

IRENE HARVEST

HIGH-PROTEIN **LOW-CARB**

CookBook for beginners

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High-Protein Low-Carb Cookbook for Beginners

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Disclaimer

This book is here to inspire and guide you on your journey to better health. The recipes, nutritional information, and tips are based on general health and wellness principles, offered to help you make informed choices. Remember, these resources are for your learning and encouragement, not a substitute for professional medical advice, diagnosis, or treatment.

For your health and wellbeing, consider consulting your physician, a registered dietitian, or another qualified healthcare provider before making significant changes to your diet—especially if you have a medical condition, are pregnant, breastfeeding, or taking medication.

The author and publisher encourage you to make dietary choices that feel right for you. While every effort has been made to provide helpful information, the responsibility for your health belongs to you—and you are empowered to create your best path forward.

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INTRODUCTION & BASICS

Introduction



Hello! I'm Irene Harvest, and I'm glad you picked up this book.

At 46, I have tried countless diets—some have worked, while others haven't. Through all these experiences, I discovered one simple truth: protein transforms your eating habits. It fuels your body, leaves you satisfied, boosts energy, and helps you achieve your health goals.

I've loved cooking and food photography since I was a child. I enjoy the process, the results, and everything that goes with it—beautiful dishes, fresh ingredients, clever tools, and kitchen tricks. I also love sharing meals with guests.

As a wife, mom, and food lover, I know meals must be healthy, quick, delicious, and family-friendly. That's why I created this book—to share my favorite high-protein, low-carb recipes that help me stay balanced every day.

This book is my answer to making nutrition truly effective and simple. I am here to guide you through a high-protein, low-carb, anti-inflammatory approach—an approach that helped me improve energy, body composition, balance, and healthy habits. My goal is to make these proven strategies easy to adopt.

✨ Note: I'm not a doctor or dietitian. Everything here is from my experience. If you have health conditions, are pregnant, or have recently given birth, consult your doctor before major dietary changes. Agreed?

This book is not about perfection or difficult rules—it's about empowering you to enjoy food while taking care of yourself with a protein-centered approach. Whether starting your health journey or seeking new ideas, I am here to guide you to success. Let's make protein the hero of your healthy kitchen.

Put on your apron, turn the page, and let's cook something great. Healthy can be easy, tasty, and fun.
Ready to lose weight deliciously?

With love,

Irene

Welcome to the High-Protein Low-Carb Lifestyle

High-Protein Low-Carb (HPLC) is not just a trendy diet, but a sustainable and healthy way of eating. Its essence is not endless calorie counting, but the quality of foods, their balance, and their impact on the body. This approach helps strengthen health, nourish the body, and maintain long-term results. Main takeaway: Focus on food quality and balance for lasting, healthy changes.

Protein deficiency often goes unnoticed, as its symptoms can mimic those of vitamin and mineral deficiencies. Animal-based protein foods offer valuable, easily absorbed micronutrients. Remember: the amount of protein absorbed depends on its quality, source, and food combinations—not just how much you eat.

Symptoms of protein deficiency: brittle hair and nails, dry skin, weak muscles, flabby body, “skinny fat”, muscle loss with age, slow metabolism, constant fatigue, mood swings, irritability, poor memory, sugar cravings, blood sugar spikes, weaker immunity, slow wound healing, poor sleep (often from unstable glucose or high cortisol), overeating, weight gain, or menstrual issues from excess flour and sugar.

Why It Works (Science for Non-Scientists), macros balance

Proteins, Fats, and Carbs in Simple Words

Our body needs fuel, but the quality of that fuel matters, not just its quantity. Main takeaway: Focus on the quality of food choices for better health.

PROTEINS—building blocks for muscles, skin, hair, hormones, enzymes, and antibodies. They digest slowly, provide steady energy, control appetite, support fat loss, and preserve muscle.

✓ The optimal range is 1.2–2.2 g of protein per kg of healthy body weight.

This spectrum is wide, depending on your goals, activity level, and overall health.

Practical Targets

- Women: 100–120 g of protein per day.
- Men: 120–160 g of protein per day.

These are average, realistic goals—no need to track every single gram.

Main takeaway: Split protein intake throughout meals for optimal results.

FATS — a source of long-lasting energy and a foundation for hormonal health. They support cell membranes, brain and nervous system function, help absorb vitamins A, D, E, and K, and regulate inflammation. Healthy fats (olive oil, avocado, nuts, fatty fish) protect the heart and blood vessels.

At least 20% of total daily calories should come from fats.

- Recommended range: 1 – 1.7 g of fat per kg of healthy body weight.
- Healthy sources: avocado, olive oil, fatty fish, nuts, seeds.

💡 Adequate fat intake = steady hormones, brain health, stable mood, glowing skin.

CARBS — quick energy. Best from “clean” sources (vegetables, berries, whole foods). Consuming excessive amounts of fast carbs can lead to glucose spikes, fatigue, and weight gain.

To find your individual daily carb intake, you can follow these ranges:

- Significant excess weight / insulin resistance: < 20 g/day → cutting carbs (especially fast ones) is priority №1.
- Mild overweight, mild insulin resistance, active lifestyle: 20–75 g/day.
- Metabolically healthy & active women: 80–120 g/day.

⚠ Cutting carbs too low can reduce total calories, slow thyroid function, and stress the adrenal glands.

What to do instead:

Swap fast carbs for slow carbs and reduce the total amount, rather than eliminating them completely.

HPLC supports steady energy, a faster metabolism, stronger muscles, and balanced brain and hormonal function.

Myths About Protein, Benefits of Protein

Protein is the vital building block for all living organisms. Its key benefits include supporting healthy skin and hair, facilitating hormone and enzyme production, preserving muscle, strengthening immunity, and promoting satiety and stable blood sugar levels.

✗ Myth 1: Protein is only for bodybuilders.

✓ Truth: Protein is the building block for everyone: skin, hair, hormones, and enzymes.

✗ Myth 2: Too much protein harms the kidneys.

✓ Truth: For healthy people, moderate-to-high protein intake is absolutely safe.

✗ Myth 3: You can't live without carbs.

✓ Truth: Carbs are needed—but the right ones: vegetables, berries, whole foods.

✗ Myth 4: With age, you need less protein.

✓ Truth: It's the opposite. With age, protein needs increase. It's essential for preserving muscle, strength, and health. Protein affects tissue structure and function, cell signaling, satiety, thermogenesis, and blood sugar balance.

How to Choose Protein (Optional)

Whole foods, such as meat, fish, eggs, dairy, and legumes, are best. If meeting protein targets is tough, protein powder is a handy option.

- By source: whey, casein, egg, soy, plant-based (pea/rice/hemp/mixes), beef/meat-based, blends.
- By processing: concentrate, isolate, hydrolysate (fastest absorption).

What to look for:

- At least 20 g protein per 100 kcal.
- Avoid artificial sweeteners (sucralose, aspartame); stevia is acceptable.
- Quality matters: grass-fed dairy for animal protein, full amino acid profile, and heavy-metal-free for plant protein.
- Leucine: at least 2 g per serving (key trigger for protein synthesis).
- Taste and mixability: if you don't like it, you won't drink it.

Beginner Mistakes to Avoid

- ⊘ Eating too little protein
- ⊘ Overeating carbs “for energy”
- ⊘ Believing myths about the “dangers of protein”
- ⊘ Relying only on powders instead of real food
- ⊘ Fearing healthy fats
- ⊘ Cutting out all carbs at once → fatigue
- ⊘ Overloading on bacon and fatty meats instead of lean protein
- ⊘ Neglecting vegetables and fiber → digestive issues
- ⊘ Ignoring hydration and sleep

Cooking Methods, Cooking Oils

Why it matters: How you cook changes everything — from taste and texture to nutrition.

Best Techniques

- Grilling & Roasting: Locks in flavor, reduces need for heavy sauces.
 - Air Frying: Crispy without the oil overload. Perfect for zucchini fries or chicken tenders.
 - Sautéing with spices: Build flavor naturally (garlic, paprika, turmeric).
 - Slow cooking: Great for stews and shredded meats — protein-rich, carb-light comfort food.
- 💡 A tip: Using lemon, herbs, or soy sauce in marinades can enhance flavor without adding carbs.

Choosing the right oil is essential for both flavor and health. Each oil has its own smoke point (the temperature at which it begins to burn and lose nutrients). Below are some versatile options:

🥑 Avocado Oil

- Smoke Point: ~270°C / 520°F
- Benefits: Rich in monounsaturated fats, vitamin E, and antioxidants.
- Best For: High-heat cooking (grilling, roasting, searing), salad dressings.

🥥 Coconut Oil

- Smoke Point: ~175°C / 350°F (unrefined) | ~200°C / 400°F (refined)
- Benefits: Contains medium-chain triglycerides (MCTs) that may boost energy and metabolism.
- Best For: Baking, sautéing, curries, adding subtle sweetness.

🫒 Olive Oil

- Smoke Point: ~190°C / 375°F (extra virgin) | ~220°C / 430°F (refined)
- Benefits: Heart-healthy, anti-inflammatory, packed with antioxidants.
- Best For: Salad dressings, drizzling over dishes, light sautéing.

🍇 Grapeseed Oil

- Smoke Point: ~215°C / 420°F
- Benefits: High in polyunsaturated fats and vitamin E, neutral flavor.
- Best For: Frying, stir-frying, baking, and marinades.

🌿 Sesame Oil

- Smoke Point: ~210°C / 410°F (light) | ~175°C / 350°F (toasted)
- Benefits: Contains lignans (antioxidants), supports heart health.
- Best For: Asian-inspired dishes, stir-fries, finishing drizzle for flavor.

🧈 Ghee (Clarified Butter)

- Smoke Point: ~250°C / 485°F
- Benefits: Lactose-free, rich in fat-soluble vitamins (A, D, E, K), supports digestion in Ayurveda.
- Best For: High-heat cooking, frying, giving dishes a nutty, buttery depth

Inspiration for Beginners

Starting isn't scary. Small steps bring big results: make your breakfast protein-based, cut out "liquid calories," add one serving of veggies—and you're already building new habits. Main takeaway: Simple changes can make a lasting impact.

FAQ

CAN YOU HAVE TOO MUCH PROTEIN?

Yes, in three cases:

- Long-term intake above 3 g/kg/day (can cause discomfort, dehydration, nausea).
- Relying on heavily processed foods (sausages, deli meats) instead of whole foods.
- With chronic kidney disease, excess protein may be harmful—consult a doctor.

HOW MUCH PROTEIN CAN THE BODY USE AT ONCE?

The body uses all the protein eaten, but more than 40–50 g in one meal won't add extra muscle-building benefits. Excess is converted into glucose or stored as glycogen/fat.

I DON'T KNOW HOW MUCH PROTEIN I'M EATING. WHAT TO DO?

Track meals with an app and a kitchen scale for 2–3 weeks. That's enough to learn estimating protein "by eye."

Step-by-Step Algorithm

Add each step after the previous becomes a stable habit. Some take a day, others weeks—that's normal. Don't rush. Be kind to yourself. This is about creating a lasting lifestyle.

1. Reduce frequent, uncontrolled snacking.
2. Establish a meal routine. If snacking, only healthy options. Ideally, 3 meals/day. Eat dinner at least 2–3 hours before going to sleep.
3. Remove "liquid calories" such as sugary drinks, milk, and sweetened tea or coffee.
4. Track your fluid intake.
5. Eat mindfully: sit, eat slowly, chew thoroughly, savor the flavors.
6. Limit processed foods and added sugars to less than 10% of intake.
7. Eliminate refined oils.
8. Eat fermented foods daily for gut health.
9. Increase plant variety in your diet.
10. Be patient, avoid self-criticism, and give yourself time for change. Main takeaway: Self-belief and patience are vital for successful lifestyle changes.

BREAKFASTS THAT POWER YOUR DAY

Egg-Based Breakfasts

Spinach & Feta Omelet

Prep: 8 min Cook: 7 min Serves: 2

INGREDIENTS

- 4 large eggs
- 2 egg whites (optional, for extra protein & less fat)
- 1 cup (30 g) fresh spinach, roughly chopped
- 1/3 cup (50 g) crumbled feta cheese (preferably reduced-fat if available)
- 2 tbsp milk or unsweetened almond milk (for fluffiness)
- 1 tbsp olive oil (or avocado oil)
- 1 small garlic clove, minced
- Salt — 1/4 tsp (adjust to taste)
- Black pepper — 1/4 tsp (freshly ground)

OPTIONAL CUSTOM ADD-INS

For extra protein, add 2 tbsp cottage cheese or 1/4 cup diced chicken breast.

SERVING SUGGESTIONS:

For extra protein, add 2 tbsp cottage cheese or 1/4 cup diced chicken breast.

NUTRITION PER SERVING (1/2 OMELET)

Calories: ~240 kcal, Protein: 19 g,
Carbohydrates: 3 g, Fiber: 1g,
Fats: 17 g



INSTRUCTIONS

1. In a medium bowl, whisk together the eggs, egg whites, milk, salt, and pepper until the mixture is slightly frothy. This aerates the mixture, giving the omelet a fluffy texture.
2. Heat olive oil in a non-stick pan over medium heat. Add garlic and cook for 30 seconds, until the aroma is noticeable. Add chopped spinach and cook 1–2 minutes until wilted. Put spinach on a plate.
3. Turn the heat down a little. Pour the egg mixture into the pan. Tilt the pan so the eggs spread evenly. Let it cook for 2–3 minutes until the edges set but the top is still soft.
4. Place spinach over half of the omelet and sprinkle with feta (add herbs or spices if desired).
5. Use a spatula to fold the omelet in half carefully. Cook for 1–2 more minutes until the cheese is soft.
6. Slide onto a plate, cut in half, and garnish with fresh herbs or a drizzle of olive oil.

Salmon & Asparagus Omelet

Prep: 10 min Cook: 8 min Serves: 2

INGREDIENTS

- 4 large eggs
- 2 egg whites (optional, boosts protein & keeps omelet lighter)
- 2 tbsp milk or unsweetened almond milk (for fluffiness)
- 1/2 cup (80 g) cooked salmon (grilled, baked, or smoked; flaked into pieces)
- 1/2 cup (70 g) asparagus, trimmed & cut into 1-inch pieces (optional)
- 1 tbsp olive oil (or avocado oil)
- 1 tbsp onion, finely chopped (optional)
- Salt — 1/4 tsp (adjust to taste)
- Black pepper — 1/4 tsp (freshly ground)

OPTIONAL CUSTOM ADD-INS

For added creaminess, use 2 tbsp goat cheese or feta. For more flavor, try your favorite spices.

SERVING SUGGESTIONS:

Serve with sliced avocado for extra healthy fats. For an extra protein boost, pair with a Greek yogurt dip (dill, garlic, and yogurt).

NUTRITION PER SERVING (1/2 OMELET)

Calories: ~265 kcal, Protein: 26 g,
Carbohydrates: 4 g, Fiber: 1 g,
Fats: 15 g



INSTRUCTIONS

1. In a bowl, whisk eggs, egg whites, milk, salt, and pepper until smooth and slightly foamy.
2. Heat 1 tsp olive oil in a non-stick skillet (8–10 inches). Add asparagus (and onion if using). Sauté 2–3 minutes until bright green and tender-crisp. Remove and set aside.
3. Add the remaining oil to the skillet and reduce the heat to medium-low. Pour in the egg mixture, tilting the pan to spread it evenly. Cook for 2–3 minutes, until the edges are set but the center remains slightly soft.
4. Scatter asparagus and flaked salmon evenly over one half of the omelet. Sprinkle in herbs and optional cheese.
5. Using a spatula, gently fold the omelet over the filling. Cook for an additional 1–2 minutes, until the salmon is warm and the eggs are cooked through but still tender.
6. Slide onto a plate and garnish with fresh dill or a squeeze of lemon juice for added brightness.

Avocado Egg Boats with Fresh Salsa

Prep: 10 min Cook: 15 min Serves: 2

INGREDIENTS

For the Avocado Boats:

- 1 large ripe avocado (halved, pit removed)
- 2 medium eggs
- 1 tsp olive oil (to grease the baking dish)
- Salt — 1/4 tsp
- Black pepper — 1/4 tsp

For the Fresh Salsa:

- 1/2 cup (80 g) cherry tomatoes, diced
- 2 tbsp red onion, finely chopped
- 1 tbsp fresh cilantro or parsley, chopped
- 1/2 small jalapeño or chili (optional), finely diced
- 1 tsp lime juice
- Pinch of salt

OPTIONAL CUSTOM ADD-INS

Sprinkle 2 tbsp shredded cheddar, mozzarella, or feta before baking. For a protein boost, add 2 tbsp diced grilled chicken, turkey bacon, or smoked salmon to the avocado cavity before adding the egg.

SERVING SUGGESTIONS:

Serve warm with salad. Top with Greek yogurt or hot sauce for an extra flavor boost.



INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Lightly grease a small baking dish with olive oil.
2. Cut the avocado in half and scoop out 1–2 teaspoons of flesh from each side to make room for the egg. Place halves snugly in the baking dish (use foil balls to stabilize if needed).
3. Crack one egg into each avocado half. If the eggs are large, let some of the white drip out before filling to avoid overflow. Sprinkle with salt and black pepper.
4. Place the dish in the oven and bake for 12–15 minutes, or until the whites are set but the yolks remain slightly runny (or longer if you prefer firmer yolks).
5. While eggs bake, mix tomatoes, onion, cilantro, jalapeño, lime juice, and salt in a small bowl.
6. Remove the avocado boats from the oven, top them generously with fresh salsa, and garnish with extra herbs or chili flakes, if desired.

NUTRITION PER SERVING (1 AVOCADO BOAT)

Calories: ~230 kcal, Protein: 9 g,

Carbohydrates: 8 g, Fiber: 6 g,

Fats: 18 g

Turkey Bacon Egg Muffins

Prep: 10 min Cook: 20 min Serves: 3

INGREDIENTS

- 6 large eggs
- 3 slices turkey bacon (cut into small pieces)
- 1/2 cup (50 g) bell peppers, diced (any color)
- 1/4 cup (30 g) onion, finely chopped
- 1/3 cup (40 g) shredded cheese (cheddar, mozzarella, or feta) — optional
- 1 tbsp olive oil (or avocado oil)
- Salt — 1/4 tsp
- Black pepper — 1/4 tsp

OPTIONAL CUSTOM ADD-INS

Add mushrooms, spinach, or zucchini for an extra boost of veggies. For extra protein, use diced cooked chicken or turkey sausage.

SERVING SUGGESTIONS:

Add greens or avocado. Pair with salsa or Greek yogurt dip.

NUTRITION PER SERVING (2 MUFFINS)

Calories: ~210 kcal, Protein: 19 g,
Carbohydrates: 4 g, Fiber: 1 g,
Fats: 13 g



INSTRUCTIONS

1. Set oven to 375°F (190°C). Lightly grease a 6-cup muffin tin or line with silicone muffin cups.
2. Heat olive oil in a skillet over medium heat. Add turkey bacon pieces and cook for 3–4 minutes until slightly crisp. Remove and set aside.
3. In the same skillet, add diced peppers and onion. Cook for 2–3 minutes until softened.
4. In a medium bowl, whisk eggs with salt and pepper. Stir in turkey bacon, sautéed veggies, and shredded cheese (if using).
5. Pour mixture evenly into muffin cups, filling each about 3/4 full.
6. Place in the oven and bake for 18–20 minutes, until the muffins are set and slightly golden on top.
7. Let muffins rest for 2 minutes before removing from the tin. Serve warm or store in fridge for up to 4 days.

Eggs with Juicy Tomatoes & Tuna

Prep: 8 min Cook: 12 min Serves: 2

INGREDIENTS

- 4 large eggs
- 1 can (5 oz / ~140 g) tuna in water or olive oil, drained and flaked
- 1 cup (150 g) ripe cherry tomatoes or diced plum tomatoes
- 2 tbsp olive oil (or avocado oil)
- 1 small garlic clove, minced
- 1/4 small onion, finely chopped (optional)
- Salt — 1/4 tsp (adjust to taste)
- Black pepper — 1/4 tsp
- 1/2 tsp smoked paprika or chili flakes (optional, for depth and heat)

OPTIONAL CUSTOM ADD-INS

Add 2 tbsp feta or grated Parmesan for cheese. For an extra boost of greens, add 1/2 cup of spinach or arugula with tomatoes.

SERVING SUGGESTIONS:

Serve with a green salad. For a full meal, add avocado or cucumber.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~280 kcal, Protein: 27 g,
Carbohydrates: 4 g, Fiber: 1 g,
Fats: 17 g



INSTRUCTIONS

1. Heat olive oil in a non-stick skillet over medium heat. Add the onion (if using) and sauté for 2–3 minutes, until softened.
2. Add garlic and tomatoes. Sauté for 4–5 minutes, until the tomatoes burst and release their juices, creating a light sauce. Season with salt, pepper, and smoked paprika (if using).
3. Stir in drained tuna and cook 2 minutes to warm through. Break into small chunks for even distribution.
4. Push tomato-tuna mixture to the edges of the skillet, leaving space in the center. Crack eggs directly into the skillet. For runny yolks, cover the skillet and cook for 3–4 minutes, until the whites are set. For firmer eggs: flip gently or stir to scramble with the mixture.
5. Remove from heat. Top with fresh herbs and optional feta or parmesan.

Creamy Mushroom & Cheese Scramble

Prep: 7 min Cook: 8 min Serves: 2

INGREDIENTS

- 4 large eggs
- 2 egg whites (optional, for extra protein & lighter texture)
- 1/2 cup (70 g) mushrooms, sliced (button, cremini, or portobello)
- 2 tbsp cream cheese (or Greek yogurt for a tangy option)
- 1/3 cup (40 g) shredded cheese (cheddar, mozzarella, or Swiss)
- 1 tbsp olive oil (or butter, for richer flavor)
- 1 small garlic clove, minced
- Salt — 1/4 tsp
- Black pepper — 1/4 tsp

OPTIONAL CUSTOM ADD-INS

For an extra protein boost, add diced turkey breast, ham, or smoked salmon.

SERVING SUGGESTIONS:

Pair with avocado or a salad. Add chili flakes or hot sauce for flavor.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~270 kcal, Protein: 20 g,
Carbohydrates: 4 g, Fiber: 1 g,
Fats: 19 g



INSTRUCTIONS

1. Whisk eggs (and egg whites, if using) in a bowl with a pinch of salt and pepper until slightly frothy.
2. Heat olive oil in a non-stick skillet over medium heat. Add garlic and mushrooms, and sauté for 3–4 minutes, until golden and softened. Remove half of the mushrooms to use later as a topping.
3. Reduce the heat to low. Pour eggs into the skillet with the remaining mushrooms. Let them sit for 30 seconds, then gently stir with a spatula, pushing from the edges toward the center for soft curds.
4. Once eggs are halfway set, add cream cheese in small dollops. Stir gently until creamy ribbons form.
5. Sprinkle shredded cheese over eggs. Stir gently until just melted and eggs are softly scrambled (not dry).
6. Plate the scramble, top with reserved mushrooms, and garnish with fresh herbs.

Quick Shakshuka with Herbs

Prep: 7 min Cook: 15 min Serves: 2

INGREDIENTS

- 4 large eggs
- 1 cup (150 g) cherry tomatoes (or diced fresh tomatoes)
- 1/2 cup (120 g) tomato puree (no sugar added)
- 1/4 cup (40 g) bell peppers, diced
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 2 tbsp olive oil (or avocado oil)
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp chili flakes (optional, for heat)
- Salt — 1/4 tsp
- Black pepper — 1/4 tsp

OPTIONAL CUSTOM ADD-INS

Add 1/4 cup feta cheese crumbles or extra spinach or zucchini for an added boost of greens. Add grilled chicken or turkey sausage for a protein boost.

SERVING SUGGESTIONS:

Add avocado or cucumber salad. For protein, add chicken or turkey sausage to the sauce.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~240 kcal, Protein: 14 g,
Carbohydrates: 9 g, Fiber: 3 g,
Fats: 17 g



INSTRUCTIONS

1. Heat olive oil in a non-stick skillet over medium heat. Add the onion and bell pepper; cook for 3–4 minutes, until softened.
2. Stir in garlic, cumin, smoked paprika, and chili flakes. Cook 30 seconds until fragrant.
3. Add tomatoes and tomato puree. Simmer 5–7 minutes, stirring occasionally, until the sauce thickens slightly. Season with salt and pepper.
4. Make four small wells in the sauce. Crack eggs directly into wells. Cover the skillet and cook for 4–5 minutes, until the whites are set but the yolks remain runny (or longer for firmer yolks).
5. Remove from heat. Sprinkle generously with chopped parsley, cilantro, dill, or basil. Add feta crumbles if desired.

Zucchini & Egg Fritters

Prep: 10 min Cook: 15 min Serves: 4

INGREDIENTS

- 2 medium zucchinis (~300 g), grated
- 3 large eggs
- 2 tbsp almond flour (or coconut flour) — for binding
- 1/4 cup (25 g) shredded parmesan or mozzarella
- 1 garlic clove, minced
- 2 tbsp fresh parsley or dill, chopped
- 1 tbsp olive oil (for frying)
- Salt — 1/2 tsp
- Black pepper — 1/4 tsp

OPTIONAL CUSTOM ADD-INS

To boost fiber, add 1 tbsp flaxseed meal or chia seeds. Swap herbs with basil, cilantro, or chives for variety.

SERVING SUGGESTIONS:

Serve with Greek yogurt dip. Add smoked salmon or turkey for an additional source of protein. Use a waffle maker if preferred.

NUTRITION PER SERVING (2 FRITTERS)

Calories: ~170 kcal, Protein: 11 g,
Carbohydrates: 4 g, Fiber: 2 g,
Fats: 12 g



INSTRUCTIONS

1. Grate the zucchini, place it in a colander, sprinkle with a pinch of salt, and let it sit for 5 minutes. Squeeze out excess liquid with a clean kitchen towel or cheesecloth.
2. In a bowl, whisk eggs, almond flour, garlic, herbs, cheese, salt, and pepper. Fold in the drained zucchini until combined.
3. Heat olive oil in a non-stick skillet over medium heat. Scoop 2 tbsp of mixture per fritter, flatten gently with a spatula. Cook 3–4 minutes per side until golden brown and firm.
4. Transfer fritters to a paper towel-lined plate to absorb extra oil.

Low-Carb Breakfasts with Chicken, Turkey & Tuna

Creamy Chicken & Avocado Salad

Prep: 10 min Cook: 15 min Serves: 2

INGREDIENTS

- 2 medium chicken breasts (~300 g), cooked & diced (grilled, baked, or poached)
- 1 large ripe avocado, diced
- 1/2 cup (120 g) Greek yogurt (unsweetened, 2% or 0%) — creamy binder
- 1 tbsp olive oil or avocado oil
- 1 tbsp lemon or lime juice
- 1 small cucumber (100 g), diced
- 1/4 cup (30 g) red onion, finely chopped
- 2 tbsp fresh parsley or cilantro, chopped
- Salt — 1/2 tsp
- Black pepper — 1/4 tsp

OPTIONAL CUSTOM ADD-INS

1 boiled egg, chopped; 1 tbsp chopped walnuts or almonds, spinach

SERVING SUGGESTIONS:

Enjoy as a stuffed avocado boat or in lettuce wraps. Pair with sliced boiled eggs for an extra protein-packed breakfast.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~320 kcal, Protein: 32 g,
Carbohydrates: 6 g, Fiber: 3 g,
Fats: 18 g



INSTRUCTIONS

1. Cook chicken: Season chicken breasts lightly with salt and pepper. Cook in a skillet with a drizzle of olive oil over medium heat for 6–7 minutes per side, or until the internal temperature reaches 165°F (74°C). Alternatively, grill or bake until done. Let cool, then dice into bite-sized pieces.
2. In a bowl, mix Greek yogurt, olive oil, lemon juice, salt, and pepper until smooth and creamy.
3. Add diced chicken, avocado, cucumber, onion, and parsley to the bowl with dressing. Gently toss until everything is coated and creamy.
4. Add extra herbs, spices, or a drizzle more lemon juice to your liking.
5. Chill (optional): For an even firmer texture, refrigerate for 15–20 minutes before serving and enjoy a refreshing crunch.

Crisp Broccoli Salad **with Honey Dressing**

Prep: 12 min Cook: 3 min Serves: 2

INGREDIENTS

For the Salad:

- 4 cups (300 g) broccoli florets, chopped small
- 1/2 cup (60 g) red bell pepper, diced
- 1/4 cup (30 g) red onion, finely chopped
- 1/4 cup (30 g) sunflower seeds or chopped almonds
- 1/4 cup (40 g) dried cranberries (unsweetened or reduced sugar; optional for sweetness)
- 1/2 cup (120 g) Greek yogurt (unsweetened, 2%)
- 1/4 cup (50 g) grilled chicken breast, diced (optional, for protein boost)

For the Honey Dressing:

- 2 tbsp Greek yogurt (for creaminess)
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar (or lemon juice)
- 1 tsp Dijon mustard
- 1 tsp honey (or sugar-free alternative)
- Salt — 1/4 tsp
- Black pepper — 1/4 tsp



INSTRUCTIONS

1. Prep broccoli: For extra crunch, leave the broccoli raw and chop it into bite-size pieces. For a softer texture, blanch broccoli in boiling water for 1–2 minutes, then drain and shock in ice water to retain its vibrant green color.
2. In a small bowl, whisk together Greek yogurt, olive oil, apple cider vinegar, Dijon mustard, honey, salt, and pepper until smooth and creamy.
3. In a large bowl, combine broccoli, bell pepper, onion, sunflower seeds, cranberries, and chicken (if using). Pour the dressing over the ingredients and toss until they are evenly coated.
4. Chill (optional): Refrigerate for 10 minutes to allow the flavors to blend.

OPTIONAL CUSTOM ADD-INS

Add 2 tbsp crumbled feta or goat cheese for creaminess. For extra fiber, add chia or flaxseeds.

SERVING SUGGESTIONS:

Serve as a main meal salad with added chicken or turkey breast. Pair with grilled salmon or tuna steaks for a balanced dinner.

NUTRITION PER SERVING (WITHOUT OPT. CHICKEN)

Calories: ~190 kcal, Protein: 8 g,
Carbohydrates: 12 g, Fiber: 4 g, Fats:
11 g (With chicken: +100 kcal and
+12 g protein per serving)

Chicken, Orange&Pecan Crunch Salad

Prep: 12 min Cook: 15 min Serves: 2

INGREDIENTS

For the Salad Base:

- 2 medium chicken breasts (~300 g), grilled or pan-seared, sliced
- 4 cups (120 g) mixed greens (spinach, arugula, or romaine)
- 1 medium orange, peeled and segmented (remove as much membrane as possible)
- 1/4 cup (25 g) pecans, toasted and roughly chopped
- 1/4 small red onion, thinly sliced
- 1/4 cup (30 g) cucumber or celery, thinly sliced (optional, for extra crunch)

For the Dressing:

- 2 tbsp olive oil (or avocado oil)
- 1 tbsp Greek yogurt (for creaminess, optional)
- 1 tbsp apple cider vinegar (or white wine vinegar)
- 1 tsp Dijon mustard
- 1 tsp orange juice (freshly squeezed, from the above orange)
- 1/2 tsp honey or sugar-free sweetener (optional)
- Salt — 1/4 tsp
- Black pepper — 1/4 tsp



INSTRUCTIONS

1. Cook chicken: Season chicken breasts lightly with salt and pepper. Grill or sear in a skillet with a drizzle of olive oil over medium heat for 6–7 minutes per side, until fully cooked (internal temp 165°F / 74°C). Let rest 5 minutes, then slice thinly.
2. Whisk olive oil, Greek yogurt, vinegar, Dijon mustard, orange juice, honey, salt, and pepper until smooth and emulsified.
3. In a large bowl, layer mixed greens, orange segments, onion, cucumber/celery (if using), sliced chicken, and toasted pecans.
4. Drizzle dressing over salad just before serving. Toss gently to coat.

OPTIONAL CUSTOM ADD-INS

Add 2 tbsp feta or goat cheese crumbles for creaminess. For an extra protein boost, add a boiled egg or edamame.

NUTRITION PER SERVING **(1/2 RECIPE)**

Calories: ~320 kcal, Protein: 30 g,
Carbohydrates: 10 g, Fiber: 3 g,
Fats: 18 g

SERVING SUGGESTIONS:

Pair with creamy avocado slices for a boost of healthy fats and extra deliciousness.

Tuna & Quinoa Protein Salad

Prep: 10 min Cook: 15 min Serves: 2

INGREDIENTS

For the Salad:

- 1 can (5 oz / 140 g) tuna in water or olive oil, drained and flaked
- 1/2 cup (90 g) cooked quinoa (about 1/4 cup dry)
- 1 cup (30 g) baby spinach or arugula, chopped
- 1/2 cup (70 g) cucumber, diced
- 1/2 cup (70 g) cherry tomatoes, halved
- 1/4 cup (30 g) red bell pepper, diced
- 2 tbsp red onion, finely chopped
- 1 tbsp olive oil
- Salt — 1/4 tsp
- Black pepper — 1/4 tsp

For the Dressing:

- 1 1/2 tbsp olive oil
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp Dijon mustard
- 1 tsp Greek yogurt (optional, for creaminess)
- Pinch of salt & pepper

OPTIONAL CUSTOM ADD-INS

Add 2 tbsp crumbled feta for a creamy flavor. For crunch, add 1 tbsp pumpkin seeds or almonds. For an extra protein boost, add a boiled egg or edamame.



INSTRUCTIONS

1. Cook quinoa: Rinse quinoa under cold water. In a small pot, combine 1/4 cup dry quinoa with 1/2 cup water and a pinch of salt. Bring to a boil, then reduce the heat and simmer 12–15 minutes until fluffy. Let cool.
2. Whisk olive oil, lemon juice, Dijon mustard, yogurt (if using), salt, and pepper until smooth and emulsified.
3. In a large bowl, combine tuna, cooked quinoa, spinach, cucumber, tomatoes, bell pepper, and onion.
4. Pour dressing over and toss gently until everything is coated. Taste and adjust seasoning.
5. Divide between two bowls. Top with optional herbs, feta, or seeds for extra flavor and crunch.

SERVING SUGGESTIONS:

Pair with avocado slices for a creamy boost of healthy fats and a deliciously energizing meal

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~290 kcal, Protein: 26 g, Carbohydrates: 12 g, Fiber: 4 g, Fats: 15 g

Salmon & Couscous Fresh Salad

Prep: 10 min Cook: 15 min Serves: 2

INGREDIENTS

For the Salad Base:

- 2 salmon fillets (about 150 g each)
- 1/4 cup (45 g) dry couscous (yields ~1/2 cup cooked)
- 1 cup (30 g) baby spinach or arugula, chopped
- 1/2 cup (70 g) cucumber, diced
- 1/2 cup (70 g) cherry tomatoes, halved
- 1/4 cup (30 g) red bell pepper, diced
- 2 tbsp red onion, finely chopped
- 1 tbsp olive oil (for salmon)
- Salt — 1/4 tsp
- Black pepper — 1/4 tsp

For the Dressing:

- 1 1/2 tbsp olive oil
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp Dijon mustard
- 1 tsp Greek yogurt (optional, for creaminess)
- 1/2 tsp honey or sugar-free sweetener (optional)
- Pinch of salt & black pepper

OPTIONAL CUSTOM ADD-INS

Add 2 tbsp feta or goat cheese crumbles for creaminess. For extra crunch, add 1 tbsp pumpkin seeds or toasted almonds.



INSTRUCTIONS

1. Cook couscous: Bring 1/2 cup water to a boil with a pinch of salt. Stir in the couscous, remove the pan from the heat, cover it, and let it sit for 5 minutes—fluff with a fork and cool.
2. Cook salmon: Pat salmon fillets dry. Rub with olive oil, salt, and pepper. Grill, bake at 375°F (190°C) for 12–14 minutes, or sear in a skillet for 4–5 minutes per side, until cooked through (internal temperature 145°F / 63°C). Let rest, then flake into chunks.
3. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, Greek yogurt, honey, salt, and pepper until well emulsified.
4. In a large bowl, combine spinach, cucumber, tomatoes, bell pepper, onion, couscous, and salmon chunks. Drizzle dressing over and toss gently.
5. Divide between two bowls. Garnish with herbs, feta, or seeds if desired.

SERVING SUGGESTIONS:

Pair with avocado slices for an extra healthy dose of fats and a touch of creamy luxury. This salad also works wonderfully as a meal prep option—keep the dressing separate until you're ready to enjoy!

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~360 kcal, Protein: 32 g,
Carbohydrates: 12 g, Fiber: 3 g,
Fats: 20 g

LUNCHES TO KEEP YOU FULL

Protein-Packed Salads

 **Fresh Tuna & Cucumber Dill Salad** Prep: 10 min Cook: 6 min Serves: 2

INGREDIENTS

For the Salad:

- 2 fresh tuna steaks (about 150 g each)
- 1 tbsp olive oil (for searing)
- Salt — 1/2 tsp
- Black pepper — 1/4 tsp
- 2 cups (200 g) cucumber, thinly sliced (English or Persian cucumbers work best)
- 1/4 small red onion, thinly sliced
- 2 tbsp fresh dill, chopped
- 2 cups (60 g) baby spinach or arugula

For the Dressing:

- 2 tbsp Greek yogurt (unsweetened, full-fat)
- 1 tbsp olive oil
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp Dijon mustard
- 1 tsp fresh dill (extra, finely chopped)
- Pinch of garlic powder
- Salt & black pepper to taste

OPTIONAL CUSTOM ADD-INS

For added creaminess, consider including avocado slices or feta/goat cheese crumbles. For extra crunch, use radishes. For a briny kick, add capers. For gentle heat, sprinkle with chili flakes.



INSTRUCTIONS

1. Prepare the tuna: Pat the tuna steaks dry, season with salt and pepper. Heat olive oil in a skillet over medium-high heat. Sear tuna for 2–3 minutes per side (medium-rare) or cook to preferred doneness. Let rest for 2 minutes, then slice thinly.
2. In a small bowl, whisk together Greek yogurt, olive oil, lemon juice, Dijon mustard, dill, garlic powder, salt, and pepper until smooth.
3. On two plates, layer spinach/arugula, cucumber slices, and onion. Add seared tuna slices on top. Drizzle with the dill dressing.
4. Final touch: Garnish with extra fresh dill and optional add-ins.

SERVING SUGGESTIONS:

Pair with a side of roasted zucchini or cauliflower mash for a delightful and satisfying meal experience.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~310 kcal, Protein: 39 g,
Carbohydrates: 6 g, Fiber: 2 g,
Fats: 15 g

Classic Turkey Cobb Salad

Prep: 15 min Cook: 15 min Serves: 2

INGREDIENTS

For the Salad Base:

- 2 cups (60 g) romaine lettuce, chopped
- 2 cups (60 g) baby spinach or mixed greens
- 200 g (7 oz) cooked turkey breast, cubed or sliced
- 2 large hard-boiled eggs, quartered
- 1 medium avocado, diced
- 6 cherry tomatoes, halved
- 1/4 medium cucumber, diced
- 1/4 small red onion, thinly sliced
- 2 tbsp blue cheese crumbles (or feta for a lighter option)
- 2 slices turkey bacon, cooked until crisp and chopped

For the Dressing:

- 2 tbsp Greek yogurt (unsweetened, full-fat)
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar (or lemon juice)
- 1 tsp Dijon mustard
- 1/2 tsp garlic powder
- Salt & black pepper to taste

OPTIONAL CUSTOM ADD-INS

You can replace the turkey with grilled chicken or leftover rotisserie turkey. If you want more color and crunch, add roasted bell peppers. For a plant-based protein boost, sprinkle hemp seeds over the salad.



INSTRUCTIONS

1. Prepare protein components: Cook turkey breast (grilled, roasted, or skillet-seared) until fully cooked, then cube or slice. Hard-boil eggs (10 minutes in simmering water), cool, peel, and quarter. Cook the turkey bacon until crisp, then chop it.
2. On a large platter or 2 bowls, arrange lettuce and spinach as the base. Layer the turkey, eggs, avocado, tomatoes, cucumber, onion, cheese, and bacon neatly on top.
3. In a small bowl, whisk Greek yogurt, olive oil, vinegar, mustard, garlic powder, salt, and pepper until creamy.
4. Drizzle the dressing evenly over the salad just before serving.

SERVING SUGGESTIONS:

Pair with sparkling water or herbal iced tea for a refreshing touch.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~420 kcal, Protein: 46 g,
Carbohydrates: 11 g, Fiber: 5 g,
Fats: 20 g

Mediterranean Salmon & Olive Salad

Prep: 15 min Cook: 12 min Serves: 2

INGREDIENTS

For the Salad Base:

- 2 cups (60 g) baby spinach or arugula
- 1 cup (30 g) romaine lettuce, chopped
- 200 g (7 oz) salmon fillet (grilled or oven-baked)
- 1/2 cup (75 g) cherry tomatoes, halved
- 1/2 medium cucumber, diced
- 1/4 red onion, thinly sliced
- 1/3 cup (50 g) Kalamata olives, pitted & halved
- 2 tbsp feta cheese, crumbled (optional)
- 1 tbsp toasted pine nuts or chopped almonds (optional crunch)

For the Dressing:

- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp Dijon mustard
- 1/2 tsp dried oregano
- 1 small garlic clove, minced
- Salt & black pepper to taste

OPTIONAL CUSTOM ADD-INS

Swap feta for goat cheese (a creamier option), add fresh dill or parsley for an extra Mediterranean aroma, or use capers instead of olives if preferred.



INSTRUCTIONS

1. Cook the salmon: Preheat skillet or oven to 375°F (190°C). Season salmon lightly with salt, pepper, and a drizzle of olive oil. Grill or bake for 10–12 minutes, until flaky but still moist. Let it cool slightly, then flake into bite-sized chunks.
2. In a large bowl, combine spinach, romaine, cucumber, tomatoes, onion, and olives. Toss gently.
3. In a small bowl or jar, whisk olive oil, lemon juice, mustard, garlic, oregano, salt, and pepper until emulsified.
4. Arrange greens on two plates, top with flaked salmon, then scatter feta and pine nuts (if using). Drizzle with dressing just before serving.

SERVING SUGGESTIONS:

Serve chilled with sparkling water infused with lemon & mint, Pair with roasted zucchini or cauliflower rice for a heartier meal. Store dressing separately if making ahead for meal prep.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~420 kcal, Protein: 38 g,
Carbohydrates: 9 g, Fiber: 4 g,
Fats: 26 g



Cauliflower-Couscous Salmon Salad

Prep: 15 min Cook: 15 min Serves: 2



INGREDIENTS

For the Salad Base:

- 2 cups (200 g) cauliflower florets (to make cauliflower couscous)
- 200 g (7 oz) salmon fillet
- 1 tbsp olive oil (for cooking salmon)
- 1/2 cup (75 g) cherry tomatoes, halved
- 1/2 medium cucumber, diced
- 1/4 cup (30 g) red bell pepper, finely chopped
- 2 tbsp red onion, finely diced
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh mint, chopped (optional, for freshness)

For the Dressing:

- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp Dijon mustard
- 1/2 tsp cumin or smoked paprika (optional spice kick)
- Salt & black pepper to taste

OPTIONAL CUSTOM ADD-INS

Add 1 tbsp capers for a tangy twist, swap salmon with grilled chicken or tuna if desired, and top with toasted almonds or pumpkin seeds for crunch.



INSTRUCTIONS

1. Prepare the cauliflower couscous: Place cauliflower florets in a food processor and pulse until they resemble couscous/rice. Or grate the inflorescences on a fine grater. Lightly sauté in a skillet over medium heat for 3–4 minutes until just tender but not mushy. Remove and let cool.
2. Cook the salmon: Preheat the oven to 375°F (190°C) or heat a skillet. Season salmon with salt, pepper, and a drizzle of olive oil. Bake for 12–15 minutes (or pan-sear for 4–5 minutes per side) until cooked through and flaky. Let it rest, then flake into chunks.
3. In a large bowl, combine cauliflower couscous, cucumber, tomatoes, bell pepper, onion, parsley, and mint. Toss gently.
4. Whisk together olive oil, lemon juice, mustard, cumin (or paprika), salt, and pepper until emulsified.
5. Add salmon chunks on top of the cauliflower salad base. Drizzle with dressing just before serving.



SERVING SUGGESTIONS:

Perfect for meal prep — store dressing separately until ready to eat. Pair with sparkling water or green tea for a refreshing accompaniment to your meal.



NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~410 kcal, Protein: 40 g,
Carbohydrates: 10 g, Fiber: 5 g,
Fats: 24 g

Caprese Chicken Salad

Prep: 15 min Cook: 20 min Serves: 2

INGREDIENTS

For the Salad Base:

- 2 medium boneless, skinless chicken breasts (about 300 g / 10 oz total)
- 4 cups (120 g) mixed greens (arugula, baby spinach, or romaine)
- 1 cup (150 g) cherry tomatoes, halved
- 100 g (3.5 oz) fresh mozzarella (bocconcini or mozzarella pearls, halved)
- 1/4 cup (15 g) fresh basil leaves
- 1/2 medium avocado, sliced (optional, for creaminess)

For the Dressing

(Balsamic Vinaigrette):

- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar (or balsamic glaze for a sweeter touch)
- 1 tsp Dijon mustard
- 1/2 tsp garlic powder (or one small clove fresh garlic, minced)
- Salt & black pepper, to taste

OPTIONAL CUSTOM ADD-INS

Toasted pine nuts or walnuts for crunch. Swap mozzarella for burrata for extra creaminess.



INSTRUCTIONS

1. Cook the chicken: Season chicken breasts with salt, pepper, and a drizzle of olive oil. Grill (5–6 minutes per side), bake at 375°F (190°C) for 20 minutes, or pan-sear until golden and cooked through (internal temperature 165°F / 74°C). Rest for 5 minutes, then slice thinly.
2. In a small bowl, whisk together olive oil, balsamic vinegar, mustard, garlic, salt, and pepper until emulsified.
3. Assemble the salad: On a large platter or in bowls, arrange greens as the base. Layer sliced chicken, cherry tomatoes, mozzarella, and basil leaves. Add an optional avocado for creaminess. Drizzle with balsamic dressing just before serving.

SERVING SUGGESTIONS:

Pair with sparkling water infused with lemon or cucumber. For meal prep, keep the chicken and dressing separate and assemble them fresh before serving.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~390 kcal, Protein: 42 g,
Carbohydrates: 10 g, Fiber: 3 g,
Fats: 20 g

Salmon Tartare with Avocado & Mango

Prep: 15 min Cook: 0 min Serves: 2

INGREDIENTS

For the Tartare:

- 200 g (7 oz) fresh sushi-grade salmon, finely diced
- 1 small ripe avocado (about 100 g), diced into small cubes
- 1/2 medium ripe mango (about 70 g), diced into small cubes
- 1 tbsp red onion or shallot, finely minced
- 1 tbsp fresh lime juice (or lemon juice)
- 1 tsp low-sodium soy sauce (or tamari for gluten-free)
- 1 tsp sesame oil
- 1/2 tsp chili flakes (optional, for heat)
- Salt & freshly ground black pepper, to taste

OPTIONAL CUSTOM ADD-INS

Swap mango for cucumber if you prefer a less sweet flavor. Add a dash of wasabi or ginger for extra zing.



INSTRUCTIONS

1. Prepare the salmon: Ensure the salmon is sushi-grade. Pat dry with paper towels. Dice into small, even cubes with a sharp knife.
2. Mix the tartare: In a bowl, gently combine salmon, onion, lime juice, soy sauce, sesame oil, chili flakes (if using), salt, and pepper. Stir lightly to avoid breaking the delicate salmon cubes.
3. Prepare avocado & mango layer: Dice avocado and mango into small cubes. Toss lightly with a squeeze of lime juice to prevent browning.
4. Use a plating ring (or small bowl) to layer: avocado & mango at the bottom, salmon mixture on top. Gently press the ring to shape it, then lift it.
5. Sprinkle with sesame seeds, fresh herbs, or microgreens. Serve immediately for best freshness

SERVING SUGGESTIONS:

Pair with sparkling water, dry white wine, or green tea. For extra crunch, serve with cucumber slices or low-carb seed crackers.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~320 kcal, Protein: 28 g,
Carbohydrates: 9 g, Fiber: 4 g,
Fats: 18 g

Hearty Bowls & Skillets

Quick Garlic Shrimp & Spinach Lemon Bowl

Prep: 10 min Cook: 10 min Serves: 2

INGREDIENTS

For the Bowl:

- 300 g (10.5 oz) raw shrimp, peeled & deveined
- 2 tbsp olive oil (divided)
- 3 garlic cloves, minced
- 4 cups (120 g) fresh baby spinach
- 1 medium zucchini, spiralized or sliced into ribbons (optional, for bulk without carbs)
- 1 tbsp fresh lemon juice (plus extra wedges for serving)
- 1/2 tsp lemon zest
- Salt & freshly ground black pepper, to taste



INSTRUCTIONS

1. Prep shrimp: Pat shrimp dry with paper towels. Season lightly with salt and pepper.
2. Cook garlic shrimp: Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add shrimp and cook for 2–3 minutes per side, until they are pink and opaque. Remove the item from the skillet and set it aside.
3. In the same skillet, add the remaining 1 tbsp olive oil and garlic. Sauté for 30 seconds until fragrant. Add spinach (and zucchini if using). Cook 2–3 minutes until wilted but still vibrant.
4. Return shrimp to the skillet. Add lemon juice, zest, and optional chili flakes. Toss everything gently to coat.
5. Divide between 2 bowls, garnish with fresh herbs and Parmesan (if using). Serve immediately with lemon wedges.

OPTIONAL CUSTOM ADD-INS

1 tbsp grated Parmesan for extra richness (optional but delicious), Swap shrimp for scallops or chicken breast if desired.

SERVING SUGGESTIONS:

Pair with a side of cauliflower rice or a small avocado half for extra healthy fats.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~290 kcal, Protein: 36 g,
Carbohydrates: 6 g, Fiber: 2 g,
Fats: 13 g

// Beef & Broccoli Stir-Fry Bowl

Prep: 10 min Cook: 20 min Serves: 2

INGREDIENTS

For the Stir-Fry:

- 300 g (10 oz) lean beef sirloin or flank steak, thinly sliced against the grain
- 2 cups (150 g) broccoli florets
- 1 small red bell pepper, sliced (optional, for color & crunch)
- 2 tbsp olive oil or avocado oil (divided)
- 2 garlic cloves, minced
- 1 tsp fresh ginger, grated
- 2 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp oyster sauce (or coconut aminos for a lighter option)
- 1/2 tbsp sesame oil
- 2 tbsp water (to steam broccoli)
- Salt & black pepper, to taste

OPTIONAL CUSTOM ADD-INS

Swap beef with chicken breast or tofu for variation.



INSTRUCTIONS

1. Prep beef & veggies: Slice beef thinly against the grain for tenderness. Wash and chop broccoli into bite-sized florets. Slice bell pepper if using.
2. Cook the beef: Heat 1 tbsp oil in a large skillet or wok over medium-high heat. Add beef slices, season with a little salt and pepper, and stir-fry 3–4 minutes until browned. Remove and set aside.
3. Cook veggies: In the same skillet, add remaining oil, garlic, and ginger. Sauté 30 seconds until fragrant. Add broccoli (and bell pepper), stir-fry 2 minutes. Add 2 tbsp water, cover with lid, and steam 2–3 minutes until tender-crisp.
4. Combine & sauce: Return beef to skillet. Add soy sauce, oyster sauce, and sesame oil. Stir-fry for 2–3 minutes, until everything is well-coated and heated through.
5. Finish & serve: Transfer to bowls, garnish with sesame seeds or scallions.

SERVING SUGGESTIONS:

Serve over cauliflower rice for a complete low-carb bowl. Pair with a side of cucumber salad or a small avocado for an extra healthy fat boost.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~370 kcal, Protein: 41 g,
Carbohydrates: 12 g, Fiber: 4 g,
Fats: 18 g

Easy Chicken Zoodle Alfredo

Prep: 10 min Cook: 15 min Serves: 2

INGREDIENTS

For the Chicken & Zoodles:

- 250 g (9 oz) chicken breast, cut into bite-sized strips
- 2 medium zucchinis (about 300 g), spiralized into noodles
- 1 tbsp olive oil or avocado oil
- 1 garlic clove, minced
- Salt & black pepper, to taste

For the Alfredo Sauce

(High Protein):

- 1/2 cup (120 g) plain Greek yogurt (full-fat, unsweetened)
- 1/3 cup (30 g) freshly grated Parmesan cheese
- 1/4 cup (60 ml) unsweetened almond milk (or any low-carb milk alternative)
- 1/2 tbsp butter (or ghee for richness)
- Pinch of nutmeg (optional, classic Alfredo touch)

OPTIONAL CUSTOM ADD-INS

Swap chicken with shrimp or turkey.
Add sautéed mushrooms for extra depth.



INSTRUCTIONS

1. Prepare the zoodles: Spiralize zucchinis into noodles. Pat dry with paper towels to reduce excess moisture. Set aside.
2. Cook the chicken: Heat olive oil in a large skillet over medium-high heat. Add the chicken strips, season with salt and pepper, and sauté for 6–7 minutes, or until golden and fully cooked. Remove and set aside.
3. Make the Alfredo sauce: In the same skillet, lower the heat to medium. Add butter and garlic, sauté 30 seconds until fragrant. Stir in Greek yogurt, almond milk, Parmesan, and nutmeg. Whisk until smooth and creamy (about 2 minutes).
4. Combine everything: Add zoodles to the skillet, tossing gently for 2–3 minutes until just tender (don't overcook — they should stay slightly crisp). Return the chicken to the pan and stir to coat everything in the sauce.
5. Finish & serve: Garnish with parsley, extra Parmesan, or chili flakes.

SERVING SUGGESTIONS:

Serve in shallow bowls topped with fresh herbs and a sprinkle of Parmesan. Pair with a side salad (like arugula + lemon vinaigrette) for extra greens.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~360 kcal, Protein: 42 g,
Carbohydrates: 10 g, Fiber: 3 g,
Fats: 17 g

Quick Turkey Meatballs with Cauliflower Rice

Prep: 15 min Cook: 20 min Serves: 4

INGREDIENTS

For the Turkey Meatballs:

- 500 g (1 lb) ground turkey breast (lean, 93–99% fat-free)
- 1 large egg
- 1/4 cup (25 g) almond flour (or coconut flour for nut-free option)
- 2 tbsp grated Parmesan cheese
- 2 garlic cloves, minced
- 1/4 medium onion, finely grated
- 1 tbsp fresh parsley, chopped (or 1 tsp dried)
- 1 tsp dried oregano
- 1/2 tsp paprika
- Salt & black pepper, to taste
- 1 tbsp olive oil (for cooking)

For the Cauliflower Rice:

- 1 medium head of cauliflower (about 500 g), grated or pulsed into “rice”
- 1 tbsp olive oil or avocado oil
- 1 garlic clove, minced
- 1/4 cup (60 ml) chicken broth (optional, for extra flavor)
- Salt & pepper, to taste

OPTIONAL CUSTOM ADD-INS

Swap parsley with basil or cilantro for a different flavor profile. Top with sugar-free marinara or Greek yogurt-based tzatziki.



INSTRUCTIONS

1. **Make the Meatballs:** In a large bowl, combine ground turkey, egg, almond flour, Parmesan, garlic, onion, parsley, oregano, paprika, salt, and pepper. Mix gently (don't overmix to keep them tender). Roll mixture into small balls (about 1 inch / 2.5 cm, makes ~16 meatballs).
2. **Cook the Meatballs:** Heat olive oil in a large skillet over medium heat. Add meatballs in batches and sear on all sides until golden brown (about 5–6 minutes total). Lower the heat, cover, and cook for an additional 5 minutes, until the internal temperature reaches 74°C (165°F).
3. **Prepare the Cauliflower Rice:** While meatballs cook, heat olive oil in another skillet. Add garlic and sauté for 30 seconds, then stir in the cauliflower rice. Season with salt and pepper, then cook for 5–6 minutes, until tender but not mushy. (Optional: add chicken broth for extra juiciness).
4. **Assemble & Serve:** Divide cauliflower rice into 4 bowls. Top each with 4 meatballs. Garnish with fresh parsley, lemon wedges, or a drizzle of olive oil.

SERVING SUGGESTIONS:

Serve with a side salad (spinach, cucumber, olive oil) for extra greens.
Top with Greek yogurt + dill sauce for a creamy finish.

NUTRITION PER SERVING (1/2 RECIPE)

4 meatballs + 1/4 cauliflower rice):
Calories: ~330 kcal, Protein: 35 g,
Carbohydrates: 8 g, Fiber: 3 g,
Fats: 17 g

Ground Turkey & Eggplant Skillet

Prep: 10 min Cook: 25 min Serves: 4

INGREDIENTS

For the Skillet:

- 500 g (1 lb) lean ground turkey (93–99% fat-free)
- 2 medium eggplants (~600 g), cut into 1-inch cubes
- 2 tbsp olive oil (or avocado oil)
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 red bell pepper, diced
- 1 can (400 g / 14 oz) diced tomatoes (no added sugar)
- 2 tbsp tomato paste
- 1/2 cup (120 ml) low-sodium chicken broth (or water)
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1/2 tsp ground cumin (optional, for warmth)
- Salt & black pepper, to taste



INSTRUCTIONS

1. **Prep the Eggplant:** Sprinkle the cubed eggplant lightly with salt and let sit for 10 minutes to draw out bitterness. Pat dry with a paper towel.
2. **Cook the Turkey:** Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add the ground turkey, then season with salt, pepper, and half of the paprika. Cook 6–7 minutes, breaking it into crumbles until browned. Transfer to a plate.
3. **Cook the Veggies:** In the same skillet, add the remaining 1 tbsp olive oil. Sauté the onion and garlic until fragrant (about 2 minutes). Add bell pepper and eggplant. Cook for 8–10 minutes, until the eggplant is soft and slightly browned.
4. **Combine & Simmer:** Return turkey to skillet. Stir in diced tomatoes, tomato paste, broth, oregano, cumin, and remaining paprika. Lower the heat, cover, and simmer for 8–10 minutes, until the flavors have melded and the sauce has thickened.
5. **Final Touch:** Taste and adjust seasoning. Garnish with fresh parsley or basil before serving.

OPTIONAL CUSTOM ADD-INS

Add chili flakes for a spicy kick, Top with grated Parmesan or crumbled feta for extra flavor

SERVING SUGGESTIONS:

Pair with a simple green salad or roasted zucchini for extra fiber. Store leftovers in meal-prep containers — reheats beautifully!

NUTRITION PER SERVING (1/4 RECIPE)

Calories: ~310 kcal, Protein: 32 g,
Carbohydrates: 14 g, Fiber: 6 g,
Fats: 15 g

Pan-Grilled Halloumi with Veggies **Prep: 10 min Cook: 15 min Serves: 2**

INGREDIENTS

For the Dish:

- 200 g (7 oz) halloumi cheese, sliced into 1 cm (½ in) thick slabs
- 1 medium zucchini, sliced into half-moons (~200 g)
- 1 small red bell pepper, cut into strips (~120 g)
- 1 small yellow bell pepper, cut into strips (~120 g)
- 1 small red onion, cut into wedges (~100 g)
- 2 tbsp olive oil (or avocado oil), divided
- 1 garlic clove, minced
- 1 tsp smoked paprika (or regular paprika)
- ½ tsp dried oregano (or thyme)
- Salt & black pepper, to taste

OPTIONAL CUSTOM ADD-INS

Add cherry tomatoes or asparagus for variety. Sprinkle fresh basil, parsley, or mint over the dish before serving. Drizzle with lemon juice or balsamic glaze for added brightness.



INSTRUCTIONS

1. Prep the Veggies: In a large bowl, toss zucchini, bell peppers, and onion with 1 tbsp olive oil, garlic, paprika, oregano, salt, and pepper.
2. Cook the Veggies: Heat a grill pan or skillet over medium-high heat. Add seasoned vegetables and cook for 7–8 minutes, stirring occasionally, until they are softened and slightly charred. Transfer to a plate.
3. Grill the Halloumi: In the same pan, drizzle the remaining 1 tbsp olive oil. Add halloumi slices in a single layer and grill 1–2 minutes side until golden brown with crispy edges.
4. Combine & Finish: Return veggies to the skillet and toss gently with halloumi, or serve halloumi slices on top for presentation.

SERVING SUGGESTIONS:

Pair with a light tahini-yogurt dip or drizzle of lemon juice.

NUTRITION PER SERVING (1/2 RECIPE)

Calories: ~390 kcal, Protein: 22 g,
Carbohydrates: 13 g, Fiber: 4 g,
Fats: 28 g

Pan-Seared Salmon with Asparagus & Herbs

Prep: 10 min Cook: 15 min Serves: 2

INGREDIENTS

For the Salmon & Asparagus:

- 2 salmon fillets (150 g / 5 oz each, skin-on for best sear)
- 250 g (9 oz) fresh asparagus, trimmed
- 2 tbsp olive oil (or avocado oil), divided
- 1 garlic clove, minced
- ½ lemon (juice + zest)
- Salt & black pepper, to taste

For the Herb Garnish:

- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped (optional but recommended)
- 1 tsp fresh thyme leaves (or ½ tsp dried thyme)



INSTRUCTIONS

1. **Prep the Salmon:** Pat salmon fillets dry with paper towels (this ensures crisp skin). Season both sides with salt, pepper, and a pinch of lemon zest.
2. **Sear the Salmon:** Heat 1 tbsp olive oil in a large skillet (cast iron or stainless steel preferred) over medium-high heat. Lay the salmon skin-side down, pressing gently with a spatula for the initial 30 seconds to keep the skin flat. Sear for 4–5 minutes until the skin is crisp and golden. Flip and cook another 2–3 minutes until just opaque. Transfer to a plate and tent loosely with foil.
3. **Cook the Asparagus:** In the same skillet, pour in the remaining 1 tbsp olive oil and add garlic. Sauté for 30 seconds. Add asparagus spears, season with salt and pepper, and sauté 5–6 minutes, stirring occasionally, until tender-crisp and lightly charred. Finish with a squeeze of lemon juice.
4. **Assemble & Garnish:** Plate salmon alongside asparagus. Sprinkle with fresh parsley, dill, and thyme for a bright, aromatic finish.

OPTIONAL CUSTOM ADD-INS

Add cherry tomatoes for extra color & flavor, Swap salmon with trout or arctic char for variation.

SERVING SUGGESTIONS:

Serve with a side of cauliflower mash or zucchini noodles for a full low-carb meal. Perfect for meal prep: store salmon and asparagus separately, then reheat gently to retain their texture.

NUTRITION PER SERVING (1 FILLET + HALF ASPARAGUS)

Calories: ~380 kcal, Protein: 38 g,
Carbohydrates: 6 g, Fiber: 3 g,
Fats: 22 g

Mediterranean Chicken

Bowl with Feta

Prep: 15 min Cook: 20 min Serves: 2

INGREDIENTS

For the Chicken:

- 2 boneless, skinless chicken breasts (about 300 g / 10 oz total)
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp dried oregano
- ½ tsp garlic powder
- Salt & black pepper, to taste
- Juice of ½ lemon

For the Bowl Base:

- 2 cups (60 g) baby spinach or mixed greens
- 1 cup (150 g) cherry tomatoes, halved
- ½ medium cucumber, diced
- ½ small red onion, thinly sliced
- 1 small bell pepper (any color), diced
- ¼ cup (40 g) Kalamata olives, pitted & halved
- ½ medium avocado, sliced

For the Garnish:

- ¼ cup (40 g) crumbled feta cheese
- 1 tbsp fresh parsley, chopped
- Extra squeeze of lemon

OPTIONAL CUSTOM ADD-INS

You can swap chicken for grilled turkey breast or shrimp for a different protein. To make a heartier bowl, add zucchini noodles or cauliflower rice as an extra base. For extra crunch, sprinkle hemp seeds or pumpkin seeds on top.



INSTRUCTIONS

1. **Marinate & Cook the Chicken:** In a small bowl, whisk together olive oil, paprika, oregano, garlic powder, salt, pepper, and lemon juice. Massage the chicken breasts with the marinade and let them marinate for 5–10 minutes while you prepare the vegetables. Heat a skillet or grill pan over medium-high. Sear chicken 6–7 minutes per side until golden and cooked through (internal temp 165°F / 74°C). Remove from heat, let rest 5 minutes, then slice.
2. **Prepare the Bowl Base:** While the chicken cooks, chop all vegetables. Arrange spinach, tomatoes, cucumber, onion, bell pepper, olives, and avocado in 2 large bowls.
3. **Assemble & Garnish:** Slice chicken and place on top of the bowls. Sprinkle with crumbled feta and fresh parsley. Finish with a light squeeze of lemon for brightness.

SERVING SUGGESTIONS:

Pair with sparkling water, mint tea, or a crisp white wine (if not strictly dieting). Perfect for meal prep: cook chicken ahead of time and store separately, then assemble fresh bowls daily.

NUTRITION PER SERVING **(1 BOWL)**

Calories: ~420 kcal, Protein: 45 g,
Carbohydrates: 13 g, Fiber: 6 g,
Fats: 22 g

Chicken Bowl with Quinoa, Beans & Avocado

Prep: 15 min Cook: 20 min Serves: 2

INGREDIENTS

For the Chicken:

- 2 boneless, skinless chicken breasts (about 300 g / 10 oz total)
- 1 tbsp olive oil
- 1 tsp cumin powder
- 1 tsp smoked paprika
- ½ tsp garlic powder
- Salt & black pepper to taste
- Juice of ½ lime

For the Bowl Base:

- ½ cup (90 g) uncooked quinoa (yields ~1 ½ cups cooked)
- ½ cup (80 g) black beans (cooked, drained & rinsed)
- 1 cup (30 g) baby spinach or mixed greens
- 1 small avocado, diced or sliced
- 1 small bell pepper (any color), diced
- ½ small red onion, finely chopped
- 6–8 cherry tomatoes, halved

For the Dressing:

- 2 tbsp Greek yogurt (unsweetened, full-fat)
- 1 tbsp olive oil
- 1 tbsp lime juice
- ½ tsp chili flakes or cayenne (optional for spice)
- Salt & pepper to taste

OPTIONAL CUSTOM ADD-INS

For a garnish, add fresh cilantro or parsley. Swap black beans with kidney beans or chickpeas as your legume choice. To decrease carbs, add zucchini noodles or cauliflower rice.



INSTRUCTIONS

1. Cook the Quinoa: Rinse quinoa under cold water. In a small pot, combine quinoa with 1 cup (240 ml) of water. Bring to a boil, then reduce the heat, cover, and simmer for 12–15 minutes, or until the mixture is fluffy. Set aside.
2. Prepare Chicken: Combine olive oil, cumin, paprika, garlic powder, lime juice, salt, and pepper in a small bowl. Evenly coat chicken breasts with marinade. Heat a skillet or grill pan over medium-high heat, then sear the chicken for 6–7 minutes per side, until it is cooked through (internal temperature reaches 165°F / 74°C). Remove, rest 5 minutes, then slice.
3. Assemble the Bowl: Divide quinoa and spinach between 2 bowls. Add black beans, avocado, bell pepper, onion, and cherry tomatoes. Slice chicken and arrange on top.
4. Make the Dressing: Whisk together Greek yogurt, olive oil, lime juice, chili flakes, salt, and pepper until creamy. Drizzle over the bowls before serving.

SERVING SUGGESTIONS:

Great for meal prep: cook quinoa, beans, and chicken ahead; assemble bowls fresh with avocado before serving. Can be packed in containers for work or travel meals.

NUTRITION PER SERVING (1 BOWL)

Calories: ~480 kcal, Protein: 46 g, Carbohydrates: 28 g, Fiber: 9 g, Fats: 22 g

Beef & Green Bean Protein Pasta **(Low-Carb Noodles)**

Prep: 10 min Cook: 20 min Serves: 2

INGREDIENTS

For the Pasta Base:

- 6 oz (170 g) lean ground beef (90% lean or higher)
- 6 oz (170 g) green beans, trimmed and cut into 2-inch pieces
- 1 package (8 oz / 225 g) low-carb protein pasta or shirataki noodles
- 1 tbsp olive oil

For Flavor & Seasoning:

- 3 garlic cloves, minced
- ½ small onion, finely diced
- 1 tbsp soy sauce or tamari (low-sodium)
- 1 tsp chili flakes (optional for heat)
- ½ tsp black pepper
- ½ tsp smoked paprika
- Salt to taste

For Garnish & Customization:

- Fresh parsley or basil, chopped
- 2 tbsp grated Parmesan (optional)
- A squeeze of lemon juice for brightness
- Swap beef with ground turkey or chicken for a leaner variation

SERVING SUGGESTIONS:

Pair with a simple side salad of arugula + olive oil for extra greens. Great for meal prep: reheats well for next-day lunch.



INSTRUCTIONS

1. Cook the Pasta (if using protein noodles): Bring a pot of salted water to a boil. Cook low-carb protein pasta according to package directions (usually 6–8 minutes). Drain and set aside. If using shirataki noodles, rinse thoroughly under cold water, then boil for 2 minutes to remove odor. Drain well.
2. Prepare the Green Beans: Steam or blanch green beans for 3–4 minutes until crisp-tender. Drain and set aside.
3. Cook the Beef: Heat olive oil in a large skillet over medium heat. Add onion and garlic; sauté until fragrant (2 minutes). Add ground beef, breaking it apart with a spatula. Cook 6–7 minutes until browned. Season with soy sauce, paprika, pepper, and optional chili flakes.
4. Combine Everything: Add the cooked green beans to the skillet, tossing well with the beef. Add the drained protein pasta and stir until it is fully coated with the flavors. Taste and adjust seasoning with salt or lemon juice.
5. Divide between two bowls. Garnish with fresh parsley or basil and a sprinkle of Parmesan if desired.

NUTRITION PER SERVING **(1/2 RECIPE)**

Calories: ~410 kcal, Protein: 44 g,
Carbohydrates: 18 g (net carbs ~12 g
if using low-carb pasta), Fiber: 6 g,
Fats: 18 g

Ground Beef with Sweet Potato **Cubes & Veggies**

Prep: 15 min Cook: 25 min Serves: 4

INGREDIENTS

Protein & Base

- 1 lb (450 g) lean ground beef (90% lean or higher)
- 2 medium sweet potatoes (~400 g), peeled and cut into ½-inch cubes
- 2 tbsp olive oil (divided)

Veggies & Flavor

- 1 medium red bell pepper, diced
- 1 medium zucchini, diced
- 1 small red onion, chopped
- 2 garlic cloves, minced
- ½ cup (75 g) cherry tomatoes, halved
- 2 cups (60 g) baby spinach

Seasoning & Spices

- 1 tsp smoked paprika
- 1 tsp cumin powder
- ½ tsp chili flakes (optional, for heat)
- ½ tsp black pepper
- Salt to taste

OPTIONAL CUSTOM ADD-INS

Swap sweet potatoes for butternut squash or pumpkin cubes to vary the base vegetable. For a Mediterranean twist, sprinkle feta or goat cheese on top when serving.



INSTRUCTIONS

1. **Cook the Sweet Potatoes:** Heat 1 tbsp olive oil in a large skillet over medium heat. Add sweet potato cubes and sauté for 10–12 minutes, stirring occasionally, until golden and tender. Remove and set aside.
2. **Cook the Ground Beef:** In the same skillet, add the remaining 1 tbsp olive oil. Add onion and garlic; sauté until aromatic (2–3 minutes). Add ground beef, breaking it up with a spatula. Cook 7–8 minutes until browned and fully cooked. Season with paprika, cumin, chili flakes, salt, and pepper.
3. **Add Veggies:** Stir in bell pepper, zucchini, and cherry tomatoes. Cook for 5 minutes until softened but still vibrant.
4. **Combine & Finish:** Return sweet potato cubes to the skillet. Toss everything together. Add spinach last, cooking just until wilted (1–2 minutes).
5. **Divide into bowls and garnish with fresh herbs or a sprinkle of cheese if desired.**

SERVING SUGGESTIONS:

Pair with a fresh green salad for extra crunch. For meal prep, portion into containers and store up to 3 days.

NUTRITION PER SERVING **(1/4 RECIPE)**

Calories: ~365 kcal, Protein: 30 g,
Carbohydrates: 22 g (net carbs ~18 g),
Fiber: 4 g, Fats: 18 g

Chicken & Cauliflower Rice Bowl

Prep: 15 min Cook: 20 min Serves: 4

INGREDIENTS

For the Chicken

- 1 lb (450 g) boneless, skinless chicken breast, cut into bite-sized cubes
- 1 tbsp olive oil (or avocado oil)
- 1 tsp smoked paprika
- ½ tsp cumin powder
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt & black pepper to taste

For the Cauliflower Rice Base

- 1 medium head of cauliflower (~600 g), grated into rice-like pieces or 4 cups store-bought cauliflower rice
- 1 tbsp olive oil
- 2 garlic cloves, minced
- ½ small onion, finely chopped
- Salt & black pepper to taste

Veggies & Add-Ins

- 1 medium red bell pepper, diced
- 1 small zucchini, diced
- 1 cup (150 g) cherry tomatoes, halved
- 2 cups (60 g) baby spinach or kale

OPTIONAL CUSTOM ADD-INS

Add avocado slices or guacamole to increase healthy fats. For a spicy kick, use red pepper flakes or chili sauce. To boost flavor, sprinkle crumbled feta or grated Parmesan cheese before serving.



INSTRUCTIONS

1. **Cook Chicken:** Heat 1 tbsp oil in a large skillet over medium-high heat. Toss chicken cubes with paprika, cumin, garlic powder, onion powder, salt, and pepper. Cook 6–8 minutes, stirring occasionally, until browned and cooked through. Remove and set aside.
2. **Prepare the Cauliflower Rice:** In the same skillet, add 1 tbsp olive oil, onion, and garlic. Sauté for 2 minutes until fragrant. Add cauliflower rice, season lightly with salt and pepper, and cook 5–6 minutes, stirring often, until tender but not mushy.
3. **Cook the Veggies:** Add bell pepper, zucchini, and tomatoes to the skillet with cauliflower rice. Sauté for 4–5 minutes until softened. Toss in spinach last, stirring until just wilted.
4. **Assemble the Bowl:** Divide cauliflower rice & veggies among four bowls. Top with cooked chicken. Garnish with herbs, avocado, or cheese if desired.

SERVING SUGGESTIONS:

For meal prep, store the main dish and any sauces separately in airtight containers for 3–4 days. When ready to eat, combine and reheat as needed.

NUTRITION PER SERVING (1/4 RECIPE)

Calories: ~320 kcal, Protein: 38 g, Carbohydrates: 11 g (net carbs ~8 g), Fiber: 3 g, Fats: 14 g

Tuna Almond Pesto Pasta

(Zoodles or Shirataki)

Prep: 15 min Cook: 10 min Serves: 2

INGREDIENTS

For the Base (Choose One):

- 3 medium zucchini (about 500 g), spiralized into zoodles OR
- 2 packs shirataki noodles (7 oz / 200 g each), drained & rinsed

For the Protein & Sauce:

- 1 can (5 oz / 140 g) tuna in water or olive oil, drained
- 2 tbsp olive oil (extra virgin)
- 1 cup (25 g) fresh basil leaves
- 2 tbsp almonds (lightly toasted)
- 2 tbsp grated parmesan cheese (or nutritional yeast for dairy-free)
- 1 garlic clove
- Juice of ½ lemon
- 2 tbsp water (or more if needed for blending)
- Salt & black pepper, to taste

OPTIONAL CUSTOM ADD-INS

Red pepper flakes for heat, Fresh parsley or arugula blended into pesto, Swap almonds for walnuts or pine nuts, add cherry tomatoes (halved) for extra freshness.



INSTRUCTIONS

1. Prepare the “Pasta” Base: If using zoodles, lightly salt zucchini noodles and let sit 5 minutes. Pat dry with paper towels to remove excess moisture. If using shirataki noodles: Rinse thoroughly under cold water, then boil for 2–3 minutes and drain. Pat dry.
2. Make the Almond Pesto: In a blender or food processor, combine basil, almonds, parmesan, garlic, lemon juice, olive oil, and water. Blend until smooth, scraping sides as needed. Adjust consistency with more olive oil or water. Season with salt and pepper.
3. Combine Pasta & Protein: Heat a large skillet over medium heat. Add noodles (zoodles or shirataki) and sauté for 2–3 minutes until just warmed. Stir in the tuna and pesto sauce, tossing gently until everything is well-coated.
4. Plate immediately. Garnish with extra parmesan, fresh basil, or chili flakes if desired.

SERVING SUGGESTIONS:

Pair with a side of roasted veggies or a leafy green salad. For meal prep, store noodles and pesto separately in airtight containers. Mix just before eating to maintain the best texture.

NUTRITION PER SERVING (1/2 RECIPE, WITH ZOODLES)

Calories: ~310 kcal, Protein: 32 g, Carbohydrates: 8 g (net carbs ~5 g), Fiber: 3 g, Fats: 18 g (With shirataki noodles, carbs drop to ~4 g per serving)

Quick Stuffed Zucchini Boats **with Savory Beef**

Prep: 15 min Cook: 25 min Serves: 4

INGREDIENTS

For the Zucchini Boats:

- 2 large zucchinis (about 9–10 inches each), halved lengthwise
- 1 tsp olive oil
- Pinch of salt & pepper

For the Beef Filling:

- 1 lb (450 g) lean ground beef (90% lean)
- 1 tbsp olive oil
- ½ medium onion, finely chopped
- 2 garlic cloves, minced
- 1 cup (100 g) diced tomatoes (fresh or canned, no added sugar)
- 1 tbsp tomato paste
- ½ tsp dried oregano
- ½ tsp dried basil (or Italian seasoning)
- ¼ tsp chili flakes (optional)
- Salt & pepper, to taste

For the Topping:

- ½ cup (50 g) shredded mozzarella cheese (or feta for tang)
- Fresh parsley or basil leaves, chopped (for garnish)

OPTIONAL CUSTOM ADD-INS

Swap beef for ground turkey or chicken for a lighter protein option. Add diced bell peppers or mushrooms into the filling for extra fiber.



INSTRUCTIONS

1. **Prepare the Zucchini Boats:** Preheat oven to 375°F (190°C). Slice zucchinis in half lengthwise. Using a spoon, scoop out the center flesh, leaving about ¼ inch (0.5 cm) thickness around the edges. Reserve some of the scooped flesh, chop it, and set it aside. Brush the zucchini shells with 1 tsp of olive oil, sprinkle with salt and pepper, and place them cut-side up on a parchment-lined baking sheet.
2. **Make the Beef Filling:** Heat 1 tbsp olive oil in a skillet over medium heat. Add onion and garlic, sauté until fragrant (2–3 min). Add ground beef, breaking it up with a spatula, and cook until browned (6–7 min). Stir in chopped zucchini flesh, diced tomatoes, tomato paste, oregano, basil, and chili flakes—season with salt & pepper. Cook for an additional 5 minutes, until the mixture has thickened.
3. **Assemble & Bake:** Spoon beef mixture evenly into zucchini boats. Sprinkle with shredded mozzarella. Bake for 15–18 minutes, until zucchini is tender and cheese is melted & golden.
4. **Remove from oven,** garnish with fresh parsley or basil, and serve hot.

SERVING SUGGESTIONS:

Pairs well with cauliflower rice for a more filling meal. For meal prep, refrigerate assembled boats in airtight containers for up to 3 days; reheat in the oven before serving.

NUTRITION PER SERVING **(1 ZUCCHINI BOAT)**

Calories: ~290 kcal, Protein: 28 g,
Carbohydrates: 8 g (net carbs ~5 g),
Fiber: 3 g, Fats: 16 g

DINNERS WITHOUT THE CARB CRASH

Poultry & Lean Meats

Greek-Style Chicken with Herbs & Feta

Prep: 15 min Cook: 25 min Serves: 4

INGREDIENTS

- 4 boneless, skinless chicken breasts (about 5 oz / 140 g each)
- 2 tbsp olive oil (extra virgin)
- 3 garlic cloves, minced
- Juice & zest of 1 lemon
- 1 tbsp fresh oregano, chopped (or 1 tsp dried)
- 1 tbsp fresh thyme, chopped (or 1 tsp dried)
- 1 tbsp fresh parsley, chopped (plus extra for garnish)
- ½ tsp paprika
- ½ tsp ground black pepper
- ½ tsp sea salt (to taste)
- ½ cup (75 g) crumbled feta cheese
- 8–10 Kalamata olives, pitted & halved
- ½ medium red onion, thinly sliced
- 1 cup (150 g) cherry tomatoes, halved

OPTIONAL CUSTOM ADD-INS

Swap thyme for rosemary for a deeper aroma. Use goat cheese instead of feta for a creamier profile.



INSTRUCTIONS

1. Marinate Chicken: In a bowl, mix olive oil, garlic, lemon juice + zest, oregano, thyme, parsley, paprika, salt, and pepper. Add chicken breasts and coat well. Let marinate for at least 10 minutes (or up to 2 hours in the fridge).
2. Cook Chicken: Heat a large skillet or grill pan over medium-high heat. Cook chicken for about 5–6 minutes per side, until golden brown and cooked through (internal temp 165°F / 74°C).
3. Prepare Veggie Mix: In the same skillet, add onion and cherry tomatoes. Sauté for 3–4 minutes until softened and lightly charred. Toss in olives.
4. Assemble: Return chicken to skillet, sprinkle with crumbled feta, cover for 1–2 minutes until cheese softens slightly.
5. Finish: Garnish with extra parsley and a drizzle of olive oil before serving.

SERVING SUGGESTIONS:

Serve alongside roasted zucchini or cauliflower rice for a full low-carb meal. For a Mediterranean vibe, add a dollop of tzatziki (a mixture of Greek yogurt and cucumber dip).

NUTRITION PER SERVING (PER SERVING):

Calories: ~310 kcal, Protein: 38 g, Carbohydrates: 6 g, Net Carbs: 4 g, Fat: 14 g, Fiber: 2 g

Spicy Mexican Chicken Skillet

Prep: 10 min Cook: 20 min Serves: 4

INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts or thighs, cut into bite-sized pieces
- 1 tbsp olive oil or avocado oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 medium red bell pepper, diced
- 1 medium green bell pepper, diced
- 1 medium zucchini, diced
- 1 medium tomato, chopped (or ½ cup canned diced tomatoes, no sugar added)
- 1 jalapeño, minced (remove seeds for less heat)
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp cayenne pepper (adjust to heat preference)
- ½ tsp dried oregano
- Salt & black pepper, to taste
- ½ cup (60 g) shredded cheddar or Monterey Jack cheese (optional)
- Fresh cilantro, chopped (for garnish)
- Juice of ½ lime

OPTIONAL CUSTOM ADD-INS

Add mushrooms, spinach, or cauliflower rice for an extra boost of veggies. Swap zucchini for broccoli florets. Add avocado slices on top for creaminess.



INSTRUCTIONS

1. **Prep & Heat Skillet:** Heat olive oil in a large skillet over medium-high heat.
2. **Cook Chicken:** Add chicken pieces, season with salt and pepper, and sauté for 6–7 minutes until golden and nearly cooked through. Remove and set aside.
3. **Sauté Veggies:** In the same skillet, add onion, garlic, and bell peppers. Cook 3–4 minutes until softened. Add the zucchini, tomato, and jalapeño; cook for an additional 3 minutes. Season: Stir in paprika, cumin, chili powder, cayenne, and oregano. Toast spices for 1 minute to release aroma.
4. **Combine:** Return chicken to skillet, stir everything together, cover, and cook for 5–6 minutes until chicken is fully cooked (internal temp 165°F / 74°C).
5. **Finish:** Squeeze lime juice over skillet, sprinkle with cheese (if using), cover briefly until melted.
6. **Garnish & Serve:** Top with fresh cilantro.

SERVING SUGGESTIONS:

Serve with cauliflower rice or zucchini noodles for a hearty low-carb meal. Wrap in low-carb tortillas for a spicy protein-packed fajita. Pair with a simple side salad of cucumber, avocado, and lime.

NUTRITION PER SERVING (PER SERVING, WITHOUT CHEESE)

Calories: ~280 kcal, Protein: 34 g, Carbohydrates: 8 g, Net Carbs: 6 g, Fat: 10 g, Fiber: 2 g

Turkey & Egg Stuffed Peppers

Prep: 15 min Cook: 35 min Serves: 4

INGREDIENTS

- 4 large bell peppers (any color), tops sliced off & seeds removed
- 1 lb (450 g) lean ground turkey
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 small zucchini, finely diced (adds moisture & fiber)
- 1 cup (100 g) fresh spinach, chopped
- 1 tsp olive oil or avocado oil
- 1 tsp smoked paprika
- 1 tsp dried oregano (or 1 tbsp fresh)
- ½ tsp cumin
- Salt & black pepper, to taste
- 4 large eggs
- ¼ cup (30 g) feta or shredded mozzarella cheese (optional)
- Fresh parsley or cilantro, chopped (for garnish)

OPTIONAL CUSTOM ADD-INS

Add chili flakes or jalapeño for spice. Swap spinach for kale. Use goat cheese or cheddar for variation.

SERVING SUGGESTIONS:

Pair with a side of avocado slices or guacamole for healthy fats. Serve with a crisp cucumber and tomato salad, accompanied by a squeeze of lemon.

NUTRITION PER SERVING (PER SERVING, WITH CHEESE)

Calories: ~280 kcal, Protein: 28 g,
Carbohydrates: 8 g, Net Carbs: 6 g,
Fat: 14 g, Fiber: 2 g



INSTRUCTIONS

1. Prep Peppers: Preheat oven to 375°F (190°C). Slice the tops off the peppers, remove seeds and membranes. Lightly brush with oil. Place upright in a baking dish.
2. Cook Filling: Heat oil in a skillet over medium heat. Add the onion and garlic, and sauté for 2 minutes. Add the turkey, breaking it apart, and cook for 6–7 minutes, or until it is no longer pink. Stir in zucchini, spinach, paprika, oregano, cumin, salt & pepper. Cook for an additional 3–4 minutes, until the vegetables have softened.
3. Stuff Peppers: Divide turkey mixture evenly into peppers, leaving space at the top.
4. Add Eggs: Crack one egg into each pepper on top of the turkey filling. Sprinkle with cheese if using.
5. Bake: Cover loosely with foil and bake 25–30 minutes, until eggs are set to your liking (soft yolk = less time, firm yolk = more time).
6. Finish: Remove from oven, garnish with parsley or cilantro, and serve hot.

Quinoa Chicken Patties

Prep: 15 min Cook: 20 min Serves: 6

INGREDIENTS

- 1 lb (450 g) ground chicken breast (or thigh for juicier patties)
- ½ cup cooked quinoa (about ¼ cup dry)
- 1 small zucchini, grated & squeezed of excess water
- 1 small carrot, grated (optional, for sweetness & fiber)
- 1 large egg
- 2 garlic cloves, minced
- 2 tbsp fresh parsley or cilantro, chopped
- 1 tsp onion powder
- ½ tsp smoked paprika
- ½ tsp cumin
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tbsp olive oil or avocado oil (for cooking)

OPTIONAL CUSTOM ADD-INS

Add chili flakes or jalapeño for spice. Swap parsley for dill or basil for a different flavor profile. Stir in 2 tbsp feta or grated Parmesan for a cheesy twist.

SERVING SUGGESTIONS:

Pair with a crisp green salad + Greek yogurt dip (instead of mayo). Serve with roasted veggies or cauliflower mash. Great for meal prep: store in the fridge for up to 4 days, or in the freezer for up to 2 months.



INSTRUCTIONS

1. Cook the quinoa: Combine 1 part dry quinoa with 2 parts water. Simmer for 15 minutes, then let it cool slightly.
2. Mix the patties: In a bowl, combine ground chicken, cooked quinoa, zucchini, carrot, egg, garlic, parsley, and spices. Mix until just combined—avoid overmixing to keep patties tender.
3. Shape the mixture: Form it into 6 equal patties, about ¾ inch thick.
4. Cook the patties: Heat oil in a nonstick skillet over medium heat. Cook the patties for 4–5 minutes per side, until they're golden brown and their internal temp reaches 165°F (74°C). For a just-as-delicious alternative, bake at 375°F (190°C) for 20–22 minutes, flipping the dish halfway through.
5. Rest and serve: Let patties rest for 2 minutes before serving to preserve juiciness.

NUTRITION PER SERVING (PER PATTY)

Calories: ~280 kcal, Protein: 28 g,
Carbohydrates: 8 g, Net Carbs: 6 g,
Fat: 14 g, Fiber: 2 g

Lean Beef Meatballs **with Zucchini Noodles**

Prep: 15 min Cook: 25 min Serves: 4

INGREDIENTS

For the Meatballs

- 1 lb (450 g) lean ground beef (90–95% lean)
- 1 large egg
- 2 tbsp almond flour (binder, low carb)
- 2 garlic cloves, minced
- 2 tbsp fresh parsley, chopped
- 1 tsp dried oregano
- ½ tsp onion powder
- ½ tsp smoked paprika
- ½ tsp black pepper
- ½ tsp sea salt

For the Sauce & Zoodles

- 1 tbsp olive oil or avocado oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 can (14 oz / 400 g) crushed tomatoes (no added sugar)
- 1 tsp dried basil (or 1 tbsp fresh)
- ½ tsp chili flakes (optional, for heat)
- Salt & black pepper, to taste
- 4 medium zucchinis, spiralized into noodles (“zoodles”)
- Fresh basil & grated Parmesan or feta (optional garnish)

OPTIONAL CUSTOM ADD-INS

Swap beef for ground turkey or chicken. Add finely grated zucchini or carrot into meatballs for extra moisture.



INSTRUCTIONS

1. Make the meatball mixture: In a bowl, combine beef, egg, almond flour, garlic, parsley, oregano, onion powder, paprika, salt, and pepper. Mix gently (avoid overworking). Form into 16 small meatballs. Brown the meatballs: Heat a skillet with oil over medium heat. Brown meatballs on all sides for 6–8 minutes. Transfer to a plate to finish cooking in the sauce.
2. Make Sauce: In the same skillet, add the onion and garlic, and sauté for 2–3 minutes. Add crushed tomatoes, basil, chili flakes, salt & pepper. Simmer 10 minutes. Finish the meatballs: Return the browned meatballs to the skillet, cover, and simmer in the sauce for 8–10 minutes, or until they are fully cooked (internal temperature reaches 160°F / 71°C).
3. Prepare Zoodles: While the sauce is cooking, spiralize the zucchini. Lightly sauté in a separate pan with a drizzle of olive oil for 2–3 minutes, until just tender (don’t overcook, or they’ll become soggy).
4. Assemble: Divide zoodles among plates, top with meatballs & sauce, garnish with fresh basil and Parmesan.

SERVING SUGGESTIONS:

Pair with a fresh arugula & avocado salad. Serve with roasted bell peppers or mushrooms. For a creamy twist, add a spoonful of Greek yogurt.

NUTRITION PER SERVING **(PER SERVING, SAUCE, ZOODLES)**

Calories: ~310 kcal, Protein: 32 g,
Carbohydrates: 9 g, Net Carbs: 6 g,
Fat: 15 g, Fiber: 3 g

Turkey Meatballs with Brussels Sprouts

Prep: 15 min Cook: 25 min Serves: 4

INGREDIENTS

For the Meatballs

- 1 lb (450 g) ground turkey (lean, 93–95%)
- 1 large egg
- 2 tbsp almond flour (binder, low carb)
- 2 garlic cloves, minced
- 2 tbsp fresh parsley, chopped
- 1 tsp dried oregano (or 1 tbsp fresh)
- ½ tsp smoked paprika
- ½ tsp black pepper
- ½ tsp sea salt

For the Brussels Sprouts

- 1 lb (450 g) Brussels sprouts, trimmed & halved
 - 1 tbsp olive oil or avocado oil
 - 1 garlic clove, minced
 - ½ tsp chili flakes (optional, for heat)
 - Salt & black pepper, to taste
- Finishing Touch: Juice of ½ lemon.

Extra parsley or fresh thyme for garnish

OPTIONAL CUSTOM ADD-INS

Add 2 tbsp grated Parmesan to the meatball mix for extra flavor. Toss sprouts with balsamic vinegar at the end for tang. Swap parsley for cilantro + add cumin for a spiced variation.



INSTRUCTIONS

1. Preheat Oven: 400°F (200°C). Line a baking sheet with parchment paper.
2. Make Meatballs: In a bowl, combine ground turkey, egg, almond flour, garlic, parsley, oregano, paprika, salt, and pepper. Mix gently until combined, then form 16 small meatballs.
3. Bake Meatballs: Place meatballs on prepared baking sheet. Bake for 18–20 minutes, or until the internal temperature reaches 165°F (74°C).
4. Cook Brussels Sprouts: While meatballs bake, heat oil in a large skillet over medium-high heat. Add sprouts, cut-side down, and season with salt & pepper. Sear for 4–5 minutes, until golden. Add garlic and chili flakes, cook 1–2 minutes more. Reduce the heat, cover, and cook for an additional 5 minutes, or until the vegetables are tender.
5. Combine & Finish: Add baked meatballs to the skillet with sprouts. Toss gently, squeeze lemon juice over, and garnish with fresh herbs.

SERVING SUGGESTIONS:

Serve with a dollop of Greek yogurt sauce or tahini drizzle. Pair with a light cucumber and avocado salad. Great for meal prep — keeps well in the fridge for 3–4 days.

NUTRITION PER SERVING (PER SERVING)

Calories: ~290 kcal, Protein: 32 g, Carbohydrates: 9 g, Net Carbs: 6 g, Fat: 14 g, Fiber: 3 g

Duck Breast with Apples & Thyme

Prep: 10 min Cook: 20 min Serves: 2

INGREDIENTS

- 2 duck breasts (about 6 oz / 170 g each, skin on)
- 1 tsp sea salt
- ½ tsp black pepper
- 1 tbsp fresh thyme leaves (or 1 tsp dried)
- 1 garlic clove, minced
- 1 tbsp olive oil (if needed, duck fat usually renders enough)
- 1 medium green apple (Granny Smith), thinly sliced
- 1 small shallot or onion, thinly sliced
- ½ cup (120 ml) low-sodium chicken broth
- 1 tsp Dijon mustard (optional, for tang)
- 1 tbsp apple cider vinegar or dry white wine
- Fresh thyme sprigs for garnish

OPTIONAL CUSTOM ADD-INS

Add a pinch of cinnamon or nutmeg for warmth. Swap an apple for a pear for a sweeter variation. Add a splash of balsamic vinegar instead of white wine for depth.



INSTRUCTIONS

1. **Prep Duck:** Score duck breast skin in a crisscross pattern (don't cut into meat). Season with salt, pepper, and thyme.
2. **Render Fat:** Place duck breasts skin-side down in a cold skillet. Turn the heat to medium and cook for 6–8 minutes, until the skin is crispy and golden, and the fat is rendered. Flip and cook 3–4 minutes on the meat side for medium-rare (internal temp 135°F / 57°C). Transfer to a plate, cover loosely with foil to rest.
3. **Make Sauce:** In the same skillet (leave 1 tbsp fat), add shallot and apple slices. Sauté 3–4 minutes until softened. Stir in the garlic and cook for 30 seconds. Deglaze with broth and apple cider vinegar (or wine). Simmer 3–4 minutes until slightly reduced. Stir in Dijon mustard if using.
4. **Combine:** Slice duck breasts against the grain. Spoon apple-thyme sauce over top. Garnish with fresh thyme.

SERVING SUGGESTIONS:

Pair with roasted Brussels sprouts or cauliflower mash. Serve with a light arugula salad drizzled in olive oil & lemon.

NUTRITION PER SERVING (PER SERVING)

Calories: ~365 kcal, Protein: 36 g, Carbohydrates: 8 g, Net Carbs: 6 g, Fat: 20 g, Fiber: 2 g

Seafood Selections

Pan-Seared Salmon with Garlic & Spinach

Prep: 10 min Cook: 15 min Serves: 2

INGREDIENTS

- 2 salmon fillets (about 6 oz / 170 g each, skin on)
- 1 tbsp olive oil or avocado oil
- 1 tbsp butter (optional, for extra richness)
- 3 garlic cloves, minced
- 4 cups (120 g) fresh spinach leaves
- Juice of ½ lemon
- ½ tsp sea salt (or to taste)
- ½ tsp black pepper
- ½ tsp smoked paprika (optional)
- 1 tbsp fresh parsley or dill, chopped (for garnish)



INSTRUCTIONS

1. Season Salmon: Pat salmon dry. Season both sides with salt, pepper, and smoked paprika.
2. Pan-Sear Salmon: Heat oil in a skillet over medium-high heat. Place the salmon skin-side down and cook for 4–5 minutes, until the skin is crisp and golden brown. Flip and cook for another 3–4 minutes, until the salmon is just opaque (internal temperature ~125°F / 52°C for medium). Remove and set aside.
3. Cook Spinach: In the same skillet, add butter (if using) and garlic. Sauté 30 seconds until fragrant. Add spinach, season lightly, and cook 2–3 minutes, stirring, until wilted.
4. Finish: Squeeze lemon juice over spinach, return salmon on top, and warm through for 1 minute.
5. Serve: Garnish with fresh parsley or dill.

OPTIONAL CUSTOM ADD-INS

Swap spinach for kale or Swiss chard.
Use fresh thyme or rosemary instead of dill for variety.

SERVING SUGGESTIONS:

Pair with cauliflower mash or roasted zucchini for a complete Low Carb plate. Serve with a side salad of cucumber, avocado, and feta. Drizzle with a spoonful of Greek yogurt sauce or tahini for extra creaminess.

NUTRITION PER SERVING (PER SERVING)

Calories: ~365 kcal, Protein: 35 g,
Carbohydrates: 4 g, Net Carbs: 3 g,
Fat: 22 g, Fiber: 1 g

Lemon-Dill Cod Fillet

Prep: 10 min Cook: 15 min Serves: 2

INGREDIENTS

- 2 cod fillets (about 6 oz / 170 g each, skinless)
- 1 tbsp olive oil or avocado oil
- 1 tbsp butter (optional, for richness)
- 2 garlic cloves, minced
- Juice & zest of 1 lemon
- 2 tbsp fresh dill, chopped (or 1 tsp dried)
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp smoked paprika (optional, for color)
- Lemon wedges, for serving



INSTRUCTIONS

Pan-Seared Method (recommended for crisp edges):

1. Pat cod fillets dry with paper towels—season with salt, pepper, and paprika.
2. Heat oil in a skillet over medium-high heat. Add cod and cook 3–4 minutes per side, until golden and flaky (internal temp 145°F / 63°C). Remove fillets and keep warm.
3. In the same skillet, melt butter, add garlic, and sauté 30 seconds. Stir in lemon juice, zest, and dill. Simmer 1–2 minutes to blend flavors.
4. Spoon sauce over cod fillets. Garnish with extra dill and lemon wedges.

Alternative Oven-Bake Method:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment.
2. Place cod on sheet, season as above. Drizzle oil and lemon juice over top.
3. Bake for 12–14 minutes, until fish flakes easily. Sprinkle with fresh dill before serving.

OPTIONAL CUSTOM ADD-INS

Add 1 tsp Dijon mustard to the sauce for tang—swap dill for parsley, thyme, or tarragon. Add a pinch of chili flakes for subtle heat.

SERVING SUGGESTIONS:

Pair with sautéed spinach, asparagus, or zucchini noodles. Add a side of cauliflower mash for a hearty low-carb meal. For freshness: serve with cucumber-radish salad dressed in Greek yogurt.

NUTRITION PER SERVING (PER SERVING, PAN-SEARED, WITH BUTTER)

Calories: ~260 kcal, Protein: 34 g, Carbohydrates: 3 g, Net Carbs: 2 g, Fat: 12 g, Fiber: 1 g

Shrimp & Cauliflower Rice Stir-Fry Prep: 10 min Cook: 15 min Serves: 4

INGREDIENTS

- 1 lb (450 g) large shrimp, peeled & deveined
- 3 cups (300 g) cauliflower rice (fresh or frozen)
- 1 tbsp olive oil or avocado oil
- 2 garlic cloves, minced
- 1 tbsp fresh ginger, grated (or 1 tsp ground ginger)
- 1 medium red bell pepper, diced
- 1 small zucchini, diced
- 1 cup (100 g) broccoli florets, small bite-size
- 2 tbsp sesame oil (or olive oil, for finishing)
- 2 tbsp lime or lemon juice
- 1 tbsp rice vinegar (unsweetened)
- 1 tbsp sesame seeds, toasted (for garnish)
- 2 tbsp fresh cilantro or parsley, chopped

OPTIONAL CUSTOM ADD-INS

Swap shrimp for chicken or tofu. Stir in 1 scrambled egg for extra protein.

Add mushrooms, snow peas, or spinach for variety.



INSTRUCTIONS

1. Prep Shrimp: Pat shrimp dry and season lightly with salt & pepper.
2. Sauté Shrimp: Heat 1 tbsp olive oil in a large skillet or wok over medium-high heat. Add shrimp and cook 2–3 minutes per side, until they are pink and opaque. Remove and set aside.
3. Cook Veggies: In the same skillet, add garlic, ginger, bell pepper, zucchini, and broccoli. Stir-fry 4–5 minutes, until just tender but crisp.
4. Add Cauliflower Rice: Stir in cauliflower rice, drizzle sesame oil, and cook 3–4 minutes, stirring to heat through.
5. Combine: Return shrimp to skillet. Add lime juice and rice vinegar. Toss everything together for 1–2 minutes.
6. Finish & Serve: Garnish with sesame seeds and fresh cilantro. Serve immediately.

SERVING SUGGESTIONS:

Serve in bowls topped with avocado slices for extra healthy fats. Pair with a cucumber salad dressed with yogurt and dill.

NUTRITION PER SERVING (PER SERVING)

Calories: ~245 kcal, Protein: 27 g, Carbohydrates: 8 g, Net Carbs: 6 g, Fat: 11 g, Fiber: 2 g

Tuna Steaks with Fresh Tomato Salsa

Prep: 10 min Cook: 10 min Serves: 2

INGREDIENTS

For the Tuna

- 2 fresh tuna steaks (about 6 oz / 170 g each, 1-inch thick)
- 1 tbsp olive oil
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp smoked paprika (optional, for color)
- Juice of ½ lemon

For the Fresh Tomato Salsa

- 2 medium ripe tomatoes, diced
- ½ small red onion, finely chopped
- 1 small chili pepper, minced (optional, for heat)
- 1 tbsp fresh cilantro or parsley, chopped
- 1 tbsp olive oil
- 1 tbsp lime or lemon juice
- ¼ tsp sea salt
- ¼ tsp black pepper

OPTIONAL CUSTOM ADD-INS

Add diced avocado for creaminess. Swap cilantro for fresh basil for an Italian touch. Add capers or olives for extra Mediterranean flavor.



INSTRUCTIONS

1. Prepare Salsa: In a small bowl, mix tomatoes, onion, chili (if using), cilantro, olive oil, lime juice, salt, and pepper. Let it rest for 10 minutes for the flavors to blend.
2. Season Tuna: Pat tuna steaks dry. Rub with olive oil, salt, pepper, paprika, and a squeeze of lemon juice.
3. Cook Tuna (pan-seared method): Heat a nonstick skillet or grill pan over high heat. Sear the tuna 2 minutes per side for medium-rare (with a pink center) or longer if you prefer it fully cooked. (Internal temp for medium-rare: ~125°F / 52°C).
4. Serve: Plate tuna steaks, top generously with fresh tomato salsa. Garnish with extra herbs and lemon wedges.

SERVING SUGGESTIONS:

Serve with sautéed spinach or roasted asparagus for extra greens. Pair with cauliflower rice for a filling but carb-light meal. For a summer touch, serve alongside a cucumber and avocado salad.

NUTRITION PER SERVING (PER SERVING)

Calories: ~310 kcal, Protein: 42 g, Carbohydrates: 7 g, Net Carbs: 5 g, Fat: 13 g, Fiber: 2 g

Garlic Butter Scallops **with Asparagus**

Prep: 10 min Cook: 10 min Serves: 2

INGREDIENTS

- 12 large sea scallops (~8 oz / 225 g)
- 1 tbsp olive oil
- 2 tbsp unsalted butter
- 3 garlic cloves, minced
- 1 bunch asparagus (about 8 oz / 225 g), trimmed
- Juice of ½ lemon + lemon wedges for serving
- 2 tbsp fresh parsley, chopped
- ½ tsp sea salt (divided)
- ½ tsp black pepper (divided)
- Optional: pinch of chili flakes for heat

OPTIONAL CUSTOM ADD-INS

Swap asparagus for broccolini or green beans. Add a splash of dry white wine when deglazing the pan. Use fresh dill instead of parsley for a different herbal touch.

SERVING SUGGESTIONS:

Serve with a side of cauliflower mash for a hearty, low-carb pairing. Add a crisp green salad with cucumber and avocado. Works beautifully as a light date-night dinner or a refined meal prep option.

NUTRITION PER SERVING (PER SERVING)

Calories: ~295 kcal, Protein: 29 g,
Carbohydrates: 7 g, Net Carbs: 5 g,
Fat: 16 g, Fiber: 2 g



INSTRUCTIONS

1. **Prep Scallops:** Pat scallops dry with paper towels (essential for searing)—season with ¼ tsp salt and ¼ tsp pepper.
2. **Cook Asparagus:** Heat olive oil in a large skillet over medium-high heat. Add the asparagus, season with the remaining salt & pepper, and sauté for 3–4 minutes, until tender-crisp. Remove and set aside.
3. **Sear Scallops:** In the same skillet, melt 1 tbsp butter. Place scallops in a single layer. Cook for 2 minutes per side, without moving, until golden brown and just opaque (do not overcook). Transfer to a plate.
4. **Make Garlic Butter Sauce:** Reduce heat to medium. Add the remaining 1 tbsp butter and garlic. Cook 30 seconds until fragrant. Deglaze with lemon juice (and optional wine). Stir in parsley.
5. **Finish & Serve:** Return asparagus to skillet, toss in sauce. Plate scallops over asparagus, drizzle with garlic butter, and garnish with extra lemon wedges.

Cod en Papillote with Garden Veggies

Prep: 15 min Cook: 20 min Serves: 2

INGREDIENTS

- 2 cod fillets (about 6 oz / 170 g each, skinless)
- 1 tbsp olive oil (or avocado oil)
- 1 small zucchini, thinly sliced into rounds
- 1 small carrot, julienned
- 1 cup cherry tomatoes, halved
- ½ small red bell pepper, thinly sliced
- ½ small red onion, thinly sliced
- 2 garlic cloves, thinly sliced
- 2 tbsp fresh parsley or basil, chopped
- 1 tsp fresh thyme leaves (or ½ tsp dried)
- Juice of ½ lemon + extra slices for garnish
- ½ tsp sea salt
- ½ tsp black pepper



INSTRUCTIONS

1. Preheat Oven: 400°F (200°C). Cut 2 large sheets of parchment paper (about 12x16 inches).
2. Assemble Packets: Place half of the zucchini, carrot, tomatoes, bell pepper, onion, and garlic in the center of each parchment sheet. Drizzle with olive oil, season lightly.
3. Add Cod: Place a cod fillet on top of the veggies—season with salt, pepper, thyme, parsley, lemon juice, and top with lemon slices.
4. Seal Packets: Fold parchment over cod and veggies. Crimp the edges tightly to create a half-moon shape, which will keep the steam inside.
5. Bake: Place packets on a baking sheet. Bake 18–20 minutes, until fish is opaque and flakes easily.
6. Serve: Carefully open packets (watch for steam!). Serve cod with veggies and juices poured over the top.

OPTIONAL CUSTOM ADD-INS

Swap thyme for dill for a more delicate flavor. Add a splash of dry white wine to each packet for elegance. Sprinkle with chili flakes for subtle heat.

SERVING SUGGESTIONS:

Pair with a side of cauliflower mash or sautéed spinach. Add a spoonful of Greek yogurt or tzatziki for creaminess. Perfect as a light dinner with a crisp green salad.

NUTRITION PER SERVING (PER SERVING)

Calories: ~260 kcal, Protein: 34 g,
Carbohydrates: 9 g, Net Carbs: 7 g,
Fat: 10 g, Fiber: 2 g

Moroccan Spiced Cod with Tomatoes & Peppers

Prep: 15 min Cook: 20 min Serves: 4

INGREDIENTS

For the Cod:

- 4 cod fillets (about 6 oz / 170 g each, skinless)
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp ground coriander
- ½ tsp turmeric
- ¼ tsp cayenne pepper (optional, for heat)
- ½ tsp sea salt
- ½ tsp black pepper

For the Tomato-Pepper Base:

- 1 tbsp olive oil
- 1 medium onion, thinly sliced
- 2 garlic cloves, minced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 can (14 oz / 400 g) diced tomatoes (no added sugar)
- 1 tsp ground cinnamon (classic Moroccan warmth)
- 1 tsp paprika
- ½ tsp chili flakes (optional)
- Salt & black pepper, to taste
- 2 tbsp fresh parsley or cilantro, chopped (for garnish)

OPTIONAL CUSTOM ADD-INS

Add green olives or capers for tang. Stir in a handful of spinach at the end for an extra boost of greens. Swap cod for sea bass, dorado, or halibut.



INSTRUCTIONS

1. **Marinate Cod:** In a small bowl, combine olive oil, lemon juice, cumin, paprika, coriander, turmeric, cayenne, salt, and pepper. Rub the cod fillets with the marinade and let them marinate for 10 minutes.
2. **Cook Base:** Heat 1 tbsp olive oil in a large skillet over medium heat. Add the onion and garlic, and sauté for 2–3 minutes. Add bell peppers and cook 4–5 minutes until softened.
3. **Add Tomatoes & Spices:** Stir in diced tomatoes, cinnamon, paprika, and chili flakes. Simmer 5–6 minutes until the sauce thickens slightly. Season to taste.
4. **Cook Cod:** Nestle marinated cod fillets into the tomato-pepper mixture. Cover the skillet and cook for 8–10 minutes, until the fish is opaque and flakes easily.
5. **Finish & Serve:** Sprinkle with fresh parsley or cilantro. Serve hot with lemon wedges.

SERVING SUGGESTIONS:

Serve over cauliflower rice for a full Moroccan-style plate. Pair with roasted zucchini or eggplant for extra Mediterranean flair.

NUTRITION PER SERVING (PER SERVING)

Calories: ~295 kcal, Protein: 35 g, Carbohydrates: 10 g, Net Carbs: 7 g, Fat: 13 g, Fiber: 3 g

Baked Salmon with Broccoli & Lemon Zest

Prep: 10 min Cook: 20 min Serves: 2

INGREDIENTS

- 2 salmon fillets (about 6 oz / .70 g each, skin on)
- 2 cups (200 g) broccoli florets
- 1 tbsp olive oil (or avocado oil)
- 1 tsp unsalted butter (optional, for richness)
- Zest of 1 lemon + juice of ½ lemon
- 2 garlic cloves, minced
- 1 tsp fresh thyme leaves (or ½ tsp dried thyme)
- ½ tsp sea salt
- ½ tsp black pepper

Optional: pinch of chili flakes for heat



INSTRUCTIONS

1. Preheat Oven: 400°F (200°C). Line a baking sheet with parchment paper.
2. Season Salmon: Pat salmon fillets dry. Rub with ½ tbsp olive oil, garlic, thyme, salt, pepper, lemon zest, and a squeeze of lemon juice.
3. Prepare Broccoli: Toss broccoli florets with remaining olive oil, salt, and pepper. Spread evenly on a baking sheet.
4. Bake: Place salmon fillets on the sheet skin-side down, surrounded by broccoli. Bake for 15–18 minutes, until the salmon is opaque and flakes easily with a fork (internal temperature of ~125°F / 52°C for medium).
5. Finish: Drizzle with melted butter (if using), garnish with extra lemon zest and wedges.

OPTIONAL CUSTOM ADD-INS

Replace thyme with fresh dill or parsley. Add zucchini or asparagus to the pan for an extra serving of veggies. Sprinkle with Parmesan before baking for a cheesy finish.

SERVING SUGGESTIONS:

Serve with a side of cauliflower mash or zucchini noodles for a fuller meal. Pair with a cucumber–avocado salad for a refreshing combination.

NUTRITION PER SERVING (PER SERVING)

Calories: ~365 kcal, Protein: 36 g, Carbohydrates: 6 g, Net Carbs: 4 g, Fat: 20 g, Fiber: 2 g

Shrimp in Creamy Coconut-Lime Sauce

Prep: 10 min Cook: 15 min Serves: 4

INGREDIENTS

- 1 lb (450 g) large shrimp, peeled & deveined
- 1 tbsp olive oil or avocado oil
- 2 garlic cloves, minced
- 1 small red chili (optional), finely chopped for spice
- 1 cup (240 ml) unsweetened coconut milk (full-fat for creaminess)
- Zest & juice of 1 lime
- 1 tbsp fresh ginger, grated (or 1 tsp ground ginger)
- ½ tsp turmeric (optional, adds color & anti-inflammatory benefits)
- ½ tsp sea salt
- ½ tsp black pepper
- 2 tbsp fresh cilantro, chopped (for garnish)



INSTRUCTIONS

1. Prep Shrimp: Pat shrimp dry, season lightly with salt & pepper.
2. Sear Shrimp: Heat olive oil in a large skillet over medium-high heat. Add shrimp and cook for 2 minutes per side, until pink and opaque. Remove and set aside.
3. Make Sauce: In the same skillet, reduce the heat to medium. Add garlic, chili, and ginger, and sauté 30 seconds. Stir in coconut milk, lime zest, lime juice, turmeric, salt & pepper. Simmer 3–4 minutes until slightly thickened.
4. Combine: Return shrimp to skillet, toss to coat, and cook 1–2 minutes to warm through.
5. Serve: Garnish with fresh cilantro and extra lime wedges.

OPTIONAL CUSTOM ADD-INS

Add zucchini noodles or spinach for an extra boost of greens. Use lemongrass for an added Southeast Asian flavor. Add chili flakes for heat.

SERVING SUGGESTIONS:

Serve over cauliflower rice for a tropical, low-carb bowl. Pair with sautéed zucchini noodles. Add a side of grilled asparagus or broccoli for an extra boost of fiber.

NUTRITION PER SERVING (PER SERVING)

Calories: ~280 kcal, Protein: 27 g, Carbohydrates: 5 g, Net Carbs: 3 g, Fat: 17 g, Fiber: 2 g

SNACKS & SMALL BITES

Egg Muffins with Veggies

Prep: 10 min Cook: 20 min Serves: 3

INGREDIENTS

- 6 large eggs
- ½ cup (120 ml) unsweetened almond milk (or dairy milk)
- ½ cup (60 g) chopped bell peppers (red, yellow, or green)
- ½ cup (60 g) broccoli florets, finely chopped
- ¼ cup (30 g) red onion, diced
- ¼ cup (30 g) shredded cheddar or mozzarella cheese
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp smoked paprika (optional)
- 1 tbsp fresh parsley or basil, chopped



INSTRUCTIONS

1. Preheat Oven: 375°F (190°C). Lightly grease a 6-cup muffin tin (or line with silicone liners).
2. Whisk Base: In a bowl, whisk eggs, almond milk, salt, pepper, and paprika until smooth.
3. Assemble Muffins: Divide bell peppers, broccoli, and onion evenly into muffin cups. Pour egg mixture over vegetables, filling each cup about ¾ full. Sprinkle cheese on top.
4. Bake: Bake for 18–20 minutes, until muffins are puffed and set in the center.
5. Cool & Serve: Let cool 5 minutes before removing. Garnish with fresh parsley or basil.

OPTIONAL CUSTOM ADD-INS

Add diced turkey or chicken breast for an extra protein boost. Swap broccoli for spinach, kale, or zucchini. Sprinkle chili flakes for a spicy version.

SERVING SUGGESTIONS:

Pair with a side salad for a light lunch. Store in the fridge for up to 4 days or freeze for up to 2 months for meal prep or snacks.

NUTRITION PER SERVING (PER SERVING):

Calories: ~190 kcal, Protein: 16 g, Carbohydrates: 5 g, Net Carbs: 3 g, Fat: 11 g, Fiber: 2 g

Salmon & Cream Cheese **Cucumber Bites**

Prep: 10 min Cook: 0 min Serves: 4

INGREDIENTS

- 1 large cucumber (sliced into 16 rounds, ~¼ inch thick)
- 4 oz (115 g) smoked salmon or cooked salmon, cut into small strips
- 4 oz (115 g) cream cheese (light or full-fat, as preferred)
- 1 tbsp fresh dill, finely chopped
- 1 tsp lemon juice + extra zest for garnish
- ½ tsp black pepper
- ½ tsp sea salt (optional, depending on salmon saltiness)



INSTRUCTIONS

1. Prepare Cucumber Base: Slice the cucumber into 16 even rounds. Pat dry with a paper towel.
2. Make Spread: In a small bowl, mix cream cheese, dill, lemon juice, pepper, and a little zest until smooth.
3. Assemble Bites: Spread ~1 tsp of cream cheese mixture onto each cucumber slice.
4. Add Salmon: Top with a strip or small curl of smoked salmon.
5. Garnish: Sprinkle with extra dill and lemon zest.

 **Tip:** For a fancier look, pipe cream cheese mixture with a piping bag instead of spreading.

OPTIONAL CUSTOM ADD-INS

Use Greek yogurt + cream cheese (50/50) for a lighter, protein-rich spread. Add capers or thinly sliced red onion for a lox-inspired bite.

SERVING SUGGESTIONS:

Pair with boiled eggs or turkey roll-ups for a protein-packed snack platter. Works great as a low-carb breakfast bite on busy mornings.

NUTRITION PER SERVING (PER SERVING, 4 BITES):

Calories: ~160 kcal, Protein: 12 g, Carbohydrates: 4 g, Net Carbs: 3 g, Fat: 11 g, Fiber: 1 g

Grilled Chicken Strips with Dip

Prep: 10 min Cook: 15 min Serves: 4

INGREDIENTS

For the Chicken Strips

- 1 lb (450 g) boneless, skinless chicken breasts, cut into strips
- 1 tbsp olive oil or avocado oil
- 2 garlic cloves, minced
- Juice of ½ lemon
- 1 tsp smoked paprika
- 1 tsp dried oregano (or thyme)
- ½ tsp black pepper
- ½ tsp sea salt

For the Dip

(Greek Yogurt Herb Dip)

- 1 cup (225 g) plain Greek yogurt (2% or 5% fat)
- 1 tbsp lemon juice
- 1 tbsp fresh dill or parsley, chopped
- 1 garlic clove, finely grated
- ½ tsp sea salt
- ¼ tsp black pepper

OPTIONAL CUSTOM ADD-INS

Add fresh basil for a Mediterranean twist. Add 1 tsp Dijon mustard for tang.



INSTRUCTIONS

1. **Marinate Chicken:** In a bowl, mix olive oil, garlic, lemon juice, paprika, oregano, salt, and pepper. Add chicken strips, toss to coat, and marinate for at least 10 minutes (up to 1 hour).
2. **Grill Chicken:** Preheat grill pan or outdoor grill to medium-high. Cook chicken strips for 3–4 minutes per side, until they are fully cooked (internal temperature 165°F / 74°C).
3. **Make Dip:** In a small bowl, combine Greek yogurt, lemon juice, dill, garlic, salt, and pepper. Mix until smooth.
4. **Serve:** Arrange grilled chicken strips on a platter with dip on the side. Garnish with lemon wedges and herbs.

SERVING SUGGESTIONS:

Great as a post-workout protein snack. It can double as a light lunch if paired with a salad.

NUTRITION PER SERVING (PER SERVING, WITH DIP):

Calories: ~210 kcal, Protein: 28 g, Carbohydrates: 4 g, Net Carbs: 3 g, Fat: 9 g, Fiber: 1 g

Hummus with Cucumber & Celery Sticks

Prep: 10 min Cook: 0 min Serves: 4

INGREDIENTS

For the Hummus

(High-Protein Twist)

- 1 cup (165 g) cooked chickpeas (or canned, rinsed & drained)
- ½ cup (115 g) plain Greek yogurt (adds extra protein, lowers carbs)
- 2 tbsp tahini (sesame paste)
- 2 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp olive oil
- ½ tsp ground cumin
- ½ tsp smoked paprika (optional)
- ½ tsp sea salt (to taste)
- 2–3 tbsp cold water (to adjust texture)

For the Veggie Sticks

- 1 large cucumber, sliced into sticks
- 4 celery stalks, cut into sticks

OPTIONAL CUSTOM ADD-INS

Use roasted red peppers for a smoky variation. Swap chickpeas with white beans for a creamier version.



INSTRUCTIONS

1. **Blend Hummus:** In a food processor, combine chickpeas, Greek yogurt, tahini, lemon juice, garlic, olive oil, cumin, paprika, and salt. Blend until smooth, adding cold water 1 tbsp at a time until creamy.
2. **Prep Veggies:** Slice cucumber and celery into dipping sticks.
3. **Serve:** Transfer hummus to a bowl, drizzle with olive oil, and sprinkle with paprika. Serve with cucumber & celery sticks.

SERVING SUGGESTIONS:

Pair with grilled chicken strips for extra protein. Serve as a party platter alongside other vegetables (such as bell peppers, carrots, and cherry tomatoes). Spread hummus inside lettuce wraps with turkey for a light lunch.

NUTRITION PER SERVING (PER SERVING, WITH DIP):

Calories: ~185 kcal, Protein: 11 g, Carbohydrates: 13 g, Net Carbs: 9 g, Fat: 9 g, Fiber: 4 g

Greek Yogurt Dip with Herbs & Veggies

Prep: 10 min Cook: 0 min Serves: 4

INGREDIENTS

For the Dip

- 1 cup (225 g) plain Greek yogurt (2% or 5% fat, unsweetened)
- 1 tbsp olive oil (optional, for creaminess)
- 1 garlic clove, finely minced or grated
- 1 tbsp lemon juice + ½ tsp lemon zest
- 2 tbsp fresh dill, finely chopped (or parsley/basil for variation)
- 1 tbsp fresh chives or green onion, finely chopped
- ½ tsp sea salt
- ¼ tsp black pepper

For the Veggie Sticks

- 1 cucumber, sliced into sticks
- 2 carrots, peeled & sliced into sticks
- 2 celery stalks, cut into sticks
- 1 red bell pepper, sliced

OPTIONAL CUSTOM ADD-INS

Add ½ tsp smoked paprika or chili flakes for spice. Stir in 1 tsp Dijon mustard for tang. Swap dill for cilantro + lime juice for a fresh twist.



INSTRUCTIONS

1. **Mix Dip:** In a medium bowl, combine Greek yogurt, olive oil, garlic, lemon juice + zest, dill, chives, salt, and pepper. Stir until smooth and creamy.
2. **Adjust Flavor:** Taste and adjust seasoning — add more lemon juice for tang or herbs for freshness.
3. **Prep Veggies:** Slice all vegetables into even sticks for dipping.
4. **Serve:** Transfer dip to a serving bowl, drizzle with a touch of olive oil, and garnish with fresh herbs. Arrange veggie sticks around it.

SERVING SUGGESTIONS:

Serve as a snack or appetizer with a fresh veggie platter. Pair with grilled chicken strips or turkey roll-ups for a protein boost. Use as a spread inside lettuce wraps or on low-carb crackers.

NUTRITION PER SERVING (PER SERVING, WITH DIP):

Calories: ~120 kcal, Protein: 10 g, Carbohydrates: 8 g, Net Carbs: 6 g, Fat: 5 g, Fiber: 2 g

Guacamole with Bell Pepper Strips

Prep: 10 min Cook: 0 min Serves: 4

INGREDIENTS

For the Guacamole

- 2 ripe avocados
- 1 small tomato, finely diced (optional, for freshness)
- ¼ small red onion, finely diced
- 1 garlic clove, minced
- Juice of 1 lime
- 2 tbsp fresh cilantro, chopped
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp chili flakes or diced jalapeño (optional, for spice)

For the Dippers: 2 large bell peppers (red, yellow, or green), cut into strips



INSTRUCTIONS

1. **Mash Avocados:** Scoop avocado flesh into a bowl. Mash with a fork until smooth but slightly chunky.
2. **Mix Flavors:** Add tomato, onion, garlic, lime juice, cilantro, salt, pepper, and chili flakes/jalapeño. Mix well. Adjust seasoning to taste.
3. **Prep Dippers:** Slice bell peppers into even strips.
4. **Serve:** Transfer guacamole to a bowl. Garnish with extra cilantro and lime wedges. Serve with bell pepper strips.

OPTIONAL CUSTOM ADD-INS

For a protein boost and creamier texture, add 1 tbsp Greek yogurt to the guacamole. To enhance the depth of flavor, sprinkle smoked paprika. For extra crunch, stir in diced cucumber. Add these during step 2 as desired

SERVING SUGGESTIONS:

Use as a dip for chicken skewers or turkey roll-ups. Spread guacamole inside lettuce wraps for a quick snack. Add to grilled salmon or shrimp bowls for an extra creamy touch.

NUTRITION PER SERVING (PER SERVING):

Calories: ~180 kcal, Protein: 4 g, Carbohydrates: 11 g, Net Carbs: 7 g, Fat: 14 g, Fiber: 4 g

Parmesan Crisps

Prep: 5 min Cook: 8-10 min Serves: 4

INGREDIENTS

- 1 cup (90 g) freshly grated Parmesan cheese
- ½ tsp garlic powder (optional)
- ½ tsp smoked paprika (optional, for color & flavor)
- ½ tsp black pepper
- Fresh parsley or rosemary, finely chopped (optional garnish)



INSTRUCTIONS

1. Preheat Oven: 400°F (200°C). Line a baking sheet with parchment paper.
2. Shape Crisps: Spoon 1 tbsp of Parmesan onto the sheet, spreading into small circles (leave space between each). Season: Sprinkle garlic powder, paprika, and pepper on top.
3. Bake: Bake for 8–10 minutes, until golden and crisp. Watch carefully to prevent burning.
4. Cool: Let crisps cool on the sheet for 5 minutes. They will harden as they cool.

 **Skillet Option:** Heat a nonstick skillet over medium heat. Add small piles of Parmesan and cook for 2–3 minutes, until bubbly and golden. Then, cool on parchment.

OPTIONAL CUSTOM ADD-INS

For a sharper taste, mix Parmesan with cheddar cheese before shaping the crisps. To add extra crunch, sprinkle sesame or chia seeds on top before baking. Add these enhancements in step 2 as desired

SERVING SUGGESTIONS:

Serve as a snack on their own or with a Greek yogurt dip. Use as a substitute for croutons in a salad for added crunch. Pair with charcuterie, smoked salmon, or turkey roll-ups.

NUTRITION PER SERVING (PER SERVING, 3 CRISPS):

Calories: ~110 kcal, Protein: 9 g, Carbohydrates: 1 g, Net Carbs: 1 g, Fat: 8 g, Fiber: 0 g

Almonds & Walnuts Mix

Prep: 5 min Cook: 0-8 min Serves: 4

INGREDIENTS

- 1 cup raw almonds (about 140 g)
- 1 cup raw walnuts (about 120 g)



OPTIONAL CUSTOM ADD-INS

To add extra flavor, toss nuts with ½ tsp of sea salt or Himalayan pink salt and ½ tsp of your preferred spice (such as smoked paprika, chili powder, or cinnamon). For better seasoning adherence when roasting, use 1 tsp olive or avocado oil. For an herbal note, add a pinch of dried rosemary or thyme. Add these options in step 2, if desired, before roasting.

INSTRUCTIONS

1. Mix Raw (Quick Version): Combine almonds and walnuts in a bowl or airtight container. Snack as is.
 2. Optional Roasted Version (More Flavor):
 3. Preheat oven to 325°F (160°C).
 4. Toss nuts with olive oil (if using) + seasonings.
 5. Spread evenly on a parchment-lined baking sheet.
 6. Roast for 8–10 minutes, stirring halfway.
 7. Cool completely before storing.
- 👉 Store in a sealed jar or container up to 2 weeks.

SERVING SUGGESTIONS:

Sprinkle over Greek yogurt or cottage cheese for extra crunch. Add to a low-carb salad for healthy fats + texture. Carry as an on-the-go trail mix (just avoid sugary dried fruit to keep it low carb).

NUTRITION PER SERVING **(PER SERVING, 65 G, ½ CUP):**

Calories: ~380 kcal, Protein: 12 g,
Carbohydrates: 9 g, Net Carbs: 4 g,
Fat: 34 g, Fiber: 5 g

SAUCES, SIDES & DRESSINGS

Sauces & Dressings

Creamy Yogurt Ranch

Prep: 5 min Cook: 0 min Serves: 6

INGREDIENTS

1 cup (240 g) plain nonfat Greek yogurt, 2 tbsp olive oil–based or avocado oil mayonnaise (optional for extra creaminess), 1 tbsp fresh lemon juice or apple cider vinegar, 1 small garlic clove, finely grated (or ½ tsp garlic powder), 1 tsp onion powder, ½ tsp dried dill (or 1 tbsp fresh, finely chopped), 1 tbsp chopped fresh chives or green onion, 1 tbsp chopped fresh parsley, ½ tsp sea salt, ¼ tsp black pepper, 2–4 tbsp water or unsweetened almond milk (to thin, if using as dressing)

OPTIONAL CUSTOM ADD-INS

For a flavor twist, substitute parsley with fresh basil or cilantro. Add 1 tsp Dijon mustard for extra tang. Incorporate these options during step 2 as desired.

INSTRUCTIONS

1. Base Blend: In a medium bowl, whisk together Greek yogurt, mayonnaise (if using), and lemon juice until smooth.
 2. Season: Stir in garlic, onion powder, dill, chives, parsley, salt, and black pepper.
 3. Adjust Texture: Add water or almond milk 1 tbsp at a time until desired thickness (dip = thick, dressing = thinner).
 4. Chill & Serve: Cover and refrigerate for at least 30 minutes for flavors to meld.
-  Store in a sealed container in the fridge up to 5 days.

SERVING SUGGESTIONS:

Use as a dip for fresh veggie sticks (celery, cucumber, bell pepper). Drizzle over grilled chicken, salmon, or turkey burgers. Toss into a salad for a creamy, high-protein dressing.

NUTRITION PER SERVING (PER SERVING, ~2 TBSP):

Calories: 35 kcal, Protein: 3 g,
Carbohydrates: 1 g, Fat: 2 g, Fiber: 0 g

Classic Tahini Dressing

Prep: 5 min Cook: 0 min Serves: 6

INGREDIENTS

½ cup (120 g) tahini (sesame paste, unsweetened), ¼ cup (60 ml) fresh lemon juice, 2 tbsp extra-virgin olive oil (optional for silkier texture), 1 small garlic clove, grated or pressed (or ½ tsp garlic powder), 2–4 tbsp water (adjust for thickness), ½ tsp sea salt, ¼ tsp black pepper

OPTIONAL CUSTOM ADD-INS

To add warmth, mix in ½ tsp ground cumin. For more depth, add a pinch of smoked paprika. Stir in finely chopped fresh parsley or cilantro for freshness. For a creamier, higher-protein version, add 1 tsp Greek yogurt. Add these at step 3 as desired.

INSTRUCTIONS

1. Whisk the Base: In a medium bowl, combine tahini, lemon juice, garlic, salt, and pepper.
 2. Thin It Out: Slowly whisk in water, 1 tbsp at a time, until smooth and pourable.
 3. Flavor Boost: Stir in olive oil and any optional herbs/spices.
 4. Chill & Settle: Refrigerate for at least 15 minutes to allow flavors to blend.
-  Can be stored in the fridge for up to 7 days in a sealed jar.

SERVING SUGGESTIONS:

Drizzle over grilled chicken, turkey, or salmon. Toss with roasted vegetables (such as cauliflower, zucchini, and broccoli). Use as a dip for cucumber or celery sticks.

NUTRITION PER SERVING (PER SERVING, ~2 TBSP):

Calories: 105 kcal, Protein: 3 g,
Carbohydrates: 2 g, Fat: 9 g, Fiber: 1 g

SAUCES, SIDES & DRESSINGS

Sauces & Dressings

Garlic Lemon Dressing

Prep: 5 min Cook: 0 min Serves: 6

INGREDIENTS

¼ cup (60 ml) extra-virgin olive oil, 3 tbsp fresh lemon juice, 1 tbsp water (to thin, optional), 2 garlic cloves, finely minced (or roasted for milder flavor), 1 tsp Dijon mustard (optional, for creaminess), ½ tsp dried oregano (or fresh parsley/dill as an alternative), ¼ tsp sea salt (or to taste), ¼ tsp freshly ground black pepper

OPTIONAL CUSTOM ADD-INS

To boost protein and creaminess, mix in 1 tsp Greek yogurt or cottage cheese. For heat, add a pinch of chili flakes. For a stronger citrus flavor, stir in ½ tsp lemon zest. Blend any of these add-ins at step 3 if desired.

INSTRUCTIONS

1. Prep the Garlic: If you prefer a sharper flavor, use raw garlic. For a milder, sweeter note, roast the cloves first (in the oven at 375°F / 190°C for 15 minutes, wrapped in foil).
2. Whisk the Base: In a small bowl or jar, combine lemon juice, mustard, garlic, salt, and pepper.
3. Emulsify: Slowly whisk in olive oil until the dressing thickens and blends smoothly. Add a splash of water to achieve a thinner consistency. Season: Taste and adjust with extra salt, pepper, or herbs.

 Keeps well in the fridge for up to 5 days. Shake before serving.

SERVING SUGGESTIONS:

Toss with mixed greens, spinach, or arugula. Drizzle over grilled chicken, shrimp, or salmon. Use as a marinade for poultry or lean beef. Pair with roasted low-carb vegetables (such as cauliflower, zucchini, and broccoli).

NUTRITION PER SERVING **(PER SERVING, ~2 TBSP):**

Calories: 85 kcal, Protein: 0.3 g,
Carbohydrates: 1 g, Fat: 9 g, Fiber: 0 g

Spicy Mustard Dip

Prep: 5 min Cook: 0 min Serves: 6

INGREDIENTS

½ cup (120 g) plain Greek yogurt (2% or higher, for creaminess + protein), 3 tbsp Dijon mustard, 1 tbsp whole grain mustard (optional, for texture), 1 tsp hot sauce (Sriracha, Tabasco, or chili paste), 1 garlic clove, finely grated or minced, 1 tbsp fresh lemon juice, ¼ tsp cayenne pepper (optional, for extra kick), ¼ tsp smoked paprika (optional, for smoky depth), ¼ tsp sea salt (to taste), 1 tsp fresh parsley or chives, chopped (optional garnish)

OPTIONAL CUSTOM ADD-INS

Stir in 1 tsp of honey or monk fruit sweetener for a sweet-heat balance. Add ½ tsp of turmeric for its anti-inflammatory benefits and golden color. Swap Greek yogurt with cottage cheese blended to a smooth consistency for an extra protein boost.

INSTRUCTIONS

1. In a mixing bowl, whisk together Greek yogurt, Dijon mustard, whole grain mustard, hot sauce, garlic, lemon juice, and spices until smooth.
2. Taste and adjust heat by adding more hot sauce or cayenne if desired.
3. Chill in the refrigerator for 15 minutes before serving (optional, but helps flavors meld).
4. Garnish with chopped parsley or chives before serving.

 Store in an airtight container in the fridge for up to 4 days.

SERVING SUGGESTIONS:

Pair with grilled chicken skewers, shrimp, or beef strips. Use as a dip for celery, cucumber, or bell pepper sticks. Spread inside low-carb wraps or lettuce cups. Drizzle over hard-boiled eggs or roasted veggies.

NUTRITION PER SERVING **(PER SERVING, ~2 TBSP):**

Calories: 42 kcal, Protein: 3.2 g,
Carbohydrates: 2.1 g, Fat: 2.2 g, Fiber:
0.3 g

Vegetarian & Plant-Based Options

Eggplant Rolls with Ricotta & Spinach

Prep: 15 min Cook: 25 min Serves: 4

INGREDIENTS

- 2 medium eggplants, sliced lengthwise into thin strips (~1/4 inch thick)
- 1 tbsp olive oil (for brushing)
- 1 cup (250 g) ricotta cheese (part-skim for leaner option)
- 1 cup (100 g) fresh spinach, chopped (lightly sautéed to soften)
- 1 large egg (binder)
- 2 tbsp Parmesan cheese, grated
- 1 garlic clove, minced
- 1 tbsp fresh basil or parsley, chopped
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp nutmeg (optional, classic with ricotta)
- 1 cup (240 ml) sugar-free tomato passata or crushed tomatoes
- 1 tsp dried oregano or Italian seasoning

OPTIONAL CUSTOM ADD-INS

Swap spinach for kale or arugula. Mix in 2 tbsp feta for a sharper cheese profile.



INSTRUCTIONS

1. **Prep Eggplants:** Preheat oven to 400°F (200°C). Brush eggplant slices lightly with olive oil, season with salt, and place on a lined baking sheet. Roast for 12–15 minutes, until the vegetables are softened and flexible. Set aside to cool slightly.
2. **Make Filling:** In a bowl, mix ricotta, sautéed spinach, egg, Parmesan, garlic, basil, nutmeg, salt, and pepper until smooth.
3. **Roll Up:** Place 1–2 tbsp filling at one end of each eggplant slice, then roll up tightly.
4. **Bake:** Spread tomato passata in the bottom of a baking dish, season with oregano. Arrange rolls seam-side down in the dish. Bake uncovered at 375°F (190°C) for 15–18 minutes, until heated through.
5. **Serve:** Garnish with fresh basil or parsley and an extra sprinkle of Parmesan

SERVING SUGGESTIONS:

Serve as a main dish with a side salad of arugula and cucumbers. Pair with roasted zucchini or cauliflower mash for a complete low-carb dinner.

NUTRITION PER SERVING (PER SERVING, 2 ROLLS):

Calories: ~220 kcal, Protein: 17 g,
Carbohydrates: 9 g, Net Carbs: 6 g,
Fat: 12 g, Fiber: 3 g

Cabbage Steaks with Garlic Yogurt Dip

Prep: 10 min Cook: 30 min Serves: 4

INGREDIENTS

For the Cabbage Steaks

- 1 medium green cabbage (about 2 lbs / 900 g)
- 2 tbsp olive oil (or avocado oil)
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp sea salt
- ½ tsp black pepper

For the Garlic Yogurt Dip

- 1 cup (225 g) plain Greek yogurt (2% or 5% fat)
- 1 garlic clove, finely grated or minced
- 1 tbsp lemon juice
- 1 tbsp fresh dill or parsley, chopped
- ½ tsp sea salt
- ¼ tsp black pepper

OPTIONAL CUSTOM ADD-INS

Add chili flakes or cayenne to cabbage for heat. Add cucumber to your yogurt dip for a tzatziki-style twist. Sprinkle the cabbage with Parmesan before baking for an extra layer of flavor.



INSTRUCTIONS

1. **Prep Oven:** Preheat to 400°F (200°C). Line a baking sheet with parchment paper.
2. **Slice Cabbage:** Cut cabbage into 1-inch thick slices (“steaks”). Carefully transfer to the baking sheet.
3. **Season:** Brush both sides with olive oil. Sprinkle with smoked paprika, garlic powder, salt, and pepper.
4. **Bake:** Roast for 25–30 minutes, flipping halfway, until edges are caramelized and centers are tender.
5. **Make Dip:** In a small bowl, whisk Greek yogurt, garlic, lemon juice, dill, salt, and pepper until smooth. Chill until ready to serve.
6. **Serve:** Plate cabbage steaks warm, with garlic yogurt dip on the side or drizzled over the top.

SERVING SUGGESTIONS:

Serve as a main vegetarian dish with a side of grilled salmon or chicken. Pair with roasted zucchini or cauliflower rice for a complete low-carb meal. Works beautifully as a starter or side dish at a dinner party.

NUTRITION PER SERVING (PER SERVING, INC DIP):

Calories: ~170 kcal, Protein: 10 g, Carbohydrates: 12 g, Net Carbs: 8 g, Fat: 9 g, Fiber: 4 g

Zucchini Noodles with Pesto & Cherry Tomatoes

Prep: 10 min Cook: 5 min Serves: 2

INGREDIENTS

- 2 medium zucchinis (about 1 lb / 450 g), spiralized into noodles
- 1 cup (150 g) cherry tomatoes, halved
- 2 tbsp olive oil
- ½ cup (120 g) cottage cheese or Greek yogurt (for creamy high-protein pesto)
- ¼ cup (60 g) grated Parmesan cheese
- ¼ cup (40 g) pine nuts (or walnuts/almonds for variation)
- 2 cups (50 g) fresh basil leaves
- 2 garlic cloves, peeled
- 1 tbsp fresh lemon juice
- Salt & black pepper, to taste



INSTRUCTIONS

1. Spiralize zucchini into noodles (zoodles) using a spiralizer or julienne peeler. Pat dry with a paper towel to reduce excess water.
2. Prepare pesto: In a food processor, blend cottage cheese (or Greek yogurt), Parmesan, pine nuts, basil, garlic, lemon juice, salt, and pepper. Drizzle in olive oil until the mixture is creamy and smooth.
3. Cook zoodles: Heat 1 tbsp olive oil in a large skillet over medium heat. Add zucchini noodles and sauté for 2–3 minutes, until just tender (don't overcook, or they'll become watery).
4. Combine: Toss the warm zucchini noodles with pesto and cherry tomatoes until coated.
5. Serve immediately, topped with extra Parmesan and fresh basil if desired.

OPTIONAL CUSTOM ADD-INS

Add grilled chicken, shrimp, or tofu for an extra protein boost. Swap basil with baby spinach + parsley for a lighter pesto. Add a pinch of red pepper flakes for a hint of heat.

SERVING SUGGESTIONS:

Pair with grilled salmon or chicken breast for a complete protein-packed meal. Serve as a low-carb pasta substitute at dinner parties. Enjoy a cold zoodle salad for a refreshing summer dish.

NUTRITION PER SERVING (PER SERVING):

Calories: 285 kcal, Protein: 16 g,
Carbohydrates: 9 g, Fat: 22 g,
Fiber: 3 g

Broccoli & Cheddar Protein Bake

Prep: 15 min Cook: 30 min Serves: 4

INGREDIENTS

- 4 cups (300 g) fresh broccoli florets (lightly steamed or blanched)
- 1 cup (200 g) low-fat cottage cheese (for extra protein & creaminess)
- 1 cup (120 g) shredded sharp cheddar cheese (reserve ¼ cup for topping)
- 4 large eggs
- ½ cup (120 ml) unsweetened almond milk (or regular milk if preferred)
- 2 tbsp Parmesan cheese, grated
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil or avocado oil
- 1 tsp smoked paprika
- ½ tsp ground black pepper
- Salt, to taste

OPTIONAL CUSTOM ADD-INS

For more protein, add 1 cup cooked shredded chicken or turkey. To vary the flavor, swap the cheddar cheese for mozzarella or pepper jack. For a brighter taste, add fresh herbs such as parsley, thyme, or chives

SERVING SUGGESTIONS:

Serve as a protein-rich breakfast or snack. Pair with grilled chicken or salmon for a bigger dinner.



INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Grease a medium baking dish (8x8 inch / 20x20 cm) with olive oil or cooking spray.
2. Prepare broccoli: Steam or blanch broccoli for 3–4 minutes until just tender-crisp. Drain well.
3. Sauté aromatics: In a skillet, heat olive oil over medium heat. Add onion and garlic, cooking until softened (about 3 minutes).
4. Mix base: In a blender or mixing bowl, combine cottage cheese, eggs, almond milk, Parmesan, smoked paprika, salt, and pepper. Blend until smooth.
5. Assemble: In the baking dish, layer broccoli and sautéed onion/garlic. Pour the egg-cottage mixture evenly over. Sprinkle cheddar cheese on top (reserving some).
6. Bake: Place in oven and bake 25–30 minutes until set in the center and golden on top.
7. Cool slightly before slicing into portions.

NUTRITION PER SERVING **(PER SERVING, ½ OF BAKE):**

Calories: ~270 kcal, Protein: 24 g,
Carbohydrates: 8 g, Fat: 15 g,
Fiber: 3 g

Lentil & Spinach Stew

Prep: 10 min Cook: 30 min Serves: 4

INGREDIENTS

- 1 cup (200 g) dry green or brown lentils, rinsed
- 6 cups (1.5 L) low-sodium vegetable broth (or chicken broth for extra flavor)
- 3 cups (90 g) fresh spinach leaves (or 1 cup frozen, thawed & drained)
- 1 medium onion, finely chopped
- 2 medium carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp black pepper
- ½ tsp sea salt (adjust to taste)
- Juice of ½ lemon (for brightness)
- 2 tbsp fresh parsley or cilantro, chopped

OPTIONAL CUSTOM ADD-INS

For a more decadent broth, add 1 cup diced tomatoes. For added protein and creaminess, stir in ½ cup Greek yogurt before serving. To include meat, mix in shredded chicken or turkey as desired



INSTRUCTIONS

1. Sauté aromatics: Heat olive oil in a large pot over medium heat. Add onion, carrots, celery, and garlic. Cook 5–6 minutes until softened.
2. Spice it up: Stir in paprika, cumin, coriander, salt, and pepper. Cook 1 minute to release flavors.
3. Simmer lentils: Add rinsed lentils and broth. Bring to a boil, then reduce the heat, cover, and simmer for 20–25 minutes, or until the lentils are tender and soft.
4. Add greens: Stir in spinach and cook 2–3 minutes until wilted.
5. Finish: Add lemon juice and fresh parsley. Adjust seasoning.

SERVING SUGGESTIONS:

Top with crumbled feta or Parmesan for extra flavor. Pair with roasted chicken or grilled fish for a full high-protein dinner.

NUTRITION PER SERVING (PER SERVING, 1/4 OF STEW):

Calories: ~280 kcal, Protein: 18 g, Carbohydrates: 28 g, Net Carbs: ~20 g, Fat: 9 g, Fiber: 11 g

Stuffed Bell Peppers with Quinoa & Vegetables

Prep: 15 min Cook: 35 min Serves: 4

INGREDIENTS

- 4 medium bell peppers (any color), tops cut off & seeds removed
- 1 cup (185 g) cooked quinoa (about ½ cup uncooked)
- 1 small zucchini, diced
- 1 cup (70 g) mushrooms, finely chopped
- 1 medium carrot, grated
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 tbsp olive oil
- ½ cup (60 g) low-fat shredded mozzarella or cheddar
- 2 tbsp tomato paste
- 1 tsp smoked paprika
- 1 tsp oregano (dried or fresh)
- ½ tsp black pepper
- ½ tsp sea salt (to taste)
- 2 tbsp fresh parsley or cilantro, chopped

OPTIONAL CUSTOM ADD-INS

To boost protein, add ½ cup cooked chicken, ground turkey, or shrimp. To reduce carbs, consider replacing quinoa with cauliflower rice. For more heat, sprinkle chili flakes to taste.



INSTRUCTIONS

1. Prep peppers: Preheat oven to 375°F (190°C). Cut the tops off the peppers and remove the seeds. Set aside.
2. Cook filling: In a skillet, heat olive oil. Sauté onion, garlic, carrot, zucchini, and mushrooms for 5–6 minutes until softened.
3. Add quinoa & seasonings: Stir in cooked quinoa, tomato paste, paprika, oregano, salt, and pepper. Cook 2–3 minutes until well combined.
4. Stuff peppers: Spoon mixture evenly into peppers. Top with shredded cheese.
5. Bake: Place stuffed peppers upright in a baking dish. Add a splash of water (2–3 tbsp) to the dish for steam. Cover loosely with foil and bake for 25–30 minutes, until the peppers are tender and the cheese is golden.
6. Finish: Garnish with fresh parsley or cilantro.

SERVING SUGGESTIONS:

Serve with a Greek yogurt dip or light tahini dressing. Pair with a side of leafy greens or roasted chicken for a protein-boosted dinner.

NUTRITION PER SERVING **(PER SERVING, 1 STUFFED):**

Calories: ~250 kcal, Protein: 13 g,
Carbohydrates: 22 g, Net Carbs: ~18 g, Fat: 11 g, Fiber: 6 g

Baked Feta with Spinach & Olives

Prep: 10 min Cook: 20 min Serves: 4

INGREDIENTS

- 8 oz (225 g) feta cheese block (preferably whole, not crumbled)
- 4 cups (120 g) fresh spinach, roughly chopped
- 1 cup (120 g) kalamata olives, pitted and halved
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 1 small red onion, thinly sliced
- 1 tsp dried oregano (or Italian seasoning)
- ½ tsp red chili flakes (optional, for heat)
- Freshly ground black pepper, to taste
- Juice of ½ lemon
- 2 tbsp fresh parsley, chopped (for garnish)

OPTIONAL CUSTOM ADD-INS

Add cherry tomatoes for a sweeter, juicier flavor. Sprinkle pine nuts or walnuts on top for crunch. Use baby kale instead of spinach for variation



INSTRUCTIONS

1. Preheat oven: Set to 375°F (190°C).
2. Prepare spinach base: In a skillet, heat 1 tbsp olive oil over medium heat. Add garlic and onion, sauté 2–3 minutes. Add spinach and cook until just wilted (about 2 minutes). Transfer the mixture into a baking dish.
3. Assemble: Place the feta block on top of the spinach mixture. Scatter the olives around, drizzle with the remaining olive oil, sprinkle with oregano, chili flakes, and black pepper.
4. Bake: Transfer to oven and bake uncovered for 15–20 minutes, until feta is soft and slightly golden on top.
5. Finish: Squeeze fresh lemon juice over the top and garnish with parsley.

SERVING SUGGESTIONS:

Serve with zucchini noodles or cauliflower rice for a low-carb meal. Use as a protein-rich dip with cucumber or celery sticks. It can also be enjoyed as a side dish to grilled chicken or fish

NUTRITION PER SERVING (PER SERVING):

Calories: ~210 kcal, Protein: 10 g, Carbohydrates: 5 g, Net Carbs: ~3 g, Fat: 17 g, Fiber: 2 g

SWEET BUT FIT

Vanilla Almond Protein Mug Cake

Prep: 5 min Cook: 2/12 min Serves: 1

INGREDIENTS

- 1 scoop (about 25 g) vanilla whey or plant protein powder
- 2 tbsp almond flour
- 1 tbsp ground flaxseed (adds fiber + omega-3s)
- ½ tsp baking powder
- 1 large egg (or two egg whites for a lighter version)
- 2 tbsp unsweetened almond milk
- 1 tsp vanilla extract
- 1 tsp almond butter (optional, for extra richness)
- Sweetener to taste (1–2 tsp erythritol, monk fruit, or stevia)
- Pinch of sea salt



INSTRUCTIONS

1. Mix dry ingredients: In a microwave-safe mug, combine protein powder, almond flour, flaxseed, baking powder, and salt.
2. Add wet ingredients: Stir in egg, almond milk, vanilla, sweetener, and almond butter (if using). Mix well until a smooth batter forms.
3. Microwave option: Heat on high for 90–120 seconds until the cake rises and is set in the middle. (Tip: Check at 90 sec to avoid drying out!)
4. Oven option: Preheat oven to 350°F (175°C). Transfer mixture to a small ramekin and bake for 10–12 minutes.
5. Cool slightly: Let rest for 1–2 minutes before enjoying.

OPTIONAL CUSTOM ADD-INS

Sprinkle with a dash of cinnamon or nutmeg for added warmth. A few sugar-free dark chocolate chips. Fresh berries for garnish.

SERVING SUGGESTIONS:

Top with a spoonful of Greek yogurt and fresh berries for extra protein + freshness. Drizzle with sugar-free maple syrup or extra almond butter for an indulgent treat. Pair with coffee or green tea as a power snack or quick breakfast.

NUTRITION PER SERVING (PER SERVING):

Calories: ~260 kcal, Protein: 22 g, Carbohydrates: 8 g, Net Carbs: ~5 g, Fat: 14 g, Fiber: 3 g

Double Cocoa Protein Mug Cake

Prep: 5 min Cook: 2/12 min Serves: 1

INGREDIENTS

- 1 scoop (25 g) chocolate whey or plant protein powder
- 1 tbsp unsweetened cocoa powder
- 1 tbsp ground flaxseed (or chia seed flour for variety)
- 2 tbsp almond flour
- ½ tsp baking powder
- 1 large egg (or two egg whites for lighter texture)
- 3 tbsp unsweetened almond milk (or coconut milk for richer flavor)
- 1 tsp vanilla extract
- 1 tsp almond butter or peanut butter (optional, for creaminess)
- 1–2 tsp erythritol, monk fruit, or stevia (to taste)
- Pinch of sea salt
- Optional indulgence: 1 tbsp sugar-free dark chocolate chips (for that gooey, molten effect)

OPTIONAL CUSTOM ADD-INS

Sprinkle with a dash of cinnamon or nutmeg for added warmth. A few sugar-free dark chocolate chips. Fresh berries for garnish.



INSTRUCTIONS

1. Mix dry base: In a microwave-safe mug, whisk protein powder, cocoa powder, flaxseed, almond flour, baking powder, and salt.
2. Add wet mix: Stir in egg, almond milk, vanilla, sweetener, and nut butter (if using). Mix until batter is smooth and glossy.
3. Microwave method: Cook on high for 90–120 seconds. (Check at 90 sec; overcooking makes it dry — you want it slightly moist in the center.)
4. Oven method: Preheat oven to 350°F (175°C). Bake in a ramekin for 10–12 minutes.
5. Cool briefly: Let rest for 1 minute before digging in.

SERVING SUGGESTIONS:

Add a spoonful of Greek yogurt or whipped coconut cream on top. Sprinkle with crushed nuts or a dusting of extra cocoa powder. Pair with espresso for the ultimate high-protein dessert vibe.

NUTRITION PER SERVING (PER SERVING):

Calories: ~285 kcal, Protein: 25 g, Carbohydrates: 10 g, Net Carbs: ~6 g, Fat: 15 g, Fiber: 4 g

Mini Blueberry Cheesecake Bites

Prep: 15 min Cook: 20 min Serves: 6

INGREDIENTS

Crust (Low-Carb Base):

- $\frac{3}{4}$ cup (75 g) almond flour
- 2 tbsp coconut flour
- 2 tbsp melted butter (or coconut oil)
- 1 tbsp erythritol or monk fruit sweetener
- $\frac{1}{2}$ tsp cinnamon (optional)

Cheesecake Filling:

- 8 oz (225 g) light cream cheese, softened
- $\frac{1}{2}$ cup (120 g) Greek yogurt (unsweetened, high-protein)
- 1 scoop (30 g) vanilla protein powder (whey or plant-based)
- 2 tbsp erythritol or monk fruit (adjust to taste)
- 1 large egg
- 1 tsp vanilla extract
- $\frac{1}{2}$ tsp lemon zest (optional, for brightness)

Blueberry Topping:

- $\frac{1}{2}$ cup (75 g) fresh or frozen blueberries
- 1 tsp lemon juice
- $\frac{1}{2}$ tbsp chia seeds (natural thickener, optional)
- 1 tsp erythritol (optional, for extra sweetness)



INSTRUCTIONS

1. Preheat oven to 325°F (160°C). Line a mini muffin tin with 12 silicone or paper liners.
2. Make the crust: In a small bowl, mix almond flour, coconut flour, melted butter, erythritol, and cinnamon. Divide the mixture evenly among the muffin cups (about 1 tbsp each). Press down firmly to form a base. Bake for 5 minutes. Set aside.
3. Prepare filling: In a mixing bowl, beat cream cheese until smooth. Add Greek yogurt, protein powder, erythritol, egg, vanilla, and lemon zest. Beat until creamy. Spoon filling evenly over the crusts.
4. Bake: Bake 15–18 minutes until centers are just set (they'll jiggle slightly). Cool completely, then refrigerate for at least 2 hours.
5. Blueberry topping: In a small pan, cook blueberries with lemon juice over medium heat until they release juices (3–5 minutes). Stir in the chia seeds and erythritol, and cook for 1 more minute, until thickened. Let cool.
6. Spoon blueberry topping over chilled cheesecake bites.

SERVING SUGGESTIONS:

For variety, swap blueberries with raspberries or strawberries.

NUTRITION PER SERVING (PER SERVING):

Calories: ~185 kcal, Protein: 11 g,
Carbohydrates: 8 g (Net Carbs ~5 g),
Fat: 12 g, Fiber: 3 g

Lemon & Greek Yogurt Cheesecake Bites

Prep: 15 min Cook: 20 min Serves: 6

INGREDIENTS

Crust (Low-Carb Base):

- ¾ cup (75 g) almond flour
- 2 tbsp unsweetened shredded coconut (optional for texture)
- 2 tbsp melted butter (or coconut oil)
- 1 tbsp erythritol or monk fruit sweetener
- ½ tsp vanilla extract

Cheesecake Filling:

- 8 oz (225 g) light cream cheese, softened
- ½ cup (120 g) Greek yogurt (unsweetened, high-protein, 2% or 5%)
- 1 scoop (30 g) vanilla protein powder (whey or plant-based)
- 1 large egg
- 3 tbsp erythritol or monk fruit (adjust to taste)
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- ½ tsp vanilla extract

Optional Garnish: Thin lemon slices or zest curls. Fresh mint leaves



INSTRUCTIONS

1. Preheat oven to 325°F (160°C). Line a 12-cup mini muffin tin with silicone or paper liners.
2. Make the crust: Mix almond flour, shredded coconut, melted butter, sweetener, and vanilla. Divide mixture evenly (about 1 tbsp per cup). Press firmly to form a base. Bake for 5 minutes. Remove and cool slightly.
3. Prepare filling: In a mixing bowl, beat cream cheese until smooth. Add Greek yogurt, protein powder, erythritol, egg, lemon juice, zest, and vanilla. Blend until creamy.
4. Bake: Pour filling over crusts. Bake 15–18 minutes, until centers are just set (slightly jiggly is okay). Remove, cool completely, then refrigerate at least 2 hours (overnight is best).
5. Top with a curl of lemon zest or mint before serving for a fresh finish.

SERVING SUGGESTIONS:

For variety, swap lemon with lime for a tropical twist.

NUTRITION PER SERVING (PER SERVING, 2 BITES):

Calories: ~170 kcal, Protein: 11 g,
Carbohydrates: 7 g (Net Carbs ~4 g),
Fat: 11 g, Fiber: 2 g

No-Bake Protein Balls: **Peanut Butter & Oats Energy Bites**

Prep: 15 min Cook: 0 min Serves: 8

INGREDIENTS

- 1 cup (90 g) old-fashioned rolled oats (gluten-free if needed)
- ½ cup (120 g) natural peanut butter (unsweetened, creamy or crunchy)
- ¼ cup (60 ml) raw honey or sugar-free syrup
- 1 scoop (30 g) vanilla or chocolate protein powder (whey, casein, or plant-based)
- 2 tbsp ground flaxseed or chia seeds (for fiber + omega-3s)
- 2 tbsp unsweetened shredded coconut (optional)
- 1 tsp vanilla extract
- A pinch of sea salt



INSTRUCTIONS

1. Mix the base: In a large bowl, combine oats, protein powder, flaxseed (or chia), shredded coconut, and salt.
2. Add wet ingredients: Stir in peanut butter, honey (or syrup), and vanilla extract. Mix until the dough is thick and sticky.
3. Form balls: Using your hands or a small cookie scoop, roll the mixture into 16 bite-sized balls.
4. Chill (optional): Place on a parchment-lined tray and refrigerate for at least 20 minutes to firm up.

OPTIONAL CUSTOM ADD-INS

Add 2 tbsp dark chocolate chips (use for added sweetness or decadence if desired). Swap peanut butter for almond or cashew butter (if you prefer another flavor). Sprinkle with cinnamon (add as much as you like for extra warmth and flavor).

SERVING SUGGESTIONS:

Perfect as a grab-and-go pre-workout snack. Enjoy black coffee or green tea for an energizing boost. Store in an airtight container in the fridge (up to 7 days) or freezer (up to 1 month).

NUTRITION PER SERVING (PER SERVING, 2 BALLS):

Calories: ~180 kcal, Protein: 9 g,
Carbohydrates: 14 g (Net Carbs ~11 g), Fat: 9 g, Fiber: 3 g

Frozen Berry & Greek Yogurt

Clusters

Prep: 10 min Cook: 0 min Serves: 6

INGREDIENTS

- 1 cup (150 g) mixed berries (blueberries, raspberries, strawberries chopped, or blackberries)
- 1 cup (240 g) plain Greek yogurt (2% or 5% for creaminess, unsweetened)
- 2 scoops (60 g) vanilla protein powder (whey or plant-based)
- 2 tbsp sugar-free syrup (or raw honey if not strictly low carb)
- 1 tsp vanilla extract
- 2 tbsp unsweetened shredded coconut or crushed nuts (optional, for texture)



INSTRUCTIONS

1. Mix the base: In a bowl, whisk Greek yogurt, protein powder, syrup, and vanilla until smooth and creamy.
2. Combine with berries: Gently fold in mixed berries so they're coated evenly.
3. Form the clusters: Line a baking tray with parchment paper. Drop spoonfuls (about 2 tbsp each) of the mixture onto the tray to form clusters.
4. Optional crunch: Sprinkle shredded coconut or crushed nuts on top.
5. Freeze: Place the tray in the freezer for 1.5–2 hours or until clusters are firm.
6. Remove from the freezer, let sit for 2–3 minutes, and enjoy!

OPTIONAL CUSTOM ADD-INS

Sprinkle in cinnamon or nutmeg (add for warmth, if desired). Drizzle sugar-free dark chocolate before freezing (for extra indulgence). Swap berries for pomegranate arils (for a festive touch, as you prefer).

SERVING SUGGESTIONS:

Pair with iced coffee or green tea for a refreshing combo. Store in a freezer-safe container for up to 2 weeks.

NUTRITION PER SERVING (PER SERVING, 2 CLUSTERS):

Calories: ~140 kcal, Protein: 12 g,
Carbohydrates: 10 g (Net Carbs ~7 g),
Fat: 5 g, Fiber: 3 g

Coconut Mango Protein Ice Cream **(High-Protein Ice)**

Prep: 10 min Freeze: 3-4 h Serves: 4

INGREDIENTS

- 1 cup (240 ml) unsweetened coconut milk (from a can, full-fat for creaminess)
- 1 cup (240 g) plain Greek yogurt (2% or 5%, unsweetened)
- 2 scoops (60 g) vanilla or unflavored protein powder (whey, casein, or plant-based)
- 1 cup (150 g) frozen mango chunks
- 1–2 tbsp sugar-free syrup or monk fruit/erythritol (adjust to taste)
- 1 tsp vanilla extract
- ½ tsp lime zest (optional, adds brightness)



INSTRUCTIONS

1. Blend the base: In a high-speed blender, combine coconut milk, Greek yogurt, protein powder, mango chunks, sweetener, vanilla, and lime zest. Blend until completely smooth and creamy.
2. Chill the mixture: Transfer to a freezer-safe container. If using shredded coconut, fold it in at this stage.
3. Freeze: Cover and freeze for 3–4 hours, stirring every 30–45 minutes to prevent ice crystals (or churn in an ice cream maker if available).
4. Scoop into bowls, garnish with toasted coconut or fresh mango slices, and enjoy immediately!

OPTIONAL CUSTOM ADD-INS

Add 2 tbsp of unsweetened shredded coconut (for texture, if desired). Add a pinch of ground cardamom (for an exotic flavor, optionally). Drizzle with sugar-free dark chocolate before serving (for extra flavor, as desired).

SERVING SUGGESTIONS:

Scoop into a protein waffle cone for a fun twist. Serve with fresh berries for an extra boost of antioxidants.

NUTRITION PER SERVING (PER SERVING, 2 CLUSTERS):

Calories: ~185 kcal, Protein: 16 g,
Carbohydrates: 12 g (Net Carbs ~9 g),
Fat: 8 g, Fiber: 3 g

FROM: / / TO: / /

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Spinach & Feta Omelet Delight (Optional: Greek yogurt with chia seeds)	Crisp Broccoli Salad with Honey Dressing	Greek-Style Chicken with Herbs & Feta (Optional: 1 boiled egg)	Almonds & Walnuts Mix
TUE	Avocado Egg Boats with Fresh Salsa (Optional: protein shake)	Tuna & Quinoa Protein Salad	Lean Beef Meatballs with Zucchini Noodles	Greek Yogurt with Herbs & Veggies (Optional: boiled egg)
WED	Turkey Bacon Egg Muffins (Optional: cottage cheese with cucumber)	Chicken, Orange & Pecan Crunch Salad	Quick Turkey Meatballs with Cauliflower Rice (Optional: 1 boiled egg)	Parmesan Crisps Dessert: Vanilla Almond Protein Mug Cake
THU	Creamy Mushroom & Cheese Scramble (Optional: yogurt with nuts)	Pan-Grilled Halloumi with Veggies	Shrimp & Cauliflower Rice Stir-Fry (Optional: handful of almonds)	Guacamole with Bell Pepper Strips
FRI	Creamy Chicken & Avocado Salad	Ground Turkey & Eggplant Skillet	Beef & Broccoli Stir-Fry Bowl (Optional: 2 boiled eggs)	Greek Yogurt Dip with Herbs & Veggies Dessert: Mini Blueberry Cheesecake Bites
SAT	Quick Shakshuka with Herbs (Optional: cottage cheese cup)	Quick Stuffed Zucchini Boats with Savory Beef	Beef & Green Bean Protein Pasta (low-carb noodles)	Grilled Chicken Strips with Dip
SUN	Eggs with Juicy Tomatoes and Tuna (Optional: protein smoothie)	Mediterranean Chicken Bowl with Feta	Tuna Steaks with Fresh Tomato Salsa	Egg Muffins with Veggies Dessert: Frozen Berry & Greek Yogurt Clusters

GROCERY SHOPPING LIST

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MEAL PLANNER

FROM: / / TO: / /

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Salmon & Asparagus Omelet (Optional: Greek yogurt with nuts)	Cauliflower-Couscous Salmon Salad	Spicy Mexican Chicken Skillet (Optional: boiled egg)	Almonds & Walnuts Mix
TUE	Avocado Egg Boats with Fresh Salsa (Optional: protein shake)	Caprese Chicken Salad	Lemon-Dill Cod Fillet	Greek Yogurt with Berries (Optional: boiled egg)
WED	Turkey Bacon Egg Muffins (Optional: cottage cheese with cucumber)	Beef & Green Bean Protein Pasta (low-carb noodles)	Baked Salmon with Broccoli & Lemon Zest (Optional: 1 boiled egg)	Parmesan Crisps Dessert: Double Cocoa Protein Mug Cake
THU	Creamy Mushroom & Cheese Scramble	Turkey & Egg Stuffed Peppers	Moroccan Spiced Cod with Tomatoes & Peppers (Optional: handful of almonds)	Guacamole with Bell Pepper Strips
FRI	Quick Shakshuka with Herbs (Optional: protein smoothie)	Quinoa Chicken Patties	Duck Breast with Apples & Thyme (Optional: 2 boiled eggs)	Greek Yogurt Dip with Herbs & Veggies Dessert: Lemon & Greek Yogurt Cheesecake Bites
SAT	Zucchini & Egg Fritters (Optional: cottage cheese cup)	Ground Beef with Sweet Potato Cubes & Veggies	Shrimp in Creamy Coconut- Lime Sauce (Optional: boiled egg)	Grilled Chicken Strips with Dip
SUN	Salmon & Couscous Fresh Salad	Easy Chicken Zoodle Alfredo	Turkey Meatballs with Brussels Sprouts (Optional: 2 boiled eggs)	Egg Muffins with Veggies Dessert: No-Bake Protein Balls (Peanut Butter & Oats Energy Bites)

GROCERY SHOPPING LIST

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MEAL PLANNER

FROM: / / TO: / /

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Spinach & Feta Omelet Delight (Optional: Greek yogurt with chia seeds)	Fresh Tuna & Cucumber Dill Salad	Quinoa Chicken Patties (Optional: 1 boiled egg)	Almonds & Walnuts Mix
TUE	Avocado Egg Boats with Fresh Salsa (Optional: protein shake)	Classic Turkey Cobb Salad	Tuna Steaks with Fresh Tomato Salsa	Greek Yogurt with Berries (Optional: boiled egg)
WED	Turkey Bacon Egg Muffins (Optional: cottage cheese with cucumber)	Chicken Bowl with Quinoa, Beans & Avocado	Cod en Papillote with Garden Veggies (Optional: 1 boiled egg)	Parmesan Crisps Dessert: Lemon & Greek Yogurt Cheesecake Bites
THU	Creamy Mushroom & Cheese Scramble (Optional: yogurt with nuts)	Salmon & Couscous Fresh Salad	Shrimp in Creamy Coconut-Lime Sauce (Optional: handful of almonds)	Guacamole with Bell Pepper Strips
FRI	Zucchini & Egg Fritters (Optional: protein shake)	Ground Beef with Sweet Potato Cubes & Veggies	Duck Breast with Apples & Thyme (Optional: 2 boiled eggs)	Greek Yogurt Dip with Herbs & Veggies Dessert: Mini Blueberry Cheesecake Bites
SAT	Quick Shakshuka with Herbs (Optional: cottage cheese cup)	Beef & Broccoli Stir-Fry Bowl	Lemon-Dill Cod Fillet (Optional: boiled egg)	Grilled Chicken Strips with Dip
SUN	Eggs with Juicy Tomatoes and Tuna (Optional: protein smoothie)	Tuna Almond Pesto Pasta (zoodles/shirataki)	Garlic Butter Scallops with Asparagus (Optional: 2 boiled eggs)	Egg Muffins with Veggies Dessert: Vanilla Almond Protein Mug Cake

GROCERY SHOPPING LIST

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MEAL PLANNER

FROM: / / TO: / /

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Spinach & Feta Omelet Delight (Optional: Greek yogurt with chia seeds)	Mediterranean Salmon & Olive Salad	Turkey Meatballs with Brussels Sprouts (Optional: boiled egg)	Almonds & Walnuts Mix
TUE	Avocado Egg Boats with Fresh Salsa (Optional: protein shake)	Creamy Chicken & Avocado Salad	Moroccan Spiced Cod with Tomatoes & Peppers (Optional: boiled egg)	Greek Yogurt with Berries (Optional: boiled egg)
WED	Turkey Bacon Egg Muffins (Optional: cottage cheese with cucumber)	Shrimp & Cauliflower Rice Stir-Fry	Duck Breast with Apples & Thyme (Optional: boiled egg)	Parmesan Crisps Dessert: Frozen Berry & Greek Yogurt Clusters
THU	Creamy Mushroom & Cheese Scramble (Optional: yogurt with nuts)	Chicken & Cauliflower Rice Bowl	Pan-Seared Salmon with Garlic & Spinach (Optional: handful of almonds)	Guacamole with Bell Pepper Strips
FRI	Zucchini & Egg Fritters (Optional: protein shake)	Ground Beef with Sweet Potato Cubes & Veggies	Spicy Mexican Chicken Skillet (Optional: 2 boiled eggs)	Greek Yogurt Dip with Herbs & Veggies Dessert: Mini Blueberry Cheesecake Bites
SAT	Quick Shakshuka with Herbs (Optional: cottage cheese cup)	Caprese Chicken Salad	Garlic Butter Scallops with Asparagus (Optional: boiled egg)	Grilled Chicken Strips with Dip
SUN	Eggs with Juicy Tomatoes and Tuna (Optional: protein smoothie)	Quick Stuffed Zucchini Boats with Savory Beef	Lean Beef Meatballs with Zucchini Noodles (Optional: 2 boiled eggs)	Egg Muffins with Veggies Dessert: Vanilla Almond Protein Mug Cake

GROCERY SHOPPING LIST

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Beyond the Plan: The Way I Really Cook & Eat

Let me be very honest with you. The 4-week meal plan in this book is just one of many possible versions. Most cookbooks include one, but real life isn't a restaurant menu. Time is short, you're not a robot, and you know that better than anyone. The main message: don't chase the perfect plan. Instead, practice the basic principles day by day. Without stress or pressure, your eating habits will naturally improve.

I could have filled this book with even more recipes, but too many choices can be overwhelming and distracting. My real approach is simple: my family and I pick our favorites from this book and rotate them, or just cook with what's on hand. The key is to stop bringing home truly unhealthy foods. With time and practice, everything else will fall into place. And here's something I really want you to remember: always keep protein in focus, because it helps maintain muscle, supports fullness, and is essential for recovery. Think of it as the main character on your plate: center each meal around protein, whether it's breakfast, lunch, or dinner. Study the list of Top Protein-Rich Foods in this book, pick your personal favorites, and regularly include them in your cooking.

Personally, I love chicken, so I often swap it for turkey or beef in these recipes. From fish, I adore salmon and dorado—so I use them most often, too. And eggs? They're my morning heroes, showing up almost every day in various forms: boiled, scrambled, fried, with vegetables or whatever else fits my mood. Same product, different twists. Here's the point: you don't need to become a machine. You need freedom and flexibility as you build new habits. Rigid charts are nearly impossible to follow. So, focus on the principles I share here and apply them in a way that suits you.

Cooking is about creativity and joy, not control and fear of mistakes. And I'm right here with you, every step of the way!

BONUS TOOLS FOR SUCCESS

Grocery Shopping List: Smarter, Cheaper, Healthier

This shopping list is designed to make your healthy lifestyle easier and more flexible.

Here you'll find products organized by category — not only those directly used in the recipes from this book, but also versatile ingredients you can use for similar dishes or to cook for family members who don't strictly follow a high-protein, low-carb diet.

Label-Reading

- Protein first: Look for at least 15–20g protein per serving.
- Carbs: Avoid hidden sugars, starches, or “net carb” tricks.
- Fats: Prefer healthy fats (olive oil, avocado, nuts) over trans or highly processed oils.

Choosing the Best

- Protein staples: Chicken, turkey, eggs, canned tuna, salmon, Greek yogurt, cottage cheese.
- Vegetables: Go seasonal — fresher, tastier, cheaper, zucchini in summer, cabbage in winter.
- Pantry must-haves: almond flour, chia seeds, protein powder, sugar-free sauces/spices.

Cost-Saving Tips

- Buy in bulk: Eggs, frozen fish, nuts.
- Go seasonal: Swap pricey asparagus for cabbage when it's in season.
- Frozen is fine: Frozen veggies and fish retain nutrients and cost less

We already know that we need to divide our daily protein intake into about three equal portions throughout the day. This will provide us with a stable level of satiety and help reduce appetite. Consuming a large amount of protein at the first meal is especially important.

If you have never tracked your diet before, it may be helpful to try it at least once. Consider weighing what you eat and logging the data into an app for a few weeks. This can help you become more familiar with estimating food weight and understanding the number of calories and macronutrients different foods contain.

Useful life hack.

This approach may feel overwhelming for some, so here's another method that might work for those who prefer a more straightforward way—eyeballing. While it's not the most precise, it can be pretty effective. Especially if you've tried tracking your diet before, you may already have a good sense of portion sizes and macronutrient content.

As a reference for estimating protein portions, use your own palm: a piece of raw meat or fish about 1.5 cm thick, and the size of your palm contains roughly 30 g of protein. That's precisely the amount of protein you need per meal.

SHOPPING LIST

✓	MEAT / FISH / DAIRY	QTY

✓	FRUITS & VEGETABLES	QTY

✓	PANTRY ITEMS	QTY

✓	FREEZER ITEMS	QTY

✓	BEVRAGE & SNACKS	QTY

✓	MISCELLANEOUS	QTY

Top Protein-Rich Foods by Category

Product	Protein (g/100 g)	Calories (per 100 g)
Turkey breast (skinless, boneless)	23.7	114
Chicken breast (skinless, boneless)	22.5	120
Beef jerky	35.4	187
Pork chop, center cut (lean)	22.4	127
Extra-lean ground beef	21.4	125
Duck breast (skinless, boneless)	19.8	123
Shrimp	20.1	85
Tuna	24.8	110
Cod	17.8	82
Salmon	20.6	137
Cottage cheese, 1%	12.4	72
Greek yogurt (plain, fat-free)	10.3	59
Parmesan cheese	36	431
Whole egg	13	143
Pumpkin seeds	30	559
Peanuts	25	567
Sunflower seeds	21	584

Ingredient Swap Chart (Carb-Saving Tips)

Eating high-protein and low-carb doesn't mean sacrificing flavor. With smart swaps, you can enjoy satisfying meals with fewer carbs. Use this chart as a valuable reference for kitchen inspiration.

Grains & Starches

White rice → Cauliflower rice: Swap white rice for cauliflower rice to cut carbs while maintaining a similar texture and lightness.

Mashed potatoes → Cauliflower mash: Substitute mashed potatoes with mashed cauliflower for a creamy, comforting side with significantly fewer carbs.

Pasta → Zucchini noodles (zoodles): Replace traditional pasta with zucchini noodles for a crunchy, fresh, and very low-carb alternative that pairs with any sauce.

Bread crumbs → Almond flour or crushed pork rinds: Use almond flour or crushed pork rinds instead of bread crumbs to keep the crunch and lower the carb count.

Baking & Cooking

Wheat flour → Almond flour / Coconut flour: Swap wheat flour for almond or coconut flour to increase protein and fiber while reducing carbs.

Sugar → Stevia, monk fruit, or erythritol: Replace sugar with Stevia, monk fruit, or erythritol for sweetness without extra carbs or a blood sugar spike.

Tortillas → Egg wraps or low-carb tortillas: Use egg wraps or low-carb tortillas instead of regular tortillas to enjoy the same wrap experience with fewer carbs.

Dairy & Creaminess

Sour cream → Greek yogurt (unsweetened, full-fat): Switch sour cream for unsweetened, full-fat Greek yogurt to maintain creaminess and tang with more protein and fewer carbs.

Milk → Unsweetened almond milk/coconut milk: Choose unsweetened almond or coconut milk over dairy milk for the same creamy texture with a much lower carb count.

Cheese sauces → Nutritional yeast with a hint of cream: Replace cheese sauces with nutritional yeast and cream to capture the cheesy flavor and creaminess without added carbs.

Snacks & Crunch

Potato chips → Cheese crisps or veggie chips: Replace potato chips with cheese crisps or baked veggie chips for the same crunch and satisfaction without the high carbs.

Granola → Nuts and seeds mix: Swap traditional granola for a mix of nuts and seeds for a protein-packed, energy-dense snack with fewer carbs.

Crackers → Cucumber slices or bell pepper strips: Replace crackers with cucumber slices or bell pepper strips for a crunchy, fresh, and low-carb base for your dips.

Flavor Boosters Without Sugar

Low-carb eating doesn't mean tasteless meals. Keep dishes vibrant, rich, and satisfying without sugar. Here's a toolkit of bold flavor enhancers:

Herbs & Spices

- Cinnamon → Adds warmth and sweetness without the need for added sugar.
- Nutmeg & Cloves → Perfect for baking and fall vibes.
- Chili powder, Paprika, Cayenne → Heat and smokiness.
- Cumin & Coriander → Earthy depth for meats and veggies.
- Fresh herbs (parsley, cilantro, basil, dill) → Bright pops of freshness.

Citrus & Zest

- Lemon or Lime juice → Sharp acidity to cut richness.
- Orange or Lemon zest → Sweet aroma without carbs.
- Grapefruit zest → Unexpected, bold twist for dressings.

Vinegars & Ferments

- Apple cider vinegar → Tangy and gut-friendly.
- Rice vinegar / White wine vinegar → Clean, light flavor.
- Pickles, Sauerkraut, Kimchi → A punch of sour and probiotics.

Umami Bombs

- Soy sauce / Tamari → Salty, deep notes.
- Miso paste → Fermented richness, great for dressings.
- Parmesan cheese → Sharp, salty kick.
- Nutritional yeast → Cheesy flavor, zero sugar.
- Mushrooms → Sautéed or powdered for natural umami.

Natural Sweet Notes (Without Sugar)

- Vanilla extract → Sweet aroma for desserts & shakes.
- Coconut flakes (unsweetened) → Texture + mild sweetness.
- Roasted nuts → Warm, slightly sweet undertones.

Conversion Charts

Cooking high-protein, low-carb meals should be simple, not a math problem. These charts help you swap, convert, and measure like a pro—so you spend more time enjoying food.

Volume ↔ Weight (Common Low-Carb Ingredients)

- 1 cup almond flour = 96 g
- 1 cup coconut flour = 120 g
- 1 tbsp chia seeds = 12 g
- 1 tbsp protein powder = 8–10 g
- 1 oz nuts = 28 g

Oven & Air Fryer Timing Guide (Approximate)

- Chicken breast — Oven: 25–30 min at 400°F / 200°C • Air Fryer: 15–18 min at 375°F / 190°C
- Salmon fillet — Oven: 12–15 min at 400°F / 200°C • Air Fryer: 8–10 min at 390°F / 200°C
- Shrimp — Oven: 8–10 min at 400°F / 200°C • Air Fryer: 6–8 min at 375°F / 190°C
- Cauliflower florets — Oven: 20–25 min at 425°F / 220°C • Air Fryer: 12–15 min at 400°F / 200°C
- Zucchini fries — Oven: 20 min at 425°F / 220°C • Air Fryer: 10–12 min at 400°F / 200°C

Smart Swaps for Baking & Cooking

- 1 cup wheat flour → 1 cup almond flour (lower carb, higher fat)
- 1 cup sugar → 1 cup erythritol (zero carb)
- 1 tbsp breadcrumbs → 1 tbsp ground flaxseed
- 1 tbsp cornstarch → 1 tbsp psyllium husk powder

Meal Prep Essentials

- Batch cook proteins: grill or bake chicken, turkey, or salmon for the week and store in airtight containers.
- Pre-chopped veggies: keep cauliflower rice, zucchini noodles, and salad greens ready for a grab-and-go snack.
- Mason jar salads: layer dressing at the bottom, proteins in the middle, leafy greens at the top—stays fresh for 3–4 days.
- Snack boxes: portion nuts, cheese cubes, boiled eggs, and veggies into small containers for quick snacks.
- Freezer heroes: soups and casseroles can be cooked once and frozen in single portions for fast, healthy meals.

Temperature Conversion

- 350°F = 175°C
- 375°F = 190°C
- 400°F = 200°C
- 425°F = 220°C

FAQ

Q: What do I do when I crave sweets?

A: Outsmart cravings.

- Keep protein desserts (mug cakes, chia pudding) in the fridge.
- Drink a glass of water or herbal tea first—often, thirst can be mistaken for hunger.
- Chew sugar-free gum to trick your brain.

Q: How do I eat out without breaking my diet?

A: Be a menu hacker.

- Focus on protein + veggies as your main rule.
- Ask to replace fries, rice, or bread with salad or grilled veggies.
- Don't be shy to request "sauce on the side."
- Sushi night? Choose sashimi or rolls wrapped in cucumber instead of rice.
- 🍷 Pro tip: Mexican restaurants = fajitas without tortillas. Italian = meat/fish dishes with veggies instead of pasta.

Q: What if I get bored with the same meals?

A: Variety = spices + textures.

- Use spice blends: curry, taco seasoning, and Cajun mix.
- Rotate cooking styles: grill, bake, sauté, air fry.
- Add crunch with nuts or roasted seeds.
- Enhance the "vibe" with toppings like avocado, pickles, salsa, and herbs.

Q: Can I follow this diet long-term?

A: Yes—if you keep it flexible.

- 80/20 rule: eat clean 80% of the time, enjoy life 20%.
- Build habits, not restrictions.
- Focus on lifestyle: movement, sleep, and hydration are also important.

Q: How do I handle social events & parties?

A: Plan, don't panic.

- Eat a protein-rich snack before you go.
- At buffets, fill half your plate with protein and half with vegetables.
- Allow yourself one "treat" and move on—don't spiral.

Q: What about alcohol?

A: If you drink, choose wisely.

- Best picks: dry wine, champagne, spirits (such as vodka, gin, and tequila), and soda water.
- Worst picks: beer, sweet cocktails, sugary mixers.
- 🍷 Balance tip: for every drink, have a glass of water.

Q: How do I track progress without obsession?

A: Think consistency over perfection.

- Track weekly, not daily (weight can fluctuate).
- Focus on energy, clothes fit, strength—not just the scale, take monthly progress photos—they don't lie.

Your Next 30 Days

This is more than a cookbook—it's your toolkit for real change. The next 30 days aren't about chasing perfection, but about building lasting habits. Progress comes from consistent, daily actions that drive big results.

Your Roadmap

- ✓ Day 1–7: Keep it simple. Focus on protein, vegetables, and healthy fats. Drink more water, and just notice how your body feels.
- ✓ Day 8–14: Add fun. Try a new recipe each week, swap sugar for natural sweeteners, and discover which low-carb foods you actually love.
- ✓ Day 15–21: Build rhythm. Meal-prep twice a week, keep quick snacks on hand, and practice ordering smart when eating out.
- ✓ Day 22–30: Celebrate progress. Take photos, track non-scale victories (such as better sleep, increased energy, and improved mood), and allow yourself small rewards for consistency.

Mindset & Motivation Hacks

- Think health, not numbers: don't obsess over scales—notice energy, mood, sleep, focus.
 - Write it down: keep a short journal of what you eat and how you feel—it builds awareness and motivation.
 - Find your tribe: join online groups, follow nutrition blogs, or share progress with friends—you'll feel less alone.
 - Teach to learn: explain your new habits to someone else (friend, partner, even social media)—it strengthens your own commitment.
 - Visual anchors: put a sticky note on your fridge or mirror with a quote or your “why.” It works better than willpower alone.
 - Celebrate micro-wins: made it through a tough day without giving up? That's success worth noting.
 - Reframe setbacks: one “bad day” is not failure, it's feedback. Learn, adjust, keep moving.
 - Stay curious: experiment with new foods, recipes, and routines—treat this as an adventure, not punishment.
- The real world isn't perfect — cravings, slip-ups, and off days happen.

Final Thoughts: Make It a Lifestyle, Not a Diet!

Thank you for joining me on this High-Protein, Low-Carb journey. Writing this book was about providing you with practical tools and habits for genuine change. Remember, embrace consistency and small steps—they lead to lasting results.

Cooking should be joyful. Use these recipes as your kitchen companions, prioritize protein, explore new flavors, and enjoy the process.

If this book has inspired you, please consider leaving a review—it helps others, too.

Thank you for allowing me to be part of your journey. I wish you strength, balance, and delicious meals ahead!