

THE SUPER EASY
LOW CARB
HIGH PROTEIN
DIET COOKBOOK

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WELCOME TO THE SUPER EASY LOW CARB HIGH PROTEIN DIET COOKBOOK!

I'm thrilled to welcome you to the beginning of a transformation that can change not only your diet but also your life.

Whether you're here to get in shape, improve your health, or simply explore a new way of eating, you've made the right choice.

WHY CHOOSE A LOW-CARB, HIGH-PROTEIN DIET?

Low-carb, high-protein diets have long been recognized as one of the most effective ways to improve health and manage weight.

This isn't just a trend — it's a scientifically supported approach that helps your body thrive by optimizing its natural processes.

When you reduce carbs in your diet, your body shifts to using fat as its primary energy source, promoting active fat burning.

Adding enough protein not only helps preserve and build muscle but also keeps you feeling full longer, preventing overeating and stabilizing blood sugar levels.

HOW CAN THIS BOOK HELP YOU?

You don't need to be a professional chef or spend hours cooking complicated dishes to succeed.

This book is designed for busy individuals who value simplicity, convenience, and accessibility.

Every recipe in this book is quick to make and requires only a few simple ingredients.

Even if you've never cooked before, you'll quickly master the process and enjoy creating delicious, healthy meals.

WHAT'S INSIDE? THIS BOOK INCLUDES:

- Simple and tasty recipes: From energizing breakfasts to comforting dinners.
- Ideas for snacks and desserts: Learn how to stay on track without giving up your favorite flavors.
- Meal planning guidance: Tips on organizing your menu to make it work for you.

MORE THAN JUST A RECIPE COLLECTION

This book will not only help you cook delicious and nutritious meals but also guide you toward a more mindful approach to eating.

INTRODUCTION

My goal is to support you in creating habits that help you feel better, live longer, and enjoy every day to the fullest.

IS THIS BOOK FOR YOU?

This book is perfect if:

- You want to adopt a healthier lifestyle but don't know where to start.
- You don't have time for complicated recipes or hours of cooking.
- You love tasty food that supports your fitness and health goals.
- You want to prepare meals your whole family will enjoy.

TIPS FOR A SUCCESSFUL START:

- Start with the simplest recipes to ease into this new cooking style.
- Gradually introduce more variety into your meals.
- Approach the process with joy — cooking is an opportunity to be creative.
- Don't fear mistakes! They're part of learning.

Every recipe in this book is a step toward better well-being and a healthier version of you. Remember, success is built on many small steps.

Don't aim for perfection; just do your best to keep moving forward.

With this book, you'll prove to yourself that healthy eating can be simple,

delicious, and inspiring. I believe in you and am excited to be part of your journey.

It's time to discover a new world of flavors, health, and energy.

Put on your apron, play some music, and get ready to enjoy every moment of the process.

Healthy eating isn't a restriction; it's the freedom to be the best version of yourself.

Let's get started!

Here's to your success and health — one recipe, one day at a time!



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BREAKFASTS

1. EGGS BENEDICT WITHOUT BREAD



- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Servings: 2

INGREDIENTS

- 4 large eggs
- 4 slices of turkey or ham
- 2 large slices of tomato or avocado (optional, for a base)
- 2 tbsp white vinegar (for poaching eggs)
- 3 large egg yolks
- 1/2 cup unsalted butter, melted and slightly cooled
- 1 tbsp lemon juice
- Pinch of salt
- Cayenne pepper or paprika (optional, for garnish)

COOKING INSTRUCTIONS

1. In a heatproof bowl, whisk the egg yolks and lemon juice until thickened and creamy.
2. Place the bowl over a pot of simmering water (ensure the bottom doesn't touch the water) and continue whisking.
3. Gradually add the melted butter in a slow stream while whisking constantly.
4. Once the sauce thickens, remove it from heat

and season with salt and cayenne pepper. Cover and keep warm.

5. Fill a medium saucepan with water and bring it to a gentle simmer. Add vinegar.
6. Crack one egg into a small bowl. Swirl the simmering water gently and carefully slide the egg into the center. Repeat for the remaining eggs.
7. Cook each egg for 3–4 minutes, then remove with a slotted spoon and set on a paper towel.
8. Place a slice of tomato or avocado on a serving plate as the base (optional).
9. Add a slice of turkey or ham on top.
10. Gently place a poached egg on each stack.
11. Generously spoon the warm Hollandaise sauce over the eggs.
12. Sprinkle with cayenne pepper or paprika for garnish.

SERVING TIPS AND VARIATIONS

- Substitute the tomato or avocado base with sautéed spinach or a portobello mushroom.
- Serve with a side of fresh greens or roasted asparagus for a complete meal.
- To make the dish keto-friendly, use avocado as the base for extra healthy fats.

NUTRITIONAL INFORMATION

- Calories: 360
- Protein: 19 g
- Carbohydrates: 3 g
- Fats: 31 g
- Fiber: 1 g
- Cholesterol: 460 mg
- Sodium: 590 mg
- Potassium: 350 mg

BREAKFASTS

2. PROTEIN OMELET WITH VEGETABLES



- Preparation Time: 5 minutes
- Cooking Time: 10 minutes
- Servings: 1

INGREDIENTS

- 4 large egg whites
- 1 whole egg
- 1/2 cup chopped vegetables (e.g., bell peppers, spinach, mushrooms, zucchini)
- 1 tbsp olive oil or butter
- Salt and pepper to taste
- Optional: 2 tbsp shredded cheese or a pinch of fresh herbs for garnish

COOKING INSTRUCTIONS

1. Separate the egg whites from the yolks, keeping one whole egg. Whisk together with a pinch of salt and pepper.
2. Chop the vegetables into small, even pieces for quick cooking.
3. Heat the olive oil or butter in a non-stick skillet over medium heat.
4. Add the chopped vegetables and sauté for 3–4 minutes until tender. Remove from the pan and set aside.
5. Pour the egg whites and whole egg mixture into the skillet. Swirl the pan to spread the

eggs evenly.

6. Cook for 2–3 minutes until the edges are set, and the center is slightly runny.
7. Place the sautéed vegetables on one half of the omelet.
8. If desired, sprinkle cheese or herbs on top.
9. Carefully fold the omelet in half using a spatula. Cook for another 1–2 minutes until the eggs are fully cooked.
10. Slide the omelet onto a plate and serve immediately.

SERVING TIPS AND VARIATIONS

- Vegetable Options: Use any low-carb vegetables like broccoli, cherry tomatoes, or asparagus.
- Protein Boost: Add diced cooked chicken or smoked salmon for extra protein.
- Herb Garnish: Top with fresh parsley, chives, or cilantro for a burst of flavor.
- Pair with a small green salad or avocado slices for a complete low-carb meal.

NUTRITIONAL INFORMATION

- Calories: 170
- Protein: 20 g
- Carbohydrates: 3 g
- Fats: 9 g
- Fiber: 1 g
- Cholesterol: 210 mg
- Sodium: 200 mg
- Potassium: 250 mg

BREAKFASTS

3. KETO PANCAKES WITH ALMOND FLOUR



- Preparation Time: 5 minutes
- Cooking Time: 10 minutes
- Servings: 2

INGREDIENTS

- 1/2 cup almond flour
- 2 large eggs
- 2 tbsp unsweetened almond milk (or water)
- 1 tsp baking powder
- 1/2 tsp vanilla extract (optional)
- 1 tsp erythritol or stevia (optional, for sweetness)
- 1 tbsp unsalted butter or coconut oil (for frying)

COOKING INSTRUCTIONS

1. In a mixing bowl, whisk together the eggs, almond milk, and vanilla extract (if using).
2. Add the almond flour, baking powder, and sweetener, mixing until a smooth batter forms.
3. Heat a non-stick skillet or frying pan over medium heat and grease it with butter or coconut oil.
4. Pour 2–3 tablespoons of batter onto the skillet for each pancake.
5. Cook for 2–3 minutes on one side, or until bubbles form and the edges are set.
6. Flip carefully and cook for another 1–2

minutes until golden brown.

7. Repeat with the remaining batter.
8. Stack the pancakes on a plate and enjoy warm.

SERVING TIPS AND VARIATIONS

- Add a dollop of unsweetened whipped cream, fresh berries, or a drizzle of sugar-free syrup.
- Flavor Boost: Mix in a pinch of cinnamon or nutmeg for extra flavor.
- Savory Option: Skip the sweetener and vanilla, and add shredded cheese or herbs to the batter.
- Serve alongside crispy bacon or scrambled eggs for a hearty breakfast.

NUTRITIONAL INFORMATION

- Calories: 290
- Protein: 10 g
- Carbohydrates: 6 g
- Fats: 25 g
- Fiber: 3 g
- Cholesterol: 180 mg
- Sodium: 250 mg
- Potassium: 120 mg

BREAKFASTS

4. SALMON WITH AVOCADO AND POACHED EGG



- Preparation Time: 10 minutes
- Cooking Time: 10 minutes
- Servings: 2

INGREDIENTS

- 2 fresh salmon fillets (about 150 g each)
- 2 large eggs
- 1 ripe avocado
- 2 slices of whole-grain bread (optional)
- 1 tablespoon olive oil
- 1 teaspoon white vinegar (for poaching eggs)
- Juice of ½ lemon
- Salt and black pepper to taste
- Fresh dill or chives (for garnish)

COOKING INSTRUCTIONS

1. Heat olive oil in a non-stick pan over medium heat.
2. Season the salmon fillets with salt and pepper on both sides.
3. Cook the salmon for 3-4 minutes on each side until golden brown and cooked through. Set aside.
4. Bring a medium-sized pot of water to a gentle simmer. Add a teaspoon of white vinegar.
5. Crack an egg into a small bowl. Carefully slide the egg into the simmering water.

6. Cook for 3-4 minutes for a soft poached egg. Use a slotted spoon to remove the egg and place it on a paper towel. Repeat with the second egg.
7. Slice the avocado in half, remove the pit, and scoop out the flesh. Mash it with a fork and mix in lemon juice, salt, and pepper to taste.
8. Toast the bread slices if using.
9. Spread the mashed avocado evenly over the bread.
10. Place the salmon fillet on top of the avocado.
11. Gently place the poached egg on the salmon.
12. Sprinkle with freshly chopped dill or chives. Add a pinch of black pepper for extra flavor.

SERVING TIPS AND VARIATIONS

- Low-carb option: Skip the bread and serve with a side of mixed greens or roasted vegetables.
- Additional flavor: Drizzle with a little sriracha or hollandaise sauce for added richness.
- Alternate protein: Substitute the salmon with smoked salmon or grilled chicken for variety.

NUTRITIONAL INFORMATION

- Calories: 420
- Protein: 30 g
- Carbohydrates: 15 g
- Fats: 28 g
- Fiber: 7 g
- Cholesterol: 200 mg
- Sodium: 280 mg
- Potassium: 950 mg

BREAKFASTS

5. COTTAGE CHEESE AND EGG CASSEROLE



- Preparation Time: 10 minutes
- Cooking Time: 35 minutes
- Servings: 4

INGREDIENTS

- 1 cup (250 g) cottage cheese
- 4 large eggs
- ¼ cup milk or cream
- ½ cup grated cheese (cheddar, mozzarella, or Parmesan)
- ¼ cup all-purpose flour (optional, for a firmer texture)
- 1 teaspoon baking powder (if using flour)
- Salt and black pepper to taste
- 1 tablespoon butter or olive oil (for greasing)
- Optional: ½ cup chopped vegetables (spinach, broccoli, or bell peppers)
- Optional: Fresh herbs (parsley, dill, or chives)

COOKING INSTRUCTIONS

1. Preheat your oven to 375°F (190°C).
2. Grease a baking dish with butter or olive oil.
3. In a large bowl, whisk the eggs until well combined.
4. Add the cottage cheese, milk, grated cheese, salt, and pepper. Mix until smooth.
5. If using flour and baking powder, sift them

together and gently fold into the mixture.

6. If using vegetables or herbs, stir them into the batter at this stage.
7. Pour the mixture into the prepared baking dish. Smooth the top with a spatula.
8. Bake for 30-35 minutes, or until the casserole is set and golden on top.
9. Let the casserole cool for 5 minutes before slicing. Serve warm or at room temperature.

SERVING TIPS AND VARIATIONS

- Pair with a fresh green salad, toast, or roasted vegetables for a complete meal.
- Add a pinch of paprika or garlic powder to the batter for extra flavor.
- For a sweeter version, omit the salt and add 1 tablespoon of sugar or honey, along with dried fruits or berries.

NUTRITIONAL INFORMATION

- Calories: 180
- Protein: 15 g
- Carbohydrates: 4 g
- Fats: 11 g
- Fiber: 0 g
- Cholesterol: 190 mg
- Sodium: 280 mg
- Potassium: 220 mg

BREAKFASTS

6. PROTEIN CHIA PUDDING



- Preparation Time: 5 minutes
- Cooking Time: 0 minutes
- Servings: 2

INGREDIENTS

- 2 tablespoons chia seeds
- 1 scoop (30 g) protein powder (vanilla or chocolate)
- 1 cup unsweetened almond milk (or any milk of choice)
- 1 teaspoon honey or maple syrup (optional, for sweetness)
- ½ teaspoon vanilla extract (optional)
- Toppings of choice: fresh berries, sliced banana, nuts, granola, or coconut flakes

COOKING INSTRUCTIONS

1. In a medium-sized bowl or jar, combine chia seeds, protein powder, milk, honey (if using), and vanilla extract.
2. Whisk the mixture well to ensure the protein powder is fully dissolved and the chia seeds are evenly distributed.
3. Allow the mixture to sit for 5 minutes, then stir again to break up any clumps.
4. Cover the bowl or jar and refrigerate for at least 4 hours, or overnight, until the chia seeds

- absorb the liquid and the pudding thickens.
5. Stir the pudding before serving and divide it into two portions. Add your favorite toppings for flavor and texture.

SERVING TIPS AND VARIATIONS

- Enjoy as a quick breakfast, post-workout snack, or dessert.
- Flavor Variations: Add a tablespoon of cocoa powder for a rich chocolate flavor or blend the milk with fresh fruit before mixing for a fruity twist.
- Alternative Sweeteners: Use stevia, agave, or omit sweeteners for a lower-calorie option.
- Protein Boost: Mix in a tablespoon of Greek yogurt for additional creaminess and protein.

NUTRITIONAL INFORMATION

- Calories: 180
- Protein: 15 g
- Carbohydrates: 8 g
- Fats: 8 g
- Fiber: 5 g
- Cholesterol: 0 mg
- Sodium: 80 mg
- Potassium: 200 mg

BREAKFASTS

7. STEAK WITH EGG AND VEGETABLES



- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Servings: 2

INGREDIENTS

- 2 beef steaks (150-200 g each)
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 teaspoon garlic powder or fresh minced garlic (optional)
- 2 large eggs
- 1 teaspoon butter or olive oil
- 1 cup cherry tomatoes, halved
- 1 cup zucchini or bell peppers, sliced
- 1 cup baby spinach leaves
- 1 tablespoon olive oil
- ½ teaspoon Italian seasoning or paprika
- Salt and pepper to taste

COOKING INSTRUCTIONS

1. Pat the steaks dry with a paper towel and season both sides with salt, pepper, and garlic powder.
2. Heat a skillet over medium-high heat and add 1 tablespoon of olive oil.
3. Cook the steaks for 3-4 minutes on each side for medium-rare, or adjust to your desired

doneness.

4. Remove the steaks from the skillet and let them rest for 5 minutes.
5. In the same skillet, add 1 tablespoon of olive oil and the cherry tomatoes, zucchini, or bell peppers. Sauté for 5-7 minutes until tender.
6. Add the spinach and cook for an additional minute until wilted. Season with Italian seasoning, salt, and pepper. Remove from heat and set aside.
7. Heat 1 teaspoon of butter or olive oil in a small non-stick skillet over medium heat.
8. Crack the eggs into the skillet and cook sunny-side up, or to your preferred style.
9. Plate the steak on one side, arrange the sautéed vegetables next to it, and top with the egg.

SERVING TIPS AND VARIATIONS

- Add a Sauce: Drizzle with chimichurri, garlic butter, or a balsamic reduction for added flavor.
- Vegetable Variations: Substitute with roasted asparagus, green beans, or sweet potatoes for variety.
- Dietary Modifications: Use egg whites for lower cholesterol or chicken breast instead of steak for a leaner protein.

NUTRITIONAL INFORMATION

- Calories: 450
- Protein: 35 g
- Carbohydrates: 8 g
- Fats: 30 g
- Fiber: 3 g
- Cholesterol: 220 mg
- Sodium: 300 mg
- Potassium: 800 mg

BREAKFASTS

8. ZUCCHINI PANCAKES WITH SALMON



- Preparation Time: 15 minutes
- Cooking Time: 20 minutes
- Servings: 4

INGREDIENTS

- 2 medium zucchinis, grated (about 2 cups)
- 1 large egg
- 3 tablespoons all-purpose flour (or almond/coconut flour for a gluten-free option)
- 2 tablespoons grated Parmesan cheese (optional)
- 1 clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons olive oil or vegetable oil (for frying)
- 200 g smoked or cooked salmon slices
- ½ cup Greek yogurt or sour cream
- 1 tablespoon lemon juice
- Fresh dill for garnish

COOKING INSTRUCTIONS

1. Grate the zucchinis and place them in a clean kitchen towel or cheesecloth.
2. Squeeze out as much liquid as possible to prevent soggy pancakes.
3. In a large bowl, combine the grated zucchini,

egg, flour, Parmesan (if using), garlic, salt, and pepper. Mix until well incorporated.

4. Heat 1 tablespoon of oil in a large non-stick skillet over medium heat.
5. Scoop 2 tablespoons of the batter for each pancake and flatten slightly.
6. Cook for 2-3 minutes on each side, or until golden brown. Repeat with the remaining batter, adding more oil as needed.
7. In a small bowl, mix Greek yogurt or sour cream with lemon juice.
8. Place the pancakes on a serving plate, top each with a slice of salmon, a dollop of yogurt sauce, and a sprinkle of fresh dill.

SERVING TIPS AND VARIATIONS

- Serve warm with a side salad for a complete meal or as an appetizer for a party.
- Add grated carrots or sweet potatoes to the zucchini batter for extra flavor.
- Use cream cheese instead of yogurt for a richer topping.
- Substitute salmon with smoked trout or canned tuna for an alternative protein source.

NUTRITIONAL INFORMATION

- Calories: 230
- Protein: 16 g
- Carbohydrates: 9 g
- Fats: 14 g
- Fiber: 2 g
- Cholesterol: 70 mg
- Sodium: 480 mg
- Potassium: 400 mg



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LUNCHES

1. GRILLED CHICKEN WITH CAULIFLOWER AND PESTO



- Preparation Time: 15 minutes
- Cooking Time: 25 minutes
- Servings: 4

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- Salt and black pepper to taste
- 1 medium head of cauliflower, cut into florets
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- 1 cup fresh basil leaves
- 2 tablespoons pine nuts (or walnuts)
- 1 garlic clove
- 1/4 cup grated Parmesan cheese
- 1/4 cup olive oil
- Salt and black pepper to taste

COOKING INSTRUCTIONS

1. In a food processor, combine basil leaves, pine nuts, garlic, and Parmesan cheese. Pulse until coarsely blended.
2. Gradually add olive oil while blending until the mixture forms a smooth sauce. Season with

salt and pepper to taste. Set aside.

3. Rub the chicken breasts with olive oil, garlic powder, smoked paprika, salt, and pepper.
4. Preheat a grill or grill pan over medium-high heat.
5. Cook the chicken breasts for 6-8 minutes per side or until they reach an internal temperature of 165°F (75°C). Remove from the grill and let rest for 5 minutes.
6. Toss the cauliflower florets with olive oil, oregano, salt, and pepper.
7. Roast in a preheated oven at 400°F (200°C) for 20-25 minutes, flipping halfway through, until tender and golden.
8. Place the grilled chicken and roasted cauliflower on a plate. Drizzle the chicken with the prepared pesto sauce.

SERVING TIPS AND VARIATIONS

- Serve with a side of fresh arugula or spinach salad for added greens.
- Add cherry tomatoes or roasted red peppers for extra color and flavor.
- Substitute cauliflower with broccoli or zucchini if desired.

NUTRITIONAL INFORMATION

- Calories: 420
- Protein: 35 g
- Carbohydrates: 8 g
- Fats: 28 g
- Fiber: 3 g
- Cholesterol: 95 mg
- Sodium: 350 mg
- Potassium: 750 mg

LUNCHES

2. STEAK WITH GARLIC BUTTER AND SAUTEED ASPARAGUS



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Servings: 4

INGREDIENTS

- 4 ribeye or sirloin steaks (6-8 oz each)
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 1/4 cup unsalted butter, softened
- 3 garlic cloves, minced
- 1 tablespoon fresh parsley, finely chopped
- 1 lb (450 g) fresh asparagus, trimmed
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt and black pepper to taste

COOKING INSTRUCTIONS

1. In a small bowl, mix softened butter with minced garlic and chopped parsley until well combined. Set aside.
2. Pat the steaks dry with paper towels. Brush both sides with olive oil and season generously with salt and pepper.
3. Heat a cast-iron skillet or grill pan over high heat until very hot.
4. Sear the steaks for 3-4 minutes on each side for medium-rare (adjust cooking time for

desired doneness).

5. Remove the steaks from the pan, top each with a dollop of garlic butter, and let them rest for 5 minutes.
6. Heat olive oil in a large skillet over medium heat.
7. Add the asparagus and sauté for 5-7 minutes, stirring occasionally, until tender but still crisp.
8. Drizzle with lemon juice and season with salt and pepper.
9. Plate the steaks alongside the sautéed asparagus. Spoon any melted garlic butter from the resting plate over the steaks.

SERVING TIPS AND VARIATIONS

- Add a sprinkle of grated Parmesan cheese over the asparagus for extra flavor.
- Pair the dish with a small side of cauliflower mash or a fresh green salad.
- For a spicier kick, add a pinch of red pepper flakes to the garlic butter.

NUTRITIONAL INFORMATION

- Calories: 480
- Protein: 38 g
- Carbohydrates: 5 g
- Fats: 34 g
- Fiber: 2 g
- Cholesterol: 125 mg
- Sodium: 420 mg
- Potassium: 850 mg

LUNCHES

3. BAKED SALMON WITH BROCCOLI AND LEMON



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Servings: 4

INGREDIENTS

- 4 salmon fillets (6 oz each)
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon dried dill or 1 tablespoon fresh dill, chopped
- Salt and black pepper to taste
- 1 lemon, thinly sliced
- 1 lb (450 g) broccoli florets
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- Salt and black pepper to taste
- 1 tablespoon fresh parsley, chopped
- Extra lemon wedges

COOKING INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or foil.
2. Place the salmon fillets on one side of the prepared baking sheet.
3. Drizzle olive oil over the salmon, then rub with minced garlic and sprinkle with dill, salt, and pepper.

4. Top each fillet with a couple of lemon slices.
5. Toss the broccoli florets in a bowl with olive oil, garlic powder, salt, and pepper until well coated.
6. Spread the broccoli on the other side of the baking sheet.
7. Place the baking sheet in the preheated oven and bake for 18-20 minutes, or until the salmon flakes easily with a fork and the broccoli is tender with slightly crispy edges.
8. Remove the baking sheet from the oven. Sprinkle fresh parsley over the salmon and broccoli.
9. Serve hot with extra lemon wedges for squeezing over the dish.

SERVING TIPS AND VARIATIONS

- Add a sprinkle of Parmesan cheese over the broccoli before baking for extra flavor.
- Substitute broccoli with green beans, asparagus, or Brussels sprouts.
- Serve with cauliflower rice or a fresh arugula salad for a complete low-carb meal.

NUTRITIONAL INFORMATION

- Calories: 360
- Protein: 34 g
- Carbohydrates: 6 g
- Fats: 22 g
- Fiber: 3 g
- Cholesterol: 85 mg
- Sodium: 320 mg
- Potassium: 950 mg

LUNCHES

4. STUFFED BELL PEPPERS WITH TURKEY AND CHEESE



- Preparation Time: 15 minutes
- Cooking Time: 30 minutes
- Servings: 4

INGREDIENTS

- 4 large bell peppers (any color)
- 1 lb (450 g) ground turkey
- 1/2 medium onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup grated cheddar cheese
- 1/2 cup grated mozzarella cheese
- 1/4 cup tomato sauce
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- Salt and black pepper to taste
- 1 tablespoon olive oil (for cooking)
- Fresh parsley, chopped (optional)

COOKING INSTRUCTIONS

1. Preheat your oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds and membranes.
3. Place the peppers in a baking dish, standing upright.
4. Heat olive oil in a large skillet over medium heat.
5. Add the chopped onion and garlic, sautéing

- for 2-3 minutes until soft and fragrant.
6. Add the ground turkey to the skillet and cook for 5-7 minutes, breaking it apart with a spoon until fully cooked.
 7. Stir in the tomato sauce, oregano, cumin, salt, and pepper. Cook for another 2-3 minutes until the mixture is well combined.
 8. Remove the skillet from the heat and stir in the grated cheddar and mozzarella cheese until melted and fully incorporated.
 9. Spoon the turkey and cheese mixture into each bell pepper, packing the filling tightly.
 10. Top each stuffed pepper with a little extra cheese, if desired.
 11. Cover the baking dish with aluminum foil and bake for 25 minutes.
 12. Remove the foil and bake for an additional 5-7 minutes until the cheese is bubbly and slightly browned.
 13. Remove the stuffed peppers from the oven and let them cool for a couple of minutes before serving.
 14. Garnish with freshly chopped parsley, if desired.

SERVING TIPS AND VARIATIONS

- Serve the stuffed peppers with a side of green salad or roasted vegetables for a complete low-carb meal.
- For a spicy twist, add some chili flakes or a dash of hot sauce to the turkey mixture.
- You can substitute the ground turkey with lean ground beef or chicken if preferred.

NUTRITIONAL INFORMATION

- Calories: 350
- Protein: 35 g
- Carbohydrates: 9 g
- Fats: 20 g
- Fiber: 3 g
- Cholesterol: 90 mg
- Sodium: 450 mg
- Potassium: 800 mg

LUNCHES

5. TUNA WITH EGG AND AVOCADO ON GREEN SALAD



- Preparation Time: 10 minutes
- Cooking Time: 10 minutes
- Servings: 2

INGREDIENTS

- 4 cups mixed greens (e.g., spinach, arugula, lettuce)
- 1 can (5 oz) tuna in water or olive oil, drained
- 1 avocado, sliced
- 2 large eggs
- 1/4 red onion, thinly sliced
- 1 tablespoon olive oil (for dressing)
- 1 tablespoon lemon juice
- Salt and black pepper to taste
- Fresh herbs (parsley, basil)
- Cherry tomatoes, halved
- Cucumber slices

COOKING INSTRUCTIONS

1. Bring a small pot of water to a boil. Once boiling, carefully add the eggs and cook for 7-8 minutes for medium-hard boiled eggs (adjust cooking time for softer or harder yolks).
2. Remove the eggs from the pot and place them in an ice water bath to cool for a few minutes. Peel the eggs and set aside.
3. In a large bowl or on a serving platter, arrange

the mixed greens as the base.

4. Scatter the drained tuna over the greens.
5. Add the sliced avocado and red onion to the salad.
6. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper. Drizzle the dressing over the salad and toss gently to coat the ingredients.
7. Slice the boiled eggs into halves or quarters and arrange them on top of the salad.
8. Garnish with fresh herbs, cherry tomatoes, or cucumber slices if desired. Serve immediately.

SERVING TIPS AND VARIATIONS

- For extra protein, add some grilled chicken or shrimp to the salad.
- You can swap the canned tuna for smoked salmon or roasted chicken if preferred.
- For a spicy kick, add a few slices of jalapeño or a drizzle of hot sauce.
- Serve with a side of whole-grain crackers or a small portion of quinoa for added texture and fiber.

NUTRITIONAL INFORMATION

- Calories: 350
- Protein: 30 g
- Carbohydrates: 12 g
- Fats: 23 g
- Fiber: 8 g
- Cholesterol: 190 mg
- Sodium: 350 mg
- Potassium: 950 mg

LUNCHES

6. OMELET WITH SALMON AND FETA CHEESE



- Preparation Time: 5 minutes
- Cooking Time: 10 minutes
- Servings: 2

INGREDIENTS

- 4 large eggs
- 1 tablespoon olive oil or butter
- 1/4 cup smoked salmon, chopped
- 2 tablespoons crumbled feta cheese
- 2 tablespoons fresh chives or dill, chopped (optional)
- Salt and black pepper to taste
- Fresh dill or parsley
- Lemon wedges

COOKING INSTRUCTIONS

1. Chop the smoked salmon into small pieces.
2. Crumble the feta cheese into small chunks.
3. Chop the fresh herbs (if using) and set aside.
4. In a bowl, crack the eggs and whisk them until well combined. Season with salt and black pepper.
5. Heat the olive oil or butter in a non-stick skillet over medium heat.
6. Once the oil is hot, pour in the beaten eggs and swirl the pan to evenly distribute them.
7. As the eggs begin to set, gently lift the edges

of the omelet with a spatula and tilt the pan to allow the uncooked egg to flow to the edges.

8. When the top is still slightly runny but the bottom is set, scatter the chopped salmon and crumbled feta cheese over one half of the omelet.
9. If desired, sprinkle the chopped herbs over the filling.
10. Carefully fold the omelet in half to cover the filling.
11. Cook for an additional 1-2 minutes, or until the cheese starts to melt and the omelet is fully set.
12. Slide the omelet onto a plate and garnish with fresh dill or parsley, if desired.
13. Serve with lemon wedges for a fresh, zesty touch.

SERVING TIPS AND VARIATIONS

- Add sautéed spinach or other leafy greens to the omelet for an extra burst of flavor and nutrients.
- For a richer taste, use cream cheese instead of feta or add a few dollops of sour cream after cooking.
- For a low-carb meal, enjoy the omelet with a side of avocado slices or a simple green salad.
- You can also use fresh or canned tuna as a variation to smoked salmon.

NUTRITIONAL INFORMATION

- Calories: 320
- Protein: 26 g
- Carbohydrates: 3 g
- Fats: 22 g
- Fiber: 1 g
- Cholesterol: 375 mg
- Sodium: 670 mg
- Potassium: 500 mg

7. GARLIC BUTTER SHRIMP WITH CAULIFLOWER RICE



- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Servings: 4

INGREDIENTS

- 1 lb (450 g) large shrimp, peeled and deveined
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 3 tablespoons unsalted butter
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon smoked paprika
- Salt and black pepper to taste
- 2 tablespoons fresh parsley, chopped
- 1 medium head of cauliflower, grated or riced
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1/4 teaspoon garlic powder (optional)
- 1 tablespoon fresh parsley, chopped (optional)

COOKING INSTRUCTIONS

1. Grate the cauliflower using a box grater or pulse it in a food processor until it resembles rice-sized grains.
2. Heat 1 tablespoon of olive oil in a large skillet over medium heat.
3. Add the riced cauliflower to the skillet and sauté for 5-6 minutes, stirring occasionally,

until tender and lightly golden.

4. Season with salt, pepper, and garlic powder, if using. Set aside and cover to keep warm.
5. In the same skillet, heat 2 tablespoons of olive oil over medium-high heat.
6. Add the shrimp to the pan in a single layer and cook for 2-3 minutes per side, or until they turn pink and opaque.
7. Remove the shrimp from the skillet and set aside.
8. In the same skillet, melt 3 tablespoons of butter over medium heat.
9. Add the minced garlic and sauté for 1 minute until fragrant.
10. Stir in the lemon juice and smoked paprika, then return the shrimp to the skillet. Toss to coat the shrimp in the garlic butter sauce.
11. Cook for an additional 1-2 minutes to heat the shrimp through and let the flavors meld together.
12. Plate the cauliflower rice and top it with the garlic butter shrimp.
13. Sprinkle with fresh parsley and serve immediately.

SERVING TIPS AND VARIATIONS

- For added flavor, you can sprinkle grated Parmesan cheese over the cauliflower rice before serving.
- For extra richness, drizzle a little extra melted butter over the shrimp just before serving.

NUTRITIONAL INFORMATION

- Calories: 330
- Protein: 30 g
- Carbohydrates: 8 g
- Fats: 22 g
- Fiber: 3 g
- Cholesterol: 220 mg
- Sodium: 650 mg
- Potassium: 420 mg

LUNCHES

8. CHICKEN SALAD WITH AVOCADO AND OLIVE OIL



- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Servings: 2

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil (for cooking the chicken)
- Salt and black pepper to taste
- 4 cups mixed salad greens (e.g., spinach, arugula, lettuce)
- 1 avocado, sliced
- 1/2 cucumber, thinly sliced
- 1/4 red onion, thinly sliced
- 1 tablespoon fresh cilantro or parsley, chopped (optional)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice (or apple cider vinegar)
- 1 teaspoon Dijon mustard
- Salt and black pepper to taste

COOKING INSTRUCTIONS

1. Season the chicken breasts with salt and black pepper on both sides.
2. Heat 1 tablespoon of olive oil in a skillet over medium-high heat.
3. Add the chicken breasts and cook for

6-7 minutes per side, or until the internal temperature reaches 165°F (74°C).

4. Remove the chicken from the skillet and let it rest for a few minutes before slicing it into thin strips.
5. While the chicken is cooking, arrange the salad greens on a large plate or in a bowl.
6. Add the sliced avocado, cucumber, and red onion to the greens.
7. Sprinkle the salad with chopped cilantro or parsley, if using.
8. In a small bowl, whisk together the extra virgin olive oil, lemon juice (or vinegar), Dijon mustard, salt, and black pepper.
9. Taste and adjust the seasoning as needed.
10. Once the chicken has rested, slice it thinly and place it on top of the salad.
11. Drizzle the dressing over the salad and toss gently to combine.
12. Serve the salad immediately, optionally garnished with extra fresh herbs or a sprinkle of sesame seeds for added texture.

SERVING TIPS AND VARIATIONS

- You can add more vegetables such as cherry tomatoes, bell peppers, or radishes for extra crunch and color.
- For a more filling meal, consider adding some quinoa, chickpeas, or roasted sweet potatoes to the salad.
- If you prefer a spicier kick, drizzle some sriracha or hot sauce over the salad before serving.

NUTRITIONAL INFORMATION

- Calories: 380
- Protein: 30 g
- Carbohydrates: 12 g
- Fats: 24 g
- Fiber: 9 g
- Cholesterol: 75 mg
- Sodium: 450 mg
- Potassium: 860 mg



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DINNERS

1. GARLIC CHICKEN BREASTS WITH STEAMED BROCCOLI



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Servings: 2

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme
- 300 g (10 oz) broccoli florets
- 1 tablespoon lemon juice
- Pinch of salt

COOKING INSTRUCTIONS

1. Pat the chicken breasts dry with paper towels.
2. Rub them with olive oil, minced garlic, paprika, black pepper, salt, and thyme. Let them marinate for 5-10 minutes.
3. Heat a non-stick skillet over medium heat.
4. Add the marinated chicken breasts and cook for 6-7 minutes on each side until golden brown and fully cooked (internal temperature should reach 75°C or 165°F).
5. While the chicken is cooking, bring a pot of

water to a boil and place a steaming basket on top.

6. Add the broccoli florets to the basket, cover, and steam for 5-6 minutes until tender but still bright green.
7. Sprinkle with lemon juice and a pinch of salt.
8. Plate the chicken alongside the steamed broccoli. Optionally, drizzle a bit of olive oil over the broccoli or garnish with fresh parsley.

SERVING TIPS AND VARIATIONS

- Add chili flakes to the chicken marinade for a spicy kick.
- Serve with a side of mashed cauliflower or a small avocado salad for more variety.
- Use the pan juices from the chicken as a light sauce for the broccoli.

NUTRITIONAL INFORMATION

- Calories: 270
- Protein: 38 g
- Carbohydrates: 6 g
- Fats: 10 g
- Fiber: 3 g
- Cholesterol: 850 mg
- Sodium: 520 mg
- Potassium: 840 mg

DINNERS

2. BEEF STEAK WITH ARUGULA AND CHERRY TOMATO SALAD



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Servings: 2

INGREDIENTS

- 2 beef steaks (200 g each, such as ribeye or sirloin)
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1 teaspoon butter (optional, for finishing)
- 100 g (3.5 oz) fresh arugula
- 150 g (5 oz) cherry tomatoes, halved
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

COOKING INSTRUCTIONS

1. Remove the steaks from the refrigerator 30 minutes before cooking to bring them to room temperature.
2. Pat the steaks dry with a paper towel and season both sides with salt, pepper, garlic powder, and smoked paprika.

3. Heat a skillet or grill pan over high heat. Add olive oil and let it heat until shimmering.
4. Place the steaks in the pan and sear for 3-4 minutes on each side for medium-rare, or longer for desired doneness.
5. Use a meat thermometer to check the internal temperature: Rare: 50-52°C (120-125°F),
6. Medium-rare: 54-57°C (130-135°F), Medium: 60-63°C (140-145°F)
7. Optionally, add butter during the last minute of cooking for extra flavor.
8. Remove the steaks from the heat and let them rest for 5 minutes under foil.
9. In a large bowl, combine arugula and halved cherry tomatoes.
10. Drizzle with olive oil and balsamic vinegar, and season with salt and pepper. Toss gently to combine.
11. Slice the steak if desired and plate alongside the arugula and cherry tomato salad. Drizzle any resting juices from the steak over the top for extra flavor.

SERVING TIPS AND VARIATIONS

- Add shaved Parmesan or crumbled feta to the salad for additional flavor.
- Pair the dish with a lemon wedge for a touch of acidity.
- Substitute spinach or mixed greens for arugula if preferred.

NUTRITIONAL INFORMATION

- Calories: 390
- Protein: 37 g
- Carbohydrates: 5 g
- Fats: 26 g
- Fiber: 2 g
- Cholesterol: 90 mg
- Sodium: 850 mg
- Potassium: 850 mg

DINNERS

3. CHEESE AND AVOCADO OMELET



- Preparation Time: 5 minutes
- Cooking Time: 10 minutes
- Servings: 2

INGREDIENTS

- 4 large eggs
- 2 tablespoons milk (optional)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon butter (or olive oil)
- 50 g (1.7 oz) shredded cheese (cheddar or mozzarella)
- 1 ripe avocado, sliced
- 1 tablespoon fresh parsley or chives, chopped (optional, for garnish)

COOKING INSTRUCTIONS

1. In a medium bowl, whisk the eggs, milk (if using), salt, and black pepper until smooth.
2. Heat the butter in a non-stick skillet over medium heat until melted. Swirl the pan to coat evenly.
3. Pour in the egg mixture and tilt the pan to distribute it evenly. Cook for 2-3 minutes until the bottom sets, and the top is still slightly runny.
4. Sprinkle the shredded cheese over one half of

the omelet. Add the avocado slices on top of the cheese.

5. Carefully fold the other half of the omelet over the filling using a spatula. Cook for 1-2 more minutes until the cheese melts.
6. Slide the omelet onto a plate and garnish with chopped parsley or chives, if desired.

SERVING TIPS AND VARIATIONS

- Add diced tomatoes or sautéed spinach for extra nutrients.
- Substitute goat cheese or feta for a tangy twist.
- Pair with a fresh green salad for a complete meal.

NUTRITIONAL INFORMATION

- Calories: 320
- Protein: 15 g
- Carbohydrates: 6 g
- Fats: 28 g
- Fiber: 3 g
- Cholesterol: 275 mg
- Sodium: 320 mg
- Potassium: 530 mg

DINNERS

4. GRILLED COD FILLET WITH GREEN SALAD



- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Servings: 2

INGREDIENTS

- 2 cod fillets (150-200 g each)
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika (optional)
- 1/4 teaspoon garlic powder
- 100 g (3.5 oz) mixed salad greens (arugula, spinach, or lettuce)
- 1/2 cucumber, thinly sliced
- 1 small avocado, diced
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar (or lemon juice)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

COOKING INSTRUCTIONS

1. Pat the cod fillets dry with a paper towel.
2. Rub the fillets with olive oil, lemon juice, salt, black pepper, paprika, and garlic powder. Let them marinate for 5-10 minutes while you prepare the salad.

3. Preheat a grill pan or outdoor grill to medium heat. Lightly grease the surface with olive oil or non-stick spray.
4. Place the cod fillets on the grill and cook for 3-5 minutes on each side, depending on thickness, until the fish flakes easily with a fork and has a light golden crust.
5. In a large bowl, combine the salad greens, cucumber slices, and diced avocado.
6. Drizzle with olive oil and balsamic vinegar. Sprinkle with salt and black pepper. Toss gently to combine.
7. Plate the grilled cod fillets alongside the fresh green salad. Optionally, garnish with a lemon wedge or fresh dill.

SERVING TIPS AND VARIATIONS

- Add cherry tomatoes or radishes to the salad for extra color and flavor.
- Substitute salmon or tilapia for cod if desired.
- Serve with a dollop of plain Greek yogurt mixed with dill and garlic for a refreshing sauce.

NUTRITIONAL INFORMATION

- Calories: 280
- Protein: 30 g
- Carbohydrates: 5 g
- Fats: 16 g
- Fiber: 3 g
- Cholesterol: 55 mg
- Sodium: 420 mg
- Potassium: 740 mg

DINNERS

5. BRAISED PORK WITH MUSHROOMS AND SPINACH



- Preparation Time: 15 minutes
- Cooking Time: 35 minutes
- Servings: 4

INGREDIENTS

- 500 g (1 lb) pork tenderloin or shoulder, cut into bite-sized pieces
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- 250 g (8 oz) mushrooms, sliced (button or cremini)
- 1 cup chicken or vegetable broth
- 1/2 cup heavy cream
- 1 teaspoon dried thyme
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 100 g (3.5 oz) fresh spinach
- 1 tablespoon butter
- Pinch of salt

COOKING INSTRUCTIONS

1. Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
2. Add the pork pieces and sear for 2-3 minutes on each side until golden brown. Remove from

the skillet and set aside.

3. Add the remaining olive oil to the skillet. Sauté the onion and garlic for 2-3 minutes until fragrant and translucent.
4. Add the mushrooms and cook for 5-7 minutes until softened and lightly browned.
5. Return the pork to the skillet. Add the chicken broth, thyme, paprika, salt, and black pepper. Stir well and bring to a gentle simmer.
6. Cover the skillet and let the pork braise over low heat for 20 minutes, stirring occasionally.
7. Stir in the heavy cream and cook for an additional 5 minutes until the sauce thickens slightly.
8. Meanwhile, in a separate pan, melt the butter over medium heat. Add the spinach and sauté for 1-2 minutes until wilted. Sprinkle with a pinch of salt.
9. Plate the braised pork and mushrooms, topping it with the sautéed spinach. Optionally, garnish with fresh parsley or a squeeze of lemon juice.

SERVING TIPS AND VARIATIONS

- Pair with cauliflower rice or zucchini noodles for a low-carb side.
- Add a splash of white wine to the braising liquid for added depth of flavor.
- Substitute kale or Swiss chard for spinach if preferred.

NUTRITIONAL INFORMATION

- Calories: 350
- Protein: 30 g
- Carbohydrates: 7 g
- Fats: 22 g
- Fiber: 2 g
- Cholesterol: 100 mg
- Sodium: 580 mg
- Potassium: 810 mg

DINNERS

6. CAESAR SALAD WITH CHICKEN (WITHOUT CROUTONS)



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Servings: 2

INGREDIENTS

- 2 boneless, skinless chicken breasts (about 200g each)
- 4 cups (200g) romaine lettuce, chopped
- ½ cup (75g) cherry tomatoes, halved (optional)
- 2 tablespoons Parmesan cheese, shaved
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 garlic clove, minced
- 2 tablespoons Greek yogurt (unsweetened)
- 2 anchovy fillets, minced (optional)
- Salt and freshly ground black pepper to taste

COOKING INSTRUCTIONS

1. Season chicken breasts with salt and pepper.
2. Heat a skillet over medium heat and add 1 tablespoon of olive oil.
3. Cook the chicken breasts for 6–7 minutes per side, or until golden brown and the internal temperature reaches 165°F (74°C).

4. Remove from the skillet and let rest for 5 minutes before slicing.
5. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, Worcestershire sauce, minced garlic, Greek yogurt, and anchovy fillets (if using).
6. Season with salt and pepper to taste. Adjust acidity with more lemon juice if desired.
7. Place chopped romaine lettuce in a large bowl. Add halved cherry tomatoes (if using).
8. Top with sliced chicken breast and shaved Parmesan cheese.
9. Drizzle the prepared dressing over the salad. Toss gently to coat evenly.

SERVING TIPS AND VARIATIONS

- Add-ons: For extra crunch, include toasted almonds or sunflower seeds.
- Keto-Friendly Variation: Add sliced avocado or boiled eggs for more healthy fats.
- Dairy-Free Option: Substitute Parmesan cheese with nutritional yeast.
- Serve immediately for the freshest taste and best texture.

NUTRITIONAL INFORMATION

- Calories: 340
- Protein: 35 g
- Carbohydrates: 5 g
- Fats: 20 g
- Fiber: 2 g
- Cholesterol: 100 mg
- Sodium: 350 mg
- Potassium: 750 mg

DINNERS

7. SALMON PATTIES WITH FRESH CUCUMBER AND DILL



- Preparation Time: 15 minutes
- Cooking Time: 20 minutes
- Servings: 4

INGREDIENTS

- 400g canned salmon (drained, skin and bones removed) or cooked fresh salmon, flaked
- 1 egg, lightly beaten
- ¼ cup (30g) almond flour or breadcrumbs
- 2 tablespoons fresh dill, chopped
- 1 garlic clove, minced
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- Salt and freshly ground black pepper to taste
- 2 tablespoons olive oil (for frying)
- 1 large cucumber, thinly sliced
- 2 tablespoons fresh dill, chopped
- 2 tablespoons Greek yogurt
- 1 tablespoon lemon juice
- Salt and freshly ground black pepper to taste

COOKING INSTRUCTIONS

1. In a large bowl, combine the flaked salmon, beaten egg, almond flour, chopped dill, minced garlic, Dijon mustard, lemon juice, salt, and pepper.
2. Mix until well combined. Shape the mixture

into 8 small patties or 4 larger ones.

3. Heat olive oil in a large skillet over medium heat.
4. Cook the patties for 3–4 minutes per side, or until golden brown and crispy. Transfer to a plate lined with paper towels to drain excess oil.
5. In a bowl, combine sliced cucumber, chopped dill, Greek yogurt, lemon juice, salt, and pepper. Toss gently to coat.
6. Arrange the salmon patties on a plate and serve with a side of the cucumber and dill salad. Garnish with additional fresh dill and lemon wedges if desired.

SERVING TIPS AND VARIATIONS

- Low-Carb Option: Replace breadcrumbs with almond flour as suggested.
- Sauce Pairing: Serve with a dollop of tzatziki or lemony mayonnaise.
- Extra Flavor: Add a pinch of smoked paprika or cayenne pepper to the salmon mixture for a spicier kick.
- Serve warm for the best texture, but the patties are also delicious cold.

NUTRITIONAL INFORMATION

- Calories: 280
- Protein: 25 g
- Carbohydrates: 5 g
- Fats: 18 g
- Fiber: 2 g
- Cholesterol: 70 mg
- Sodium: 350 mg
- Potassium: 580 mg

DINNERS

8. TURKEY MEDALLIONS WITH STEAMED GREEN PEAS



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Servings: 4

INGREDIENTS

- 500g turkey breast, cut into 2-inch medallions
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 garlic cloves, minced
- 1 teaspoon dried thyme or rosemary
- Salt and freshly ground black pepper to taste
- 2 cups (300g) fresh or frozen green peas
- 1 tablespoon unsalted butter
- ½ teaspoon salt
- Freshly ground black pepper to taste
- Fresh parsley, chopped
- Lemon wedges

COOKING INSTRUCTIONS

1. In a bowl, mix olive oil, lemon juice, minced garlic, thyme, salt, and pepper.
2. Add the turkey medallions, ensuring they are well coated. Let them marinate for at least 10 minutes.
3. Heat a large skillet over medium-high heat.
4. Add the turkey medallions and cook for 3–4 minutes per side, or until golden brown and

cooked through (internal temperature of 165°F/74°C).

5. Remove from the skillet and let rest for 5 minutes.
6. Bring a pot of water to a boil and place a steamer basket on top.
7. Add the peas to the steamer basket, cover, and steam for 5–7 minutes until tender.
8. Toss the steamed peas with butter, salt, and pepper.
9. Arrange the turkey medallions on a plate and serve alongside the steamed green peas. Garnish with fresh parsley and a wedge of lemon if desired.

SERVING TIPS AND VARIATIONS

- Low-Carb Sauce: Serve the turkey medallions with a light garlic butter sauce or a mustard cream sauce.
- Additional Vegetables: Add steamed carrots or broccoli for more color and nutrition.
- Herb Variations: Replace thyme with oregano or basil for a different flavor profile.
- Serve warm for the best taste and texture.

NUTRITIONAL INFORMATION

- Calories: 280
- Protein: 30 g
- Carbohydrates: 8 g
- Fats: 14 g
- Fiber: 3 g
- Cholesterol: 75 mg
- Sodium: 320 mg
- Potassium: 550 mg

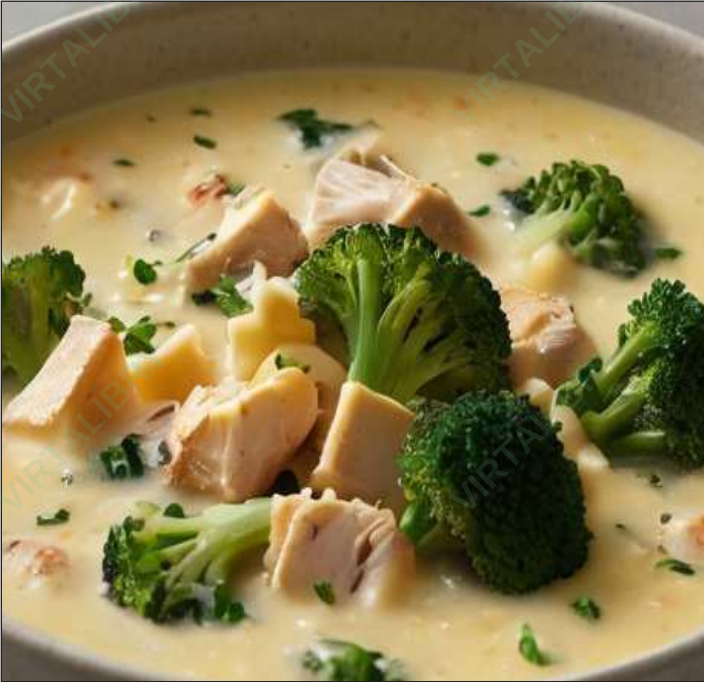


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SOUPS

1. CHICKEN BROCCOLI AND CHEESE SOUP



- Preparation Time: 10 minutes
- Cooking Time: 30 minutes
- Servings: 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 2 medium chicken breasts, diced
- 4 cups chicken broth (low sodium)
- 2 cups broccoli florets
- 1 cup shredded sharp cheddar cheese
- 1/2 cup heavy cream
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: 1/4 teaspoon red chili flakes for spice

COOKING INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add the chopped onion and cook until soft and translucent, about 3-4 minutes. Add minced garlic and cook for another minute until fragrant.
2. Add the diced chicken to the pot. Season with paprika, salt, and pepper. Cook until the chicken is no longer pink on the outside, about

5 minutes.

3. Pour in the chicken broth and bring to a boil. Reduce the heat to medium-low, add the broccoli florets, and simmer for 10-12 minutes until the broccoli is tender.
4. Lower the heat to prevent curdling. Stir in the shredded cheddar cheese a little at a time, ensuring it melts completely before adding more. Once the cheese is fully incorporated, stir in the heavy cream.
5. For a smoother soup, use an immersion blender to partially blend the soup, leaving some chunks of broccoli and chicken for texture.
6. Taste and adjust the seasoning with additional salt, pepper, or chili flakes if desired.

SERVING TIPS AND VARIATIONS

- Serve hot with a sprinkle of extra cheddar cheese or a dollop of sour cream on top.
- For a crunchy garnish, add toasted pumpkin seeds or crushed crispy bacon.
- Pair with a low-carb bread or crackers for a complete meal.

NUTRITIONAL INFORMATION

- Calories: 320
- Protein: 30 g
- Carbohydrates: 8 g
- Fats: 20 g
- Fiber: 2 g
- Cholesterol: 90 mg
- Sodium: 550 mg
- Potassium: 450 mg

SOUPS

2. BEEF AND MUSHROOM SOUP WITH HERBS



2. In the same pot, add the remaining tablespoon of olive oil. Add the chopped onion and garlic, cooking until softened and fragrant, about 2-3 minutes.
3. Add the sliced mushrooms to the pot and cook until they release their juices and begin to brown, about 5-7 minutes.
4. Return the beef to the pot. Add the beef broth, water, carrots, celery, thyme, rosemary, and bay leaf. Stir to combine. Bring the soup to a boil, then reduce the heat to low and simmer for 30 minutes, or until the beef is tender and the vegetables are cooked through.
5. Remove the bay leaf. Taste the soup and adjust the seasoning with salt and pepper. Stir in fresh parsley just before serving for added flavor and color.

- Preparation Time: 15 minutes
- Cooking Time: 40 minutes
- Servings: 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 pound (450g) beef chuck or stew meat, cut into small cubes
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 2 cups sliced mushrooms (button, cremini, or a mix)
- 4 cups beef broth (low sodium)
- 1 cup water
- 2 medium carrots, diced
- 2 celery stalks, sliced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- Salt and pepper to taste
- Fresh parsley, chopped, for garnish

COOKING INSTRUCTIONS

1. Heat 1 tablespoon of olive oil in a large pot over medium-high heat. Add the beef cubes and sear until browned on all sides, about 4-5 minutes. Remove the beef and set aside.

SERVING TIPS AND VARIATIONS

- Serve hot with a side of low-carb bread or roasted vegetable chips.
- For added richness, swirl in a spoonful of sour cream or Greek yogurt just before serving.
- Add more herbs like dill or chives for a fresh twist.

NUTRITIONAL INFORMATION

- Calories: 280
- Protein: 25 g
- Carbohydrates: 9 g
- Fats: 15 g
- Fiber: 2 g
- Cholesterol: 65 mg
- Sodium: 500 mg
- Potassium: 620 mg

SOUPS

3. CAULIFLOWER PUREE SOUP WITH TURKEY



- Preparation Time: 15 minutes
- Cooking Time: 30 minutes
- Servings: 4

INGREDIENTS

- 1 medium cauliflower head, chopped into florets (about 500 g)
- 2 tbsp olive oil or butter
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 4 cups (1 liter) low-sodium chicken or turkey stock
- 1 cup (250 ml) unsweetened almond milk or regular milk
- 200 g cooked turkey breast, shredded or cubed
- 1/2 tsp ground nutmeg
- Salt and black pepper to taste
- Fresh parsley or chives, chopped (for garnish)
- Optional: 2 tbsp grated Parmesan cheese

COOKING INSTRUCTIONS

1. Heat olive oil or butter in a large pot over medium heat. Add the chopped onion and minced garlic. Sauté for 3-4 minutes until softened and fragrant.
2. Add the cauliflower florets to the pot and

stir well to coat them in the oil. Cook for 5 minutes, stirring occasionally.

3. Pour in the stock and bring to a boil. Reduce the heat to low, cover, and simmer for 15-20 minutes, or until the cauliflower is tender.
4. Use an immersion blender to puree the soup until smooth and creamy. Alternatively, transfer the soup to a blender and blend in batches. Return the soup to the pot if using a blender.
5. Stir in the almond milk and shredded turkey. Heat the soup over low heat until warmed through. Add nutmeg, salt, and black pepper to taste.
6. Ladle the soup into bowls, garnish with fresh parsley or chives, and sprinkle with Parmesan cheese if desired.

SERVING TIPS AND VARIATIONS

- Substitute turkey with chicken or smoked salmon for a different flavor profile.
- Serving Suggestions: Serve with a side of low-carb crackers or a green salad for a complete meal.
- Extra Creaminess: Add a dollop of sour cream or Greek yogurt on top before serving.

NUTRITIONAL INFORMATION

- Calories: 210
- Protein: 23 g
- Carbohydrates: 9 g
- Fats: 9 g
- Fiber: 3 g
- Cholesterol: 50 mg
- Sodium: 420 mg
- Potassium: 650 mg

SOUPS

4. SPICY CHICKEN AND SPINACH SOUP



- Preparation Time: 10 minutes
- Cooking Time: 25 minutes
- Servings: 4

INGREDIENTS

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 red chili, finely sliced (adjust to taste)
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper (optional)
- 2 medium chicken breasts (about 400 g), thinly sliced or shredded
- 6 cups (1.5 liters) low-sodium chicken stock
- 3 cups fresh spinach leaves, roughly chopped
- 1 medium carrot, thinly sliced
- 1 medium zucchini, diced
- 1/2 cup canned diced tomatoes
- Juice of 1/2 lemon
- Salt and black pepper to taste
- Fresh cilantro or parsley, chopped (for garnish)

COOKING INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add the onion, garlic, and chili, and sauté for

- 3-4 minutes until softened and fragrant.
2. Stir in the cumin, smoked paprika, and cayenne pepper (if using). Add the sliced chicken to the pot and cook for 5-7 minutes until lightly browned on all sides.
3. Add the chicken stock, carrots, zucchini, and diced tomatoes. Bring to a boil, then reduce the heat to low and simmer for 15 minutes.
4. Stir in the chopped spinach and let it wilt in the soup, about 2-3 minutes.
5. Add lemon juice, salt, and pepper to taste. Adjust the spice level by adding more chili or cayenne, if desired.
6. Ladle the soup into bowls, garnish with fresh cilantro or parsley, and serve hot.

SERVING TIPS AND VARIATIONS

- Substitute chicken with turkey or tofu for a vegetarian option.
- Serving Suggestions: Pair with a slice of whole-grain bread or serve over cooked quinoa for a heartier meal.
- Extra Creaminess: Stir in a spoonful of coconut milk or Greek yogurt before serving.

NUTRITIONAL INFORMATION

- Calories: 230
- Protein: 27 g
- Carbohydrates: 8 g
- Fats: 9 g
- Fiber: 2 g
- Cholesterol: 65 mg
- Sodium: 450 mg
- Potassium: 780 mg

SOUPS

5. GREEN PEA SOUP WITH SMOKED FISH



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Servings: 4

INGREDIENTS

- 2 tbsp olive oil or butter
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 4 cups (600 g) frozen or fresh green peas
- 3 cups (750 ml) low-sodium vegetable or chicken stock
- 1/2 cup (125 ml) heavy cream or coconut milk (optional)
- 150 g smoked fish (e.g., smoked salmon, mackerel, or haddock), flaked
- Juice of 1/2 lemon
- Salt and black pepper to taste
- Fresh dill or chives, chopped (for garnish)
- Optional: Croutons or a dollop of sour cream for serving

COOKING INSTRUCTIONS

1. Heat olive oil or butter in a large pot over medium heat. Add the chopped onion and minced garlic, and sauté for 3-4 minutes until softened and fragrant.
2. Add the green peas to the pot and stir to

- combine with the onion and garlic. Cook for 2-3 minutes.
3. Pour in the vegetable or chicken stock. Bring to a boil, then reduce the heat and simmer for 10 minutes until the peas are tender.
4. Use an immersion blender to puree the soup until smooth. Alternatively, transfer the soup to a blender and blend in batches. Return the soup to the pot if using a blender.
5. Stir in the heavy cream or coconut milk (if using) and adjust the seasoning with salt, black pepper, and lemon juice to taste.
6. Ladle the soup into bowls, top with flaked smoked fish, and garnish with fresh dill or chives.

SERVING TIPS AND VARIATIONS

- Replace smoked fish with crispy bacon bits or shredded rotisserie chicken for a different flavor.
- Serving Suggestions: Serve with a slice of rye bread or whole-grain crackers for a complete meal.
- Extra Freshness: Add a handful of fresh mint leaves to the soup before blending for a bright flavor.

NUTRITIONAL INFORMATION

- Calories: 260
- Protein: 17 g
- Carbohydrates: 16 g
- Fats: 14 g
- Fiber: 5 g
- Cholesterol: 50 mg
- Sodium: 450 mg
- Potassium: 500 mg

SOUPS

6. ZUCCHINI SOUP WITH GROUND TURKEY



- Preparation Time: 10 minutes
- Cooking Time: 25 minutes
- Servings: 4

INGREDIENTS

- 2 tbsp olive oil or butter
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 300 g ground turkey
- 3 medium zucchinis, diced
- 1 medium carrot, finely chopped
- 3 cups (750 ml) low-sodium chicken or vegetable stock
- 1/2 cup (125 ml) unsweetened almond milk or regular milk
- 1/2 tsp dried thyme
- 1/2 tsp paprika
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)

COOKING INSTRUCTIONS

1. Heat olive oil or butter in a large pot over medium heat. Add the chopped onion and garlic, and sauté for 3-4 minutes until softened and fragrant.
2. Add the ground turkey to the pot. Break it into small pieces with a spatula and cook for 5-7

minutes until browned. Season lightly with salt and pepper.

3. Stir in the diced zucchini and chopped carrot. Cook for 3-4 minutes, allowing the vegetables to soften slightly.
4. Pour in the chicken or vegetable stock and bring to a boil. Reduce the heat to low and simmer for 15 minutes, or until the zucchini and carrots are tender.
5. Use an immersion blender to partially blend the soup, leaving some chunks of zucchini and carrot for texture. Alternatively, transfer half of the soup to a blender, blend until smooth, and return it to the pot.
6. Stir in the almond milk or regular milk, thyme, and paprika. Adjust the seasoning with additional salt and black pepper as needed. Heat the soup gently without bringing it to a boil.
7. Ladle the soup into bowls, garnish with fresh parsley, and serve hot.

SERVING TIPS AND VARIATIONS

- Add a handful of spinach or kale for extra greens, or substitute turkey with ground chicken or pork.
- Serving Suggestions: Serve with a slice of crusty bread or a side of low-carb crackers for a complete meal.
- Creamy Option: Add a dollop of sour cream or Greek yogurt for extra richness.

NUTRITIONAL INFORMATION

- Calories: 210
- Protein: 22 g
- Carbohydrates: 8 g
- Fats: 9 g
- Fiber: 3 g
- Cholesterol: 60 mg
- Sodium: 420 mg
- Potassium: 650 mg

SOUPS

7. CREAMY SALMON AND DILL SOUP



- Preparation Time: 15 minutes
- Cooking Time: 25 minutes
- Servings: 4

INGREDIENTS

- 2 tablespoons olive oil or butter
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 2 medium carrots, diced
- 2 medium potatoes, peeled and cubed
- 4 cups (1 liter) low-sodium chicken or fish broth
- 1 cup (240 ml) heavy cream
- 1/2 cup fresh dill, chopped (plus extra for garnish)
- 300 g (10.5 oz) fresh salmon, cut into bite-sized pieces
- Salt and freshly ground black pepper, to taste
- Optional: 1 teaspoon lemon zest

COOKING INSTRUCTIONS

1. Heat olive oil or butter in a large pot over medium heat. Add the chopped onion and garlic, and sauté until soft and fragrant, about 3–4 minutes.
2. Add the diced carrots and cubed potatoes to the pot. Stir well and cook for another 5

minutes.

3. Pour in the chicken or fish broth and bring to a boil. Reduce the heat to a simmer, cover, and let cook until the potatoes and carrots are tender, about 15 minutes.
4. Using an immersion blender, puree a portion of the soup directly in the pot to create a creamy texture, leaving some chunks for a hearty feel.
5. Gently add the salmon pieces to the soup and let them cook in the simmering broth for 5–7 minutes, or until the fish is fully cooked and flakes easily with a fork.
6. Reduce the heat to low and stir in the heavy cream and chopped dill. Let the soup warm through without boiling. Season with salt, pepper, and lemon zest, if desired.
7. Ladle the soup into bowls and garnish with additional dill for a fresh and aromatic touch.

SERVING TIPS AND VARIATIONS

- Substitute salmon: Use smoked salmon or other fish like cod or haddock for a different flavor.
- Make it lighter: Replace heavy cream with coconut milk or plain yogurt for a lighter version.
- Add vegetables: Incorporate spinach, celery, or leeks for added nutrition and flavor.
- Serve with bread: Pair with crusty bread or crackers to complement the creamy soup.

NUTRITIONAL INFORMATION

- Calories: 380
- Protein: 25 g
- Carbohydrates: 18 g
- Fats: 23 g
- Fiber: 2 g
- Cholesterol: 80 mg
- Sodium: 480 mg
- Potassium: 680 mg

SOUPS

8. BEAN SOUP WITH BEEF AND CHILI PEPPER



- Preparation Time: 15 minutes
- Cooking Time: 1 hour 15 minutes
- Servings: 6

INGREDIENTS

- 2 tablespoons olive oil or vegetable oil
- 500 g (1 lb) beef stew meat, cut into bite-sized pieces
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 medium carrot, diced
- 1 red bell pepper, diced
- 1 red chili pepper, thinly sliced (adjust to taste)
- 1 can (400 g) diced tomatoes
- 4 cups (1 liter) beef broth or water
- 2 cans (400 g each) cooked beans (kidney, black, or pinto), drained and rinsed
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground coriander
- 1 bay leaf
- Salt and freshly ground black pepper, to taste
- Fresh cilantro or parsley, chopped, for garnish
- Optional: lime wedges for serving

COOKING INSTRUCTIONS

1. Heat the olive oil in a large pot over medium-

high heat. Add the beef and sear until browned on all sides. Remove the beef and set aside.

2. In the same pot, reduce heat to medium and add the chopped onion, garlic, carrot, and red bell pepper. Sauté until the vegetables soften, about 5 minutes.
3. Stir in the diced tomatoes, cumin, smoked paprika, and ground coriander. Cook for 2–3 minutes, allowing the spices to release their aroma.
4. Return the beef to the pot, pour in the beef broth, and add the bay leaf. Bring the mixture to a boil, then reduce the heat to low. Cover and let simmer for 45 minutes, or until the beef is tender.
5. Stir in the beans and sliced chili pepper. Simmer uncovered for another 15–20 minutes, allowing the flavors to meld. Season with salt and black pepper to taste.
6. Ladle the soup into bowls, garnish with freshly chopped cilantro or parsley, and serve with lime wedges for a burst of freshness.

SERVING TIPS AND VARIATIONS

- Spice level: Adjust the heat by using more or fewer chili peppers, or replace them with mild peppers for a milder dish.
- Beans: Use a mix of beans (e.g., kidney, black, and cannellini) for added variety and texture.
- Slow cooker option: Sear the beef and sauté the vegetables, then transfer all ingredients to a slow cooker and cook on low for 6–8 hours.
- Side dishes: Serve with crusty bread, tortilla chips, or steamed rice.

NUTRITIONAL INFORMATION

- Calories: 320
- Protein: 28 g
- Carbohydrates: 22 g
- Fats: 12 g
- Fiber: 7 g
- Cholesterol: 60 mg
- Sodium: 520 mg
- Potassium: 870 mg



SNACKS

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SNACKS

1. CHEESE AND TURKEY ROLL-UPS



pack them into a lunch container.

SERVING TIPS AND VARIATIONS

- Flavor variations: Add thin slices of avocado, cucumber, or roasted red peppers for added flavor and texture.
- Cheese alternatives: Use cream cheese, goat cheese, or any low-carb cheese spread instead of slices.
- Protein boost: Add a slice of cooked bacon or ham to each roll-up.
- Spicy twist: Sprinkle chili flakes or add a drizzle of hot sauce before rolling.

NUTRITIONAL INFORMATION

- Calories: 200
- Protein: 18 g
- Carbohydrates: 2 g
- Fats: 13 g
- Fiber: 0 g
- Cholesterol: 45 mg
- Sodium: 550 mg
- Potassium: 180 mg

INGREDIENTS

- 8 slices of deli turkey breast (thinly sliced)
- 4 slices of cheese (cheddar, Swiss, or your preference)
- 4 teaspoons Dijon mustard or mayonnaise (optional)
- 4 large lettuce leaves (optional, for wrapping)
- Optional: toothpicks to hold the roll-ups together

COOKING INSTRUCTIONS

1. Lay the turkey slices flat on a clean surface. If using large slices, cut them in half for easier rolling.
2. Place one slice of cheese on top of each turkey slice. If desired, spread a thin layer of Dijon mustard or mayonnaise over the cheese.
3. Starting at one end, tightly roll the turkey slice with the cheese inside to form a neat roll.
4. For an extra crunch and freshness, wrap each roll-up in a large lettuce leaf before securing with a toothpick.
5. Arrange the roll-ups on a serving platter or

SNACKS

2. HARD-BOILED EGGS WITH EVERYTHING BAGEL SEASONING



- Preparation Time: 5 minutes
- Cooking Time: 12 minutes
- Servings: 4

INGREDIENTS

- 4 large eggs
- 2 teaspoons everything bagel seasoning (store-bought or homemade)
- 1 teaspoon olive oil (optional, for drizzling)
- Fresh herbs (optional, for garnish)

COOKING INSTRUCTIONS

1. Place the eggs in a medium saucepan and add enough cold water to cover them by about 1 inch.
2. Bring the water to a rolling boil over medium-high heat. Once boiling, turn off the heat, cover the saucepan with a lid, and let the eggs sit for 10–12 minutes, depending on your desired level of doneness.
3. Carefully transfer the eggs to a bowl of ice water using a slotted spoon. Let them cool for at least 5 minutes. This makes peeling easier.
4. Gently tap each egg on a hard surface to crack the shell, then peel it under cold running water.
5. Slice the peeled eggs in half lengthwise and

place them on a serving plate.

6. Sprinkle each half generously with everything bagel seasoning.
7. Drizzle with olive oil for added flavor, if desired.
8. Add a few fresh herb leaves, such as parsley or dill, for extra color and aroma.

SERVING TIPS AND VARIATIONS

- Serve as a Snack or Breakfast: Pair with sliced avocado, smoked salmon, or a piece of whole-grain toast for a more filling meal.
- Make it Spicy: Add a pinch of red chili flakes or a dash of hot sauce.
- Homemade Seasoning Mix: Combine sesame seeds, poppy seeds, dried garlic, dried onion, and salt in equal parts to create your own everything bagel seasoning.

NUTRITIONAL INFORMATION

- Calories: 80
- Protein: 6 g
- Carbohydrates: 1 g
- Fats: 5 g
- Fiber: 0 g
- Cholesterol: 185 mg
- Sodium: 170 mg
- Potassium: 60 mg

SNACKS

3. CUCUMBER SLICES WITH SALMON AND CREAM CHEESE



6. Optionally, sprinkle with a light dusting of black pepper.
7. Arrange the cucumber slices on a serving platter and serve as a light appetizer or snack.

SERVING TIPS AND VARIATIONS

- **Add Zing:** Drizzle a touch of olive oil or balsamic glaze over the top for extra flavor.
- **Make It Spicy:** Incorporate a pinch of chili flakes into the cream cheese mixture for a spicy kick.
- **Keto-Friendly Option:** Use full-fat cream cheese for a low-carb snack.
- **Alternative Proteins:** Replace smoked salmon with smoked trout or prosciutto for a different twist.

NUTRITIONAL INFORMATION

- Calories: 85
- Protein: 5 g
- Carbohydrates: 2 g
- Fats: 7 g
- Fiber: 0,5 g
- Cholesterol: 18 mg
- Sodium: 150 mg
- Potassium: 120 mg

INGREDIENTS

- 1 large cucumber
- 100 g (3.5 oz) smoked salmon, thinly sliced
- 100 g (3.5 oz) cream cheese, softened
- 1 tablespoon fresh dill, chopped (plus extra for garnish)
- 1 teaspoon lemon juice
- Salt and freshly ground black pepper, to taste
- Optional: capers for garnish

COOKING INSTRUCTIONS

1. Wash the cucumber and cut it into evenly sized slices, about 1/4 inch (0.6 cm) thick.
2. In a small bowl, mix the softened cream cheese with chopped dill, lemon juice, and a pinch of salt and pepper until smooth and well combined.
3. Spread a small dollop of the cream cheese mixture onto each cucumber slice.
4. Fold or roll the smoked salmon slices and place them on top of the cream cheese.
5. Add a small sprig of dill or a single caper on top of each slice for decoration.

SNACKS

4. BAKED CHEESE CRISPS WITH SPICES



- Preparation Time: 5 minutes
- Cooking Time: 10 minutes
- Servings: 4

INGREDIENTS

- 1 cup shredded Parmesan cheese (or any hard cheese like cheddar)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon dried oregano (optional)
- 1/4 teaspoon black pepper

COOKING INSTRUCTIONS

1. Preheat your oven to 400°F (200°C).
2. Line a baking sheet with parchment paper or a silicone baking mat to prevent sticking.
3. In a bowl, mix the shredded Parmesan cheese with garlic powder, smoked paprika, dried oregano (if using), and black pepper. Toss until the spices are evenly distributed.
4. Spoon small mounds (about 1 tablespoon each) of the cheese mixture onto the prepared baking sheet, spacing them at least 2 inches apart.
5. Lightly flatten each mound with the back of the spoon to create a thin, even layer.
6. Place the baking sheet in the preheated oven

and bake for 8–10 minutes, or until the cheese is melted and golden brown with crisp edges.

7. Keep a close eye on them in the last few minutes to avoid burning.
8. Remove the baking sheet from the oven and let the crisps cool on the sheet for 5 minutes. This allows them to harden and become crunchy.
9. Transfer the crisps to a serving plate and enjoy as a snack or appetizer.

SERVING TIPS AND VARIATIONS

- Add a Kick: Sprinkle with a pinch of cayenne pepper or chili flakes for a spicy version.
- Herb Infusion: Experiment with different dried herbs like thyme, rosemary, or basil.
- Serve as a Garnish: Use the crisps to top salads or soups for an added crunch.
- Pair with Dip: Serve alongside a creamy dip like sour cream, ranch dressing, or guacamole.

NUTRITIONAL INFORMATION

- Calories: 110
- Protein: 7 g
- Carbohydrates: 1 g
- Fats: 9 g
- Fiber: 0 g
- Cholesterol: 20 mg
- Sodium: 200 mg
- Potassium: 20 mg

SNACKS

5. ALMOND BUTTER PROTEIN BALLS (KETO-FRIENDLY)



- Preparation Time: 10 minutes
- Cooking Time: 0 minutes
- Servings: 12 balls

INGREDIENTS

- 1 cup almond butter (unsweetened, smooth)
- 1/2 cup almond flour
- 1/4 cup unsweetened shredded coconut (optional, for texture)
- 1/4 cup sugar-free chocolate chips (optional)
- 2 tablespoons coconut oil (melted)
- 2 tablespoons keto-friendly sweetener (e.g., erythritol or stevia)
- 1 teaspoon vanilla extract
- A pinch of salt

COOKING INSTRUCTIONS

1. In a large mixing bowl, combine almond butter, almond flour, shredded coconut (if using), coconut oil, sweetener, vanilla extract, and a pinch of salt. Stir well until the mixture forms a thick, sticky dough.
2. Fold in the sugar-free chocolate chips or any additional keto-friendly ingredients like chopped nuts or seeds for added crunch.
3. Scoop out about 1 tablespoon of the mixture at a time and roll it between your palms to

form a smooth ball. Repeat until all the dough is used, yielding approximately 12 balls.

4. Place the balls on a plate or tray lined with parchment paper. Refrigerate for at least 30 minutes to set.
5. Enjoy the protein balls directly from the refrigerator for a firm texture or let them sit at room temperature for a softer bite.

SERVING TIPS AND VARIATIONS

- Serve as a quick snack, pre- or post-workout fuel, or a satisfying dessert.
- Substitute almond butter with other keto-friendly nut or seed butters like peanut, cashew, or sunflower butter.
- Add spices like cinnamon or a dash of cocoa powder for extra flavor.
- Coat the protein balls in shredded coconut, crushed nuts, or cacao powder for a decorative and tasty finish.

NUTRITIONAL INFORMATION

- Calories: 110
- Protein: 4 g
- Carbohydrates: 2 g
- Fats: 10 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 30 mg
- Potassium: 80 mg

SNACKS

6. BEEF JERKY (LOW-SUGAR, HOMEMADE)



- Preparation Time: 30 minutes
- Cooking Time: 4-6 hours
- Servings: 8

INGREDIENTS

- 2 pounds (900 g) lean beef (top round, sirloin, or flank steak)
- 1/4 cup coconut aminos or low-sodium soy sauce
- 2 tablespoons Worcestershire sauce
- 1 teaspoon liquid smoke (optional, for smoky flavor)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon black pepper
- 1 teaspoon red pepper flakes (optional, for spice)
- 1 teaspoon erythritol or monk fruit sweetener (optional, for mild sweetness)

COOKING INSTRUCTIONS

Place the beef in the freezer for about 30-45 minutes to firm up slightly. This makes slicing easier.

Remove the beef and slice it into thin strips, about 1/8 to 1/4 inch thick, cutting against the grain for tenderness.

In a bowl, whisk together coconut aminos (or soy sauce), Worcestershire sauce, liquid smoke (if using), onion powder, garlic powder, smoked paprika, black pepper, red pepper flakes (if using), and sweetener.

Place the beef strips in a large resealable bag or shallow dish. Pour the marinade over the meat, ensuring all pieces are well coated.

Seal the bag or cover the dish and refrigerate for at least 6 hours or overnight for maximum flavor. Preheat your dehydrator to 160°F (70°C) or your oven to its lowest setting (typically around 170°F/75°C).

If using an oven, line a baking sheet with aluminum foil and place a wire rack on top.

Arrange the marinated beef strips on the dehydrator trays or wire rack in a single layer, ensuring they don't overlap.

Dry in the dehydrator for 4-6 hours or in the oven for 4-5 hours, flipping halfway through, until the jerky is firm but slightly pliable when bent.

Let the jerky cool completely before storing it in an airtight container or resealable bag. It can be stored at room temperature for up to 1 week or in the refrigerator for up to 2 weeks.

SERVING TIPS AND VARIATIONS

Enjoy as a high-protein snack, pair with nuts for a balanced trail mix, or take it on outdoor adventures.

Adjust spices to taste by adding more chili for heat or extra smoked paprika for a deeper smoky flavor.

Swap coconut aminos for tamari for a gluten-free option.

Add a teaspoon of ground cumin or coriander for a unique twist.

NUTRITIONAL INFORMATION

- Calories: 100
- Protein: 16 g
- Carbohydrates: 1 g
- Fats: 2 g
- Fiber: 0 g
- Cholesterol: 40 mg
- Sodium: 250 mg
- Potassium: 200 mg

SNACKS

7. BUFFALO CHICKEN LETTUCE WRAPS



5. Sprinkle chopped green onions and any additional toppings, such as shredded carrots, diced celery, or crumbled blue cheese, over the wraps.
6. Carefully fold or wrap the lettuce leaves around the filling and serve.

SERVING TIPS AND VARIATIONS

- Serve with a side of fresh veggie sticks or a small salad for a light, low-carb meal.
- Swap Buffalo sauce for BBQ sauce or teriyaki sauce for a different flavor profile.
- Use rotisserie chicken or canned chicken for quicker preparation.
- Add a slice of avocado or diced tomatoes for extra texture and flavor.

NUTRITIONAL INFORMATION

- Calories: 150
- Protein: 20 g
- Carbohydrates: 2 g
- Fats: 7 g
- Fiber: 1 g
- Cholesterol: 60 mg
- Sodium: 500 mg
- Potassium: 300 mg

INGREDIENTS

- 2 cups cooked chicken breast, shredded
- 1/4 cup Buffalo sauce
- 1 tablespoon butter (optional, for creaminess)
- 1 head of butter lettuce or romaine lettuce, leaves separated
- 1/4 cup ranch or blue cheese dressing
- 1/4 cup chopped green onions
- Optional toppings: shredded carrots, diced celery, or crumbled blue cheese

COOKING INSTRUCTIONS

1. In a small saucepan over low heat, combine the shredded chicken, Buffalo sauce, and butter (if using).
2. Stir well and heat for 3-5 minutes until the chicken is warmed through and fully coated with the sauce.
3. Lay the lettuce leaves flat and spoon the Buffalo chicken mixture evenly into the center of each leaf.
4. Top with a drizzle of ranch or blue cheese dressing.

SNACKS

8. DEVILED EGGS WITH BACON CRUMBLES



- Preparation Time: 10 minutes
- Cooking Time: 10 minutes
- Servings: 12 deviled eggs

INGREDIENTS

- 6 large eggs
- 3 slices bacon, cooked until crispy and crumbled
- 1/4 cup mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon white vinegar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika (plus more for garnish)
- Salt and black pepper, to taste

COOKING INSTRUCTIONS

1. Place the eggs in a saucepan and cover with water. Bring to a boil over medium-high heat.
2. Once boiling, turn off the heat, cover, and let the eggs sit for 10 minutes.
3. Transfer the eggs to an ice water bath to cool for 5 minutes. Once cooled, gently peel the shells off the eggs.
4. Slice each egg in half lengthwise and carefully remove the yolks, placing them in a mixing bowl. Arrange the egg whites on a serving plate.

5. Mash the yolks with a fork until crumbly. Add mayonnaise, Dijon mustard, white vinegar, garlic powder, paprika, salt, and pepper. Mix until smooth and creamy.
6. Spoon or pipe the yolk mixture into the hollow centers of the egg whites.
7. Sprinkle the crispy bacon crumbles evenly over the deviled eggs. For extra color, garnish with a light dusting of paprika.
8. Serve immediately or refrigerate until ready to serve.

SERVING TIPS AND VARIATIONS

- Pair with fresh veggie sticks, crackers, or serve as part of a party platter.
- Add finely chopped chives or dill for extra flavor.
- Swap mayonnaise for Greek yogurt for a lighter version.
- Use smoked paprika or chili powder for a spicier kick.

NUTRITIONAL INFORMATION

- Calories: 70
- Protein: 4 g
- Carbohydrates: 0,5 g
- Fats: 6 g
- Fiber: 0 g
- Cholesterol: 95 mg
- Sodium: 120 mg
- Potassium: 50 mg



DESSERTS

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1. PROTEIN CHOCOLATE MOUSSE WITHOUT SUGAR



- Preparation Time: 10 minutes
- Cooking Time: 5 minutes
- Servings: 4

INGREDIENTS

- 1 ½ cups (360 ml) unsweetened almond milk
- 2 scoops (60 g) chocolate-flavored protein powder
- 2 tbsp (14 g) unsweetened cocoa powder
- 1 tsp (5 g) powdered gelatin (or agar-agar for a vegetarian version)
- 2 tbsp (30 ml) water
- 1 tsp (5 ml) vanilla extract
- 2 tbsp (40 g) sugar-free sweetener (e.g., erythritol or stevia, adjust to taste)
- ½ cup (120 ml) heavy cream (or coconut cream for a dairy-free option)

COOKING INSTRUCTIONS

1. In a small bowl, combine the gelatin with water and let it bloom for 5 minutes. If using agar-agar, mix it directly into the almond milk in the next step.
2. In a small saucepan, heat the almond milk over medium heat until warm but not boiling. Add the bloomed gelatin (or agar-agar if using) and whisk until fully dissolved.

3. Whisk in the cocoa powder, chocolate protein powder, sweetener, and vanilla extract until the mixture is smooth and well combined. Remove from heat and let cool slightly.
4. In a separate bowl, whip the heavy cream until soft peaks form. Gently fold the whipped cream into the cooled chocolate mixture until fully incorporated.
5. Divide the mousse evenly among 4 serving glasses or bowls. Refrigerate for at least 1-2 hours until set and firm.

SERVING TIPS AND VARIATIONS

- Toppings: Garnish with fresh berries, a sprinkle of cocoa powder, or grated sugar-free dark chocolate.
- Add Crunch: For texture, sprinkle crushed nuts or unsweetened coconut flakes on top.
- Flavor Twist: Add a pinch of cinnamon or a drop of peppermint extract for a unique flavor profile.

NUTRITIONAL INFORMATION

- Calories: 140
- Protein: 15 g
- Carbohydrates: 5 g
- Fats: 8 g
- Fiber: 2 g
- Cholesterol: 20 mg
- Sodium: 100 mg
- Potassium: 200 mg

DESSERTS

2. COCONUT PROTEIN BARS



- Preparation Time: 15 minutes
- Cooking Time: 10 minutes
- Servings: 8

INGREDIENTS

- 2 cups (160 g) unsweetened shredded coconut
- ½ cup (120 ml) unsweetened coconut cream
- 2 scoops (60 g) vanilla protein powder
- 3 tbsp (45 ml) coconut oil, melted
- 2 tbsp (40 g) sugar-free sweetener (e.g., erythritol or stevia, adjust to taste)
- 1 tsp (5 ml) vanilla extract
- ¼ cup (40 g) dark chocolate, melted (for drizzling, optional)

COOKING INSTRUCTIONS

1. In a large mixing bowl, combine the shredded coconut, vanilla protein powder, and sweetener. Stir well to evenly distribute the dry ingredients.
2. Add the coconut cream, melted coconut oil, and vanilla extract to the bowl. Mix thoroughly until the ingredients come together to form a sticky, cohesive mixture.
3. Line an 8x8-inch (20x20 cm) baking dish with parchment paper. Press the mixture firmly and

evenly into the dish, ensuring the surface is smooth and compact.

4. Place the dish in the refrigerator for at least 1 hour (or 20-30 minutes in the freezer) to allow the mixture to firm up.
5. Once set, remove the mixture from the dish and cut it into 8 rectangular bars. If desired, drizzle the bars with melted dark chocolate and let it harden before serving.

SERVING TIPS AND VARIATIONS

- Toppings: Sprinkle extra shredded coconut on top for added texture.
- Flavor Options: Add a pinch of cinnamon or a few drops of almond extract for a flavor twist.
- Storage: Store the bars in an airtight container in the refrigerator for up to 7 days or freeze for longer storage.

NUTRITIONAL INFORMATION

- Calories: 200
- Protein: 10 g
- Carbohydrates: 4 g
- Fats: 17 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 25 mg
- Potassium: 150 mg

3. PEANUT BUTTER AND PROTEIN COOKIES



- Preparation Time: 10 minutes
- Cooking Time: 12 minutes
- Servings: 12 cookies

INGREDIENTS

- 1 cup (240 g) natural peanut butter (unsweetened, unsalted)
- 2 scoops (60 g) vanilla or chocolate protein powder
- 1 large egg
- ¼ cup (50 g) sugar-free sweetener (e.g., erythritol or stevia, adjust to taste)
- 1 tsp (5 ml) vanilla extract
- ½ tsp (2.5 g) baking soda
- Optional: 2 tbsp (20 g) dark chocolate chips or chopped peanuts for texture

COOKING INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large mixing bowl, combine peanut butter, protein powder, egg, sweetener, vanilla extract, and baking soda. Stir well until a thick, cohesive dough forms. If the dough feels too dry, add a tablespoon of water or almond milk.
3. Scoop out tablespoon-sized portions of dough and roll them into balls. Place the balls on the

prepared baking sheet, spacing them about 2 inches apart. Gently flatten each ball with a fork, creating a crisscross pattern on top.

4. Bake in the preheated oven for 10-12 minutes, or until the edges are slightly golden. Be careful not to overbake, as the cookies will firm up as they cool.
5. Allow the cookies to cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.

SERVING TIPS AND VARIATIONS

- Toppings: Sprinkle a pinch of sea salt on top of the cookies before baking for a sweet-salty combination.
- Flavor Options: Add a dash of cinnamon or a few drops of almond extract for a twist.
- Storage: Store the cookies in an airtight container at room temperature for up to 5 days or freeze for up to 3 months.

NUTRITIONAL INFORMATION

- Calories: 140
- Protein: 8 g
- Carbohydrates: 5 g
- Fats: 11 g
- Fiber: 2 g
- Cholesterol: 15 mg
- Sodium: 80 mg
- Potassium: 140 mg

4. CHOCOLATE TRUFFLES WITH COLLAGEN



- Preparation Time: 15 minutes
- Cooking Time: 5 minutes
- Servings: 12 truffles

INGREDIENTS

- 1 cup (240 ml) unsweetened coconut cream
- 150 g (5 oz) sugar-free dark chocolate, chopped
- 2 scoops (20 g) unflavored collagen powder
- 1 tbsp (15 ml) coconut oil
- 1 tsp (5 ml) vanilla extract
- 2 tbsp (40 g) sugar-free sweetener (e.g., erythritol or stevia, adjust to taste)
- Optional coatings: cocoa powder, shredded coconut, or finely chopped nuts

COOKING INSTRUCTIONS

1. In a small saucepan, gently heat the coconut cream over medium-low heat until it starts to simmer.
2. Remove the saucepan from heat and add the chopped dark chocolate. Let it sit for 1 minute, then stir until the chocolate is fully melted and the mixture is smooth.
3. Stir in the collagen powder, coconut oil, vanilla extract, and sweetener. Mix well until everything is fully combined.

4. Transfer the mixture to a bowl and refrigerate for at least 1 hour, or until firm enough to scoop.
5. Using a spoon or a small cookie scoop, portion out the chilled mixture and roll it into balls with your hands.
6. Roll each truffle in your choice of coatings, such as cocoa powder, shredded coconut, or finely chopped nuts.
7. Place the truffles in an airtight container and store them in the refrigerator for up to 1 week or in the freezer for up to 3 months.

SERVING TIPS AND VARIATIONS

- **Elegant Presentation:** Serve the truffles in mini paper cups for a refined look.
- **Flavor Additions:** Add a pinch of sea salt, a splash of peppermint extract, or a dash of chili powder for unique flavor variations.
- **Gifting Idea:** Package the truffles in decorative boxes or jars for a thoughtful homemade gift.

NUTRITIONAL INFORMATION

- Calories: 90
- Protein: 3 g
- Carbohydrates: 4 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 10 mg
- Potassium: 100 mg

DESSERTS

5. LEMON PIE WITH COCONUT FLOUR



- Preparation Time: 15 minutes
- Cooking Time: 35 minutes
- Servings: 8

INGREDIENTS

- 1 cup (120 g) coconut flour
- ½ cup (120 g) unsalted butter, melted (or coconut oil for a dairy-free option)
- 2 large eggs
- 2 tbsp (30 ml) sugar-free sweetener (e.g., erythritol or stevia)
- ¼ tsp (1.25 g) salt
- 4 large eggs
- ¾ cup (180 ml) fresh lemon juice (about 4 lemons)
- ½ cup (100 g) sugar-free sweetener (adjust to taste)
- 2 tbsp (16 g) coconut flour
- 1 tsp (5 ml) vanilla extract
- Zest of 2 lemons

COOKING INSTRUCTIONS

1. Preheat your oven to 350°F (175°C). Grease a 9-inch (23 cm) pie dish or line it with parchment paper.
2. In a mixing bowl, combine coconut flour, melted butter, eggs, sweetener, and salt.

3. Mix until the dough holds together. It may be crumbly but should press together easily.
4. Press the dough evenly into the prepared pie dish, covering the bottom and sides.
5. Use a fork to poke small holes in the bottom of the crust to prevent bubbling.
6. Bake for 10 minutes, then remove from the oven and set aside.
7. In a medium bowl, whisk together the eggs, lemon juice, sweetener, coconut flour, vanilla extract, and lemon zest.
8. Continue whisking until the mixture is smooth and free of lumps.
9. Pour the lemon filling into the pre-baked crust.
10. Bake in the preheated oven for 25-30 minutes, or until the filling is set and slightly golden on top.
11. Remove from the oven and let cool to room temperature. Refrigerate for at least 2 hours before serving.
12. Slice and serve chilled. Optionally, garnish with whipped cream, lemon slices, or a sprinkle of coconut flakes.

SERVING TIPS AND VARIATIONS

- Toppings: Serve with sugar-free whipped cream or a dusting of powdered erythritol for a decorative touch.
- Flavor Twist: Add a touch of coconut extract to the filling for a tropical flavor.
- Make It Dairy-Free: Use coconut oil instead of butter in the crust.

NUTRITIONAL INFORMATION

- Calories: 180
- Protein: 6 g
- Carbohydrates: 7 g
- Fats: 14 g
- Fiber: 4 g
- Cholesterol: 100 mg
- Sodium: 120 mg
- Potassium: 120 mg

6. PROTEIN JELLY WITH BERRIES



- Preparation Time: 10 minutes
- Cooking Time: 5 minutes
- Servings: 4

INGREDIENTS

- 2 cups (500 ml) water
- 2 tbsp unflavored gelatin (or agar-agar for a vegetarian option)
- 1 scoop (30 g) protein powder (vanilla or berry flavor)
- 2 tbsp erythritol or any sugar-free sweetener (optional)
- 1 cup mixed fresh berries (e.g., raspberries, blueberries, blackberries)
- 1 tsp vanilla extract (optional)

COOKING INSTRUCTIONS

1. In a small saucepan, pour 1 cup of water. Sprinkle gelatin over the surface and let it bloom for 5 minutes.
2. Heat the saucepan over low heat, stirring gently until the gelatin is completely dissolved. Do not boil.
3. In a mixing bowl, combine the remaining 1 cup of water, protein powder, sweetener (if using), and vanilla extract. Whisk until smooth and lump-free.

4. Slowly pour the dissolved gelatin into the protein mixture while continuously whisking to ensure even distribution.
5. Place fresh berries evenly across the base of 4 serving molds or ramekins. Carefully pour the protein-gelatin mixture over the berries, covering them fully.
6. Place the molds in the refrigerator and let them set for 2-3 hours, or until the jelly is firm to the touch.
7. To unmold, dip the molds briefly in warm water to loosen the edges and invert onto serving plates. Garnish with additional fresh berries or a sprig of mint, if desired.

SERVING TIPS AND VARIATIONS

- For a tropical twist, use coconut water instead of regular water and add diced mango or pineapple (ensure compatibility with gelatin).
- Substitute berries with sliced peaches or kiwis for variety.
- Add a dollop of sugar-free whipped cream for extra indulgence.

NUTRITIONAL INFORMATION

- Calories: 90
- Protein: 12 g
- Carbohydrates: 5 g
- Fats: 1 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 50 mg
- Potassium: 150 mg

7. CHOCOLATE AVOCADO AND PROTEIN PUDDING



- Preparation Time: 10 minutes
- Cooking Time: 0 minutes
- Servings: 4

INGREDIENTS

- 2 ripe avocados
- 1 scoop (30 g) chocolate-flavored protein powder
- 3 tbsp unsweetened cocoa powder
- 1/4 cup unsweetened almond milk (or any milk of choice)
- 2 tbsp erythritol or any sugar-free sweetener (adjust to taste)
- 1 tsp vanilla extract
- A pinch of sea salt
- Optional toppings: dark chocolate shavings, fresh berries, sliced avocado, or a sprig of mint

COOKING INSTRUCTIONS

1. Cut the avocados in half, remove the pits, and scoop out the flesh into a blender or food processor.
2. Add the protein powder, cocoa powder, almond milk, sweetener, vanilla extract, and a pinch of sea salt to the blender. Blend until smooth and creamy. Scrape down the

sides as needed to ensure everything is well combined.

3. If the pudding is too thick, add more almond milk, one tablespoon at a time, until the desired consistency is reached.
4. Taste the pudding and adjust the sweetness or cocoa flavor by adding more sweetener or cocoa powder if needed. Blend again briefly.
5. For a firmer texture, transfer the pudding to serving bowls and refrigerate for 30 minutes before serving.
6. Spoon the pudding into individual serving bowls or plates. Garnish with your choice of toppings, such as dark chocolate shavings, fresh berries, sliced avocado, or a sprig of mint.

SERVING TIPS AND VARIATIONS

- For a nutty twist, add 1 tablespoon of almond butter or peanut butter to the blend.
- Use coconut milk instead of almond milk for a creamier texture.
- Add a pinch of cayenne pepper or cinnamon for a unique flavor profile.
- Serve with a dollop of sugar-free whipped cream or Greek yogurt for extra indulgence.

NUTRITIONAL INFORMATION

- Calories: 220
- Protein: 10 g
- Carbohydrates: 12 g
- Fats: 16 g
- Fiber: 6 g
- Cholesterol: 0 mg
- Sodium: 70 mg
- Potassium: 450 mg

8. SUGAR-FREE CHOCOLATE BARK WITH NUTS



- Preparation Time: 10 minutes
- Cooking Time: 10 minutes
- Servings: 8

INGREDIENTS

- 200 g (7 oz) sugar-free dark chocolate (minimum 70% cocoa)
- 50 g (1.7 oz) almonds, roughly chopped
- 50 g (1.7 oz) walnuts, roughly chopped
- 30 g (1 oz) pistachios, shelled and chopped
- 1 tbsp coconut oil (optional, for a smoother texture)
- 1/4 tsp sea salt (optional, for garnish)

COOKING INSTRUCTIONS

1. Line a baking sheet with parchment paper or a silicone baking mat.
2. Roughly chop the almonds, walnuts, and pistachios into small, bite-sized pieces.
3. Break the sugar-free chocolate into small pieces and place it in a heatproof bowl.
4. Set the bowl over a pot of simmering water (double boiler method) or microwave in 30-second intervals, stirring between each interval, until smooth. If using, stir in the coconut oil for a glossy finish.
5. Pour the melted chocolate onto the prepared

baking sheet. Spread it evenly into a thin layer, about 1/4 inch thick, using a spatula.

6. Sprinkle the chopped nuts evenly over the chocolate layer, pressing them lightly to ensure they stick.
7. Sprinkle a pinch of sea salt over the top for a touch of contrast (optional).
8. Place the baking sheet in the refrigerator for about 30 minutes, or until the chocolate is fully hardened.
9. Once set, remove the bark from the refrigerator and break it into irregular pieces of your preferred size.

SERVING TIPS AND VARIATIONS

- Present the bark on a clean white plate or wrap pieces in parchment paper for gifting.
- Add dried fruits like unsweetened cranberries or shredded coconut for extra flavor and texture.
- Use hazelnuts, cashews, or macadamia nuts to vary the nut mix.
- Sprinkle with unsweetened cocoa nibs or chia seeds for a superfood twist.

NUTRITIONAL INFORMATION

- Calories: 120
- Protein: 3 g
- Carbohydrates: 5 g
- Fats: 10 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 20 mg
- Potassium: 180 mg



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DRINKS

1. KETO CHOCOLATE PROTEIN SHAKE



- Preparation Time: 5 minutes
- Cooking Time: 0 minutes
- Servings: 1

INGREDIENTS

- 1 cup (240 ml) unsweetened almond milk (or any low-carb milk alternative)
- 1 scoop (30 g) chocolate-flavored protein powder (low-carb, high-protein)
- 1 tbsp (6 g) unsweetened cocoa powder
- 1 tbsp (16 g) almond butter (optional, for creaminess)
- 1/4 tsp vanilla extract
- 1-2 tsp low-carb sweetener (e.g., erythritol or stevia), to taste
- 1/2 cup (120 ml) ice cubes
- 1 tbsp (15 ml) heavy cream (optional, for extra richness)

COOKING INSTRUCTIONS

1. Gather all the ingredients and ensure the almond milk is cold.
2. In a blender, combine the almond milk, protein powder, cocoa powder, almond butter (if using), vanilla extract, sweetener, and ice cubes.
3. Blend on high speed until smooth and creamy.

4. If the shake is too thick, add a little more almond milk and blend again. If it's too thin, add a few more ice cubes and blend.
5. Taste the shake and add more sweetener if needed, blending briefly to incorporate.
6. Add heavy cream and blend for a few seconds to create a richer and creamier texture.
7. Pour the shake into a tall glass and serve immediately.

SERVING TIPS AND VARIATIONS

- Top with a dollop of sugar-free whipped cream and sprinkle with cocoa powder or chocolate shavings for a decadent touch.
- Add a pinch of cinnamon or a few drops of peppermint extract for a flavor twist.
- Incorporate 1/4 of an avocado for a creamy texture and added healthy fats.
- Use peanut butter instead of almond butter for a peanut-chocolate flavor.

NUTRITIONAL INFORMATION

- Calories: 210
- Protein: 20 g
- Carbohydrates: 5 g
- Fats: 13 g
- Fiber: 3 g
- Cholesterol: 20 mg
- Sodium: 180 mg
- Potassium: 350 mg

2. VANILLA ALMOND SMOOTHIE



- Preparation Time: 5 minutes
- Cooking Time: 0 minutes
- Servings: 1

INGREDIENTS

- 1 cup (240 ml) unsweetened almond milk
- 1/4 cup (30 g) raw almonds (soaked for 4-6 hours, optional for a smoother texture)
- 1 scoop (30 g) vanilla protein powder (low-carb, high-protein)
- 1/2 tsp vanilla extract
- 1-2 tsp low-carb sweetener (e.g., erythritol or stevia), to taste
- 1/2 cup (120 ml) ice cubes
- 1 tbsp (15 ml) heavy cream or coconut cream (optional, for extra creaminess)
- A pinch of ground cinnamon (optional, for garnish)

COOKING INSTRUCTIONS

1. If using soaked almonds, drain and rinse them before adding to the blender.
2. In a blender, combine the almond milk, almonds, protein powder, vanilla extract, sweetener, and ice cubes.
3. Blend on high speed until smooth and creamy.
4. If the smoothie is too thick, add a little more

almond milk and blend again. If it's too thin, add a few more ice cubes or an extra tablespoon of almonds and blend.

5. Taste the smoothie and add more sweetener if needed, blending briefly to incorporate.
6. Add heavy cream or coconut cream and blend for a few seconds to enhance the creaminess.
7. Pour the smoothie into a tall glass, sprinkle with a pinch of ground cinnamon for garnish, and serve immediately.

SERVING TIPS AND VARIATIONS

- Add a few sliced almonds or a swirl of sugar-free whipped cream on top for a decorative touch.
- Replace the almonds with cashews for a slightly different nutty flavor.
- Add a small handful of spinach or a quarter of an avocado for added nutrients without altering the flavor significantly.
- Use a pinch of nutmeg or cardamom for a warm, spiced twist.

NUTRITIONAL INFORMATION

- Calories: 220
- Protein: 18 g
- Carbohydrates: 6 g
- Fats: 15 g
- Fiber: 3 g
- Cholesterol: 10 mg
- Sodium: 160 mg
- Potassium: 350 mg

DRINKS

3. LOW-CARB MATCHA PROTEIN LATTE



- Preparation Time: 5 minutes
- Cooking Time: 5 minutes
- Servings: 1

INGREDIENTS

- 1 cup (240 ml) unsweetened almond milk (or any low-carb milk alternative)
- 1 tsp matcha green tea powder (ceremonial or culinary grade)
- 1 scoop (30 g) vanilla or unflavored protein powder (low-carb, high-protein)
- 1/2 tsp vanilla extract
- 1-2 tsp low-carb sweetener (e.g., erythritol or stevia), to taste
- 1 tbsp (15 ml) heavy cream (optional, for extra creaminess)
- 1/4 cup (60 ml) hot water (80°C or 175°F, not boiling)

COOKING INSTRUCTIONS

1. Sift the matcha powder into a small bowl to remove lumps.
2. Add the hot water and whisk vigorously in a zigzag motion until the matcha is fully dissolved and frothy.
3. In a small saucepan, heat the almond milk over medium heat until warm (do not boil).

Alternatively, microwave it for 1-2 minutes until heated through.

4. In a blender, combine the warmed almond milk, prepared matcha, protein powder, vanilla extract, sweetener, and heavy cream (if using). Blend on high speed for 20-30 seconds until frothy and smooth.
5. Pour the matcha protein latte into a mug or a tall glass. Optionally, sprinkle a pinch of matcha powder on top for garnish.

SERVING TIPS AND VARIATIONS

- Add a dollop of sugar-free whipped cream or a sprinkle of cinnamon for a decorative and flavorful touch.
- Add a dash of ground ginger or a pinch of turmeric for a spiced twist.
- Replace almond milk with coconut milk for a richer flavor.
- Blend with a handful of ice for an iced matcha protein latte.

NUTRITIONAL INFORMATION

- Calories: 140
- Protein: 18 g
- Carbohydrates: 4 g
- Fats: 7 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 120 mg
- Potassium: 300 mg

4. STRAWBERRY COCONUT PROTEIN SMOOTHIE



- Preparation Time: 5 minutes
- Cooking Time: 0 minutes
- Servings: 2

INGREDIENTS

- 1 cup (150g) fresh or frozen strawberries
- 1 medium banana (ripe, peeled)
- 1/2 cup (120ml) unsweetened coconut milk (or any milk of choice)
- 1/2 cup (125g) plain Greek yogurt or coconut yogurt (for a dairy-free option)
- 1 scoop (30g) vanilla protein powder
- 1 tablespoon shredded coconut (plus extra for garnish)
- 1 teaspoon honey or maple syrup (optional, for added sweetness)
- 1/2 cup (120ml) ice cubes (if using fresh strawberries)

COOKING INSTRUCTIONS

1. Wash the strawberries and remove the stems.
2. Peel and slice the banana into smaller pieces.
3. In a blender, combine strawberries, banana, coconut milk, Greek yogurt, vanilla protein powder, shredded coconut, and honey (if using).
4. Add ice cubes if you want a colder, thicker

smoothie.

5. Blend on high speed until the mixture is smooth and creamy. Scrape down the sides if needed to ensure all ingredients are fully incorporated.
6. Taste the smoothie and adjust sweetness or thickness as needed by adding more honey or milk.
7. Pour the smoothie into two tall glasses. Garnish with a sprinkle of shredded coconut and a fresh strawberry slice on the rim.

SERVING TIPS AND VARIATIONS

- Piping Cold: Serve immediately to enjoy the best flavor and texture.
- Extra Nutrients: Add a handful of spinach or a teaspoon of chia seeds for more fiber and nutrients.
- Nutty Twist: Blend in a tablespoon of almond butter or peanut butter for added richness.
- Decorative Presentation: Drizzle a little melted dark chocolate on the inside of the glass before pouring the smoothie for a fancier look.

NUTRITIONAL INFORMATION

- Calories: 220
- Protein: 18 g
- Carbohydrates: 28 g
- Fats: 5 g
- Fiber: 4 g
- Cholesterol: 15 mg
- Sodium: 85 mg
- Potassium: 470 mg

5. BLUEBERRY ALMOND BUTTER SHAKE



- Preparation Time: 5 minutes
- Cooking Time: 0 minutes
- Servings: 2

INGREDIENTS

- 1 cup (150g) fresh or frozen blueberries
- 1 medium banana (ripe, peeled)
- 1 cup (240ml) unsweetened almond milk
- 2 tablespoons almond butter
- 1 scoop (30g) vanilla or plain protein powder
- 1/4 teaspoon ground cinnamon (optional, for flavor)
- 1 teaspoon honey or maple syrup (optional, for added sweetness)
- 1/2 cup (120ml) ice cubes (if using fresh blueberries)

COOKING INSTRUCTIONS

1. Wash the blueberries if using fresh ones.
2. Peel and slice the banana into smaller chunks for easy blending.
3. In a blender, add the blueberries, banana, almond milk, almond butter, protein powder, cinnamon (if using), and honey or maple syrup (if desired).
4. Blend on high speed until the mixture is completely smooth and creamy. Scrape

down the sides of the blender if needed to incorporate all ingredients.

5. If the shake is too thick, add a little more almond milk and blend again. If it's too thin, add a few more ice cubes or additional almond butter for thickness.
6. Pour the shake into two tall glasses. Garnish with a drizzle of almond butter, a few fresh blueberries, and a sprinkle of almond slivers on top.

SERVING TIPS AND VARIATIONS

- For a More Indulgent Treat: Add a dollop of whipped coconut cream or a sprinkle of dark chocolate shavings on top.
- Extra Nutrition: Add a teaspoon of chia seeds or flaxseeds for a boost of omega-3 fatty acids.
- Nut-Free Option: Replace almond butter with sunflower seed butter and use oat milk instead of almond milk.
- Fruity Twist: Mix in a handful of spinach or a small piece of avocado for added nutrients and creaminess without altering the flavor.

NUTRITIONAL INFORMATION

- Calories: 250
- Protein: 15 g
- Carbohydrates: 29 g
- Fats: 10 g
- Fiber: 5 g
- Cholesterol: 5 mg
- Sodium: 120 mg
- Potassium: 490 mg

6. TURMERIC GINGER PROTEIN LATTE



- Preparation Time: 5 minutes
- Cooking Time: 5 minutes
- Servings: 2

INGREDIENTS

- 2 cups (480ml) unsweetened almond milk (or any milk of choice)
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground ginger (or 1 teaspoon freshly grated ginger)
- 1/4 teaspoon ground cinnamon
- 1 scoop (30g) unflavored or vanilla protein powder
- 1 teaspoon honey or maple syrup (optional, for sweetness)
- 1/4 teaspoon vanilla extract (optional)
- A pinch of black pepper (to enhance turmeric absorption)
- 1/4 teaspoon coconut oil or ghee (optional, for creaminess)

COOKING INSTRUCTIONS

1. In a small saucepan, gently heat the almond milk over medium heat. Do not let it boil.
2. Stir in the turmeric, ginger, cinnamon, and a pinch of black pepper. Whisk well to combine the spices evenly into the milk.

3. Lower the heat to a gentle simmer. Gradually whisk in the protein powder to avoid clumping.
4. Add honey or maple syrup if desired, along with vanilla extract for additional flavor. If using, stir in coconut oil or ghee for a richer texture.
5. For a frothier latte, pour the mixture into a blender and blend for 10–15 seconds or use a milk frother directly in the saucepan.
6. Pour the latte into two mugs and sprinkle a little ground cinnamon or turmeric on top for garnish.

SERVING TIPS AND VARIATIONS

- Iced Option: Let the mixture cool and pour over ice for a refreshing iced turmeric latte.
- Spice Mix: Prepare a larger batch of the spice mix (turmeric, ginger, cinnamon, black pepper) to save time for future lattes.
- Extra Boost: Add a pinch of cayenne pepper for a spicy kick or a splash of orange juice for a citrusy twist.
- Nut-Free Version: Use coconut milk or oat milk instead of almond milk.

NUTRITIONAL INFORMATION

- Calories: 150
- Protein: 12 g
- Carbohydrates: 12 g
- Fats: 6 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 95 mg
- Potassium: 420 mg

7. LEMON VANILLA PROTEIN SLUSHIE



- Preparation Time: 5 minutes
- Cooking Time: 0 minutes
- Servings: 2

INGREDIENTS

- 1 cup (240ml) cold water
- 1/4 cup (60ml) fresh lemon juice (approximately 2 lemons)
- 1 teaspoon lemon zest
- 1 scoop (30g) vanilla protein powder
- 2 tablespoons honey or maple syrup (optional, for sweetness)
- 2 cups (240g) ice cubes
- 1/4 teaspoon vanilla extract
- Fresh mint leaves and lemon slices (for garnish)

COOKING INSTRUCTIONS

1. Juice the lemons and grate the zest to measure the required amounts.
2. Add cold water, fresh lemon juice, lemon zest, vanilla protein powder, honey or maple syrup (if using), and vanilla extract to a blender.
3. Add the ice cubes to the blender.
4. Blend on high speed until the mixture reaches a smooth, slushy texture. Stop and scrape the sides if needed to ensure all ingredients are

well combined.

5. Taste the slushie and adjust sweetness or acidity by adding more honey or lemon juice, as desired.
6. Pour the slushie into two tall glasses. Garnish with a lemon slice on the rim and a few fresh mint leaves for a vibrant presentation.

SERVING TIPS AND VARIATIONS

- For a Fizzy Twist: Substitute half of the water with sparkling water for a refreshing, bubbly version.
- Extra Creaminess: Blend in a tablespoon of Greek yogurt or coconut cream for a creamier texture.
- Low-Sugar Option: Skip the honey or maple syrup and rely on the natural sweetness of the protein powder.
- Citrus Medley: Add a splash of orange juice for a sweeter citrus flavor.

NUTRITIONAL INFORMATION

- Calories: 110
- Protein: 15 g
- Carbohydrates: 12 g
- Fats: 0,5 g
- Fiber: 1 g
- Cholesterol: 5 mg
- Sodium: 75 mg
- Potassium: 210 mg

8. RASPBERRY COCONUT CREAM SMOOTHIE



- Preparation Time: 5 minutes
- Cooking Time: 0 minutes
- Servings: 2

INGREDIENTS

- 1 cup (150g) fresh or frozen raspberries
- 1/2 medium banana (ripe, peeled)
- 1/2 cup (120ml) coconut cream
- 1/2 cup (120ml) unsweetened coconut milk
- 1 scoop (30g) vanilla or unflavored protein powder
- 1 tablespoon shredded coconut (plus extra for garnish)
- 1 teaspoon honey or maple syrup (optional, for added sweetness)
- 1/2 cup (120ml) ice cubes (if using fresh raspberries)

COOKING INSTRUCTIONS

1. Rinse fresh raspberries if using them.
2. Peel and slice the banana into small chunks for easier blending.
3. Add raspberries, banana, coconut cream, coconut milk, protein powder, shredded coconut, and honey (if desired) to a blender.
4. Blend on high speed until the mixture is smooth and creamy. If needed, scrape down

the sides of the blender to incorporate all ingredients.

5. Add ice cubes if you prefer a thicker, colder smoothie, and blend again until smooth.
6. Pour the smoothie into two glasses. Garnish with a sprinkle of shredded coconut and a few fresh raspberries on top.

SERVING TIPS AND VARIATIONS

- **Rich Presentation:** Serve with a dollop of whipped coconut cream on top for added creaminess.
- **Berry Mix:** Replace half the raspberries with strawberries or blackberries for a mixed-berry twist.
- **Chocolate Addition:** Add a teaspoon of cocoa powder for a chocolate-raspberry flavor.
- **Nutty Boost:** Blend in a tablespoon of almond butter or cashew butter for added richness and protein.

NUTRITIONAL INFORMATION

- Calories: 220
- Protein: 14 g
- Carbohydrates: 18 g
- Fats: 10 g
- Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 50 mg
- Potassium: 300 mg

28-DAY MEAL PLAN

WEEK 1

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Dessert
1	Eggs Benedict without Bread (Page# 8)	Cheese and Turkey Roll-Ups (Page# 48)	Grilled Chicken with Cauliflower and Pesto (Page# 18)	Hard-Boiled Eggs with Everything Bagel Seasoning (Page# 49)	Garlic Chicken Breasts with Steamed Broccoli (Page# 28)	Protein Chocolate Mousse Without Sugar (Page# 58)
2	Protein Omelet with Vegetables (Page# 9)	Cucumber Slices with Smoked Salmon and Cream Cheese (Page# 50)	Chicken Broccoli and Cheese Soup (Page# 38)	Baked Cheese Crisps with Spices (Page# 51)	Beef Steak with Arugula and Cherry Tomato Salad (Page# 29)	Coconut Protein Bars (Page# 59)
3	Keto Pancakes with Almond Flour (Page# 10)	Almond Butter Protein Balls (Keto-Friendly) (Page# 52)	Steak with Garlic Butter and Sautéed Asparagus (Page# 19)	Beef Jerky (Low-Sugar, Homemade) (Page# 53)	Cheese and Avocado Omelet (Page# 30)	Peanut Butter and Protein Cookies (Page# 60)
4	Salmon with Avocado and Poached Egg (Page# 11)	Buffalo Chicken Lettuce Wraps (Page# 54)	Beef and Mushroom Soup with Herbs (Page# 39)	Deviled Eggs with Bacon Crumbles (Page# 55)	Grilled Cod Fillet with Green Salad (Page# 31)	Chocolate Truffles with Collagen (Page# 61)
5	Cottage Cheese and Egg Casserole (Page# 12)	Cheese and Turkey Roll-Ups (Page# 48)	Baked Salmon with Broccoli and Lemon (Page# 20)	Hard-Boiled Eggs with Everything Bagel Seasoning (Page# 49)	Braised Pork with Mushrooms and Spinach (Page# 32)	Lemon Pie with Coconut Flour (Page# 62)
6	Protein Chia Pudding (Page# 13)	Cucumber Slices with Smoked Salmon and Cream Cheese (Page# 50)	Cauliflower Puree Soup with Turkey (Page# 40)	Baked Cheese Crisps with Spices (Page# 51)	Caesar Salad with Chicken (without Croutons) (Page# 33)	Protein Jelly with Berries (Page# 63)
7	Steak with Egg and Vegetables (Page# 14)	Almond Butter Protein Balls (Keto-Friendly) (Page# 52)	Stuffed Bell Peppers with Turkey and Cheese (Page# 21)	Beef Jerky (Low-Sugar, Homemade) (Page# 53)	Salmon Patties with Fresh Cucumber and Dill (Page# 34)	Chocolate Avocado and Protein Pudding (Page# 64)

28-DAY MEAL PLAN

WEEK 2

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Dessert
8	Zucchini Pancakes with Salmon (Page# 15)	Buffalo Chicken Lettuce Wraps (Page# 54)	Spicy Chicken and Spinach Soup (Page# 41)	Deviled Eggs with Bacon Crumbles (Page# 55)	Turkey Medallions with Steamed Green Peas (Page# 35)	Sugar-Free Chocolate Bark With Nuts (Page# 65)
9	Steak with Egg and Vegetables (Page# 14)	Cheese and Turkey Roll-Ups (Page# 48)	Tuna with Egg and Avocado on Green Salad (Page# 22)	Hard-Boiled Eggs with Everything Bagel Seasoning (Page# 49)	Garlic Chicken Breasts with Steamed Broccoli (Page# 28)	Protein Chocolate Mousse Without Sugar (Page# 58)
10	Protein Chia Pudding (Page# 13)	Cucumber Slices with Smoked Salmon and Cream Cheese (Page# 50)	Green Pea Soup with Smoked Fish (Page# 42)	Baked Cheese Crisps with Spices (Page# 51)	Beef Steak with Arugula and Cherry Tomato Salad (Page# 29)	Coconut Protein Bars (Page# 59)
11	Cottage Cheese and Egg Casserole (Page# 12)	Almond Butter Protein Balls (Keto-Friendly) (Page# 52)	Omelet with Salmon and Feta Cheese (Page# 23)	Beef Jerky (Low-Sugar, Homemade) (Page# 53)	Cheese and Avocado Omelet (Page# 30)	Peanut Butter and Protein Cookies (Page# 60)
12	Salmon with Avocado and Poached Egg (Page# 11)	Buffalo Chicken Lettuce Wraps (Page# 54)	Zucchini Soup with Ground Turkey (Page# 43)	Deviled Eggs with Bacon Crumbles (Page# 55)	Grilled Cod Fillet with Green Salad (Page# 31)	Chocolate Truffles with Collagen (Page# 61)
13	Keto Pancakes with Almond Flour (Page# 10)	Cheese and Turkey Roll-Ups (Page# 48)	Garlic Butter Shrimp with Cauliflower Rice (Page# 24)	Hard-Boiled Eggs with Everything Bagel Seasoning (Page# 49)	Braised Pork with Mushrooms and Spinach (Page# 32)	Lemon Pie with Coconut Flour (Page# 62)
14	Protein Omelet with Vegetables (Page# 9)	Cucumber Slices with Smoked Salmon and Cream Cheese (Page# 50)	Creamy Salmon and Dill Soup (Page# 44)	Baked Cheese Crisps with Spices (Page# 51)	Caesar Salad with Chicken (without Croutons) (Page# 33)	Protein Jelly with Berries (Page# 63)

28-DAY MEAL PLAN

WEEK 3

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Dessert
15	Eggs Benedict without Bread (Page# 8)	Almond Butter Protein Balls (Keto-Friendly) (Page# 52)	Chicken Salad with Avocado and Olive Oil (Page# 25)	Beef Jerky (Low-Sugar, Homemade) (Page# 53)	Salmon Patties with Fresh Cucumber and Dill (Page# 34)	Chocolate Avocado and Protein Pudding (Page# 64)
16	Protein Omelet with Vegetables (Page# 9)	Buffalo Chicken Lettuce Wraps (Page# 54)	Bean Soup with Beef and Chili Pepper (Page# 45)	Deviled Eggs with Bacon Crumbles (Page# 55)	Turkey Medallions with Steamed Green Peas (Page# 35)	Sugar-Free Chocolate Bark With Nuts (Page# 65)
17	Keto Pancakes with Almond Flour (Page# 10)	Cheese and Turkey Roll-Ups (Page# 48)	Grilled Chicken with Cauliflower and Pesto (Page# 18)	Hard-Boiled Eggs with Everything Bagel Seasoning (Page# 49)	Garlic Chicken Breasts with Steamed Broccoli (Page# 28)	Protein Chocolate Mousse Without Sugar (Page# 58)
18	Salmon with Avocado and Poached Egg (Page# 11)	Cucumber Slices with Smoked Salmon and Cream Cheese (Page# 50)	Chicken Broccoli and Cheese Soup (Page# 38)	Baked Cheese Crisps with Spices (Page# 51)	Beef Steak with Arugula and Cherry Tomato Salad (Page# 29)	Coconut Protein Bars (Page# 59)
19	Cottage Cheese and Egg Casserole (Page# 12)	Almond Butter Protein Balls (Keto-Friendly) (Page# 52)	Steak with Garlic Butter and Sautéed Asparagus (Page# 19)	Beef Jerky (Low-Sugar, Homemade) (Page# 53)	Cheese and Avocado Omelet (Page# 30)	Peanut Butter and Protein Cookies (Page# 60)
20	Protein Chia Pudding (Page# 13)	Buffalo Chicken Lettuce Wraps (Page# 54)	Beef and Mushroom Soup with Herbs (Page# 39)	Deviled Eggs with Bacon Crumbles (Page# 55)	Grilled Cod Fillet with Green Salad (Page# 31)	Chocolate Truffles with Collagen (Page# 61)
21	Steak with Egg and Vegetables (Page# 14)	Cheese and Turkey Roll-Ups (Page# 48)	Baked Salmon with Broccoli and Lemon (Page# 20)	Hard-Boiled Eggs with Everything Bagel Seasoning (Page# 49)	Braised Pork with Mushrooms and Spinach (Page# 32)	Lemon Pie with Coconut Flour (Page# 62)

28-DAY MEAL PLAN

WEEK 4

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Dessert
22	Zucchini Pancakes with Salmon (Page# 15)	Cucumber Slices with Smoked Salmon and Cream Cheese (Page# 50)	Cauliflower Puree Soup with Turkey (Page# 40)	Baked Cheese Crisps with Spices (Page# 51)	Caesar Salad with Chicken (without Croutons) (Page# 33)	Protein Jelly with Berries (Page# 63)
23	Steak with Egg and Vegetables (Page# 14)	Almond Butter Protein Balls (Keto-Friendly) (Page# 52)	Stuffed Bell Peppers with Turkey and Cheese (Page# 21)	Beef Jerky (Low-Sugar, Homemade) (Page# 53)	Salmon Patties with Fresh Cucumber and Dill (Page# 34)	Chocolate Avocado and Protein Pudding (Page# 64)
24	Protein Chia Pudding (Page# 13)	Buffalo Chicken Lettuce Wraps (Page# 54)	Spicy Chicken and Spinach Soup (Page# 41)	Deviled Eggs with Bacon Crumbles (Page# 55)	Turkey Medallions with Steamed Green Peas (Page# 35)	Sugar-Free Chocolate Bark With Nuts (Page# 65)
25	Cottage Cheese and Egg Casserole (Page# 12)	Cheese and Turkey Roll-Ups (Page# 48)	Tuna with Egg and Avocado on Green Salad (Page# 22)	Hard-Boiled Eggs with Everything Bagel Seasoning (Page# 49)	Garlic Chicken Breasts with Steamed Broccoli (Page# 28)	Protein Chocolate Mousse Without Sugar (Page# 58)
26	Salmon with Avocado and Poached Egg (Page# 11)	Cucumber Slices with Smoked Salmon and Cream Cheese (Page# 50)	Green Pea Soup with Smoked Fish (Page# 42)	Baked Cheese Crisps with Spices (Page# 51)	Beef Steak with Arugula and Cherry Tomato Salad (Page# 29)	Coconut Protein Bars (Page# 59)
27	Keto Pancakes with Almond Flour (Page# 10)	Almond Butter Protein Balls (Keto-Friendly) (Page# 52)	Omelet with Salmon and Feta Cheese (Page# 23)	Beef Jerky (Low-Sugar, Homemade) (Page# 53)	Cheese and Avocado Omelet (Page# 30)	Peanut Butter and Protein Cookies (Page# 60)
28	Protein Omelet with Vegetables (Page# 9)	Buffalo Chicken Lettuce Wraps (Page# 54)	Zucchini Soup with Ground Turkey (Page# 43)	Deviled Eggs with Bacon Crumbles (Page# 55)	Grilled Cod Fillet with Green Salad (Page# 31)	Chocolate Truffles with Collagen (Page# 61)

CONCLUSION

Congratulations! You've taken an important step toward a healthier lifestyle by exploring the fundamentals of the Low Carb High Protein Diet. This book isn't just a collection of recipes—it's your trusted companion for building sustainable and healthy habits.

Use it as a guide, revisit your favorite recipes, and don't hesitate to experiment. Let it inspire you to create your own culinary discoveries and share them with friends and family, involving them in your exciting journey toward wellness.

Keep in mind that balanced nutrition is only part of the puzzle. To reach your goals, it's equally important to include regular physical activity, get adequate rest, and care for your emotional well-being.

Your health is in your hands, and by picking up this book, you've already taken the first step. Let it become your constant companion and a reminder that self-care is the most valuable investment in your life.

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