wedges.

Nutrition (per serving):

• Calories: 370 kcal • Protein: 29 g • Carbohydrates: 24 g • Fat: 16 g • Fiber: 5 g • Cholesterol: 85 mg • Sodium: 180 mg • Potassium: 710 mg



BEEF & VEGETABLE STEW (EXTRA VEGGIES, LIGHTER BROTH)

SERVES: 4

PREP TIME: 15 MIN

COOK TIME: 45 MIN

INGREDIENTS

- 400 g lean beef cubes
- 4 cups low-sodium beef broth
- 1 cup carrots, diced
- 1 cup celery, chopped
- 1 cup zucchini, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 tsp thyme
- Salt & pepper, to taste

DIRECTIONS

1. Heat olive oil in a pot; brown beef cubes. Remove and set aside.
2. Add onion, garlic, carrots, celery, and zucchini; cook 5 minutes.
3. Return beef; add broth, thyme, salt, and pepper. Simmer 40 minutes until beef is tender.
4. Serve warm.

Nutrition (per serving):

• Calories: 300 kcal • Protein: 28 g • Carbohydrates: 16 g • Fat: 12 g • Fiber: 4 g • Cholesterol: 75 mg • Sodium: 240 mg • Potassium: 710 mg

GROUND BEEF & ZUCCHINI SKILLET WITH CAULIFLOWER RICE



2 servings



20 minutes

Ingredients

- 200 g lean ground beef
- 2 medium zucchinis, diced
- 2 cups cauliflower rice
- 1 tbsp olive oil
- 1 tsp paprika
- Salt & pepper, to taste

Instructions

1. Heat olive oil in a skillet; cook ground beef until browned.
2. Add zucchini, paprika, salt, and pepper. Cook 5–6 minutes.
3. Stir in cauliflower rice, cook 5 minutes until tender.
4. Serve hot.



nutrition

• Calories: 310 kcal • Protein: 26 g • Carbohydrates: 12 g • Fat: 18 g • Fiber: 4 g •
Cholesterol: 70 mg • Sodium: 200 mg • Potassium: 640 mg

GRILLED FLANK STEAK WITH CHIMICHURRI & ROASTED VEGETABLES

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 20 MIN

Ingredients

- 250 g flank steak
- 1 cup zucchini, sliced
- 1 cup bell peppers, sliced
- 1 tbsp olive oil
- Salt & pepper, to taste
- Chimichurri Sauce:
- 2 tbsp parsley, chopped
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 garlic clove, minced

Nutrition (per serving):

• Calories: 380 kcal • Protein: 32 g • Carbohydrates: 12 g • Fat: 22 g • Fiber: 3 g • Cholesterol: 80 mg • Sodium: 200 mg • Potassium: 680 mg

Instructions

1. Toss vegetables with olive oil, salt, and pepper; roast at 400°F (200°C) for 18–20 minutes.
2. Grill steak 4–5 minutes per side to desired doneness.
3. Mix parsley, olive oil, vinegar, and garlic for chimichurri sauce.
4. Slice steak, serve with roasted vegetables and sauce.

PORK TENDERLOIN WITH GARLIC GREEN BEANS & WILD RICE

SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 25 MIN

Ingredients

- 250 g pork tenderloin
- ½ cup wild rice, uncooked
- 2 cups green beans
- 1 tbsp olive oil
- 1 garlic clove, minced
- Salt & pepper, to taste

Nutrition (per serving):

• Calories: 360 kcal • Protein: 32 g • Carbohydrates: 28 g • Fat: 12 g • Fiber: 5 g • Cholesterol: 85 mg • Sodium: 200 mg • Potassium: 710 mg

Instructions

1. Cook wild rice according to package instructions.
2. Roast or grill pork tenderloin 20–25 minutes until cooked through. Slice.
3. Heat olive oil in a skillet; sauté green beans with garlic until tender.
4. Serve pork with wild rice and green beans.

BEEF CHILI WITH KIDNEY BEANS & BELL PEPPERS

SERVES: 4

PREP TIME: 12 MIN

COOK TIME: 35 MIN

Ingredients

- 400 g lean ground beef
- 1 cup kidney beans, cooked (or 1 can, rinsed)
- 1 cup bell peppers, diced
- 1 cup diced tomatoes (canned, no added salt)
- 1 medium onion, chopped
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin
- Salt & pepper, to taste

Nutrition (per serving):

• Calories: 330 kcal • Protein: 29 g • Carbohydrates: 20 g • Fat: 15 g • Fiber: 6 g • Cholesterol: 75 mg • Sodium: 230 mg • Potassium: 690 mg

Instructions

1. Heat olive oil in a pot; cook onion and peppers until soft.
2. Add beef, chili powder, cumin, salt, and pepper; cook until browned.
3. Stir in beans and tomatoes.
4. Simmer 25–30 minutes. Serve hot.

LENTIL & VEGETABLE CURRY WITH CAULIFLOWER RICE

SERVES: 4

PREP TIME: 12 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1 cup dry lentils, rinsed
- 1 medium onion, chopped
- 2 cups cauliflower rice
- 1 cup carrots, diced
- 1 cup zucchini, diced
- 2 cups diced tomatoes (canned, no added salt)
- 1 tbsp olive oil
- 2 tsp curry powder
- 1 tsp turmeric
- Salt & pepper, to taste

Nutrition (per serving):

• Calories: 280 kcal • Protein: 14 g • Carbohydrates: 42 g • Fat: 7 g • Fiber: 14 g • Cholesterol: 0 mg • Sodium: 200 mg • Potassium: 690 mg

DIRECTIONS

1. Heat olive oil in a pot, sauté onion and carrots 5 minutes.
2. Add lentils, zucchini, tomatoes, curry powder, turmeric, salt, and pepper.
3. Add 2 ½ cups water; simmer 25 minutes until lentils are soft.
4. Meanwhile, steam cauliflower rice 5 minutes.
5. Serve curry over cauliflower rice.



CHICKPEA & SPINACH STEW WITH BARLEY

SERVES: 4

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1 cup cooked chickpeas (or 1 can, rinsed)
- 2 cups spinach, chopped
- ½ cup pearl barley, uncooked
- 1 cup carrots, diced
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- 4 cups low-sodium vegetable broth
- 1 tsp cumin
- Salt & pepper, to taste

Nutrition (per serving):

• Calories: 300 kcal • Protein: 12 g • Carbohydrates: 48 g • Fat: 7 g • Fiber: 11 g • Cholesterol: 0 mg • Sodium: 220 mg • Potassium: 680 mg

DIRECTIONS

1. Cook barley according to package instructions.
2. Heat olive oil in a pot, sauté onion, garlic, and carrots for 5 minutes.
3. Add chickpeas, broth, cumin, salt, and pepper. Simmer 15 minutes.
4. Stir in cooked barley and spinach, cook 2–3 minutes.
5. Serve hot.





TOFU STIR-FRY WITH MIXED VEGETABLES & BROWN RICE

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

- 200 g firm tofu, cubed
- ½ cup brown rice, uncooked
- 1 cup broccoli florets
- 1 cup bell peppers, sliced
- 1 medium carrot, sliced
- 1 tbsp olive oil
- 1 tbsp low-sodium soy sauce
- 1 garlic clove, minced

Instructions

1. Cook brown rice according to package instructions.
2. Heat olive oil in a wok; cook tofu until golden on all sides. Remove.
3. Add garlic, broccoli, peppers, and carrot; stir-fry 5 minutes.
4. Return tofu, stir in soy sauce, and cook 1–2 minutes.
5. Serve over brown rice.

Nutrition:

• Calories: 340 kcal • Protein: 15 g • Carbohydrates: 38 g • Fat: 14 g • Fiber: 6 g • Cholesterol: 0 mg • Sodium: 260 mg • Potassium: 580 mg

ZUCCHINI NOODLE PRIMAVERA WITH PESTO & CHERRY TOMATOES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 8 MIN

Ingredients

- 3 medium zucchinis, spiral zed
- 1 cup cherry tomatoes, halved
- 2 tbsp pesto (homemade or store-bought)
- 1 tbsp olive oil
- 1 garlic clove, minced
- Salt & pepper, to taste

Instructions

1. Heat olive oil in a skillet, sauté garlic 1 minute.
2. Add zucchini noodles; cook 3 minutes until just tender.
3. Stir in cherry tomatoes and pesto, cook 2 minutes more.
4. Season with salt and pepper, serve immediately.

Nutrition (per serving):

• Calories: 230 kcal • Protein: 6 g • Carbohydrates: 12 g • Fat: 18 g • Fiber: 4 g • Cholesterol: 5 mg • Sodium: 240 mg • Potassium: 540 mg

EGGPLANT & MUSHROOM LASAGNA (ZUCCHINI LAYERS INSTEAD OF PASTA)

SERVES: 4

PREP TIME: 15 MIN

COOK TIME: 35 MIN

Ingredients

- 2 medium zucchinis, sliced lengthwise
- 1 medium eggplant, sliced
- 1 cup mushrooms, sliced
- 2 cups tomato sauce (no added sugar)
- 1 cup low-fat ricotta cheese
- ½ cups herbed mozzarella cheese
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- Salt & pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Grill or roast zucchini and eggplant slices lightly.
3. In a skillet, sauté mushrooms with olive oil, Italian seasoning, salt, and pepper.
4. In a baking dish, layer zucchini, eggplant, ricotta, mushrooms, and tomato sauce. Repeat.
5. Top with mozzarella and bake 25–30 minutes.
6. Let rest before serving.

Nutrition (per serving):

• Calories: 280 kcal • Protein: 17 g • Carbohydrates: 20 g • Fat: 14 g • Fiber: 6 g • Cholesterol: 40 mg • Sodium: 310 mg • Potassium: 750 mg

QUINOA-STUFFED PORTOBELLO MUSHROOMS WITH SPINACH & TOMATOES

SERVES: 4

PREP TIME: 12 MIN

COOK TIME: 20 MIN

Ingredients

- 4 large Portobello mushrooms, stems removed
- ½ cup cooked quinoa
- 1 cup spinach, chopped
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 garlic clove, minced
- Salt & pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet, sauté garlic, spinach, and tomatoes for 3 minutes.
3. Stir in cooked quinoa, season with salt and pepper.
4. Spoon mixture into mushroom caps.
5. Bake 15–20 minutes until mushrooms are tender.

Nutrition (per serving):

• Calories: 260 kcal • Protein: 10 g • Carbohydrates: 28 g • Fat: 12 g • Fiber: 6 g • Cholesterol: 0 mg • Sodium: 210 mg • Potassium: 720 mg

CAULIFLOWER & CHICKPEA TIKKA MASALA WITH BROWN RICE



SERVES: 4

PREP TIME: 12 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 2 cups cauliflower florets
- 1 cup cooked chickpeas (or 1 can, rinsed)
- 2 cups tomato puree
- ½ cup plain Greek yogurt
- ½ cup onion, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 tbsp garam masala
- ½ cup brown rice, uncooked
- Salt & pepper, to taste

Nutrition (per serving):

• Calories: 310 kcal • Protein: 12 g • Carbohydrates: 45 g • Fat: 9 g • Fiber: 9 g • Cholesterol: 5 mg • Sodium: 220 mg • Potassium: 720 mg

DIRECTIONS

1. Cook brown rice according to package instructions.
2. Heat olive oil in a skillet, sauté onion and garlic.
3. Add cauliflower, chickpeas, tomato puree, garam masala, salt, and pepper.
4. Simmer 15 minutes.
5. Stir in yogurt just before serving.
6. Serve over brown rice.



BLACK BEAN & VEGGIE BURRITO BOWL WITH SALSA VERDE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 1 cup cooked black beans
- ½ cup brown rice, uncooked
- 1 cup lettuce, shredded
- 1 cup bell peppers, sliced
- ½ cups pinto beans
- 1 tbsp olive oil
- Salt & pepper, to taste

Nutrition (per serving):

• Calories: 330 kcal • Protein: 12 g • Carbohydrates: 52 g • Fat: 9 g • Fiber: 10 g • Cholesterol: 0 mg • Sodium: 230 mg • Potassium: 650 mg

DIRECTIONS

1. Cook brown rice according to package instructions.
2. Heat olive oil in a skillet, sauté bell peppers 5 minutes.
3. Assemble bowls with rice, beans, lettuce, peppers, and salsa Verde.
4. Serve warm.

MEDITERRANEAN FARRO BOWL WITH ROASTED VEGETABLES & HUMMUS



2 servings



25 minutes

Ingredients

- ½ cup farro, uncooked
- 1 cup zucchini, diced
- 1 cup eggplant, diced
- 1 cup cherry tomatoes
- 1 tbsp olive oil
- 2 tbsp hummus
- 1 tsp oregano
- Salt & pepper, to taste

Instructions

1. Cook farro according to package instructions.
2. Toss zucchini, eggplant, and tomatoes with olive oil, oregano, salt, and pepper. Roast at 400°F (200°C) for 20–25 minutes.
3. Assemble bowls with farro, roasted vegetables, and a spoonful of hummus.

nutrition

• Calories: 340 kcal • Protein: 11 g • Carbohydrates: 54 g • Fat: 11 g • Fiber: 10 g •
Cholesterol: 0 mg • Sodium: 240 mg • Potassium: 690 mg



CHICKEN & LENTIL STEW WITH CARROTS & CELERY

SERVES: 4

PREP TIME: 12 MIN

COOK TIME: 35 MIN

Ingredients

- 2 small chicken breasts (≈300 g), diced
- 1 cup dry lentils, rinsed
- 1 cup carrots, diced
- 1 cup celery, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 5 cups low-sodium chicken broth
- 1 tbsp olive oil
- 1 tsp thyme
- Salt & pepper, to taste

Nutrition (per serving):

• Calories: 290 kcal • Protein: 28 g • Carbohydrates: 28 g • Fat: 9 g • Fiber: 8 g • Cholesterol: 65 mg • Sodium: 240 mg • Potassium: 720 mg

Instructions

1. Heat olive oil in a pot, sauté onion, garlic, carrots, and celery for 5 minutes.
2. Add chicken, lentils, broth, thyme, salt, and pepper.
3. Bring to a boil, reduce heat, and simmer 30 minutes until lentils are soft and chicken is cooked through.
4. Serve warm.

CAULIFLOWER “MAC & CHEESE” WITH TURKEY SAUSAGE

SERVES: 4

PREP TIME: 12 MIN

COOK TIME: 25 MIN

Ingredients

- 1 large head cauliflower, cut into florets
- 200 g turkey sausage, sliced
- ½ cup shredded reduced-fat cheddar cheese
- ½ cup plain Greek yogurt
- 1 garlic clove, minced
- 1 tbsp olive oil
- Salt & pepper, to taste

Nutrition (per serving):

• Calories: 300 kcal • Protein: 22 g • Carbohydrates: 12 g • Fat: 18 g • Fiber: 5 g • Cholesterol: 55 mg • Sodium: 280 mg • Potassium: 580 mg

Instructions

1. Steam cauliflower until tender (8–10 minutes), then mash lightly.
2. Heat olive oil in a skillet, cook sausage and garlic until browned.
3. Stir in cauliflower, cheese, and yogurt. Mix until creamy.
4. Season with salt and pepper, serve warm.

BAKED EGGPLANT PARMESAN (LIGHT BREADING, BAKED NOT FRIED)

SERVES: 4

PREP TIME: 15 MIN

COOK TIME: 30 MIN

Ingredients

- 2 medium eggplants, sliced into rounds
- 1 cup almond flour
- 2 eggs, beaten
- 2 cups tomato sauce (no added sugar)
- ½ cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- Salt & pepper, to taste

Nutrition (per serving):

• Calories: 320 kcal • Protein: 18 g • Carbohydrates: 22 g • Fat: 18 g • Fiber: 8 g • Cholesterol: 95 mg • Sodium: 310 mg • Potassium: 740 mg

Instructions

1. Preheat oven to 375°F (190°C).
2. Dip eggplant slices into egg, then coat with almond flour.
3. Arrange on a baking sheet, drizzle with olive oil, bake 20 minutes until golden.
4. Layer eggplant with tomato sauce and cheeses in a baking dish.
5. Bake an additional 10 minutes until cheese melts.

STUFFED ZUCCHINI BOATS WITH GROUND TURKEY & VEGETABLES

SERVES: 4

PREP TIME: 12 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 2 large zucchinis, halved lengthwise, seeds scooped
- 250 g lean ground turkey
- 1 cup diced tomatoes
- ½ cup bell peppers, diced
- 1 garlic clove, minced
- 1 tbsp olive oil
- Salt & pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet, cook turkey, garlic, tomatoes, and peppers until browned.
3. Fill zucchini halves with mixture.
4. Bake 20–25 minutes until zucchinis are tender.
5. Serve warm.



Nutrition ((per serving = 1 boat):

• Calories: 240 kcal • Protein: 23 g • Carbohydrates: 10 g • Fat: 12 g • Fiber: 3 g • Cholesterol: 60 mg • Sodium: 200 mg • Potassium: 560 mg

ONE-POT CHICKEN & BROWN RICE WITH BROCCOLI

SERVES: 4

PREP TIME: 10 MIN

COOK TIME: 35 MIN

INGREDIENTS

- 2 chicken breasts, diced (~300 g total)
- 1 cup brown rice, uncooked
- 2 cups broccoli florets
- 4 cups low-sodium chicken broth
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp thyme
- Salt & pepper, to taste

DIRECTIONS

1. Heat olive oil in a pot, sauté garlic and chicken 5 minutes.
2. Add rice, broth, thyme, salt, and pepper. Bring to boil.
3. Simmer 30 minutes until rice is tender.
4. Stir in broccoli, cook 5 minutes more.
5. Serve hot.



Nutrition (per serving):

• Calories: 330 kcal • Protein: 27 g • Carbohydrates: 38 g • Fat: 9 g • Fiber: 5 g • Cholesterol: 65 mg • Sodium: 220 mg • Potassium: 640 mg



TURKEY & VEGETABLE SKILLET WITH SWEET POTATO CUBES

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 200 g lean ground turkey
- 1 medium sweet potato, diced
- 1 cup zucchini, diced
- 1 cup bell peppers, diced
- 1 tbsp olive oil
- 1 tsp paprika
- Salt & pepper, to taste

Instructions

1. Heat olive oil in a skillet, cook sweet potato cubes 10 minutes until tender.
2. Add turkey, zucchini, and peppers. Cook 8–10 minutes until turkey is browned.
3. Season with paprika, salt, and pepper.
4. Serve warm.

Nutrition:

• Calories: 310 kcal • Protein: 27 g • Carbohydrates: 26 g • Fat: 12 g • Fiber: 6 g • Cholesterol: 70 mg • Sodium: 200 mg • Potassium: 650 mg

CHILI-STUFFED SWEET POTATOES (TURKEY OR LENTIL-BASED)

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 35 MIN

Ingredients

- 2 medium sweet potatoes
- 200 g ground turkey or 1 cup cooked lentils
- 1 cup diced tomatoes
- ½ cup black beans, rinsed
- ½ cup onion, diced
- 1 garlic clove, minced
- 1 tsp chili powder
- 1 tbsp olive oil
- Salt & pepper, to taste

Instructions

1. Bake sweet potatoes at 400°F (200°C) for 30–35 minutes until soft.
2. Meanwhile, heat olive oil in a skillet, cook onion, garlic, turkey or lentils, beans, tomatoes, chili powder, salt, and pepper. Simmer 10 minutes.
3. Slice sweet potatoes open, stuff with chili mixture, and serve.

Nutrition (per serving):

• Calories: 340 kcal • Protein: 22 g (turkey version) / 15 g (lentil version) • Carbohydrates: 42 g • Fat: 11 g • Fiber: 8 g • Cholesterol: 55 mg (turkey) / 0 mg (lentil) • Sodium: 240 mg • Potassium: 740 mg

LOW-CARB SHEPHERD'S PIE WITH CAULIFLOWER MASH & LEAN GROUND TURKEY

SERVES: 4

PREP TIME: 15 MIN

COOK TIME: 35 MIN

Ingredients

- 400 g lean ground turkey
- 2 cups cauliflower florets
- 1 cup carrots, diced
- 1 cup green beans, chopped
- 1 medium onion, diced
- 1 tbsp olive oil
- ½ cup low-sodium chicken broth
- ½ tsp thyme
- Salt & pepper, to taste

Instructions

1. Steam cauliflower until tender, mash with salt, pepper, and ½ tbsp olive oil.
2. Heat olive oil in a skillet, cook onion, carrots, and green beans 5 minutes.
3. Add turkey, broth, thyme, salt, and pepper; cook until turkey is browned.
4. Transfer to a baking dish, spread cauliflower mash on top.
5. Bake 20 minutes at 375°F (190°C).

Nutrition (per serving):

• Calories: 290 kcal • Protein: 27 g • Carbohydrates: 16 g • Fat: 12 g • Fiber: 5 g • Cholesterol: 65 mg • Sodium: 230 mg • Potassium: 660 mg

ONE-PAN SALMON WITH GREEN BEANS & CHERRY TOMATOES

SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 18 MIN

Ingredients

- 2 salmon fillets (≈300 g total)
- 2 cups green beans
- 1 cup cherry tomatoes
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt & pepper, to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Place salmon, green beans and cherry tomatoes on a sheet pan.
3. Drizzle with olive oil, season with garlic powder, salt, and pepper.
4. Bake 15–18 minutes until salmon is cooked through.
5. Serve immediately.

Nutrition (per serving):

• Calories: 340 kcal • Protein: 32 g • Carbohydrates: 10 g • Fat: 20 g • Fiber: 3 g • Cholesterol: 85 mg • Sodium: 180 mg • Potassium: 720 mg

ALMOND FLOUR BREAD WITH FLAXSEEDS



SERVES: 10

PREP TIME: 10 MIN

COOK TIME: 35 MIN

SLICES

INGREDIENTS

- 2 cups cauliflower florets
- 1 cup cooked chickpeas (or 1 can, rinsed)
- 2 cups tomato puree
- ½ cup plain Greek yogurt
- ½ cup onion, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 tbsp garam masala
- ½ cup brown rice, uncooked
- Salt & pepper, to taste

Nutrition (per slice):

• Calories: 310 kcal • Protein: 12 g • Carbohydrates: 45 g • Fat: 9 g • Fiber: 9 g • Cholesterol: 5 mg • Sodium: 220 mg • Potassium: 720 mg

DIRECTIONS

1. Cook brown rice according to package instructions.
2. Heat olive oil in a skillet, sauté onion and garlic.
3. Add cauliflower, chickpeas, tomato puree, garam masala, salt, and pepper.
4. Simmer 15 minutes.
5. Stir in yogurt just before serving.
6. Serve over brown rice.



BLACK BEAN & VEGGIE BURRITO BOWL WITH SALSA VERDE

SERVES: 10

PREP TIME: 12 MIN

COOK TIME: 40 MIN

SLICES

INGREDIENTS

- 1 ½ cups almond flour
- 1 cup grated zucchini (squeezed dry)
- 3 large eggs
- 2 tbsp olive oil
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp vanilla extract
- Pinch of salt

Nutrition (per slice):

• Calories: 150 kcal • Protein: 5 g • Carbohydrates: 6 g • Fat: 12 g • Fiber: 3 g • Cholesterol: 55 mg • Sodium: 100 mg • Potassium: 120 mg

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, whisk eggs, olive oil, vanilla, and salt.
3. Stir in zucchini, almond flour, baking powder, and cinnamon.
4. Pour batter into a greased loaf pan.
5. Bake 35–40 minute until golden...
6. Let cool before slicing.

QUINOA OR BUCKWHEAT BREAD



12 slices
servings



40 minutes

Ingredients

- 1 cup cooked quinoa (or buckwheat grouts, cooked)
- 1 cup oat flour (gluten-free if needed)
- ½ cup almond flour
- 3 large eggs
- 2 tbsp olive oil
- 2 tsp baking powder
- ½ tsp salt

Instructions

1. Preheat oven to 350°F (175°C).
2. In a bowl, whisk eggs, olive oil, and salt.
3. Mix in quinoa, oat flour, almond flour, and baking powder.
4. Pour batter into a loaf pan lined with parchment paper.
5. Bake 35–40 minutes until firm and golden.
6. Cool completely before slicing.

nutrition

• Calories: 140 kcal • Protein: 6 g • Carbohydrates: 13 g • Fat: 7 g • Fiber: 3 g •
Cholesterol: 40 mg • Sodium: 120 mg • Potassium: 110 mg



BLUEBERRY ALMOND FLOUR MUFFINS

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

Ingredients

- 2 cups almond flour
- 2 large eggs
- ¼ cup unsweetened almond milk
- 2 tbsp olive oil or melted coconut oil
- 1 tsp baking powder
- ½ cup fresh blueberries
- 1 tsp vanilla extract
- Pinch of salt

Instructions

1. Preheat oven to 350°F (175°C). Line muffin tin with paper liners.
2. In a bowl, whisk eggs, almond milk, oil, vanilla, and salt.
3. Stir in almond flour and baking powder.
4. Gently fold in blueberries.
5. Divide batter evenly into muffin cups.
6. Bake 18–20 minutes until golden and firm.

Nutrition (per serving):

• Calories: 140 kcal • Protein: 5 g • Carbohydrates: 6 g • Fat: 11 g • Fiber: 3 g • Cholesterol: 35 mg • Sodium: 70 mg • Potassium: 60 mg

LOW-CARB SHEPHERD'S PIE WITH CAULIFLOWER MASH & LEAN GROUND TURKEY

SERVES: 12

PREP TIME: 15 MIN

COOK TIME: 22 MIN

MUFFINS

Ingredients

- 2 cups oat flour (gluten-free if needed)
- 2 large eggs
- 1 cup pumpkin puree (unsweetened)
- ¼ cup olive oil
- 1 tsp baking powder
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp vanilla extract
- Pinch of salt

Instructions

1. Preheat oven to 350°F (175°C). Line muffin tin.
2. In a bowl, whisk eggs, pumpkin puree, oil, vanilla, and salt.
3. Stir in oat flour, baking powder, cinnamon, and nutmeg.
4. Spoon batter into muffin cups.
5. Bake 20–22 minutes until firm.

Nutrition (per muffin):

• Calories: 120 kcal • Protein: 4 g • Carbohydrates: 15 g • Fat: 6 g • Fiber: 3 g • Cholesterol: 30 mg • Sodium: 65 mg • Potassium: 90 mg

CARROT & WALNUT MUFFINS

SERVES: 12

PREP TIME: 15 MIN

COOK TIME: 25 MIN

MUFFINS

Ingredients

- 1 ½ cups almond flour
- ½ cup oat flour
- 2 large eggs
- 1 cup grated carrots
- ¼ cup chopped walnuts
- 2 tbsp olive oil
- 1 tsp baking powder
- 1 tsp cinnamon
- Pinch of salt

Instructions

1. Preheat oven to 350°F (175°C). Line muffin tin.
2. In a bowl, whisk eggs, oil, salt, and cinnamon.
3. Stir in almond flour, oat flour, and baking powder.
4. Fold in carrots and walnuts.
5. Divide batter into cups.
6. Bake 22–25 minute until golden...

Nutrition (per muffin):

• Calories: 150 kcal • Protein: 5 g • Carbohydrates: 10 g • Fat: 11 g • Fiber: 3 g • Cholesterol: 35 mg • Sodium: 70 mg • Potassium: 120 mg

LEMON POPPY SEED MUFFINS

SERVES: 12

PREP TIME: 12 MIN

COOK TIME: 22 MIN

MUFFINS

INGREDIENTS

- 2 cups almond flour
- 2 large eggs
- ¼ cup unsweetened almond milk
- 2 tbsp olive oil
- 2 tbsp poppy seeds
- 1 tbsp lemon zest
- 2 tbsp lemon juice
- 1 tsp baking powder
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line muffin tin.
2. In a bowl, whisk eggs, almond milk, oil, lemon juice, zest, and salt.
3. Stir in almond flour, poppy seeds, and baking powder.
4. Spoon into muffin cups.
5. Bake 20–22 minute until golden.



Nutrition ((per muffin):

• Calories: 130 kcal • Protein: 5 g • Carbohydrates: 6 g • Fat: 10 g • Fiber: 2 g • Cholesterol: 35 mg • Sodium: 65 mg • Potassium: 55 mg



CHOCOLATE PROTEIN MUFFINS (SUGAR-FREE)

SERVES: 12

PREP TIME: 12 MIN

COOK TIME: 20 MIN

MUFFINS

INGREDIENTS

- 1 ½ cups almond flour
- ½ cup unsweetened cocoa powder
- 2 scoops chocolate protein powder (sugar-free)
- 2 large eggs
- ½ cup unsweetened almond milk
- ¼ cup olive oil
- 1 tsp baking powder
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line muffin tin.
2. In a bowl, whisk eggs, almond milk, oil, and salt.
3. Stir in almond flour, cocoa, protein powder, and baking powder.
4. Divide batter into muffin cups.
5. Bake 18–20 minute until set.

Nutrition (per serving):

• Calories: 140 kcal • Protein: 10 g • Carbohydrates: 7 g • Fat: 9 g • Fiber: 3 g • Cholesterol: 35 mg • Sodium: 80 mg • Potassium: 110 mg



ALMOND BUTTER COOKIES (LOW-CARB, SUGAR-FREE)

SERVINGS: 16

PREPPING TIME: 8 MIN

COOKING TIME: 12 MIN

COOKIES

Ingredients

- 1 cup almond butter (unsweetened)
- 1 large egg
- 2 tbsp almond flour
- 1 tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt

Instructions

1. Heat olive oil in a skillet, cook sweet potato cubes 10 minutes until tender.
2. Add turkey, zucchini, and peppers. Cook 8–10 minutes until turkey is browned.
3. Season with paprika, salt, and pepper.
4. Serve warm.

Nutrition:(per cookie)

• Calories: 310 kcal • Protein: 27 g • Carbohydrates: 26 g • Fat: 12 g • Fiber: 6 g • Cholesterol: 70 mg • Sodium: 200 mg • Potassium: 650 mg

SUGAR-FREE CHOCOLATE CHIP COOKIES (ALMOND FLOUR BASE)

SERVES: 18

PREP TIME: 10 MIN

COOK TIME: 12 MIN

COOKIES

Ingredients

- 2 cups almond flour
- 1 large egg
- ¼ cup melted coconut oil or butter
- ½ cup sugar-free dark chocolate chips
- 1 tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt

Instructions

1. Preheat oven to 350°F (175°C). Line baking sheet.
2. Mix egg, coconut oil, vanilla, and salt in a bowl.
3. Stir in almond flour and baking powder until combined.
4. Fold in chocolate chips.
5. Scoop onto baking sheet and bake 10–12 minutes.

Nutrition (per cookie):

• Calories: 95 kcal • Protein: 3 g • Carbohydrates: 4 g • Fat: 8 g • Fiber: 2 g • Cholesterol: 8 mg • Sodium: 35 mg • Potassium: 60 mg

PEANUT BUTTER OAT COOKIES

SERVES: 16

PREP TIME: 8 MIN

COOK TIME: 12 MIN

COOKIES

Ingredients

- 1 cup natural peanut butter (unsweetened)
- ½ cup rolled oats
- 1 large egg
- 1 tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt

Instructions

1. Preheat oven to 350°F (175°C). Line baking sheet.
2. Mix peanut butter, oats, egg, vanilla, baking powder, and salt.
3. Scoop onto baking sheet, flatten slightly.
4. Bake 10–12 minute subtlet.
5. Cool before serving.

Nutrition (per cookie):

• Calories: 100 kcal • Protein: 4 g • Carbohydrates: 7 g • Fat: 7 g • Fiber: 2 g • Cholesterol: 9 mg • Sodium: 45 mg • Potassium: 100 mg

LEMON-ALMOND BISCOTTI

SERVES: 12

PREP TIME: 12 MIN

COOK TIME: 25 MIN

BISCOTTI

Ingredients

- 1 ½ cups almond flour
- 2 large eggs
- 1 tbsp lemon zest
- 2 tbsp lemon juice
- ½ tsp baking powder
- ¼ cup chopped almonds
- Pinch of salt

Instructions

1. Preheat oven to 325°F (160°C). Line baking sheet.
2. Mix eggs, lemon zest, lemon juice, and salt.
3. Stir in almond flour, baking powder, and almonds.
4. Shape into a log, place on baking sheet. Bake 20 minutes.
5. Remove, slice into biscotti pieces. Return to oven for 5 minutes to crisp.

Nutrition (per biscotti):

• Calories: 85 kcal • Protein: 4 g • Carbohydrates: 4 g • Fat: 6 g • Fiber: 2 g • Cholesterol: 18 mg • Sodium: 35 mg • Potassium: 50 mg

FLOURLESS CHOCOLATE CAKE (ALMOND FLOUR + STEVIA)



SERVES: 8

PREP TIME: 12 MIN

COOK TIME: 25 MIN

SLICES

INGREDIENTS

- 1 cup almond flour
- ½ cup unsweetened cocoa powder
- ½ cup unsweetened almond milk
- 3 large eggs
- ¼ cup olive oil or melted coconut oil
- ½ cup stevia (or other sugar substitute)
- 1 tsp vanilla extract
- 1 tsp baking powder
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a cake pan with parchment paper.
2. In a bowl, whisk eggs, almond milk, oil, vanilla, and stevia.
3. Stir in almond flour, cocoa, baking powder, and salt. Mix well.
4. Pour batter into pan and bake 22–25 minutes until firm in the center.
5. Cool before slicing.

Nutrition (per slice):

• Calories: 170 kcal • Protein: 6 g • Carbohydrates: 9 g • Fat: 13 g • Fiber: 4 g • Cholesterol: 55 mg • Sodium: 85 mg • Potassium: 140 mg



CARROT CAKE WITH GREEK YOGURT CREAM CHEESE FROSTING

SERVES: 12

PREP TIME: 15 MIN

COOK TIME: 30 MIN

SLICES

INGREDIENTS

Cake:

- 2 cups almond flour
- 1 cup grated carrots
- 3 large eggs
- ¼ cup olive oil
- ½ cup stevia (or sugar substitute)
- 1 tsp cinnamon
- 1 tsp baking powder
- Pinch of salt

Frosting:

- ½ cup cream cheese (light)
- ½ cup plain Greek yogurt
- 1 tbsp Stevia
- 1 tsp vanilla extract

Nutrition (per slice):

• Calories: 200 kcal • Protein: 8 g • Carbohydrates: 10 g • Fat: 15 g • Fiber: 3 g • Cholesterol: 65 mg • Sodium: 120 mg • Potassium: 180 mg

DIRECTIONS

1. Preheat oven to 350°F (175°C). Grease a cake pan.
2. Mix eggs, oil, stevia, cinnamon, and salt in a bowl.
3. Add almond flour, baking powder, and carrots; stir until combined.
4. Pour into pan, bake 28–30 minutes until golden.
5. For frosting: beat cream cheese, yogurt, stevia, and vanilla until smooth.
6. Spread over cooled cake.

PUMPKIN PIE WITH ALMOND FLOUR CRUST



8 slices
servings



35 minutes

Ingredients

Crust:

- 1 ½ cups almond flour
- 1 egg
- 2 tbsp olive oil or melted butter
- Pinch of salt

Filling:

- 1 ½ cups pumpkin puree (unsweetened)
- 2 large eggs
- ½ cup almond milk
- ½ cups tevia
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ginger

Instructions

1. Preheat oven to 350°F (175°C).
2. Mix crust Ingredients and press into a pie dish. Bake 10 minutes.
3. For filling, whisk pumpkin puree, eggs, almond milk, stevia, and spices.
4. Pour into crust and bake 30–35 minutes until set.
5. Cool before slicing.

nutrition (per slice)

• Calories: 190 kcal • Protein: 7 g • Carbohydrates: 11 g • Fat: 14 g • Fiber: 4 g •
Cholesterol: 55 mg • Sodium: 95 mg • Potassium: 210 mg



CHEESE & HERB SCONES (ALMOND FLOUR)

SERVES: 8

PREP TIME: 10 MIN

COOK TIME: 18 MIN

SCONES

Ingredients

- 2 cups almond flour
- 2 large eggs
- ½ cup shredded reduced-fat cheddar cheese
- 2 tbsp olive oil
- 1 tsp baking powder
- 1 tsp dried rosemary (or thyme)
- Pinch of salt

Instructions

1. Preheat oven to 350°F (175°C). Line baking sheet.
2. In a bowl, whisk eggs, olive oil, and salt.
3. Stir in almond flour, baking powder, cheese, and herbs.
4. Form dough into 8 wedges or rounds.
5. Bake 16–18 minute until golden...

Nutrition (per 8 scone):

• Calories: 160 kcal • Protein: 7 g • Carbohydrates: 5 g • Fat: 13 g • Fiber: 3 g • Cholesterol: 40 mg • Sodium: 110 mg • Potassium: 80 mg

ZUCCHINI-CHEDDAR SAVORY MUFFINS

SERVES: 10

PREP TIME: 12 MIN

COOK TIME: 22 MIN

MUFFINS

Ingredients

- 1 ½ cups almond flour
- 1 cup grated zucchini (squeezed dry)
- ½ cup shredded reduced-fat cheddar cheese
- 2 large eggs
- 2 tbsp olive oil
- 1 tsp baking powder
- Pinch of salt

Instructions

1. Preheat oven to 350°F (175°C). Line muffin tin.
2. In a bowl, whisk eggs, olive oil, and salt.
3. Add almond flour, baking powder, zucchini, and cheese. Mix well.
4. Spoon batter into muffin cups.
5. Bake 20–22 minutes until golden.

Nutrition (per muffin):

• Calories: 150 kcal • Protein: 6 g • Carbohydrates: 6 g • Fat: 12 g • Fiber: 2 g • Cholesterol: 40 mg • Sodium: 120 mg • Potassium: 100 mg

CHICKPEA FLOUR FLATBREAD (SOCCA)

SERVES: 4

PREP TIME: 8 MIN

COOK TIME: 15 MIN

Ingredients

- 1 cup chickpea flour
- 1 cup water
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp dried oregano
- Pinch of salt

Instructions

1. Whisk chickpea flour, water, olive oil, garlic powder, oregano, and salt until smooth. Let rest 10 minutes.
2. Preheat oven to 425°F (220°C).
3. Pour batter into a greased cast-iron skillet.
4. Bake 12–15 minutes until golden and firm.
5. Slice into wedges and serve.

Nutrition (per serving = 2 wedges):

• Calories: 140 kcal • Protein: 7 g • Carbohydrates: 18 g • Fat: 5 g • Fiber: 4 g • Cholesterol: 0 mg • Sodium: 110 mg • Potassium: 200 mg

GARLIC PARMESAN CAULIFLOWER BREADSTICKS

SERVES: 8

PREP TIME: 12 MIN

COOK TIME: 20 MIN

BREAD STICKS

INGREDIENTS

- 2 cups cauliflower rice (steamed & squeezed dry)
- 1 large egg
- ½ cup shredded mozzarella cheese
- 2 tbsp grated Parmesan cheese
- 1 garlic clove, minced
- 1 tsp dried oregano
- Pinch of salt

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line baking sheet.
2. Mix cauliflower, egg, mozzarella, Parmesan, garlic, oregano, and salt.
3. Spread mixture into a rectangle on the sheet.
4. Bake 18–20 minutes until golden.
5. Slice into breadsticks and serve warm.



Nutrition (per breadstick):

• Calories: 70 kcal • Protein: 5 g • Carbohydrates: 3 g • Fat: 4 g • Fiber: 1 g • Cholesterol: 20 mg • Sodium: 85 mg • Potassium: 120 mg

CAULIFLOWER PIZZA CRUST

SERVES: 8

PREP TIME: 15 MIN

COOK TIME: 20 MIN

SLICES

INGREDIENTS

- 2 cups cauliflower rice (steamed & squeezed dry)
- 1 large egg
- ½ cup shredded mozzarella cheese
- 2 tbsp grated Parmesan cheese
- 1 tsp Italian seasoning
- Pinch of salt

DIRECTIONS

1. Preheat oven to 400°F (200°C). Line baking sheet.
2. Mix cauliflower, egg, mozzarella, Parmesan, seasoning, and salt into dough.
3. Spread into a thin round crust.
4. Bake 15–20 minutes until golden.
5. Add toppings of choice (low-carb/diabetic-friendly) before serving.



Nutrition (per slice, crust only):

• Calories: 60 kcal • Protein: 4 g • Carbohydrates: 3 g • Fat: 3 g • Fiber: 1 g • Cholesterol: 20 mg • Sodium: 70 mg • Potassium: 110 mg

SHOPPING LIST – WEEK 1

Shopping List (2 People, 1 Week)

Protein

- Chicken breast – 5 pieces (≈1.2 kg / 2.5 lbs)
- Salmon fillets – 3 pieces (≈450 g / 1 lb)
- Shrimp – 400 g / 0.9 lb
- Turkey (ground or breast) – 500 g / 1.1 lb
- Lean beef – 400 g / 0.9 lb
- Eggs – 14 large
- Greek yogurt – 1 tub (≈800 g)
- Cottage cheese – 400 g

Grains & Carbs

- Quinoa – 2 cups dry (≈350 g)
- Wild rice – 2 cups dry (≈350 g)
- Whole-grain tortillas – 4 small
- Rolled oats – 2 cups dry (≈180 g)

Vegetables

- Spinach – 4 cups fresh (≈150 g)
- Mushrooms – 2 cups sliced (≈200 g)
- Zucchini – 3 medium
- Kale – 2 cups chopped (≈100 g)
- Lettuce – 1 head
- Avocados – 3 medium
- Carrots – 3 medium
- Asparagus – 1 bunch (≈200 g)
- Broccoli – 2 small heads (≈400 g)
- Bell peppers – 4 medium
- Onions – 3 medium
- Tomatoes – 4 medium

Legumes

- Lentils – 1 cup dry (≈200 g)
- Chickpeas – 2 cups cooked (or 1 can ≈400 g drained)
- Black beans – 1 cup cooked (or 1 can ≈200 g drained)

Fruits

- Blueberries – 2 cups (≈250 g)
- Raspberries – 1 cup (≈125 g)
- Apples – 4 medium
- Bananas – 4 medium

Pantry

- Chia seeds – ½ cup (≈60 g)
- Flaxseed – ½ cup (≈60 g)
- Almond flour – 1.5 cups (≈150 g)
- Peanut butter – ½ cup (≈120 g)
- Walnuts – 1 cup (≈100 g)
- Olive oil – ½ cup (≈120 ml)
- Spices – cinnamon, turmeric, garlic, rosemary (basic jars)

WEEK 1 MEAL PLAN

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	Veggie Omelet with Spinach & Mushrooms	Grilled Chicken Salad with Avocado & Walnuts	Baked Salmon with Asparagus & Wild Rice	Almond Butter Cookies
Tue	Greek Yogurt Parfait with Berries & Chia	Lentil & Kale Salad with Lemon-Tahini	Turkey Meatloaf with Cauliflower Mash	Low-Carb Chia Pudding
Wed	Scrambled Eggs with Zucchini & Feta	Turkey & Avocado Wrap (whole-grain tortilla)	Shrimp & Vegetable Skewers with Quinoa Salad	Blue berry Almond Flour Muffin
Thu	Overnight Oats with Peanut Butter & Chia	Chicken & Veggie Soup with Zucchini Noodles	Beef & Veggie Stew	Peanut Butter Oat Cookies
Fri	Cottage Cheese Pancakes with Blueberries	Salmon Power Bowl with Quinoa & Roasted Veggies	Lentil & Veggie Curry with Cauliflower Rice	Carrot & Walnut Muffin
Sat	Mini Breakfast Frittatas with Spinach & Cheese	Grilled Veggie & Hummus Wrap	Garlic-Rosemary Roasted Chicken with Carrots	Flourless Chocolate Cake
Sun	Whole-Grain Avocado Toast with Egg	Turkey Chili over Quinoa	Mediterranean Baked Cod with Spinach	Lemon Poppy Seed Muffin

SHOPPING LIST – WEEK 2

Weekly Shopping List (2 People, 2 Week)

Protein

- Tofu – 1 block (≈400 g / 14 oz)
- Chicken breast – 5 pieces (≈1.2 kg / 2.5 lbs)
- Turkey (ground or breast) – 500 g / 1.1 lb
- Salmon fillets – 3 pieces (≈450 g / 1 lb)
- Shrimp – 400 g / 0.9 lb
- Steak (lean) – 2 pieces (≈400 g / 0.9 lb)
- Bison (ground or steak) – 300 g / 0.7 lb
- Tuna (canned) – 2 cans (≈150 g each drained)
- Eggs – 14 large
- Greek yogurt – 1 tub (≈800 g)
- Cottage cheese – 400 g

Grains & Carbs

- Brown rice – 2 cups dry (≈350 g)
- Barley – 1 cup dry (≈180 g)
- Steel-cut oats – 2 cups dry (≈180 g)
- Almond flour – 1.5 cups (≈150 g)
- Whole-grain bread – 6 slices

Vegetables

- Spinach – 4 cups fresh (≈150 g)
- Zucchini – 3 medium
- Cucumber – 2 medium
- Bell peppers – 4 medium
- Onions – 3 medium
- Broccoli – 2 small heads (≈400 g)
- Asparagus – 1 bunch (≈200 g)
- Lettuce – 1 head
- Tomatoes – 4 medium
- Sweet potatoes – 2 medium (≈400 g)

Legumes

- Chickpeas – 2 cups cooked (or 1 can ≈400 g drained)
- Lentils – 1 cup dry (≈200 g)
- Black beans – 1 cup cooked (or 1 can ≈200 g drained)

Fruits

- Apples – 4 medium
- Bananas – 4 medium
- Blueberries – 2 cups (≈250 g)
- Strawberries – 2 cups (≈250 g)
- Raspberries – 1 cup (≈125 g)

Pantry

- Flaxseeds – ½ cup (≈60 g)
- Chia seeds – ½ cup (≈60 g)
- Almond butter – ½ cup (≈120 g)
- Olive oil – ½ cup (≈120 ml)
- Spices – cinnamon, paprika, garlic, turmeric (small jars each)

WEEK 2 MEAL PLAN

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	Tofu Scramble with Peppers & Avocado	Caprese Salad with Chicken	Grilled Flank Steak with Chimichurri & Veggies	Pumpkin Spice Muffin
Tue	Protein Shake with Cocoa, Banana & Almond Butter	Tuna Salad Lettuce Wraps	Turkey & Spinach Stuffed Bell Peppers	Flaxseed & Chia Crackers
Wed	Cottage Cheese Bowl with Cucumber & Flaxseeds	Turkey & Veggie Bowl with Brown Rice	Garlic Butter Shrimp with Zucchini Noodles	Carrot Cake Slice
Thu	Steel-Cut Oats with Walnuts & Blueberries	Egg Salad Sandwich (whole-grain bread)	Chickpea & Spinach Stew with Barley	Peanut Butter Cookies
Fri	Almond Flour Pancakes with Strawberries	Grilled Salmon with Asparagus	Bison Burger with Sweet Potato Wedges	Chocolate Protein Muffin
Sat	Greek Yogurt with Walnuts & Apples	Mediterranean Chickpea Salad	Chicken Stir-Fry with Broccoli & Brown Rice	Mini Berry Tart
Sun	Green Smoothie with Spinach & Berries	Lentil Soup with Herbs	Cauliflower & Chickpea Tikka Masala	Zucchini-Cheddar Muffin

SHOPPING LIST – WEEK 3

Weekly Shopping List (2 People, 3 Week)

Protein

- Chicken breast – 5 pieces (≈1.2 kg / 2.5 lbs)
- Turkey (ground or breast) – 500 g / 1.1 lb
- Salmon fillets – 3 pieces (≈450 g / 1 lb)
- Cod fillets – 2 pieces (≈300 g / 0.7 lb)
- Mackerel (or extra salmon/cod if preferred) – 2 fillets (≈300 g / 0.7 lb)
- Shrimp – 400 g / 0.9 lb
- Pork tenderloin – 400 g / 0.9 lb
- Lean beef – 400 g / 0.9 lb
- Eggs – 14 large
- Greek yogurt – 1 tub (≈800 g)
- Cottage cheese – 400 g

Grains & Carbs

- Brown rice – 2 cups dry (≈350 g)
- Buckwheat – 1.5 cups dry (≈270 g)
- Farro – 1 cup dry (≈180 g)
- Whole-grain bread – 6 slices
- Whole-grain tortillas – 4 small

Vegetables

- Spinach – 4 cups fresh (≈150 g)
- Kale – 2 cups chopped (≈100 g)
- Zucchini – 3 medium
- Bell peppers – 4 medium
- Onions – 3 medium
- Lettuce – 1 head
- Broccoli – 2 small heads (≈400 g)
- Bok choy – 1 bunch (≈200 g)
- Green beans – 300 g
- Tomatoes – 4 medium
- Eggplant – 1 medium

Legumes

- Lentils – 1 cup dry (≈200 g)
- Chickpeas – 2 cups cooked (or 1 can ≈400 g drained)
- Beans (kidney/black) – 1 cup cooked (or 1 can ≈200 g drained)

Fruits

- Mixed berries (strawberries, blueberries, etc.) – 4 cups (≈500 g)
- Apples – 4 medium
- Avocados – 3 medium
- Cherries – 2 cups (≈300 g)

Pantry

- Almond flour – 1.5 cups (≈150 g)
- Flaxseeds – ½ cup (≈60 g)
- Chia seeds – ½ cup (≈60 g)
- Nut butter (almond or peanut) – ½ cup (≈120 g)
- Olive oil – ½ cup (≈120 ml)
- Baking powder – small container
- Spices – garlic, cinnamon, turmeric, basil

WEEK 3 MEAL PLAN

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	Egg Muffins with Turkey & Peppers	Chicken Caesar Wrap	Salmon Cakes with Salad	Chocolate Avocado Brownie
Tue	Buck wheat Porridge with Berries	Lentil & Kale Salad	Grilled Cod with Spinach	Carrot Muffin
Wed	Greek Yogurt Parfait with Berries	Turkey Chili with Beans	Zucchini Noodle Primavera with Pesto	Peanut Butter Oat Cookie
Thu	Hard-Boiled Eggs with Avocado Salad	Shrimp Stir-Fry with Bok Choy & Brown Rice	Pork Tenderloin with Garlic Green Beans	Blueberry Muffin
Fri	Avocado Toast with Poached Egg	Grilled Veggie & Hummus Wrap	Beef Chili with Peppers	Pumpkin Pie Slice
Sat	Chia Pudding with Almond Milk	Salmon Power Bowl	Mediterranean Farro Bowl with Veggies	Lemon Biscotti
Sun	Cottage Cheese Pancakes	Chicken & Vegetable Soup	Spaghetti Squash with Lentil Bolognese	Zucchini-Cheddar Muffin

SHOPPING LIST – WEEK 4

Shopping List (for 2 People, 4 Week)

Protein

- Chicken breast – 5 pieces (1.2 kg / 2.5 lbs)
- Salmon fillets – 3 pieces (450 g / 1 lb)
- Cod fillets – 2 pieces (300 g / 0.7 lb)
- Mackerel fillets – 2 pieces (300 g / 0.7 lb)
- Shrimp – 400 g / 0.9 lb
- Turkey (ground or breast) – 400 g / 0.9 lb
- Lean beef – 400 g / 0.9 lb
- Tofu – 1 block (400 g)
- Eggs – 14 large
- Greek yogurt – 1 tub (800 g)
- Cottage cheese – 400 g

Grains & Carbs

- Quinoa – 2 cups dry (350 g)
- Brown rice – 2 cups dry (350 g)
- Farro – 1 cup dry (180 g)
- Oats – 2 cups (180 g)
- Almond flour – 1.5 cups (150 g)

Vegetables

- Spinach – 4 cups fresh (150 g)
- Zucchini – 3 medium
- Mushrooms – 2 cups sliced (200 g)
- Bell peppers – 4 medium
- Onions – 3 medium
- Broccoli – 2 small heads (400 g)
- Green beans – 200 g
- Lettuce – 1 head
- Tomatoes – 4 medium
- Eggplant – 1 medium

Legumes

- Lentils – 1 cup dry (200 g)
- Chickpeas – 2 cups cooked (or 1 can)
- Beans (black/kidney) – 1 cup cooked (or 1 can)

Fruits

- Strawberries – 2 cups (250 g)
- Blueberries – 2 cups (250 g)
- Apples – 4 medium
- Bananas – 4 medium
- Cherries – 2 cups (300 g)

Pantry

- Almond butter – ½ cup (120 g)
- Chia seeds – ½ cup (60 g)
- Flaxseeds – ½ cup (60 g)
- Olive oil – ½ cup (120 ml)
- Baking powder – small container
- Spices – garlic, rosemary, basil, cinnamon (basic jars)

WEEK 4 MEAL PLAN

Day	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	Smoothie Bowl with Berries & Chia	Grilled Chicken Salad	Turkey Chili with Quinoa	Almond Flour Bread Slice
Tue	Mini Frittatas with Spinach & Cheese	Egg Salad Lettuce Wrap	Mediterranean Baked Cod	Zucchini Muffin
Wed	Overnight Oats with Almond Butter	Lentil Soup	Ground Beef & Zucchini Skillet	Carrot Cake Square
Thu	Greek Yogurt with Cinnamon & Walnuts	Turkey & Avocado Wrap	Grilled Mackerel with Brown Rice	Peanut Butter Cookies
Fri	Tofu Scramble with Veggies	Chickpea Salad Bowl	Chicken & Vegetable Soup with Farro	Chocolate Brownie (low-carb)
Sat	Cottage Cheese Bowl with Cherry Tomatoes	Grilled Salmon Bowl with Quinoa	Eggplant & Mushroom Lasagna	Lemon Poppy Muffin
Sun	Almond Flour Pancakes with Strawberries	Turkey Meatballs with Zucchini Noodles	One-Pan Salmon with Green Beans	Mini Berry Tart

ABOUT THE AUTHOR

Beata Pierce is a passionate home cook, nutrition enthusiast, and cookbook creator dedicated to making healthy living simple, enjoyable, and stress-free. With a strong focus on practical recipes and organized meal planning, Beata has helped countless readers discover how to eat well without spending hours in the kitchen.

Her mission is to show that managing diabetes—or simply striving for healthier habits—doesn't mean sacrificing flavor or comfort. She specializes in easy, balanced recipes with clear nutrition information, designed for real people with busy lives.

When she isn't developing recipes, Beata enjoys exploring local markets, experimenting with new flavors, and creating resources that make cooking more approachable for everyone.

Through her books, she combines organized shopping lists, helpful checklists, and smart meal prep strategies with delicious recipes to empower readers to take control of their health while still enjoying every bite.

Beata believes that food should be both nourishing and joyful, and her cookbooks reflect her commitment to making that a reality for beginners and experienced cooks alike.

ABOUT THE BOOK

Managing diabetes doesn't mean giving up the foods you love—it means learning how to enjoy them in smarter, healthier ways. The Complete Diabetic Cookbook for Beginners makes it easy with 2000 days of simple, flavorful recipes designed to help you take control of your blood sugar without stress or confusion.

Inside this all-in-one guide, you'll discover:

- ✓ Quick, balanced meals that are easy to prepare
- ✓ A 30-Day Smart Eating Meal Plan to build healthy habits fast
- ✓ Organized shopping lists and pantry guides to save time and money
- ✓ Helpful checklists and prep tips that make meal planning stress-free
- ✓ Lifestyle strategies for dining out, snacking smarter, and living well

With clear step-by-step instructions and complete nutrition information, this cookbook is perfect for beginners, busy families, seniors, or anyone ready to make healthier choices.