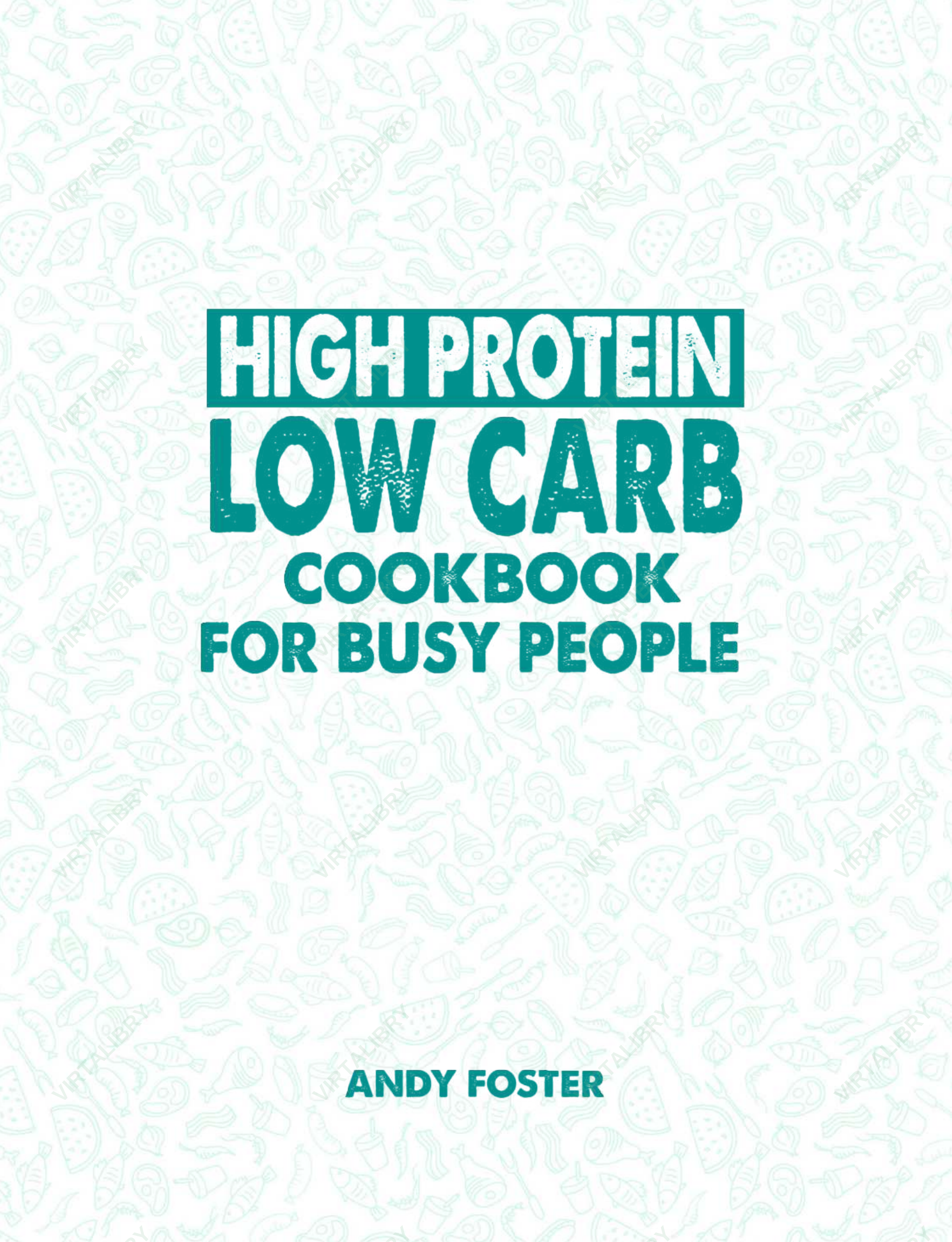


The background of the entire page is a dense, repeating pattern of small, light green line-art icons. These icons represent various food items and kitchen tools, including fish, watermelon slices, chicken legs, carrots, broccoli, mushrooms, and kitchen utensils like forks and knives. The pattern is uniform and covers the entire surface.

HIGH PROTEIN LOW CARB COOKBOOK FOR BUSY PEOPLE

ANDY FOSTER

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INTRODUCTION

WELCOME TO THE HIGH PROTEIN LOW CARB DIET COOKBOOK!

WHAT IS THE HIGH PROTEIN LOW CARB DIET?

The High Protein Low Carb (HPLC) Diet is a modern nutritional approach rooted in well-established science and practical results.

It has gained popularity for one simple reason: it works. Whether your goal is to burn fat, build muscle, increase energy, or improve overall well-being, this way of eating offers a sustainable, flexible, and effective path forward.

Let's break it down and explore what this diet really is—and why it may be exactly what you need.

1. WHY PROTEIN?

Protein is the cornerstone of this diet for good reason. Here's what it does:

- Builds and maintains muscle mass
- Boosts metabolism through the thermic effect of food (TEF) — your body burns more calories digesting protein than carbs or fat
- Keeps you full longer — reducing cravings and the tendency to overeat
- Stabilizes blood sugar — helping avoid the energy crashes common with high-carb meals
- Aids in tissue repair and recovery — especially important for active individuals

Sources of high-quality protein include:

- Chicken, turkey, lean beef, pork
- Fish and seafood

- Eggs and egg whites
- Greek yogurt, cottage cheese, hard cheeses
- Plant-based options like tofu, tempeh, edamame, lentils, and legumes

2. WHY LOWER CARBS?

Carbohydrates are not inherently bad, but in modern diets, they are often consumed in excessive amounts—especially in the form of refined or highly processed carbs that spike blood sugar and leave you hungry shortly after eating.

The HPLC approach recommends limiting carbs, especially:

- Sugar (sodas, sweets, pastries)
- White bread, white rice, and pasta
- Chips, crackers, processed snacks

Instead, you focus on whole-food carbs in moderation:

- Leafy greens
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Berries
- Nuts and seeds

3. WHAT ABOUT FATS?

While the diet is not high-fat by design (unlike keto), it does include healthy fats in moderation to support satiety, hormone health, and brain function.

Healthy fat sources include:

- Avocados
- Olive oil and olives
- Nuts and seeds
- Fatty fish (salmon, sardines, mackerel)
- Coconut oil (in moderation)

Fats are more calorie-dense than proteins or carbs, so portion control matters. But including the right fats will make meals

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more satisfying and support overall health.

WHO CAN BENEFIT FROM THE HIGH PROTEIN LOW CARB DIET?

1. BUSY PROFESSIONALS AND PARENTS

Modern life is fast-paced. Between work, family, commuting, and responsibilities, finding time to cook or plan meals can feel nearly impossible. That's where the HPLC diet truly shines:

- Quick, high-protein meals help prevent energy crashes during long workdays.
- Stable blood sugar leads to better focus, fewer mood swings, and sharper decision-making.
- Meal prep-friendly recipes simplify weekly planning and reduce stress

2. PEOPLE LOOKING TO LOSE WEIGHT (AND KEEP IT OFF)

If you've struggled with weight gain, yo-yo dieting, or emotional eating, the High Protein Low Carb Diet can be a game changer.

Why it works:

- Protein keeps you full longer — reducing hunger and snacking
- Low-carb meals prevent blood sugar spikes and crashes, helping control cravings
- Muscle preservation supports a higher resting metabolism, even during weight loss
- Fat is burned more efficiently as the body adapts to using it for fuel

3. FITNESS ENTHUSIASTS AND ACTIVE INDIVIDUALS

Whether you lift weights, run, cycle, or just love staying active, your body needs the right fuel to perform and recover.

High protein intake:

- Supports muscle repair and growth
- Enhances post-workout recovery
- Helps reduce muscle soreness and injury risk
- Keeps body composition lean and strong

4. PEOPLE WITH INSULIN RESISTANCE OR TYPE 2 DIABETES

Carbohydrates have the greatest impact on blood glucose. By reducing carb intake and increasing protein, the HPLC diet can help stabilize insulin levels and reduce spikes that contribute to fatigue, cravings, and metabolic issues.

Potential benefits:

- Improved blood sugar control
- Reduced insulin resistance
- Lower A1C levels over time
- Decreased reliance on medications (under medical supervision)

5. AGING ADULTS CONCERNED ABOUT MUSCLE LOSS AND METABOLISM

As we age, we naturally lose muscle mass — a process known as sarcopenia — which can slow metabolism and increase the risk of falls, weakness, and weight gain.

The solution? More protein, paired with strength-supporting nutrition.

The HPLC diet helps:

- Preserve and rebuild lean muscle
- Maintain a healthy weight and metabolic rate

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- Support bone health and mobility
- Reduce the risk of frailty-related conditions

6. PEOPLE WHO LOVE FOOD (BUT NEED SIMPLICITY)

If you enjoy flavorful, satisfying meals—but don't have time for complicated recipes—the HPLC diet is a great match. Protein-packed meals are:

- Naturally rich in flavor
- Easy to prepare
- Highly customizable
- Compatible with global cuisines

WHO SHOULD AVOID THE HIGH PROTEIN LOW CARB DIET?

While the High Protein Low Carb (HPLC) Diet offers a wide range of benefits for many people, it's important to remember that no single dietary approach is right for everyone. Your body, lifestyle, health status, and goals are unique — and so should be your nutrition.

1. PEOPLE WITH KIDNEY DISEASE OR IMPAIRED KIDNEY FUNCTION

High protein intake increases the workload on the kidneys due to greater nitrogen waste production from protein metabolism. While this is not harmful for healthy individuals, those with existing kidney issues must be cautious.

Potential risks:

- Elevated blood urea nitrogen (BUN)
- Increased urinary protein excretion
- Progression of kidney damage in severe cases

2. PREGNANT AND BREASTFEEDING WOMEN

During pregnancy and lactation, a woman's nutritional needs significantly increase — not only for protein and energy but also for micronutrients, fiber, and carbohydrates to support the growing baby and milk production.

While moderate protein is beneficial, very low carb intake can:

- Deprive the mother and baby of essential nutrients
- Affect energy levels and hormonal balance
- Cause complications if not carefully managed

3. INDIVIDUALS WITH CERTAIN METABOLIC OR DIGESTIVE CONDITIONS

Some health conditions require a specific diet that may conflict with the HPLC approach. These include:

- Gout or high uric acid levels: High purine intake from protein sources may trigger flare-ups.
- Gallbladder issues or recent gallbladder removal: High-fat and protein-heavy meals may be difficult to digest.
- Irritable Bowel Syndrome (IBS), Crohn's, or ulcerative colitis: Some high-protein foods or low-fiber intake may aggravate symptoms.
- Liver disease: The liver processes protein metabolism byproducts, which may become burdensome

4. PEOPLE WITH A HISTORY OF EATING DISORDERS

Diets that involve restriction — even well-balanced ones like HPLC — can trigger

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unhealthy thoughts or behaviors in those with a history of anorexia, bulimia, binge eating disorder, or orthorexia.

Warning signs:

- Obsessive focus on food or macros
- Feeling guilty for eating carbs
- Using food as a form of punishment or control

5. STRICT VEGANS (WITHOUT PROPER PLANNING)

It is possible to follow a plant-based high protein low carb diet, but it requires more effort, planning, and sometimes supplementation. That's because:

- Many plant-based protein sources (legumes, quinoa, soy) contain moderate to high carbs
- Vegan-friendly high-protein, low-carb options are limited
- Deficiencies in B12, iron, omega-3s, and zinc are more likely without careful attention

6. PEOPLE WITH VERY HIGH ENERGY NEEDS (E.G., ENDURANCE ATHLETES)

Athletes training multiple hours per day (e.g., marathon runners, cyclists, triathletes) may require higher levels of carbohydrates for optimal performance, glycogen replenishment, and recovery.

Potential issues:

- Reduced endurance capacity
- Delayed recovery
- Muscle fatigue or poor performance

7. ANYONE UNDER 18 WITHOUT MEDICAL SUPERVISION

Children and teens are still growing and developing, and their nutritional needs are different from those of adults.

Overemphasis on protein or carb restriction may interfere with growth, hormonal health, or brain development.

CONCLUSION

In a world full of quick fixes, miracle pills, and unsustainable fads, the HPLC diet offers something refreshingly different: real food, real balance, and real results.

This is not about perfection.

It's not about depriving yourself.

It's not about obsessing over every gram or calorie.

Instead, it's about:

- Making smarter choices, not harder ones
- Eating delicious meals that nourish and energize you
- Building a lifestyle that works in your busy life, not one that controls it

Whether your goal is to lose body fat, build strength, increase energy, reduce cravings, or simply feel better in your skin—you're in the right place. This book will guide you with no-nonsense nutrition, practical recipes, and a done-for-you 28-day plan that makes it easy to take action, even on your busiest days.

IT IS STRONGLY RECOMMENDED TO CONSULT A HEALTHCARE PROFESSIONAL BEFORE ADOPTING THIS DIET



BREAKFASTS

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BREAKFASTS

1. TURKEY AND AVOCADO BREAKFAST LETTUCE WRAPS



- Preparation Time: 10 minutes
- Cooking Time: 5 minutes
- Servings: 2 (makes 4 wraps)

INGREDIENTS

- 4 large Romaine or Butter lettuce leaves (washed and dried)
- 100 g sliced cooked turkey breast (deli or leftover roasted)
- 1 ripe avocado, sliced or mashed
- 2 large eggs
- 2 tbsp milk (optional, for fluffier scrambled eggs)
- 1 tbsp olive oil or butter (for cooking eggs)
- 1 small tomato, diced
- 2 tbsp red onion, finely chopped (optional)
- Salt and black pepper, to taste
- Pinch of chili flakes (optional, for heat)
- Fresh herbs (parsley, cilantro, or chives), for garnish

COOKING INSTRUCTIONS

1. Crack the eggs into a bowl, add milk if using, and whisk well.
2. Heat olive oil or butter in a small non-stick skillet over medium heat.

3. Pour in the eggs and scramble gently until cooked through but still soft. Season with salt and pepper. Set aside.
4. Lay out the lettuce leaves on a flat surface or plate.
5. Evenly divide the scrambled eggs among the leaves.
6. Add sliced or mashed avocado on top of the eggs.
7. Place turkey slices over the avocado.
8. Sprinkle diced tomato and red onion over each wrap.
9. Garnish with fresh herbs and chili flakes if desired.
10. Gently fold or roll the lettuce leaves into wraps (like tacos or burritos) and serve immediately.

SERVING TIPS AND VARIATIONS

- Make it Spicy: Add sliced jalapeños or a drizzle of hot sauce.
- Dairy-Free: Omit milk in the eggs and use avocado oil instead of butter.
- Add Crunch: Include shredded carrots or thin cucumber strips.
- Keto-Friendly: Already low-carb, but avoid tomatoes if aiming for stricter keto macros.
- Meal Prep Option: Scramble eggs and prep fillings ahead. Assemble wraps just before serving.

NUTRITIONAL INFORMATION

- Calories: 320 kcal
- Protein: 22 g
- Carbohydrates: 8 g
- Fat: 23 g
- Fiber: 6 g
- Cholesterol: 220 mg
- Sodium: 520 mg
- Potassium: 580 mg

2. KETO CLOUD BREAD WITH CREAM CHEESE AND HAM



- Preparation Time: 5 minutes
- Cooking Time: 25 minutes
- Servings: 3 (makes 6 cloud bread rounds / 3 sandwiches)

INGREDIENTS

For Cloud Bread:

- 3 large eggs (room temperature)
- 3 tbsp cream cheese (softened)
- ¼ tsp cream of tartar (or ½ tsp lemon juice)
- Pinch of salt

For Filling:

- 90 g cream cheese (about 1½ tbsp per sandwich)
- 6 slices of deli ham (sugar-free, nitrate-free if preferred)
- Optional: sliced cucumber, baby spinach, or lettuce for crunch

COOKING INSTRUCTIONS

1. Preheat your oven to 150°C. Line a baking sheet with parchment paper.
2. Carefully separate the egg whites and yolks into two bowls.
3. Add cream of tartar to the egg whites and beat

using an electric mixer until stiff peaks form.

4. In the other bowl, whisk egg yolks with softened cream cheese and a pinch of salt until smooth and fully combined.
5. Gently fold the egg yolk mixture into the beaten egg whites. Use a spatula to fold carefully, preserving the air in the whites.
6. Spoon the mixture onto the prepared baking sheet, forming 6 round «bun» shapes.
7. Bake for 25 minutes or until golden brown and slightly firm to the touch.
8. Allow to cool completely before assembling.
9. Spread about 1½ tbsp cream cheese onto one cloud bread round.
10. Add 2 slices of ham (folded) and any optional greens.
11. Top with another cloud bread round to form a sandwich. Repeat for all portions.

SERVING TIPS AND VARIATIONS

- Low-Lactose Option: Use lactose-free cream cheese or substitute with mashed avocado.
- Add Flavor: Mix dried herbs or garlic powder into the yolk mixture for extra flavor.
- Make-Ahead: Cloud bread can be stored in the fridge (up to 3 days) or frozen. Reheat gently in a toaster or oven.
- Mini Appetizers: Use smaller rounds and cut ham into bite-sized pieces for party-friendly keto sliders.

NUTRITIONAL INFORMATION

- Calories: 270 kcal
- Protein: 16 g
- Carbohydrates: 3 g
- Fat: 21 g
- Fiber: 0.5 g
- Cholesterol: 230 mg
- Sodium: 580 mg
- Potassium: 220 mg

3. TURKEY SAUSAGE PATTIES WITH SCRAMBLED EGGS



- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Servings: 2 (makes 4 patties)

INGREDIENTS

For the Turkey Sausage Patties:

- 250 g ground turkey (preferably lean)
- 1 garlic clove, minced
- 1 tsp onion powder
- ½ tsp smoked paprika
- ½ tsp dried thyme or sage
- ¼ tsp crushed red pepper flakes (optional)
- Salt and black pepper, to taste
- 1 tsp olive oil (for cooking)

For the Scrambled Eggs:

- 4 large eggs
- 2 tbsp milk or cream (optional, for creamier texture)
- Salt and pepper, to taste
- 1 tsp butter or olive oil (for cooking)

COOKING INSTRUCTIONS

1. In a mixing bowl, combine ground turkey with garlic, onion powder, smoked paprika, thyme (or sage), red pepper flakes (if using), salt, and

black pepper.

2. Mix until well combined, then divide the mixture into 4 equal parts and shape into small patties.
3. Heat olive oil in a skillet over medium heat.
4. Cook patties for 4–5 minutes per side, or until browned and cooked through (internal temp: 74°C).
5. Remove from the pan and keep warm.
6. Crack the eggs into a bowl, add milk or cream if using, and whisk until well blended.
7. In a clean skillet, melt butter over medium-low heat.
8. Pour in the eggs and gently stir with a spatula, scraping from the edges toward the center.
9. Cook slowly until softly scrambled. Season with salt and pepper.
10. Plate two sausage patties per person alongside a portion of scrambled eggs.

SERVING TIPS AND VARIATIONS

- Add Veggies: Serve with sautéed spinach, mushrooms, or grilled tomatoes for a more complete breakfast.
- Cheesy Eggs: Add shredded cheddar or feta to the scrambled eggs for extra richness.
- Spice It Up: Add a dash of hot sauce or sprinkle chili flakes over the eggs.
- Meal Prep Friendly: Patties can be made ahead and stored in the fridge for up to 3 days or frozen for 1 month.

NUTRITIONAL INFORMATION

- Calories: 320 kcal
- Protein: 30 g
- Carbohydrates: 2 g
- Fat: 21 g
- Fiber: 0 g
- Cholesterol: 340 mg
- Sodium: 520 mg
- Potassium: 420 mg

4. TOFU SCRAMBLE WITH SPINACH AND NUTRITIONAL YEAST



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

INGREDIENTS

- 200 g firm or extra-firm tofu, drained and pressed
- 1 tbsp olive oil or avocado oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 2 cups fresh spinach (about 60 g)
- 2 tbsp nutritional yeast
- ¼ tsp turmeric (for color and flavor)
- ½ tsp ground cumin (optional)
- Salt and black pepper, to taste
- Splash of plant-based milk (optional, for creamier texture)
- Fresh herbs (parsley or chives), for garnish (optional)

COOKING INSTRUCTIONS

1. Pat tofu dry with paper towels and crumble it with your hands or a fork into small, uneven chunks (to resemble scrambled eggs).
2. Heat olive oil in a non-stick skillet over medium heat.

3. Add chopped onion and cook for 2–3 minutes until softened.
4. Add minced garlic and sauté for 30 seconds until fragrant.
5. Add crumbled tofu to the skillet and cook for 2–3 minutes, stirring occasionally.
6. Sprinkle in turmeric, cumin (if using), nutritional yeast, salt, and pepper. Stir well to coat the tofu evenly.
7. If the tofu looks dry, add a splash of plant-based milk to create a creamier consistency.
8. Add the fresh spinach and cook for another 2–3 minutes until wilted.
9. Adjust seasoning if needed. Serve hot, garnished with fresh herbs if desired.

SERVING TIPS AND VARIATIONS

- Serve With: Whole grain toast, avocado slices, or roasted sweet potatoes for a complete meal.
- Flavor Boost: Add a pinch of kala namak (black salt) for an eggy flavor.
- More Veggies: Toss in bell peppers, mushrooms, or zucchini for extra nutrients.
- Spicy Version: Add red chili flakes or a dash of hot sauce during cooking.

NUTRITIONAL INFORMATION

- Calories: 220 kcal
- Protein: 16 g
- Carbohydrates: 8 g
- Fat: 14 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 360 mg
- Potassium: 510 mg

5. EGG WHITE OMELET WITH TURKEY AND VEGGIES



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

INGREDIENTS

- 4 large egg whites
- 1 tsp olive oil or avocado oil
- 60 g cooked turkey breast, chopped or shredded
- ¼ cup red bell pepper, diced
- ¼ cup zucchini or mushrooms, diced
- ¼ cup baby spinach, chopped
- 1 tbsp onion, finely chopped
- Salt and black pepper, to taste
- Optional: pinch of garlic powder or dried herbs (oregano, thyme)
- Optional garnish: chopped parsley or a sprinkle of nutritional yeast

COOKING INSTRUCTIONS

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add onions, bell pepper, and zucchini (or mushrooms). Sauté for 3–4 minutes until softened.
3. Add spinach and cook for 1 minute until wilted.

Remove mixture from the pan and set aside.

4. In a small bowl, whisk egg whites with a pinch of salt, pepper, and optional garlic powder.
5. Lightly re-oil or spray the skillet if needed, then pour in the egg whites.
6. Cook over medium-low heat without stirring for 2–3 minutes until they begin to set.
7. Once the egg whites are mostly set but still slightly glossy on top, evenly spread the sautéed veggies and chopped turkey over half of the omelet.
8. Carefully fold the omelet in half and cook for another 1–2 minutes to heat through.
9. Slide the omelet onto a plate and garnish with fresh herbs or a sprinkle of nutritional yeast if desired.

SERVING TIPS AND VARIATIONS

- Dairy-Free Option: This recipe is naturally dairy-free, but you can add dairy-free cheese if desired.
- Add Heat: Try adding a few chili flakes or a dash of hot sauce.
- Bulk It Up: Serve with avocado slices or a side of whole grain toast (if not strictly low-carb).
- Vegetarian Version: Omit turkey and replace with more sautéed veggies or plant-based sausage.

NUTRITIONAL INFORMATION

- Calories: 180 kcal
- Protein: 24 g
- Carbohydrates: 4 g
- Fat: 6 g
- Fiber: 1.5 g
- Cholesterol: 0 mg
- Sodium: 320 mg
- Potassium: 450 mg

6. TURKEY MEATBALLS WITH LOW-CARB MARINARA



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Servings: 4 (about 4 meatballs per serving)

INGREDIENTS

For the Turkey Meatballs:

- 500 g ground turkey (preferably lean)
- 1 large egg
- 1/4 cup grated Parmesan cheese
- 1/4 cup almond flour
- 2 cloves garlic, minced
- 2 tbsp fresh parsley, chopped (or 1 tsp dried)
- 1 tsp onion powder, 1 tsp dried oregano
- 1/2 tsp salt, 1/4 tsp black pepper
- 1 tbsp olive oil (for searing)

For the Low-Carb Marinara Sauce:

- 1 tbsp olive oil, 2 cloves garlic, minced
- 1 can (400 g) crushed tomatoes (no sugar added)
- 1/2 tsp salt (adjust to taste)
- 1/2 tsp black pepper, 1/2 tsp dried basil
- 1/2 tsp dried oregano
- Pinch of red pepper flakes (optional)
- Fresh basil for garnish (optional)

COOKING INSTRUCTIONS

1. In a large mixing bowl, combine ground turkey,

egg, Parmesan, almond flour, garlic, parsley, onion powder, oregano, salt, and pepper. Mix until well incorporated, but avoid overmixing.

2. Form the mixture into 16 evenly-sized meatballs (about 1.5 inches in diameter).
3. Heat 1 tbsp olive oil in a large skillet over medium heat.
4. Add the meatballs and sear on all sides until golden brown, about 5–7 minutes. You may need to do this in batches. Remove and set aside.
5. In the same skillet, add another tablespoon of olive oil if needed. Sauté garlic for 1 minute until fragrant.
6. Add the crushed tomatoes, salt, pepper, basil, oregano, and red pepper flakes. Stir well.
7. Bring the sauce to a simmer, then return the meatballs to the pan. Spoon some sauce over them.
8. Cover and simmer on low for 15–20 minutes until the meatballs are cooked through (internal temperature should reach 74°C).
9. Garnish with fresh basil or additional Parmesan if desired.
10. Serve over zoodles, cauliflower rice, or enjoy as-is for a low-carb meal.

SERVING TIPS AND VARIATIONS

- Cheesy option: Top with shredded mozzarella and broil for 2–3 minutes until bubbly.
- Keto-friendly sides: Serve with roasted vegetables or a crisp green salad.
- Make it spicy: Add more red pepper flakes or a diced chili to the sauce.
- Meal prep: These meatballs freeze well. Store in an airtight container for up to 3 months.

NUTRITIONAL INFORMATION

- Calories: 310 kcal
- Protein: 27 g
- Carbohydrates: 6 g
- Fat: 20 g
- Fiber: 2 g
- Cholesterol: 120 mg
- Sodium: 580 mg
- Potassium: 600 mg

7. LOW-CARB BREAKFAST TACOS WITH EGG WRAPS



- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Servings: 2 (makes 4 tacos)

INGREDIENTS

For the Egg Wraps:

- 4 large eggs
- 2 tbsp unsweetened almond milk (optional, for softer wraps)
- Salt and pepper, to taste
- 1 tsp olive oil or butter (for cooking)

For the Filling:

- 100 g cooked breakfast sausage or turkey sausage, crumbled
- ¼ cup shredded cheddar cheese (or dairy-free cheese alternative)
- ¼ cup cherry tomatoes, diced
- ¼ avocado, diced
- ½ cup fresh spinach or arugula, chopped
- Optional toppings: sour cream, salsa, hot sauce, fresh cilantro

COOKING INSTRUCTIONS

1. In a small bowl, whisk 1 egg with ½ tbsp almond milk, salt, and pepper.

2. Heat a small nonstick skillet over medium heat and lightly grease with oil or butter.
3. Pour in the egg mixture and tilt the pan to spread evenly like a crêpe.
4. Cook for 1–2 minutes until set, then gently flip and cook another 15–30 seconds.
5. Repeat with remaining eggs to make 4 thin wraps. Set aside.
6. If not already cooked, sauté sausage until browned and fully cooked. Drain excess grease.
7. In the same pan, lightly wilt the spinach for 30–60 seconds if desired.
8. Lay each egg wrap flat.
9. Add sausage, spinach, cheese, diced tomatoes, and avocado.
10. Fold gently like a taco and serve warm with optional toppings.

SERVING TIPS AND VARIATIONS

- Dairy-Free Option: Use dairy-free cheese or skip cheese altogether.
- Add Heat: Sprinkle with jalapeños or drizzle hot sauce.
- Vegetarian Version: Replace sausage with sautéed mushrooms or tofu crumbles.
- Meal Prep: Egg wraps and fillings can be stored separately and assembled fresh each morning.

NUTRITIONAL INFORMATION

- Calories: 310 kcal
- Protein: 21 g
- Carbohydrates: 5 g
- Fat: 22 g
- Fiber: 2 g
- Cholesterol: 380 mg
- Sodium: 540 mg
- Potassium: 410 mg

8. ZUCCHINI NOODLES WITH TURKEY MEATBALLS



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

INGREDIENTS

For the Turkey Meatballs:

- 250 g ground turkey (lean)
- 1 small egg, 1 garlic clove, minced
- 2 tbsp grated Parmesan cheese (optional)
- 2 tbsp almond flour or coconut flour
- ½ tsp onion powder
- ½ tsp dried oregano or Italian seasoning
- Salt and black pepper, to taste
- 1 tbsp olive oil (for pan-frying or baking)

For the Zucchini Noodles:

- 2 medium zucchinis, spiralized
- 1 tbsp olive oil or avocado oil
- 1 garlic clove, minced
- Salt and pepper, to taste
- Optional: fresh basil, red pepper flakes, or grated Parmesan for garnish

Optional Sauce (Quick Tomato Sauce):

- ½ cup sugar-free marinara sauce or crushed tomatoes
- ½ tsp dried oregano

COOKING INSTRUCTIONS

1. In a large bowl, combine ground turkey, egg,

Parmesan (if using), almond flour, garlic, onion powder, oregano, salt, and pepper.

2. Mix well and form into 10–12 small meatballs.
3. Pan-fry method: Heat 1 tbsp oil in a skillet over medium heat. Cook meatballs for about 8–10 minutes, turning occasionally, until golden brown and cooked through.
4. Bake method: Preheat oven to 200°C. Place meatballs on a lined baking sheet and bake for 15–18 minutes, flipping halfway.
5. Heat 1 tbsp oil in a large skillet over medium heat. Add garlic and cook for 30 seconds until fragrant.
6. Add spiralized zucchini and cook for 2–3 minutes, tossing occasionally, until just tender but not soggy.
7. Season with salt and pepper to taste. Remove from heat.
8. Warm the marinara sauce in a saucepan over low heat. Season with oregano, salt, and pepper.
9. Divide zucchini noodles between two plates. Top with meatballs and spoon sauce over the top.
10. Garnish with fresh basil, red pepper flakes, or grated Parmesan if desired.

SERVING TIPS AND VARIATIONS

- Low-FODMAP Option: Use garlic-infused oil instead of fresh garlic and skip the marinara sauce.
- Add More Veggies: Sauté mushrooms, bell peppers, or spinach with the zucchini noodles.
- No Spiralizer? Use a vegetable peeler or buy pre-spiralized zucchini.

NUTRITIONAL INFORMATION

- Calories: 330 kcal
- Protein: 28 g
- Carbohydrates: 8 g
- Fat: 20 g
- Fiber: 2 g
- Cholesterol: 120 mg
- Sodium: 420 mg
- Potassium: 750 mg



LUNCHES

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LUNCHES

1. GRILLED CHICKEN CAESAR SALAD (WITH LOW-CARB DRESSING)



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

INGREDIENTS

For the Grilled Chicken:

- 2 boneless, skinless chicken breasts (about 300 g total)
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp paprika
- Salt and black pepper, to taste
- Juice of ½ lemon (optional)

For the Salad:

- 1 medium head of romaine lettuce, chopped
- ¼ cup grated Parmesan cheese
- 2 tbsp roasted sunflower seeds or chopped almonds (optional, for crunch)
- Optional: cherry tomatoes or cucumber slices (if not strict keto)

For the Low-Carb Caesar Dressing:

- ¼ cup mayonnaise (avocado oil or olive oil-based preferred)
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp anchovy paste (or 1 anchovy fillet, minced)
- 1 small garlic clove, finely grated

- 2 tbsp grated Parmesan cheese
- 1–2 tbsp water (to thin if needed)
- Salt and pepper to taste

COOKING INSTRUCTIONS

1. Rub the chicken breasts with olive oil, garlic powder, paprika, salt, pepper, and lemon juice.
2. Grill the chicken on a preheated grill or grill pan over medium heat for 6–7 minutes per side or until fully cooked (internal temp 75°C).
3. Let rest for 5 minutes, then slice thinly.
4. In a small bowl, whisk together mayo, lemon juice, mustard, anchovy paste, garlic, and Parmesan.
5. Add water to thin to your desired consistency. Taste and adjust salt and pepper.
6. In a large bowl, toss chopped romaine with half of the dressing.
7. Plate the salad, top with grilled chicken slices, sprinkle with Parmesan and seeds or nuts.
8. Drizzle remaining dressing over the top.

SERVING TIPS AND VARIATIONS

- Add Crunch: Use keto-friendly croutons (e.g., from low-carb bread) or crushed pork rinds.
- Dairy-Free Option: Omit Parmesan or use a dairy-free alternative.
- Meal Prep: Store dressing and chicken separately from the greens to prevent sogginess.
- Boost Fats: Add sliced avocado or olives for extra healthy fats.

NUTRITIONAL INFORMATION

- Calories: 430 kcal
- Protein: 38 g
- Carbohydrates: 6 g
- Net Carbs: 4 g
- Fat: 28 g
- Fiber: 2 g
- Cholesterol: 115 mg
- Sodium: 620 mg
- Potassium: 680 mg

LUNCHES

2. BAKED COD WITH GARLIC AND HERBS



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

INGREDIENTS

- 2 cod fillets (about 150–180 g each)
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest (optional)
- 1 tbsp fresh parsley, chopped
- 1 tsp fresh thyme or ½ tsp dried thyme
- ½ tsp dried oregano
- Salt and black pepper, to taste
- Lemon wedges (for serving)

COOKING INSTRUCTIONS

1. Preheat oven to 200°C. Line a baking dish or sheet with parchment paper or lightly grease it.
2. In a small bowl, combine olive oil, garlic, lemon juice, lemon zest, parsley, thyme, oregano, salt, and pepper.
3. Pat cod fillets dry with paper towels.
4. Place them in the prepared baking dish.
5. Spoon the garlic-herb mixture evenly over the fillets, gently rubbing it in.

6. Bake for 15–18 minutes, or until the cod is opaque and flakes easily with a fork.
7. Cooking time may vary slightly depending on fillet thickness.
8. Plate the baked cod and spoon any pan juices over the top.
9. Garnish with extra parsley and lemon wedges.

SERVING TIPS AND VARIATIONS

- Side Ideas: Serve with steamed vegetables, cauliflower rice, roasted asparagus, or a fresh green salad.
- Spicy Variation: Add a pinch of red pepper flakes to the marinade.
- Citrusy Twist: Add orange zest along with lemon for a deeper citrus note.
- Butter Option: Replace half of the olive oil with melted unsalted butter for a richer flavor.
- Grilled Version: You can grill the cod in foil packets using the same marinade.

NUTRITIONAL INFORMATION

- Calories: 230 kcal
- Protein: 28 g
- Carbohydrates: 2 g
- Fat: 12 g
- Fiber: 0 g
- Cholesterol: 75 mg
- Sodium: 290 mg
- Potassium: 660 mg

LUNCHES

3. STEAK SALAD WITH BLUE CHEESE AND WALNUTS



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

INGREDIENTS

For the Steak:

- 300 g sirloin or ribeye steak
- 1 tbsp olive oil
- Salt and freshly ground black pepper, to taste
- 1 tsp garlic powder (optional)

For the Salad:

- 4 cups mixed salad greens (e.g., arugula, spinach, romaine)
- ½ cup cherry tomatoes, halved
- ¼ red onion, thinly sliced
- ¼ cup crumbled blue cheese
- ¼ cup walnut halves, lightly toasted
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- Salt and pepper, to taste

COOKING INSTRUCTIONS

1. Pat the steak dry with paper towels and season both sides with salt, pepper, and garlic powder.
2. Heat 1 tbsp olive oil in a skillet over medium-

high heat.

3. Sear the steak for 3–4 minutes per side for medium-rare (adjust based on preferred doneness).
4. Remove from the pan and let rest for 5 minutes, then slice thinly against the grain.
5. In a dry skillet over medium heat, toast walnuts for 2–3 minutes, stirring frequently until lightly browned and fragrant. Let cool.
6. In a large bowl, toss salad greens with cherry tomatoes and red onion.
7. Drizzle with balsamic vinegar and olive oil, season with salt and pepper, and toss again.
8. Divide salad between plates.
9. Top each plate with sliced steak, crumbled blue cheese, and toasted walnuts.

SERVING TIPS AND VARIATIONS

- Dressing Alternatives: Try a low-carb ranch, blue cheese dressing, or a Dijon vinaigrette.
- Cheese Substitutes: Use feta or goat cheese if blue cheese is too strong.
- Nut Alternatives: Pecans or sliced almonds can be used in place of walnuts.
- Meal Prep Tip: Keep steak and salad components separate until ready to serve for freshness.

NUTRITIONAL INFORMATION

- Calories: 520 kcal
- Protein: 36 g
- Carbohydrates: 9 g
- Fat: 37 g
- Fiber: 3 g
- Cholesterol: 95 mg
- Sodium: 410 mg
- Potassium: 720 mg

LUNCHES

4. SPICY SHRIMP LETTUCE CUPS



- Preparation Time: 15 minutes
- Cooking Time: 10 minutes
- Servings: 2 (4 lettuce cups)

INGREDIENTS

For the Shrimp:

- 250 g raw shrimp, peeled and deveined
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp fresh grated ginger
- 1 tbsp low-sodium soy sauce or coconut aminos
- 1 tsp sriracha (adjust to taste)
- ½ tsp smoked paprika
- Juice of ½ lime
- Salt and pepper, to taste

For the Cups:

- 4 large butter lettuce leaves (or romaine)
- ¼ cup shredded carrots
- ¼ cup thinly sliced cucumber
- 2 tbsp chopped green onions
- 1 tbsp chopped fresh cilantro (optional)
- 1 tsp sesame seeds (optional)

COOKING INSTRUCTIONS

1. In a bowl, mix the shrimp with garlic, ginger, soy sauce, sriracha, paprika, lime juice, salt, and pepper.
2. Let it marinate for 10 minutes while prepping vegetables.
3. Heat olive oil in a skillet over medium-high heat.
4. Add marinated shrimp and cook for 2–3 minutes per side until pink and fully cooked.
5. Remove from heat and set aside.
6. Lay out lettuce leaves on a plate.
7. Fill each with shredded carrots, cucumber, and 3–4 shrimp.
8. Sprinkle with green onions, cilantro, and sesame seeds.
9. Serve immediately with lime wedges on the side.

SERVING TIPS AND VARIATIONS

- Milder Option: Reduce or omit sriracha for a less spicy version.
- Add Crunch: Top with chopped peanuts or crushed cashews.
- Sauce Ideas: Serve with extra sriracha mayo, spicy peanut sauce, or a drizzle of lime yogurt dressing.
- Low-FODMAP Option: Omit garlic and onion; use garlic-infused oil for flavor.

NUTRITIONAL INFORMATION

- Calories: 220 kcal
- Protein: 24 g
- Carbohydrates: 6 g
- Fat: 11 g
- Fiber: 1 g
- Cholesterol: 170 mg
- Sodium: 510 mg
- Potassium: 410 mg

LUNCHES

5. SEARED TUNA SALAD WITH SESAME DRESSING



- Preparation Time: 15 minutes
- Cooking Time: 5 minutes
- Servings: 2

INGREDIENTS

For the Salad:

- 2 (~140g each) ahi tuna steaks
- 4 cups mixed salad greens (arugula, spinach, romaine, etc.)
- 1 cup cucumber, thinly sliced
- 1 small avocado, sliced
- ½ cup shredded carrots
- ¼ cup red cabbage, thinly sliced
- 1 tablespoon sesame seeds (white or mixed)
- Salt and black pepper, to taste
- 1 tablespoon avocado oil or sesame oil (for searing)

For the Sesame Dressing:

- 2 tablespoons toasted sesame oil
- 1 tablespoon rice vinegar
- 1 tablespoon low-sodium soy sauce or tamari
- 1 tablespoon lime juice (freshly squeezed)
- 1 teaspoon honey or low-carb sweetener
- 1 teaspoon grated fresh ginger
- 1 small garlic clove, minced
- Optional: ½ teaspoon chili flakes for heat

COOKING INSTRUCTIONS

1. In a small bowl or jar, whisk together all ingredients for the sesame dressing. Taste and adjust seasoning if needed. Set aside.
2. Pat the tuna steaks dry with paper towels. Season both sides with salt and pepper.
3. Heat 1 tablespoon oil in a nonstick or cast iron skillet over high heat.
4. Sear tuna for about 1–1.5 minutes per side for rare (or longer if you prefer it more cooked).
5. Remove from heat and let rest for 1–2 minutes before slicing into thin strips.
6. In a large bowl or on individual plates, layer salad greens, cucumber, avocado, carrots, and red cabbage.
7. Top with sliced seared tuna.
8. Drizzle sesame dressing over the salad.
9. Sprinkle with sesame seeds before serving.

SERVING TIPS AND VARIATIONS

- **Sushi-Style:** Serve with a side of pickled ginger and wasabi for a sushi-inspired twist.
- **Low-Carb Version:** Omit honey or use a keto-friendly sweetener in the dressing.
- **Extra Crunch:** Add chopped roasted almonds or crushed peanuts.
- **Add More Veggies:** Edamame, cherry tomatoes, or radish slices work well here too.
- **Meal Prep Tip:** Store tuna separately and sear fresh before serving for best results.

NUTRITIONAL INFORMATION

- Calories: 390
- Protein: 38g
- Carbohydrates: 8g
- Fat: 22g
- Fiber: 2g
- Cholesterol: 60mg
- Sodium: 580mg
- Potassium: 700mg

6. SAUTÉED CHICKEN LIVERS WITH ONIONS AND SPINACH



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

INGREDIENTS

- 300 g chicken livers, cleaned and trimmed
- 1 medium onion, thinly sliced
- 2 cups fresh spinach leaves (about 60 g)
- 2 cloves garlic, minced
- 2 tbsp olive oil or butter
- 1 tbsp balsamic vinegar or lemon juice (optional)
- Salt and black pepper to taste
- ½ tsp dried thyme or rosemary (optional)
- Fresh parsley for garnish (optional)

COOKING INSTRUCTIONS

1. Rinse the chicken livers under cold water and pat them dry with paper towels. Remove any visible connective tissue or greenish parts. Cut large pieces in half for even cooking.
2. In a large skillet, heat 1 tablespoon of olive oil (or butter) over medium heat. Add the sliced onion and cook for 4–5 minutes until softened and golden.
3. Add the minced garlic and optional herbs

(thyme or rosemary) to the onions. Stir for about 30 seconds until fragrant.

4. Push the onions to the side of the skillet. Add the remaining tablespoon of oil, then add the chicken livers in a single layer. Sear for 2–3 minutes per side, until browned on the outside but still slightly pink inside. Avoid overcooking, or they may become tough.
5. Stir in the fresh spinach and cook for another 1–2 minutes until wilted. Season everything with salt, pepper, and balsamic vinegar or lemon juice if desired.
6. Remove from heat and garnish with fresh parsley. Serve hot.

SERVING TIPS AND VARIATIONS

- **Serve With:** Great with cauliflower mash, sautéed mushrooms, or low-carb flatbread.
- **Add Creaminess:** A splash of heavy cream or a dollop of sour cream can create a creamy variation.
- **Add Depth:** A splash of dry white wine or sherry during cooking enhances the flavor.
- **Meal Prep:** This dish keeps well refrigerated for 2–3 days.

NUTRITIONAL INFORMATION

- Calories: 320 kcal
- Protein: 28 g
- Carbohydrates: 7 g
- Fat: 20 g
- Fiber: 2 g
- Cholesterol: 480 mg
- Sodium: 320 mg
- Potassium: 600 mg

LUNCHES

7. TUNA STUFFED AVOCADOS



- Preparation Time: 10 minutes
- Cooking Time: 0 minutes (no cooking required)
- Servings: 2

INGREDIENTS

- 2 ripe avocados, halved and pitted
- 1 can (140 g) tuna in water, drained
- 2 tbsp plain Greek yogurt or mayonnaise
- 1 tsp Dijon mustard (optional)
- 1 tbsp red onion, finely chopped
- 1 tbsp celery, finely chopped
- 1 tsp lemon juice
- Salt and black pepper to taste
- Fresh parsley or dill for garnish (optional)

COOKING INSTRUCTIONS

1. In a medium bowl, combine the drained tuna, Greek yogurt (or mayo), Dijon mustard (if using), chopped red onion, chopped celery, and lemon juice. Mix well until all ingredients are fully combined. Season with salt and pepper to taste.
2. Cut the avocados in half and remove the pits. If needed, use a spoon to gently scoop out a bit of the flesh to create more space for the filling. Reserve the scooped-out avocado and mix it

into the tuna salad if desired.

3. Spoon the tuna salad evenly into each avocado half, gently pressing to fill the hollow.
4. Sprinkle chopped parsley or dill on top for a fresh finishing touch. Serve immediately.

SERVING TIPS AND VARIATIONS

- **Add Heat:** For a spicy kick, mix in a bit of chopped jalapeño or a dash of hot sauce.
- **Boost Crunch:** Add diced pickles, cucumber, or crushed almonds for extra texture.
- **Low-Fat Option:** Use low-fat yogurt instead of mayonnaise for a leaner version.
- **Make it a Meal:** Serve over a bed of mixed greens or alongside boiled eggs for a fuller lunch.

NUTRITIONAL INFORMATION

- Calories: 320 kcal
- Protein: 21 g
- Carbohydrates: 10 g
- Fat: 23 g
- Fiber: 7 g
- Cholesterol: 35 mg
- Sodium: 320 mg
- Potassium: 900 mg

LUNCHES

8. SEARED SALMON WITH ASPARAGUS AND LEMON



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

INGREDIENTS

- 2 salmon fillets (150–180 g), skin on
- 200 g fresh asparagus, trimmed
- 1½ tbsp olive oil, divided
- 1 garlic clove, minced
- Juice of ½ lemon
- 1 tsp lemon zest
- Salt and freshly ground black pepper, to taste
- Lemon wedges, for serving
- Fresh parsley or dill, for garnish (optional)

COOKING INSTRUCTIONS

1. Pat salmon fillets dry with paper towels and season both sides with salt and pepper. Trim the woody ends of the asparagus.
2. Heat ½ tablespoon of olive oil in a large nonstick skillet over medium-high heat. Add the asparagus and sauté for 4–5 minutes, stirring occasionally, until tender-crisp and slightly charred. Add the minced garlic in the last minute of cooking. Remove asparagus from the pan and set aside.

3. In the same skillet, heat the remaining 1 tablespoon of olive oil over medium-high heat. Place the salmon fillets skin-side down and sear for 4–5 minutes, pressing gently to ensure even contact with the pan. Flip and cook for another 2–3 minutes, until the salmon is cooked through but still moist.
4. In the last minute of cooking, drizzle lemon juice over the salmon and sprinkle with lemon zest. Remove from heat.
5. Plate the salmon alongside the asparagus. Garnish with fresh herbs and lemon wedges if desired. Serve immediately.

SERVING TIPS AND VARIATIONS

Make it a Meal: Serve with cauliflower mash, quinoa, or roasted potatoes for a fuller plate.

Add Sauce: A drizzle of garlic herb butter or yogurt-dill sauce pairs wonderfully.

Grill Option: You can grill both the salmon and asparagus for a smokier flavor.

Low-FODMAP Option: Omit garlic and use garlic-infused oil instead.

NUTRITIONAL INFORMATION

Calories: 390 kcal
Protein: 35 g
Carbohydrates: 6 g
Fat: 25 g
Fiber: 2 g
Cholesterol: 85 mg
Sodium: 220 mg
Potassium: 850 mg



DINNERS

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DINNERS

1. PAN-SEARED SALMON WITH CREAMY DILL SAUCE



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

INGREDIENTS

For the Salmon:

- 2 salmon fillets (150–180 g), skin on
- 1 tbsp olive oil or butter
- Salt and freshly ground black pepper, to taste
- Lemon wedges, for serving

For the Creamy Dill Sauce:

- $\frac{1}{3}$ cup (80 ml) sour cream or Greek yogurt
- 1 tbsp mayonnaise (optional, for richer texture)
- 1 tbsp fresh dill, finely chopped (or 1 tsp dried dill)
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- 1 small garlic clove, minced or grated
- Salt and pepper to taste

COOKING INSTRUCTIONS

1. In a small bowl, mix together sour cream (or Greek yogurt), mayonnaise (if using), dill, Dijon mustard, lemon juice, garlic, salt, and pepper. Stir until smooth. Chill in the fridge while you

cook the salmon.

2. Pat the salmon fillets dry with paper towels. Season both sides with salt and pepper.
3. Heat olive oil (or butter) in a nonstick or cast-iron skillet over medium-high heat. Once hot, place the salmon fillets skin-side down in the skillet. Cook for 4–5 minutes without moving them, until the skin is crispy.
4. Flip the salmon and cook for another 2–3 minutes, depending on thickness, until the fish is just cooked through and flakes easily.
5. Plate the salmon and spoon creamy dill sauce over the top or serve on the side. Garnish with extra dill or lemon wedges if desired.

SERVING TIPS AND VARIATIONS

- Side Ideas: Serve with steamed asparagus, sautéed spinach, roasted vegetables, or cauliflower rice.
- Low-Fat Option: Use Greek yogurt only for a lighter sauce.
- Extra Flavor: Add a splash of white wine to the pan while cooking the salmon for more depth.
- Meal Prep: Sauce and cooked salmon can be stored separately for up to 3 days in the refrigerator.

NUTRITIONAL INFORMATION

- Calories: 380 kcal
- Protein: 33 g
- Carbohydrates: 3 g
- Fat: 25 g
- Fiber: 0.5 g
- Cholesterol: 90 mg
- Sodium: 280 mg
- Potassium: 750 mg

DINNERS

2. MEDITERRANEAN CHICKEN SKILLET WITH OLIVES AND SPINACH



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

INGREDIENTS

- 2 tbsp olive oil
- 4 boneless, skinless chicken thighs or breasts (about 600 g)
- Salt and freshly ground black pepper, to taste
- 1 tsp dried oregano
- 1 tsp paprika
- 3 cloves garlic, minced
- 1 small red onion, thinly sliced
- 1 cup cherry tomatoes, halved
- 1/2 cup Kalamata olives, pitted and halved
- 4 cups fresh spinach
- Juice of 1/2 lemon
- Crumbled feta cheese, for garnish (optional)
- Fresh parsley, for garnish (optional)

COOKING INSTRUCTIONS

1. Season both sides of the chicken thighs or breasts with salt, pepper, oregano, and paprika. Heat olive oil in a large skillet over medium-high heat. Add the chicken and sear for 5–6 minutes per side, or until golden brown

and cooked through. Remove from skillet and set aside.

2. In the same skillet, reduce heat to medium. Add garlic and sliced red onion, sauté for 1–2 minutes until fragrant and softened. Add cherry tomatoes and olives. Cook for another 2–3 minutes, until tomatoes start to soften.
3. Add the fresh spinach and stir until wilted. Return the cooked chicken to the skillet and pour in lemon juice. Simmer together for 2–3 minutes to allow flavors to blend.
4. Serve hot, topped with crumbled feta cheese and fresh parsley if desired.

SERVING TIPS AND VARIATIONS

- **Serve With:** Cauliflower rice, couscous, quinoa, or a simple side salad.
- **Add Creaminess:** Stir in a tablespoon of cream or Greek yogurt at the end for a creamy touch.
- **Use Leftovers:** Shred leftover chicken and serve over greens or in a wrap the next day.
- **Make It Spicy:** Add red pepper flakes or chopped chili for a little heat.

NUTRITIONAL INFORMATION

- Calories: 360 kcal
- Protein: 30 g
- Carbohydrates: 8 g
- Fat: 23 g
- Fiber: 3 g
- Cholesterol: 95 mg
- Sodium: 520 mg
- Potassium: 750 mg

DINNERS

3. KETO BEEF TACO SKILLET (NO TORTILLAS)



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

INGREDIENTS

- 1 tbsp olive oil
- 500 g ground beef (80/20 preferred)
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 medium bell pepper, diced (optional for low-carb, omit for strict keto)
- 2 tbsp tomato paste
- 1/3 cup water
- 1½ tbsp taco seasoning (or homemade mix)
- Salt and pepper to taste
- 1 cup shredded cheddar cheese
- 1 avocado, sliced (optional for serving)
- 2 tbsp sour cream (optional for serving)
- Fresh cilantro or green onions, chopped (for garnish)

COOKING INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat. Add diced onion and cook for 2–3 minutes until softened. Add garlic and cook for 30 seconds.

2. Add the ground beef and cook, breaking it up with a spatula, until browned and fully cooked through. Drain excess fat if necessary.
3. Stir in tomato paste, taco seasoning, and water. Add bell pepper if using. Simmer for 4–5 minutes until the mixture thickens and flavors meld. Adjust salt and pepper to taste.
4. Sprinkle shredded cheddar cheese evenly over the top. Reduce heat to low, cover the skillet, and let the cheese melt (about 2 minutes).
5. Remove from heat. Top with sliced avocado, sour cream, and fresh cilantro or green onions if desired. Serve hot.

SERVING TIPS AND VARIATIONS

- Serving Ideas: Enjoy as-is, or serve over cauliflower rice, in lettuce wraps, or with a side of keto guacamole.
- Spicy Version: Add jalapeños or crushed red pepper flakes.
- Cheese Blend: Use a Mexican cheese blend or pepper jack for extra flavor.
- Make It a Casserole: Bake it in the oven with extra cheese on top for 10 minutes at 190°C.

NUTRITIONAL INFORMATION

- Calories: 420 kcal
- Protein: 28 g
- Carbohydrates: 6 g
- Fat: 32 g
- Fiber: 2 g
- Cholesterol: 90 mg
- Sodium: 480 mg
- Potassium: 550 mg

DINNERS

4. LEMON HERB GRILLED CHICKEN BREASTS



- Preparation Time: 15 minutes (plus 30 minutes marinating time)
- Cooking Time: 15 minutes
- Servings: 4

INGREDIENTS

- 4 boneless, skinless chicken breasts (about 6 oz / 170 g each)
- 3 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 3 garlic cloves, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme leaves (or 1 tsp dried)
- 1 tbsp fresh rosemary, chopped (or 1 tsp dried)
- Salt and black pepper to taste

COOKING INSTRUCTIONS

1. In a bowl, whisk together olive oil, lemon juice, lemon zest, garlic, parsley, thyme, rosemary, salt, and pepper.
2. Place chicken breasts in a resealable plastic bag or shallow dish.
3. Pour the marinade over the chicken, making sure all pieces are coated.
4. Cover and refrigerate for at least 30 minutes

(up to 2 hours for more flavor).

5. Heat the grill or grill pan to medium-high. Lightly oil the grates to prevent sticking.
6. Remove chicken from the marinade and let excess drip off.
7. Grill each breast for 5–6 minutes per side, or until the internal temperature reaches 74°C.
8. Remove the chicken from the grill and let it rest for 5 minutes before slicing to retain juices.
9. Garnish with extra fresh herbs or a squeeze of lemon if desired.

SERVING TIPS AND VARIATIONS

- Side ideas: Serve with grilled vegetables, cauliflower rice, or a fresh green salad for a low-carb meal.
- Meal prep: This chicken is perfect for slicing over salads or using in wraps for easy lunches.
- Extra flavor: Add a pinch of chili flakes to the marinade for a mild spicy kick.
- Oven alternative: If you don't have a grill, bake at 200°C for 20–25 minutes.

NUTRITIONAL INFORMATION

- Calories: 250 kcal
- Protein: 36 g
- Carbohydrates: 2 g
- Fat: 11 g
- Fiber: 0 g
- Cholesterol: 95 mg
- Sodium: 280 mg
- Potassium: 460 mg

DINNERS

5. TURKEY TACO LETTUCE WRAPS



COOKING INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat.
2. Add chopped onion and sauté for 2–3 minutes until softened.
3. Stir in garlic and cook for another 30 seconds.
4. Add ground turkey and cook, breaking it up with a spatula, until browned and fully cooked (about 6–8 minutes).
5. Stir in chili powder, cumin, paprika, oregano, salt, and pepper.
6. Add tomato paste and water, mix well, and simmer for 2–3 minutes until the mixture thickens slightly.
7. Remove from heat.
8. Lay out the lettuce leaves on a plate or serving tray.
9. Spoon the turkey mixture evenly into each leaf.
10. Top with diced avocado, tomato, red onion, and fresh cilantro if using.
11. Serve immediately with lime wedges on the side.

- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Servings: 4 (2 wraps per serving)

INGREDIENTS

For the Turkey Filling:

- 500 g lean ground turkey
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp chili powder
- 1 tsp ground cumin
- ½ tsp smoked paprika
- ½ tsp oregano
- Salt and black pepper to taste
- 2 tbsp tomato paste
- 60 ml (¼ cup) water

For the Wraps:

- 8 large romaine or butter lettuce leaves, washed and dried
- 1 avocado, diced
- 1 small tomato, diced
- 2 tbsp chopped red onion
- Fresh cilantro, chopped (optional)
- Lime wedges, for serving

SERVING TIPS AND VARIATIONS

- Add shredded cheese or a dollop of Greek yogurt for extra creaminess.
- Spice it up with sliced jalapeños or hot sauce.
- Replace avocado with guacamole or salsa.
- Use iceberg lettuce for extra crunch, or collard greens for larger wraps.
- Make it meal-prep friendly by storing the filling and toppings separately and assembling before eating.

NUTRITIONAL INFORMATION

- Calories: 320 kcal
- Protein: 28 g
- Carbohydrates: 9 g
- Fat: 19 g
- Fiber: 5 g
- Cholesterol: 80 mg
- Sodium: 380 mg
- Potassium: 720 mg

6. CHILI LIME SHRIMP WITH AVOCADO SALAD



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

INGREDIENTS

For the Shrimp:

- 500 g large shrimp, peeled and deveined
- 1 tbsp olive oil
- Zest and juice of 1 lime
- 2 cloves garlic, minced
- 1 tsp chili powder
- ½ tsp ground cumin
- ¼ tsp cayenne pepper (optional)
- Salt and black pepper to taste

For the Avocado Salad:

- 2 ripe avocados, diced
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- ¼ red onion, thinly sliced
- 2 tbsp fresh cilantro, chopped
- Juice of 1 lime
- 1 tbsp olive oil
- Salt and pepper to taste

COOKING INSTRUCTIONS

1. In a bowl, combine shrimp with olive oil, lime juice and zest, garlic, chili powder, cumin, cayenne (if using), salt, and pepper.
2. Mix well and let marinate for 5–10 minutes while you prepare the salad.
3. In a large bowl, gently toss diced avocado, cucumber, cherry tomatoes, red onion, and cilantro.
4. Drizzle with lime juice and olive oil, season with salt and pepper, and toss lightly. Set aside.
5. Heat a skillet or grill pan over medium-high heat.
6. Add the marinated shrimp and cook for 2–3 minutes per side, or until pink and opaque.
7. Remove from heat.
8. Divide the avocado salad between plates and top with warm chili lime shrimp.

SERVING TIPS AND VARIATIONS

- Serve over a bed of baby greens or arugula for added volume.
- Add crumbled feta or queso fresco for a creamy, salty contrast.
- For a heartier meal, pair with cauliflower rice or low-carb tortillas.
- Use grilled chicken instead of shrimp for variation.
- Add fresh jalapeño slices for extra spice.

NUTRITIONAL INFORMATION

- Calories: 360 kcal
- Protein: 30 g
- Carbohydrates: 10 g
- Fat: 23 g
- Fiber: 6 g
- Cholesterol: 190 mg
- Sodium: 520 mg
- Potassium: 780 mg

7. BAKED COD WITH HERB BUTTER AND SPINACH



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

INGREDIENTS

- 2 cod fillets (150–170 g each), skinless and boneless
- 2 cups fresh spinach leaves
- 2 tablespoons unsalted butter, softened
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh dill (or ½ tsp dried)
- 1 teaspoon chopped fresh chives (optional)
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Lemon wedges for serving

COOKING INSTRUCTIONS

1. Preheat the oven to 200°C. Line a baking dish with parchment paper or lightly grease it with olive oil.
2. In a small bowl, mix softened butter with minced garlic, parsley, dill, chives (if using), lemon zest, a pinch of salt, and pepper. Set

aside.

3. Pat the cod fillets dry with paper towels. Drizzle with olive oil, sprinkle with salt and pepper, and place them in the prepared baking dish.
4. Spread the herb butter evenly over the top of each cod fillet.
5. Place the cod in the preheated oven and bake for 15–18 minutes, or until the fish flakes easily with a fork and is opaque throughout.
6. While the cod is baking, heat a skillet over medium heat. Add a splash of olive oil and toss in the spinach. Cook, stirring, for 1–2 minutes until just wilted. Drizzle with lemon juice and season lightly with salt and pepper.
7. Plate the cod fillets over a bed of wilted spinach. Spoon any remaining herb butter from the baking dish over the fish. Garnish with lemon wedges.

SERVING TIPS AND VARIATIONS

- Add a crunch: Top with toasted almond slivers or pine nuts for texture.
- Make it dairy-free: Replace butter with a dairy-free alternative or olive oil.
- Use other greens: Substitute spinach with kale, chard, or arugula.
- Meal pairing: Serve with cauliflower mash, roasted asparagus, or a simple cucumber-dill salad for a full low-carb meal.

NUTRITIONAL INFORMATION

- Calories: 310 kcal
- Protein: 34 g
- Carbohydrates: 3 g
- Fat: 18 g
- Fiber: 1 g
- Cholesterol: 105 mg
- Sodium: 280 mg
- Potassium: 790 mg

8. GARLIC BUTTER STEAK BITES WITH ASPARAGUS



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

INGREDIENTS

For the Steak Bites:

- 600 g sirloin steak or ribeye, cut into bite-sized cubes
- Salt and black pepper to taste
- 1 tbsp olive oil
- 3 tbsp unsalted butter
- 4 garlic cloves, minced
- 1 tsp Italian seasoning
- 1 tbsp fresh parsley, chopped (for garnish)

For the Asparagus:

- 1 bunch asparagus (about 300 g), trimmed and cut into 5 cm (2-inch) pieces
- 1 tbsp olive oil
- Salt and black pepper to taste

COOKING INSTRUCTIONS

1. Pat the steak cubes dry with paper towels.
2. Season generously with salt, pepper, and Italian seasoning. Let rest while you prepare the asparagus.

3. In a large skillet over medium-high heat, add 1 tbsp olive oil.
4. Add the asparagus and sauté for 4–6 minutes, stirring occasionally, until just tender and slightly charred.
5. Transfer the asparagus to a plate and set aside.
6. In the same skillet, heat 1 tbsp olive oil and 1 tbsp butter over high heat.
7. Add the steak bites in a single layer (cook in batches if needed). Sear for about 1–2 minutes per side, until browned and cooked to your preferred doneness. Remove and set aside.
8. Lower heat to medium. Add the remaining 2 tbsp butter and minced garlic to the skillet. Sauté for 30 seconds until fragrant.
9. Return the steak bites and asparagus to the pan and toss to coat everything in the garlic butter.
10. Remove from heat and sprinkle with chopped fresh parsley.
11. Serve immediately while hot.

SERVING TIPS AND VARIATIONS

- Serving Suggestions: Serve with cauliflower mash, zucchini noodles, or a green salad for a low-carb meal.
- Add Heat: Add a pinch of red pepper flakes for a spicier version.
- Protein Variation: Substitute steak with chicken breast or shrimp for a different twist.
- Butter Upgrade: Use herb butter or garlic compound butter for more flavor depth.

NUTRITIONAL INFORMATION

- Calories: 420 kcal
- Protein: 36 g
- Carbohydrates: 5 g
- Fat: 28 g
- Fiber: 2 g
- Cholesterol: 115 mg
- Sodium: 280 mg
- Potassium: 710 mg



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SOUPS

1. CAULIFLOWER AND BACON CHOWDER



- Preparation Time: 5 minutes
- Cooking Time: 25 minutes
- Servings: 4

INGREDIENTS

- 4 slices of bacon, chopped
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 medium head of cauliflower (about 600 g), chopped into small florets
- 2 cups chicken broth (low-sodium)
- 1 cup heavy cream (or full-fat coconut milk for dairy-free)
- ½ cup shredded cheddar cheese (optional, for added creaminess)
- Salt and black pepper to taste
- ½ tsp smoked paprika (optional)
- 1 tbsp chopped fresh chives or parsley (for garnish)

COOKING INSTRUCTIONS

1. In a large pot or Dutch oven, cook chopped bacon over medium heat until crispy (about 5–7 minutes).
2. Remove bacon with a slotted spoon and set aside on a paper towel. Leave about 1 tbsp of

bacon fat in the pot.

3. Add chopped onion to the pot and sauté for 3–4 minutes until soft and translucent.
4. Stir in minced garlic and cook for another 30 seconds until fragrant.
5. Add cauliflower florets, chicken broth, and a pinch of salt and pepper. Bring to a boil, then reduce heat and simmer for 10–12 minutes until cauliflower is very tender.
6. Use an immersion blender to partially blend the soup, leaving some chunks for texture.
7. Alternatively, blend half the soup in a blender and return it to the pot.
8. Stir in heavy cream, shredded cheese (if using), smoked paprika, and the cooked bacon (reserve some for garnish). Simmer for 2–3 more minutes to heat through and melt the cheese.
9. Ladle into bowls and top with reserved crispy bacon and chopped chives or parsley.

SERVING TIPS AND VARIATIONS

- Low-Carb Add-ins: Add spinach or kale for more fiber and nutrients.
- Extra Creamy Version: Add 1–2 tbsp cream cheese along with the heavy cream.
- Vegetarian Option: Skip the bacon and use vegetable broth; replace it with smoked tofu or mushrooms for umami.
- Spicy Kick: Add a dash of cayenne or red pepper flakes.

NUTRITIONAL INFORMATION

- Calories: 360 kcal
- Protein: 14 g
- Carbohydrates: 9 g
- Fat: 30 g
- Fiber: 3 g
- Cholesterol: 65 mg
- Sodium: 480 mg
- Potassium: 650 mg

SOUPS

2. HIGH PROTEIN TOMATO BASIL SOUP WITH COLLAGEN



- Preparation Time: 5 minutes
- Cooking Time: 25 minutes
- Servings: 4

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 800 g (2 x 400 g cans) crushed tomatoes (or whole peeled, blended)
- 1½ cups low-sodium chicken broth or vegetable broth
- 1 cup unsweetened almond milk or any milk of choice
- ¼ cup fresh basil leaves (or 1 tsp dried basil)
- 2 tbsp tomato paste
- 2 scoops unflavored collagen peptides (10–20 g total protein depending on brand)
- Salt and black pepper to taste
- Optional: 1 tsp erythritol or monk fruit (to balance acidity)
- Optional garnish: fresh basil, cracked pepper, swirl of cream or Greek yogurt

COOKING INSTRUCTIONS

1. Heat olive oil in a large saucepan over medium heat. Add chopped onion and cook for 4–5 minutes until softened.

2. Add garlic and cook for another 30 seconds until fragrant.
3. Stir in tomato paste and cook for 1 minute to deepen flavor.
4. Add crushed tomatoes, broth, and basil. Bring to a gentle boil, then reduce heat and simmer for 15 minutes.
5. For a smoother texture, use an immersion blender directly in the pot or transfer the soup in batches to a blender. Blend until smooth and return to the pot.
6. Stir in almond milk (or milk of choice) and collagen peptides. Whisk thoroughly until collagen is fully dissolved and the soup is creamy.
7. Simmer for another 3–5 minutes on low heat (do not boil) to heat through.
8. Taste and adjust with salt, pepper, and a small pinch of sweetener if desired.
9. Ladle into bowls and garnish with fresh basil and a swirl of cream or yogurt.

SERVING TIPS AND VARIATIONS

- High-Fat/Keto Version: Replace almond milk with heavy cream or coconut cream for more fat and richness.
- Spicy Option: Add a pinch of red pepper flakes or a few dashes of hot sauce.
- Boost Protein Further: Add grilled chicken, turkey meatballs, or a scoop of plain protein isolate.
- Make it Chunky: Stir in roasted vegetables like zucchini or bell pepper after blending for texture.

NUTRITIONAL INFORMATION

- Calories: 210 kcal
- Protein: 20 g
- Carbohydrates: 10 g
- Fat: 10 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 420 mg
- Potassium: 750 mg

SOUPS

3. PORK AND CABBAGE SOUP WITH GINGER



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

INGREDIENTS

- 1 tbsp sesame oil or neutral oil (like avocado oil)
- 400 g ground pork or thinly sliced pork shoulder
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 4 cups green cabbage, shredded (about ½ medium head)
- 4 cups low-sodium chicken or vegetable broth
- 1 tbsp soy sauce (or tamari for gluten-free)
- 1 tsp rice vinegar or apple cider vinegar
- Salt and black pepper to taste
- Optional: 1 tsp chili flakes or chili oil for spice
- 2 green onions, chopped (for garnish)
- Optional garnish: fresh cilantro, sesame seeds

COOKING INSTRUCTIONS

1. Heat sesame oil in a large soup pot over medium heat. Add the onion and cook for 3–4 minutes until soft.

2. Stir in the garlic and grated ginger. Cook for another 1 minute until fragrant.
3. Add ground pork to the pot. Cook for 5–7 minutes, breaking it apart with a spoon, until browned and cooked through.
4. Stir in the shredded cabbage and sauté for 2–3 minutes until slightly wilted.
5. Pour in the chicken broth, soy sauce, and vinegar. Bring to a gentle boil, then reduce heat and simmer uncovered for 15–20 minutes, until the cabbage is tender and flavors are well developed.
6. Taste the soup and adjust with salt, pepper, or extra soy sauce if needed. Add chili flakes or chili oil for heat, if desired.
7. Ladle into bowls and garnish with chopped green onions and optional cilantro or sesame seeds.

SERVING TIPS AND VARIATIONS

- Low-Carb Additions: Add spiralized zucchini or shirataki noodles for a more filling version without carbs.
- More Vegetables: Include sliced mushrooms, carrots, or bok choy for extra nutrients.
- Protein Swap: Substitute ground pork with ground turkey, chicken, or tofu for dietary preferences.
- Make it a Meal: Serve with a soft-boiled egg or a side of steamed edamame for extra protein.

NUTRITIONAL INFORMATION

- Calories: 270 kcal
- Protein: 22 g
- Carbohydrates: 7 g
- Fat: 17 g
- Fiber: 2 g
- Cholesterol: 65 mg
- Sodium: 520 mg
- Potassium: 690 mg

SOUPS

4. CREAMY EGGPLANT AND GROUND TURKEY SOUP



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

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 500 g ground turkey
- 1 medium eggplant (about 1 lb / 450 g), peeled and cubed
- 1 medium carrot, diced
- 1 celery stalk, diced
- 4 cups (1 liter) low-sodium chicken or vegetable broth
- 1/2 cup (120 ml) unsweetened coconut milk or heavy cream
- 1/2 teaspoon ground cumin
- 1/4 teaspoon smoked paprika
- Salt and black pepper to taste
- 1 tablespoon lemon juice (optional, for brightness)
- Fresh parsley or cilantro, chopped (for garnish)

COOKING INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add the chopped onion and sauté for 3–4 minutes until translucent. Add garlic and cook for another 30 seconds until fragrant.
2. Add ground turkey to the pot and cook, breaking it apart with a spoon, until browned and fully cooked through (about 6–8 minutes).
3. Stir in the cubed eggplant, diced carrot, and celery. Cook for 5–6 minutes, stirring occasionally, until the vegetables begin to soften.
4. Sprinkle in cumin, smoked paprika, salt, and pepper. Pour in the chicken or vegetable broth. Bring the soup to a boil, then reduce heat to low and simmer uncovered for about 15–20 minutes, or until the eggplant is very soft.
5. Use an immersion blender to partially puree the soup (optional), leaving some texture. Stir in the coconut milk or cream and simmer for another 2–3 minutes. Adjust seasoning if needed.
6. Stir in lemon juice if using. Ladle into bowls, garnish with fresh herbs, and serve hot.

SERVING TIPS AND VARIATIONS

- Toppings: Add a swirl of extra coconut milk or a sprinkle of chili flakes for heat.
- Protein swap: Replace ground turkey with ground chicken or plant-based ground meat.
- Dairy version: Use heavy cream or cream cheese instead of coconut milk for a richer taste.

NUTRITIONAL INFORMATION

- Calories: 290 kcal
- Protein: 22 g
- Carbohydrates: 14 g
- Fat: 17 g
- Fiber: 4 g
- Cholesterol: 70 mg
- Sodium: 480 mg
- Potassium: 720 mg

SOUPS

5. AVOCADO AND CHICKEN LIME SOUP



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

INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 jalapeño, seeded and minced (optional for heat)
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 5 cups (1.2 liters) low-sodium chicken broth
- 2 cups cooked, shredded chicken breast (about 280 g)
- 1 large ripe avocado, diced
- Juice of 2 limes
- Salt and black pepper to taste
- 1/4 cup fresh cilantro, chopped
- Lime wedges and tortilla strips (optional, for garnish)

COOKING INSTRUCTIONS

1. In a large pot, heat olive oil over medium heat. Add the chopped onion and cook for 3–4 minutes until softened. Add garlic and jalapeño

- (if using), and sauté for another 30 seconds.
2. Stir in cumin and coriander, cooking for 30 seconds until fragrant. Pour in the chicken broth and bring to a simmer.
3. Add the shredded cooked chicken to the soup and let it simmer for about 10–15 minutes to infuse the flavors. Season with salt and pepper to taste.
4. Remove the soup from heat. Stir in the lime juice and gently add the diced avocado. Do not boil after adding avocado to preserve its texture and color.
5. Ladle soup into bowls, top with fresh cilantro. Optional: serve with lime wedges and crispy tortilla strips.

SERVING TIPS AND VARIATIONS

- Spicy version: Add chili flakes or more jalapeño for heat.
- Toppings: Top with sliced radishes, a dollop of Greek yogurt, or queso fresco.
- Creamier soup: Blend half of the avocado with a ladle of broth and mix it back in.
- Vegetarian option: Replace chicken with white beans and use vegetable broth.

NUTRITIONAL INFORMATION

- Calories: 310 kcal
- Protein: 24 g
- Carbohydrates: 10 g
- Fat: 20 g
- Fiber: 5 g
- Cholesterol: 60 mg
- Sodium: 520 mg
- Potassium: 820 mg

6. TURKEY MEATBALL ZOODLE SOUP



- Preparation Time: 5 minutes
- Cooking Time: 25 minutes
- Servings: 4

INGREDIENTS

For the Turkey Meatballs:

- 500 g lean ground turkey
- 1/4 cup grated Parmesan cheese
- 1/4 cup breadcrumbs (optional, or use almond flour for low-carb)
- 1 egg
- 2 garlic cloves, minced
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

For the Soup:

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 medium carrots, thinly sliced
- 2 celery stalks, chopped
- 5 cups (1.2 liters) low-sodium chicken broth
- 2–3 medium zucchinis, spiralized into zoodles
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- Juice of 1 lemon (optional, for brightness)
- Salt and pepper to taste
- Fresh parsley, for garnish

COOKING INSTRUCTIONS

1. In a mixing bowl, combine ground turkey, Parmesan, breadcrumbs (or almond flour), egg, garlic, parsley, salt, and pepper. Mix until just combined. Form into small meatballs (about 1 inch in diameter). Set aside.
2. In a large soup pot, heat olive oil over medium heat. Add diced onion, carrots, and celery. Cook for 5–6 minutes until softened. Add minced garlic and cook for 30 seconds more.
3. Pour in chicken broth. Stir in oregano, thyme, salt, and pepper. Bring to a gentle boil.
4. Carefully add the turkey meatballs to the simmering broth. Reduce heat and simmer for 15 minutes, or until meatballs are cooked through and tender.
5. Add zucchini noodles to the pot and simmer for an additional 2–3 minutes, just until they're tender but not mushy.
6. Stir in lemon juice (if using). Taste and adjust seasoning. Serve hot, garnished with chopped fresh parsley.

SERVING TIPS AND VARIATIONS

- Low-carb option: Use almond flour instead of breadcrumbs for keto-friendly meatballs.
- Extra flavor: Add a parmesan rind to the soup while simmering for added depth.
- Spice it up: Add red pepper flakes or a pinch of cayenne to the broth.
- Vegetarian version: Replace turkey meatballs with plant-based ones or chickpeas.

NUTRITIONAL INFORMATION

- Calories: 310 kcal
- Protein: 28 g
- Carbohydrates: 10 g
- Fat: 18 g
- Fiber: 3 g
- Cholesterol: 90 mg
- Sodium: 560 mg
- Potassium: 780 mg

SOUPS

7. CREAMY TUNA AND DILL SOUP



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

INGREDIENTS

- 2 tablespoons olive oil or butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 medium celery stalks, finely chopped
- 1 medium carrot, grated or finely diced
- 1 medium zucchini, grated (optional for extra fiber)
- 1 teaspoon dried dill or 1 tablespoon fresh chopped dill
- 1/2 teaspoon dried thyme
- Salt and black pepper to taste
- 1/4 teaspoon crushed red pepper flakes (optional)
- 4 cups low-sodium chicken or vegetable broth
- 1 cup unsweetened almond milk or heavy cream (for creaminess)
- 2 cans (140 g each) tuna in water, drained
- 2 tablespoons cream cheese or sour cream (optional, for extra creaminess)
- Juice of 1/2 lemon
- 2 tablespoons chopped fresh parsley or dill (for garnish)

COOKING INSTRUCTIONS

1. Heat olive oil or butter in a large pot over medium heat. Add chopped onion, celery, carrot, and zucchini. Cook for 5–6 minutes, stirring occasionally, until the vegetables are softened.
2. Stir in minced garlic, dill, thyme, salt, pepper, and optional red pepper flakes. Cook for another minute until fragrant.
3. Pour in the chicken or vegetable broth. Bring to a boil, then reduce heat and simmer uncovered for 10 minutes, allowing the flavors to blend.
4. Lower the heat and stir in the almond milk or cream. Add the drained tuna and optional cream cheese or sour cream. Stir gently and cook for another 5 minutes until the soup is warmed through and slightly thickened.
5. Add lemon juice to brighten the flavor. Adjust salt and pepper to taste. Ladle into bowls and garnish with fresh dill or parsley.

SERVING TIPS AND VARIATIONS

- Serve with: Low-carb bread, almond flour crackers, or a side of steamed greens.
- For extra protein: Add boiled eggs or a scoop of unflavored protein powder during the simmering stage.
- For a thicker soup: Use an immersion blender to puree part of the soup before adding the tuna.
- Variation: Swap tuna for canned salmon or cooked shredded chicken.
- Dairy-free version: Use full-fat coconut milk instead of cream and skip the cream cheese.

NUTRITIONAL INFORMATION

- Calories: 260 kcal
- Protein: 25 g
- Carbohydrates: 8 g
- Fat: 14 g
- Fiber: 2 g
- Cholesterol: 45 mg
- Sodium: 580 mg
- Potassium: 520 mg

SOUPS

8. GREEN DETOX PROTEIN SOUP WITH CHICKEN AND HERBS



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

INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 celery stalks, chopped
- 1 small zucchini, chopped
- 1 cup broccoli florets
- 2 cups fresh spinach
- 1/2 cup chopped fresh parsley
- 1/4 cup chopped fresh dill
- 1/2 teaspoon ground cumin (optional)
- Salt and pepper to taste
- 1 teaspoon fresh lemon juice
- 4 cups low-sodium chicken broth
- 2 cups cooked chicken breast, shredded or chopped
- 1 tablespoon lemon zest (optional)
- 1/2 avocado, cubed (optional, for creaminess)

COOKING INSTRUCTIONS

1. In a large pot, heat the olive oil over medium heat. Add the onion, garlic, and celery. Cook for

- 3–4 minutes until softened and fragrant.
2. Add the zucchini, broccoli, spinach, and herbs (parsley and dill) to the pot. Season with cumin, salt, and pepper. Stir well.
3. Pour in the chicken broth and bring the mixture to a boil. Reduce the heat and simmer for 10–12 minutes until the vegetables are tender but still vibrant.
4. Use an immersion blender to partially or fully puree the soup, depending on your preferred consistency. You can also blend in the avocado for a richer, creamy texture.
5. Stir in the cooked chicken and simmer for another 3–5 minutes to warm it through.
6. Add lemon juice and lemon zest for brightness. Adjust seasoning to taste.
7. Ladle into bowls and optionally garnish with extra fresh dill or a lemon slice.

SERVING TIPS AND VARIATIONS

- Serve with: A wedge of lemon, a drizzle of olive oil, or a spoonful of Greek yogurt.
- Vegetarian version: Replace chicken with tofu or white beans.
- Make it spicier: Add a pinch of red pepper flakes or sliced chili.
- Meal prep tip: This soup stores well for up to 4 days in the fridge or can be frozen in portions.

NUTRITIONAL INFORMATION

- Calories: 235 kcal
- Protein: 28 g
- Carbohydrates: 9 g
- Fat: 10 g
- Fiber: 3 g
- Cholesterol: 65 mg
- Sodium: 520 mg
- Potassium: 680 mg



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SNACKS

1. BAKED SALMON BITES



- Preparation Time: 10 minutes
- Cooking Time: 15 minutes
- Servings: 4 (about 16–20 bites)

INGREDIENTS

- 500 g fresh salmon fillet, skin removed
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- Fresh dill or parsley (optional, for garnish)
- Lemon wedges (for serving)

COOKING INSTRUCTIONS

1. Preheat your oven to 200°C. Line a baking sheet with parchment paper.
2. Cut the salmon fillet into bite-sized cubes, approximately 1–1.5 inches.
3. In a bowl, combine olive oil, lemon juice, garlic powder, smoked paprika, salt, and black pepper.
4. Add the salmon pieces to the bowl and gently toss until evenly coated with the seasoning mixture.

5. Place the salmon bites in a single layer on the prepared baking sheet, making sure they are not overcrowded.
6. Bake for 12–15 minutes, or until the salmon is cooked through and flakes easily with a fork. The edges should be slightly golden.
7. Transfer the baked salmon bites to a serving plate. Garnish with fresh dill or parsley and serve with lemon wedges.

SERVING TIPS AND VARIATIONS

- Dipping sauces: Serve with garlic aioli, honey mustard, or a yogurt-dill dip for added flavor.
- Spicy twist: Add a pinch of cayenne pepper or chili flakes to the seasoning mix.
- Asian-inspired version: Replace olive oil and lemon with soy sauce, sesame oil, and ginger for a different flavor profile.
- Meal prep: These bites are perfect for salads, rice bowls, or as a high-protein snack.

NUTRITIONAL INFORMATION

- Calories: 220 kcal
- Protein: 25 g
- Carbohydrates: 1 g
- Fat: 13 g
- Fiber: 0 g
- Cholesterol: 70 mg
- Sodium: 250 mg
- Potassium: 550 mg

2. MINI TUNA CAKES WITH LEMON MAYO



COOKING INSTRUCTIONS

1. In a medium bowl, combine drained tuna, eggs, almond flour, red onion, parsley, Dijon mustard, garlic powder, pepper, and a pinch of salt. Mix until well combined. The mixture should be moist but hold its shape when formed into patties.
2. Divide the mixture into 8 equal portions and shape into small, flat patties (mini cakes), about 2 inches in diameter.
3. Heat olive oil in a non-stick skillet over medium heat. Add the tuna cakes in batches and cook for 3–4 minutes per side, or until golden brown and cooked through. Remove and drain on paper towels.
4. In a small bowl, mix mayonnaise with lemon zest, lemon juice, and a pinch of salt and pepper. Stir until smooth and creamy.
5. Serve the mini tuna cakes warm, topped with a dollop of lemon mayo.

- Preparation Time: 10 minutes
- Cooking Time: 10 minutes
- Servings: 4 (makes about 8 mini cakes)

INGREDIENTS

For the Tuna Cakes:

- 2 cans (140 g each) tuna in water, drained
- 2 large eggs
- 1/4 cup (25 g) almond flour (or breadcrumbs if not low-carb)
- 2 tbsp finely chopped red onion
- 1 tbsp chopped fresh parsley
- 1 tsp Dijon mustard
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- Pinch of salt
- 1 tbsp olive oil (for frying)

For the Lemon Mayo:

- 1/4 cup (60 g) mayonnaise
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice
- Salt and pepper to taste

SERVING TIPS AND VARIATIONS

- Low-Carb Tip: Stick with almond flour to keep the recipe keto and low-carb.
- Crunch Factor: Add 1–2 tbsp of finely chopped celery or bell pepper to the tuna mix for texture.
- Spicy Kick: Mix a dash of hot sauce or a pinch of cayenne into the lemon mayo.
- Make-Ahead: The tuna mixture can be prepared a few hours in advance and stored in the fridge until ready to cook.

NUTRITIONAL INFORMATION

- Calories: 230 kcal
- Protein: 20 g
- Carbohydrates: 3 g
- Fat: 16 g
- Fiber: 1 g
- Cholesterol: 110 mg
- Sodium: 420 mg
- Potassium: 290 mg

SNACKS

3. CELERY STICKS WITH WHIPPED FETA DIP



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

INGREDIENTS

For the Celery Sticks:

- 4–5 large celery stalks, trimmed and cut into sticks (about 3-inch pieces)

For the Whipped Feta Dip:

- 1 cup (150 g) crumbled feta cheese
- 1/4 cup (60 g) plain Greek yogurt (or sour cream)
- 1 tbsp olive oil
- 1 tbsp lemon juice (freshly squeezed)
- 1/2 tsp garlic powder
- Salt and pepper to taste
- Optional: chopped fresh dill or parsley for garnish

COOKING INSTRUCTIONS

1. Rinse the celery stalks well and trim the ends. Cut into 3-inch sticks and set aside or refrigerate until ready to serve.
2. In a food processor or high-speed blender, combine crumbled feta, Greek yogurt, olive

oil, lemon juice, and garlic powder. Blend until smooth and creamy. Scrape down the sides as needed.

3. Taste and adjust with salt and pepper if necessary.
4. Arrange the celery sticks on a serving plate around a small bowl filled with whipped feta dip. Garnish the dip with a drizzle of olive oil and chopped fresh herbs if desired.
5. Serve cold as a snack, appetizer, or light side.

SERVING TIPS AND VARIATIONS

- Dairy-Free Option: Use a plant-based feta alternative and non-dairy yogurt.
- Flavor Boost: Add sun-dried tomatoes, roasted red peppers, or a pinch of chili flakes to the feta dip.
- Other Veggies: Serve with sliced cucumbers, bell peppers, or carrot sticks for variety.
- Make-Ahead: The dip can be stored in an airtight container in the fridge for up to 3 days.

NUTRITIONAL INFORMATION

- Calories: 110 kcal
- Protein: 5 g
- Carbohydrates: 4 g
- Fat: 8 g
- Fiber: 1.5 g
- Cholesterol: 20 mg
- Sodium: 360 mg
- Potassium: 250 mg

4. SLICED MOZZARELLA WITH BASIL AND OLIVE OIL



- Preparation Time: 10 minutes
- Cooking Time: 0 minutes
- Servings: 2

INGREDIENTS

- 200 g fresh mozzarella cheese
- 1–2 tbsp extra virgin olive oil
- A handful of fresh basil leaves
- Sea salt, to taste
- Freshly ground black pepper, to taste
- Optional: a drizzle of balsamic glaze

COOKING INSTRUCTIONS

1. Remove the fresh mozzarella from its packaging and drain any excess liquid.
2. Using a sharp knife, slice the mozzarella into even 0.5–1 cm ($\frac{1}{4}$ – $\frac{1}{3}$ inch) thick rounds.
3. Arrange the slices in a slightly overlapping circular pattern or rows on a white serving plate.
4. Wash and gently pat dry the basil leaves. Scatter them over the mozzarella slices, placing some leaves whole and others torn for visual variety.
5. Drizzle the olive oil evenly over the cheese and basil.

6. Season lightly with sea salt and freshly ground black pepper to enhance the flavor.
7. Optional: Add a light drizzle of balsamic glaze for extra depth and sweetness.

SERVING TIPS AND VARIATIONS

- Serve as a light appetizer or side dish with crusty bread or crackers.
- For a Caprese-style twist, add fresh tomato slices between the mozzarella layers.
- Replace basil with arugula or mint for a different herbaceous note.
- Add toasted pine nuts or crushed pistachios for texture.
- Great paired with white wine like Sauvignon Blanc or Pinot Grigio.

NUTRITIONAL INFORMATION

- Calories: 270 kcal
- Protein: 14 g
- Carbohydrates: 2 g
- Fat: 22 g
- Fiber: 0.3 g
- Cholesterol: 50 mg
- Sodium: 340 mg
- Potassium: 60 mg

SNACKS

5. COTTAGE CHEESE AND CUCUMBER BOWLS



for added flavor and color.

5. Serve immediately or refrigerate for up to 2 hours for a chilled snack.

SERVING TIPS AND VARIATIONS

- **Add Protein:** Top with shredded chicken, canned tuna, or a boiled egg for a higher protein version.
- **Add Crunch:** Sprinkle with chopped nuts or seeds (e.g., sunflower seeds or walnuts).
- **Keto Boost:** Add a dollop of sour cream or avocado slices on top.
- **Party Option:** Cut cucumber into 2-inch pieces and hollow them out to create mini bite-size versions for appetizers.

NUTRITIONAL INFORMATION

- Calories: 120 kcal
- Protein: 14 g
- Carbohydrates: 7 g
- Fat: 4 g
- Fiber: 2 g
- Cholesterol: 10 mg
- Sodium: 280 mg
- Potassium: 450 mg

- Preparation Time: 10 minutes
- Cooking Time: 0 minutes
- Servings: 2

INGREDIENTS

- 2 large cucumbers
- 1 cup (225g) low-fat cottage cheese
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped chives or green onion
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Optional: pinch of paprika or chili flakes for garnish

COOKING INSTRUCTIONS

1. Wash the cucumbers thoroughly. Cut them in half lengthwise and use a spoon to gently scoop out the seeds, creating a shallow «bowl» in each half.
2. In a medium bowl, combine the cottage cheese, chopped dill, chopped chives (or green onion), lemon juice, salt, and pepper. Mix until evenly combined.
3. Spoon the cottage cheese mixture evenly into the hollowed-out cucumber halves.
4. Sprinkle with a pinch of paprika or chili flakes

6. PEPPERONI CHIPS WITH CHEESE CUBES



on a plate. Sprinkle with optional seasonings if desired.

SERVING TIPS AND VARIATIONS

- **Add Variety:** Use different types of cheese like pepper jack, gouda, or Swiss.
- **Party Platter:** Serve with pickles, olives, or mustard for a keto-friendly snack board.
- **Microwave Option:** You can also microwave pepperoni slices on a paper towel-lined plate for 1–2 minutes as a quicker method.
- **Spicy Version:** Add chili flakes or drizzle with hot sauce for an extra kick.

NUTRITIONAL INFORMATION

- Calories: 290 kcal
- Protein: 18 g
- Carbohydrates: 2 g
- Fat: 24 g
- Fiber: 0 g
- Cholesterol: 55 mg
- Sodium: 750 mg
- Potassium: 160 mg

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

INGREDIENTS

- 20 slices of pepperoni (thinly sliced)
- 100g cheddar cheese, cut into cubes
- 100g mozzarella cheese, cut into cubes
- Optional: dried oregano, paprika, or chili flakes for extra flavor

COOKING INSTRUCTIONS

1. Set your oven to 200°C and line a baking sheet with parchment paper.
2. Arrange the pepperoni slices in a single layer on the lined baking sheet. Make sure they don't overlap.
3. Bake for 8–10 minutes, or until the pepperoni slices are crispy and slightly curled. Keep an eye on them to prevent burning.
4. Remove from the oven and let the chips cool on a paper towel to absorb excess grease. They will continue to crisp as they cool.
5. While the pepperoni cools, cut the cheddar and mozzarella into bite-sized cubes.
6. Arrange the pepperoni chips and cheese cubes

7. CANNED SALMON SALAD ON CUCUMBER ROUNDS



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

INGREDIENTS

- 1 large English cucumber (or 2 medium cucumbers)
- 1 can (140 g) wild-caught salmon, drained
- 2 tablespoons Greek yogurt (or mayonnaise)
- 1 teaspoon Dijon mustard
- 1 tablespoon finely chopped red onion
- 1 tablespoon chopped fresh dill or parsley
- 1 teaspoon lemon juice
- Salt and black pepper to taste
- Optional: paprika or chili flakes for garnish

COOKING INSTRUCTIONS

1. Wash the cucumber(s) and slice into thick, even rounds (about ½ inch thick). Set aside.
2. In a mixing bowl, combine the drained canned salmon, Greek yogurt (or mayonnaise), Dijon mustard, chopped red onion, dill (or parsley), and lemon juice. Mix well using a fork to break up the salmon into small flakes. Season with salt and black pepper to taste.
3. Spoon a generous teaspoon of the salmon

salad onto each cucumber round. Flatten or shape neatly with a spoon.

4. Sprinkle with a pinch of paprika or chili flakes for color and a little heat.
5. Serve immediately or chill for 10–15 minutes before serving for a cooler bite.

SERVING TIPS AND VARIATIONS

- Add crunch: Top with crushed walnuts or sunflower seeds.
- Make it dairy-free: Use avocado or olive oil mayo instead of Greek yogurt.
- Zesty flavor: Add a touch of grated lemon zest or capers to the salmon mix.
- Party version: Serve on mini cucumber slices as bite-size canapés.

NUTRITIONAL INFORMATION

- Calories: 110 kcal
- Protein: 10 g
- Carbohydrates: 3 g
- Fat: 7 g
- Fiber: 0.5 g
- Cholesterol: 25 mg
- Sodium: 250 mg
- Potassium: 280 mg

8. BAKED CHICKEN SAUSAGE SLICES



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

INGREDIENTS

- 4 chicken sausages (about 400 g total)
- 1 tbsp olive oil (optional, for extra browning)
- 1 tsp smoked paprika (optional, for flavor)
- ½ tsp garlic powder
- ½ tsp black pepper
- ¼ tsp salt (optional, depending on sausage salt content)
- Fresh parsley for garnish (optional)

COOKING INSTRUCTIONS

1. Set the oven to 200°C. Line a baking sheet with parchment paper or lightly grease it.
2. Slice the chicken sausages into 1–1.5 cm (about ½ inch) thick rounds. Place them in a bowl.
3. Drizzle with olive oil if using. Add smoked paprika, garlic powder, black pepper, and salt (if needed). Toss to coat the slices evenly.
4. Spread the sausage slices on the baking sheet in a single layer, leaving a little space between each piece to ensure even baking.

5. Place the tray in the preheated oven and bake for 20–25 minutes, flipping the slices halfway through. They should become golden-brown and slightly crispy on the edges.
6. Remove from the oven and garnish with fresh parsley if desired. Serve hot as a main dish, appetizer, or as part of salads, grain bowls, or pasta.

SERVING TIPS AND VARIATIONS

- Spicy version: Add chili flakes or cayenne pepper for heat.
- Herb twist: Mix in dried Italian herbs or rosemary for an aromatic flavor.
- Meal prep: Make a double batch and store in an airtight container in the fridge for up to 3 days. Great for quick protein-packed snacks or lunch bowls.
- Pairing ideas: Serve with roasted vegetables, over cauliflower rice, or with a light dipping sauce like mustard or yogurt-garlic sauce.

NUTRITIONAL INFORMATION

- Calories: 220 kcal
- Protein: 18 g
- Carbohydrates: 2 g
- Fat: 15 g
- Fiber: 0 g
- Cholesterol: 70 mg
- Sodium: 720 mg
- Potassium: 340 mg



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DESSERTS

1. KETO PEANUT BUTTER PROTEIN BLONDIES



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Servings: 9 squares

INGREDIENTS

- ½ cup (120 g) natural unsweetened peanut butter (smooth or crunchy)
- 2 large eggs
- ¼ cup (30 g) vanilla or unflavored low-carb protein powder
- ⅓ cup (60 g) granulated erythritol or monk fruit sweetener
- 2 tbsp almond flour
- ½ tsp baking powder
- ½ tsp vanilla extract
- Pinch of salt
- Optional: 2 tbsp sugar-free chocolate chips or chopped nuts

COOKING INSTRUCTIONS

1. Preheat your oven to 180°C.
2. Line a small 8×8-inch (20×20 cm) baking dish with parchment paper or grease lightly.
3. In a large bowl, whisk together peanut butter, eggs, and vanilla extract until smooth.
4. Add erythritol, protein powder, almond flour,

baking powder, and salt. Mix until a thick batter forms.

5. Fold in optional chocolate chips or chopped nuts if using.
6. Pour the batter into the prepared baking dish and smooth the top.
7. Bake for 20–25 minutes, or until the center is set and the edges are lightly golden.
8. Allow to cool in the pan for at least 15–20 minutes before slicing into 9 even squares.

SERVING TIPS AND VARIATIONS

- Frost It: Add a sugar-free chocolate drizzle or peanut butter glaze for extra indulgence.
- Make it Vegan: Replace eggs with flax eggs (1 tbsp ground flax + 3 tbsp water per egg) and use plant-based protein powder.
- Customize Protein: Use chocolate or peanut butter flavored protein powder for deeper flavor.
- Crunchy Twist: Add chopped peanuts or cacao nibs for texture.

NUTRITIONAL INFORMATION

- Calories: 165 kcal
- Protein: 10 g
- Carbohydrates: 5 g
- Fat: 12 g
- Fiber: 2 g
- Cholesterol: 35 mg
- Sodium: 90 mg
- Potassium: 180 mg

DESSERTS

2. LEMON PROTEIN CHEESECAKE BARS



- Preparation Time: 10 minutes
- Cooking Time: 25 minutes
- Servings: 9 bars

INGREDIENTS

For the base:

- 1 cup almond flour
- 2 tbsp coconut flour
- 2 tbsp melted coconut oil (or butter)
- 1 tbsp honey or sugar-free syrup (optional)
- Pinch of salt

For the filling:

- 1 cup low-fat cottage cheese or Greek yogurt
- 225 g low-fat cream cheese, softened
- 2 large eggs
- Juice and zest of 1 medium lemon
- 2–3 tbsp lemon juice (adjust to taste)
- 1 scoop (about 30g) vanilla or unflavored whey protein powder
- 3–4 tbsp granulated erythritol or preferred sweetener
- 1 tsp vanilla extract

COOKING INSTRUCTIONS

1. Preheat oven to 180°C. Line a square 8x8 inch baking pan with parchment paper.

2. In a mixing bowl, combine almond flour, coconut flour, melted coconut oil, sweetener (if using), and a pinch of salt. Mix until crumbly.
3. Press the mixture firmly into the bottom of the pan to form an even crust.
4. Bake for 8–10 minutes until lightly golden. Let cool slightly.
5. In a blender or food processor, blend cottage cheese (or Greek yogurt) and cream cheese until smooth.
6. Add eggs, lemon juice, lemon zest, vanilla extract, protein powder, and sweetener. Blend again until creamy and smooth.
7. Pour the filling over the pre-baked crust. Smooth the top with a spatula.
8. Bake for 20–25 minutes until the center is set but still slightly jiggly.
9. Remove from oven and let cool at room temperature, then refrigerate for at least 2 hours or overnight for best texture.
10. Cut into 9 bars. Optionally, garnish with a thin lemon slice, zest, or a dollop of Greek yogurt on top.

SERVING TIPS AND VARIATIONS

- Use a flavored protein powder (like lemon, vanilla, or cheesecake) for a twist.
- For a dairy-free version, substitute coconut yogurt and vegan cream cheese.
- Add fresh berries on top before serving for extra flavor and color.
- Store leftovers in the fridge for up to 5 days.

NUTRITIONAL INFORMATION

- Calories: 165 kcal
- Protein: 12 g
- Carbohydrates: 6 g
- Fat: 11 g
- Fiber: 2 g
- Cholesterol: 55 mg
- Sodium: 140 mg
- Potassium: 130 mg

DESSERTS

3. CHOCOLATE CHIP PROTEIN COOKIES



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

INGREDIENTS

- 1 cup almond flour
- 1 scoop (30 g) vanilla or chocolate whey protein powder
- 1/4 cup coconut oil or unsalted butter, melted
- 1/4 cup granulated erythritol or other low-carb sweetener
- 1 large egg
- 1/2 tsp baking soda
- 1 tsp vanilla extract
- Pinch of salt
- 1/3 cup sugar-free or dark chocolate chips

COOKING INSTRUCTIONS

1. Preheat oven to 180°C and line a baking sheet with parchment paper.
2. In a medium bowl, whisk together almond flour, protein powder, baking soda, and salt.
3. In another bowl, combine melted coconut oil (or butter), sweetener, egg, and vanilla extract. Stir until smooth.
4. Add the dry ingredients to the wet ingredients

and mix until a thick dough forms. Fold in the chocolate chips.

5. Using a spoon or cookie scoop, form 12 evenly-sized balls and place them on the baking sheet. Slightly flatten each ball with your fingers or the back of a spoon.
6. Bake for 10–12 minutes or until edges are golden and centers are just set.
7. Allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

SERVING TIPS AND VARIATIONS

- Use dark chocolate chips or chopped nuts for added texture.
- For a softer cookie, underbake slightly and let cool fully.
- Store in an airtight container at room temperature for up to 4 days or refrigerate for longer shelf life.
- Add cinnamon or espresso powder for flavor depth.

NUTRITIONAL INFORMATION

- Calories: 145 kcal
- Protein: 7 g
- Carbohydrates: 6 g
- Fat: 11 g
- Fiber: 2 g
- Cholesterol: 15 mg
- Sodium: 80 mg
- Potassium: 90 mg

DESSERTS

4. CARROT CAKE PROTEIN BARS



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Servings: 9 bars

INGREDIENTS

- 1 cup grated carrots (about 2 medium carrots)
- 3/4 cup almond flour
- 1/4 cup oat flour (or ground oats)
- 1 scoop (30 g) vanilla protein powder (whey or plant-based)
- 2 large eggs
- 1/4 cup unsweetened applesauce
- 2 tbsp coconut oil, melted
- 1/4 cup granulated erythritol or preferred sweetener
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp baking soda
- Pinch of salt
- 1/4 cup chopped walnuts or pecans (optional)
- 1 tsp vanilla extract

Optional Protein Frosting:

- 1/4 cup plain Greek yogurt
- 1 tbsp vanilla protein powder
- 1 tsp honey or erythritol
- A few drops of lemon juice or vanilla extract (optional)

COOKING INSTRUCTIONS

1. Preheat oven to 180°C. Line an 8x8 inch baking pan with parchment paper.
2. In a large bowl, mix together grated carrots, eggs, applesauce, coconut oil, sweetener, and vanilla extract until combined.
3. Stir in almond flour, oat flour, protein powder, cinnamon, nutmeg, baking soda, and salt. Fold in chopped nuts if using. Mix until a thick batter forms.
4. Pour the batter into the prepared pan and spread evenly.
5. Bake for 20–25 minutes or until a toothpick inserted in the center comes out clean.
6. Let cool completely in the pan.
7. Mix Greek yogurt, protein powder, and sweetener until smooth.
8. Spread over the cooled bars before slicing, or serve on the side.
9. Cut into 9 bars. Store in the refrigerator in an airtight container for up to 5 days.

SERVING TIPS AND VARIATIONS

- Add raisins or shredded coconut for more texture (note: adds carbs).
- Use flax eggs and plant-based yogurt for a dairy-free version.
- For a richer taste, use cashew or almond butter in place of applesauce.
- These bars are great as a snack or post-workout treat.

NUTRITIONAL INFORMATION

- Calories: 160 kcal
- Protein: 9 g
- Carbohydrates: 8 g
- Fat: 11 g
- Fiber: 2 g
- Cholesterol: 35 mg
- Sodium: 100 mg
- Potassium: 160 mg

DESSERTS

5. BLUEBERRY PROTEIN CRUMBLE



- Preparation Time: 10 minutes
- Cooking Time: 25 minutes
- Servings: 6

INGREDIENTS

For the blueberry filling:

- 3 cups fresh or frozen blueberries
- 2 tbsp lemon juice
- 2 tbsp honey or maple syrup
- 1 tbsp cornstarch (or arrowroot powder)
- 1 tsp vanilla extract

For the protein crumble topping:

- 1 cup rolled oats
- ½ cup almond flour
- ½ cup vanilla whey or plant-based protein powder
- ¼ cup coconut sugar (or brown sugar)
- 3 tbsp coconut oil or unsalted butter (melted)
- 2 tbsp almond milk (or any milk)
- 1 tsp cinnamon
- Pinch of salt

COOKING INSTRUCTIONS

1. Preheat the oven to 180°C.
2. In a mixing bowl, combine blueberries, lemon

juice, honey, cornstarch, and vanilla extract. Mix well until the berries are evenly coated.

3. Spread the blueberry mixture evenly in a baking dish.
4. In another bowl, combine rolled oats, almond flour, protein powder, coconut sugar, cinnamon, and a pinch of salt.
5. Add melted coconut oil and almond milk. Mix until the mixture becomes crumbly but holds together when pressed.
6. Sprinkle the protein crumble mixture evenly over the blueberry filling.
7. Bake for 25 minutes or until the topping is golden brown and the blueberry filling is bubbling.
8. Let the crumble cool for 10–15 minutes before serving to allow the filling to set.

SERVING TIPS AND VARIATIONS

- Serve warm with Greek yogurt or a scoop of protein ice cream for extra protein.
- Substitute blueberries with mixed berries for a different flavor.
- Add chopped nuts (almonds, walnuts) to the crumble topping for more crunch and healthy fats.
- For a lower-carb version, use a sugar-free sweetener instead of coconut sugar and honey.

NUTRITIONAL INFORMATION

- Calories: 215 kcal
- Protein: 13 g
- Carbohydrates: 28 g
- Fat: 7 g
- Fiber: 5 g
- Cholesterol: 5 mg
- Sodium: 65 mg
- Potassium: 220 mg

DESSERTS

6. CHOCOLATE PROTEIN LAVA CAKE



- Preparation Time: 10 minutes
- Cooking Time: 12 minutes
- Servings: 4

INGREDIENTS

- ½ cup (60 g) chocolate whey or plant-based protein powder
- ¼ cup (30 g) almond flour
- ¼ cup (30 g) unsweetened cocoa powder
- 2 tbsp coconut sugar or a sugar-free sweetener
- 2 whole eggs
- 2 egg yolks
- 3 tbsp unsweetened almond milk (or any milk)
- 3 tbsp coconut oil or unsalted butter (melted)
- 1 tsp vanilla extract
- 50 g dark chocolate (85% cocoa or sugar-free) – for the lava center
- Pinch of salt

COOKING INSTRUCTIONS

1. Preheat oven to 200°C.
2. Grease 4 small ramekins with coconut oil or butter and lightly dust with cocoa powder to prevent sticking.
3. In a medium bowl, whisk together eggs, egg yolks, almond milk, melted coconut oil, and

vanilla extract until smooth.

4. Add protein powder, almond flour, cocoa powder, coconut sugar, and a pinch of salt. Mix until just combined. The batter should be thick but pourable.
5. Pour half of the batter into each ramekin, add a small piece of dark chocolate to the center, and cover with the remaining batter.
6. Bake for 10 minutes, depending on your oven. The edges should be firm, but the center should still be slightly soft to create the lava effect.
7. Let the cakes rest for 2 minutes, then carefully run a knife around the edges and invert onto a plate. Serve immediately while warm and gooey.

SERVING TIPS AND VARIATIONS

- Dust with powdered erythritol or cocoa powder for a sugar-free garnish.
- Serve with a scoop of protein ice cream or Greek yogurt for extra protein.
- Add a hint of espresso powder to enhance the chocolate flavor.
- For a nutty twist, mix in chopped hazelnuts or almonds into the batter.

NUTRITIONAL INFORMATION

- Calories: 245 kcal
- Protein: 18 g
- Carbohydrates: 16 g
- Fat: 14 g
- Fiber: 5 g
- Cholesterol: 110 mg
- Sodium: 90 mg
- Potassium: 280 mg

7. RASPBERRY COCONUT PROTEIN BARS



- Preparation Time: 15 minutes
- Cooking Time: 0 minutes (chilling time: 2 hours)
- Servings: 12 bars

INGREDIENTS

For the coconut protein base:

- 2 cups unsweetened shredded coconut
- ½ cup vanilla whey or plant-based protein powder
- 3 tbsp coconut flour
- 3 tbsp coconut oil (melted)
- ¼ cup almond milk (or any milk)
- 2 tbsp honey or sugar-free syrup
- 1 tsp vanilla extract
- Pinch of salt

For the raspberry layer:

- 1 ½ cups fresh or frozen raspberries
- 2 tbsp chia seeds
- 1–2 tbsp honey or sugar-free sweetener (adjust to taste)
- 1 tbsp lemon juice

Optional chocolate coating:

- 100 g dark chocolate (85% cocoa or sugar-free)
- 1 tsp coconut oil

COOKING INSTRUCTIONS

1. In a large bowl, combine shredded coconut, protein powder, and coconut flour.
2. Add melted coconut oil, almond milk, honey, vanilla extract, and a pinch of salt. Mix until a sticky dough forms.
3. Press the mixture evenly into a parchment-lined 8x8-inch (20x20 cm) baking pan. Place in the fridge while preparing the raspberry layer.
4. In a small saucepan over medium heat, add raspberries and lemon juice. Cook for 3–4 minutes until they release juice.
5. Mash lightly and stir in chia seeds and honey. Simmer for another 3–4 minutes until the mixture thickens into a jam-like consistency.
6. Let it cool slightly, then spread evenly over the chilled coconut protein base.
7. Melt dark chocolate with coconut oil over a double boiler or microwave in short intervals.
8. Drizzle or spread the chocolate over the raspberry layer for an extra rich flavor.
9. Refrigerate for at least 2 hours or until firm.
10. Remove from the pan, cut into 12 bars, and store in the fridge.

SERVING TIPS AND VARIATIONS

- Use mixed berries instead of just raspberries for a different flavor profile.
- Add a scoop of collagen or casein protein for a different texture.
- For a keto-friendly version, use sugar-free sweeteners and a low-carb protein powder.
- Dip the entire bar into chocolate for a dessert-style protein treat.

NUTRITIONAL INFORMATION

- Calories: 185 kcal
- Protein: 9 g
- Carbohydrates: 12 g
- Fat: 13 g
- Fiber: 5 g
- Cholesterol: 0 mg
- Sodium: 40 mg
- Potassium: 180 mg

DESSERTS

8. PEANUT BUTTER CHOCOLATE PROTEIN BARK



- Preparation Time: 10 minutes
- Cooking Time: 0 minutes (chilling time: 1 hour)
- Servings: 12 pieces

INGREDIENTS

- 1 cup natural peanut butter (smooth or crunchy)
- ½ cup chocolate whey or plant-based protein powder
- 2 tbsp coconut oil (melted)
- 2 tbsp honey or sugar-free syrup
- 1 tsp vanilla extract
- 100 g dark chocolate (85% cocoa or sugar-free)
- 2 tbsp crushed peanuts (optional, for topping)
- Pinch of sea salt

COOKING INSTRUCTIONS

1. In a mixing bowl, combine peanut butter, protein powder, melted coconut oil, honey, and vanilla extract. Stir until smooth and well combined.
2. Melt dark chocolate using a double boiler or microwave in short 20-second intervals, stirring until completely smooth.
3. Line a baking sheet with parchment paper.

Spread the peanut butter protein mixture evenly into a rectangle about ½ inch thick.

4. Drizzle or spread the melted chocolate over the top. Use a knife or spatula to create swirls if desired.
5. Sprinkle crushed peanuts and a pinch of sea salt over the surface for extra crunch and flavor.
6. Place the tray in the freezer for 1 hour or until firm.
7. Once set, break into 12 pieces or cut into bars.

SERVING TIPS AND VARIATIONS

- Use almond butter or cashew butter instead of peanut butter for a different flavor.
- Add a layer of sugar-free caramel between the peanut butter and chocolate for a «Snickers-style» protein bark.
- Mix in rice crisps or chopped nuts into the base for extra texture.
- For a vegan version, use plant-based protein powder and dairy-free chocolate.

NUTRITIONAL INFORMATION

- Calories: 180 kcal
- Protein: 10 g
- Carbohydrates: 8 g
- Fat: 14 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 65 mg
- Potassium: 210 mg



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DRINKS

1. STRAWBERRY CHEESECAKE PROTEIN SHAKE



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

INGREDIENTS

- 1 cup (240 ml) unsweetened almond milk (or milk of choice)
- 1 scoop (about 30 g) vanilla whey or casein protein powder
- ½ cup (75 g) fresh or frozen strawberries
- 2 tbsp low-fat cream cheese
- 1 tbsp plain Greek yogurt (for extra creaminess)
- ½ tsp vanilla extract
- 1–2 tsp low-carb sweetener (erythritol, stevia, or monk fruit)
- 3–4 ice cubes
- Optional garnish: whipped cream, fresh strawberry, crushed low-carb graham crackers

COOKING INSTRUCTIONS

1. Wash and hull the strawberries if using fresh ones. Measure all ingredients and set aside.
2. In a blender, combine almond milk, protein powder, strawberries, cream cheese, Greek yogurt, vanilla extract, sweetener, and ice

cubes.

3. Blend on high speed for 30–45 seconds until the shake is creamy and has a smooth texture without chunks of ice or fruit.
4. Taste and add more sweetener if desired. Blend for a few more seconds.
5. Pour into a tall glass. Optionally top with whipped cream, a fresh strawberry, or a sprinkle of crushed low-carb graham crackers for a cheesecake-like finish.

SERVING TIPS AND VARIATIONS

- Dairy-free option: Use dairy-free cream cheese and coconut yogurt.
- Higher protein boost: Add 1 tbsp unflavored collagen or a second scoop of protein powder.
- Thicker consistency: Use frozen strawberries or add ¼ avocado for creaminess.
- Dessert version: Garnish with sugar-free strawberry syrup and extra whipped cream.

NUTRITIONAL INFORMATION

- Calories: 230 kcal
- Protein: 28 g
- Carbohydrates: 9 g
- Fat: 8 g
- Fiber: 2 g
- Cholesterol: 35 mg
- Sodium: 220 mg
- Potassium: 430 mg

2. ICED MOCHA PROTEIN COFFEE



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

INGREDIENTS

- 1 scoop (about 30g) chocolate-flavored whey or plant-based protein powder
- 1 cup (240 ml) cold brewed coffee or chilled espresso
- 1/2 cup (120 ml) unsweetened almond milk (or any milk of choice)
- 1 tablespoon unsweetened cocoa powder
- 1–2 teaspoons maple syrup or sweetener of choice (optional)
- 1/2 teaspoon vanilla extract (optional)
- Ice cubes
- Optional toppings: light whipped cream, shaved dark chocolate, or a dusting of cocoa

COOKING INSTRUCTIONS

1. Brew a strong cup of coffee or double espresso in advance and let it chill in the refrigerator for 30–60 minutes.
2. In a shaker bottle or blender, combine protein powder, cocoa powder, almond milk, and vanilla extract. Shake or blend until completely

smooth and no clumps remain.

3. Fill a tall glass with ice cubes. Pour the chilled coffee over the ice.
4. Slowly pour the protein-chocolate mixture into the coffee. Stir well to combine.
5. Add maple syrup or sweetener if desired, and stir again.
6. Top with a bit of light whipped cream and a sprinkle of cocoa or shaved dark chocolate for a café-style presentation.

SERVING TIPS AND VARIATIONS

- Use oat milk or soy milk for a creamier texture.
- Add a pinch of cinnamon or nutmeg for extra depth of flavor.
- For a thicker, shake-like drink, blend the entire mixture with ice.
- Use decaf coffee if you want to avoid caffeine but still enjoy the taste.
- Freeze leftover brewed coffee into ice cubes to prevent the drink from diluting as it chills.

NUTRITIONAL INFORMATION

- Calories: 180 kcal
- Protein: 20 g
- Carbohydrates: 8 g
- Fat: 4 g
- Fiber: 2 g
- Cholesterol: 20 mg
- Sodium: 150 mg
- Potassium: 400 mg

3. BLUEBERRY COCONUT PROTEIN SHAKE



- Preparation Time: 5 minutes
- Cooking Time: 2 minutes
- Servings: 1

INGREDIENTS

- 1 cup (150g) frozen blueberries
- 1 scoop (30g) vanilla or unflavored protein powder
- 1 cup (240ml) unsweetened coconut milk (from carton, not canned)
- 1 tablespoon (10g) unsweetened shredded coconut
- ½ banana (optional, for extra creaminess and sweetness)
- 1 tablespoon (10g) chia seeds or ground flaxseed (optional, for fiber and omega-3)
- ½ teaspoon vanilla extract (optional)
- A few ice cubes (optional, for thicker texture)

COOKING INSTRUCTIONS

1. Measure out all ingredients. If using a banana, peel and break it into chunks.
2. Add coconut milk, frozen blueberries, protein powder, shredded coconut, banana (if using), and optional seeds or vanilla extract into a blender.

3. Blend on high speed for about 45–60 seconds, or until smooth and creamy. Add a few ice cubes and blend again if you prefer a thicker, colder shake.
4. Taste the shake and adjust sweetness (you can add a small amount of honey or a natural sweetener if desired).
5. Pour into a tall glass or shaker bottle and enjoy immediately.

SERVING TIPS AND VARIATIONS

- Topping idea: Sprinkle extra shredded coconut or a few fresh blueberries on top.
- Nutty boost: Add a tablespoon of almond butter or cashew butter for extra richness.
- Low-carb version: Skip the banana and use unsweetened almond milk instead of coconut milk.
- Meal replacement: Add ¼ cup oats and ½ tablespoon MCT oil to make it more filling.
- Post-workout tip: Use a whey or plant-based protein depending on your dietary preference.

NUTRITIONAL INFORMATION

- Calories: 320 kcal
- Protein: 22 g
- Carbohydrates: 25 g
- Fat: 14 g
- Fiber: 8 g
- Cholesterol: 20 mg
- Sodium: 160 mg
- Potassium: 600 mg

4. CREAMY COCONUT VANILLA PROTEIN SHAKE



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

INGREDIENTS

- 1 cup (240 ml) unsweetened coconut milk (or almond-coconut blend)
- 1 scoop (30 g) vanilla protein powder
- 1 tbsp unsweetened shredded coconut
- 1 tsp pure vanilla extract
- 1 tbsp almond butter (optional for extra creaminess)
- 1 tsp chia seeds (optional for added fiber)
- 1–2 tsp natural sweetener (honey, stevia, or maple syrup, to taste)
- 1/2 cup (70 g) ice cubes

COOKING INSTRUCTIONS

1. In a high-speed blender, add the coconut milk, vanilla protein powder, shredded coconut, vanilla extract, almond butter (if using), chia seeds, sweetener, and ice cubes.
2. Blend on high for 30–60 seconds until smooth and creamy. If the shake is too thick, add a little more coconut milk to reach your desired consistency.

3. Taste the shake and adjust sweetness if necessary by adding a bit more honey or stevia. Blend briefly to incorporate.
4. Pour into a tall glass or a shaker bottle and garnish with a sprinkle of shredded coconut on top for a decorative touch.

SERVING TIPS AND VARIATIONS

- Tropical Twist: Add 1/4 cup frozen pineapple or mango for a tropical flavor boost.
- Low-Carb Version: Use unsweetened coconut cream instead of milk and skip sweeteners.
- Extra Protein: Add Greek yogurt for a thicker, more protein-rich shake.
- Meal Replacement: Blend in 1/4 avocado or 1 tbsp flaxseeds for extra healthy fats and satiety.

NUTRITIONAL INFORMATION

- Calories: 280 kcal
- Protein: 24 g
- Carbohydrates: 10 g
- Fat: 15 g
- Fiber: 4 g
- Cholesterol: 25 mg
- Sodium: 160 mg
- Potassium: 450 mg

5. RASPBERRY CHEESECAKE PROTEIN SMOOTHIE



mixture is creamy and smooth. If the smoothie is too thick, add a little more almond milk to adjust consistency.

4. Taste the smoothie and add more sweetener if needed. Blend briefly again.
5. Pour into a tall glass and garnish with fresh raspberries and a light sprinkle of crushed graham crackers for a cheesecake-like finish.

SERVING TIPS AND VARIATIONS

- **Low-Carb Option:** Use unsweetened almond milk and a sugar-free sweetener, skip the graham cracker garnish.
- **Extra Protein Boost:** Add 1 tbsp chia seeds or flaxseeds for more protein and fiber.
- **Dessert Version:** Top with a dollop of whipped cream for a more indulgent treat.
- **Frozen Dessert:** Use frozen raspberries only and reduce ice to make a thicker, ice-cream-like smoothie bowl.

INGREDIENTS

- 1 cup (150 g) fresh or frozen raspberries
- 1 scoop (30 g) vanilla or cheesecake-flavored protein powder
- 1/2 cup (120 g) low-fat Greek yogurt (plain or vanilla)
- 1/2 cup (120 ml) unsweetened almond milk (or milk of choice)
- 1 tbsp cream cheese (light or regular)
- 1 tsp natural sweetener (honey, stevia, or maple syrup, to taste)
- 1/2 cup (70 g) ice cubes
- Optional garnish: fresh raspberries and crushed graham crackers

NUTRITIONAL INFORMATION

- Calories: 260 kcal
- Protein: 28 g
- Carbohydrates: 22 g
- Fat: 7 g
- Fiber: 7 g
- Cholesterol: 30 mg
- Sodium: 180 mg
- Potassium: 520 mg

COOKING INSTRUCTIONS

1. Wash the raspberries if using fresh. Measure all ingredients and have them ready.
2. In a high-speed blender, combine raspberries, protein powder, Greek yogurt, almond milk, cream cheese, sweetener, and ice cubes.
3. Blend on high for 45–60 seconds until the

6. KEY LIME PIE PROTEIN SHAKE



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

INGREDIENTS

- 1 scoop vanilla or key lime pie flavored protein powder (30 g)
- ½ cup Greek yogurt (plain or vanilla, low-fat)
- 1 cup unsweetened almond milk (or milk of choice)
- 2 tablespoons freshly squeezed lime juice
- 1 teaspoon lime zest
- 1–2 teaspoons honey or maple syrup (optional, to taste)
- ¼ teaspoon vanilla extract
- ½ cup crushed ice or frozen cauliflower (for a creamier texture)
- 1 tablespoon crushed graham crackers (optional, for garnish)
- Lime wedge or zest for garnish (optional)

COOKING INSTRUCTIONS

1. Wash the lime, zest it, and squeeze out the juice. Measure all ingredients.
2. Combine almond milk, Greek yogurt, protein powder, lime juice, lime zest, vanilla extract,

and ice (or cauliflower) in a blender. Add sweetener if desired.

3. Blend on high speed for 30–45 seconds until creamy and smooth.
4. Adjust sweetness or tartness as needed.
5. Pour into a glass. Garnish with graham cracker crumbs and lime zest or wedge, if desired.

SERVING TIPS AND VARIATIONS

- Top with whipped cream or coconut cream for a dessert-style shake.
- Freeze in molds for a post-workout popsicle.
- Add baby spinach for extra nutrients without changing the flavor much.
- Substitute almond milk with coconut milk for a tropical flair.
- Add ¼ avocado or ½ frozen banana for extra creaminess.

NUTRITIONAL INFORMATION

- Calories: 280 kcal
- Protein: 30 g
- Carbohydrates: 20 g
- Fat: 7 g
- Fiber: 3 g
- Cholesterol: 20 mg
- Sodium: 200 mg
- Potassium: 450 mg

7. CARAMEL MACCHIATO PROTEIN SHAKE



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

INGREDIENTS

- 1 scoop vanilla or caramel-flavored protein powder (30 g)
- 1 shot (30–45 ml) of freshly brewed espresso or strong coffee, cooled
- $\frac{3}{4}$ cup unsweetened almond milk (or milk of choice)
- $\frac{1}{4}$ cup plain or vanilla Greek yogurt (low-fat or fat-free)
- 1–2 teaspoons sugar-free caramel syrup (or regular, to taste)
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ cup crushed ice or frozen cauliflower (optional, for thickness)
- Drizzle of caramel sauce for topping (optional)

COOKING INSTRUCTIONS

1. Brew a shot of espresso or strong coffee and allow it to cool slightly.
2. In a blender, add almond milk, Greek yogurt, protein powder, caramel syrup, vanilla extract, and the cooled espresso.

3. Add crushed ice or frozen cauliflower to the blender. Blend on high speed for 30–45 seconds until the mixture is creamy and frothy.
4. Taste the shake and adjust sweetness or intensity with extra caramel syrup or coffee, if desired.
5. Pour into a tall glass. Optionally, drizzle caramel sauce on top and down the inside of the glass for visual appeal.

SERVING TIPS AND VARIATIONS

- Top with a spoonful of light whipped cream and a sprinkle of cinnamon for a café-style presentation.
- Swap almond milk with oat or skim milk for a different texture.
- For a caffeine-free version, use decaf coffee.
- Add a pinch of sea salt for a salted caramel twist.
- Blend in half a frozen banana for extra creaminess and natural sweetness.

NUTRITIONAL INFORMATION

- Calories: 260 kcal
- Protein: 28 g
- Carbohydrates: 18 g
- Fat: 6 g
- Fiber: 2 g
- Cholesterol: 25 mg
- Sodium: 180 mg
- Potassium: 500 mg

8. MANGO COCONUT PROTEIN SMOOTHIE (SUGAR-FREE)



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

INGREDIENTS

- 1 cup frozen mango chunks (unsweetened)
- 1 cup unsweetened coconut milk (from carton, not canned)
- 1 scoop (30 g) unflavored or vanilla whey protein isolate (sugar-free)
- 2 tablespoons unsweetened shredded coconut
- 1 tablespoon chia seeds (optional, for fiber)
- ½ teaspoon pure vanilla extract
- ½ cup ice cubes (adjust for thickness)
- Stevia or monk fruit sweetener to taste (optional)

COOKING INSTRUCTIONS

1. Measure all ingredients. Ensure the mango is frozen for a thicker smoothie.
2. Add all ingredients to a high-speed blender: frozen mango, coconut milk, protein powder, shredded coconut, chia seeds (if using), vanilla extract, and ice cubes.
3. Blend first without sweetener, then taste. Add a few drops of stevia or a pinch of monk fruit

sweetener if needed.

4. Blend on high until the mixture is completely smooth and creamy (about 30–45 seconds).
5. Pour into two chilled glasses and serve immediately.

SERVING TIPS AND VARIATIONS

- For Extra Creaminess: Add ¼ of a frozen banana (note: adds natural sugar).
- Tropical Boost: Add a few pineapple chunks (unsweetened).
- Nutty Flavor: Blend in 1 tablespoon of almond or cashew butter.
- Garnish Option: Top with a sprinkle of shredded coconut or a mango slice on the rim of the glass.
- Make it Vegan: Use a plant-based protein powder instead of whey.

NUTRITIONAL INFORMATION

- Calories: 195 kcal
- Protein: 20 g
- Carbohydrates: 10 g
- Fat: 8 g
- Fiber: 3 g
- Cholesterol: 20 mg
- Sodium: 95 mg
- Potassium: 380 mg

28-DAY MEAL PLAN

WEEK 1

DAY	BREAKFAST	LUNCH	SNACK	DINNER
1	TURKEY AND AVOCADO BREAKFAST LETTUCE WRAPS (Page 10)	GRILLED CHICKEN CAESAR SALAD (WITH LOW-CARB DRESSING) (Page 20)	COTTAGE CHEESE AND CUCUMBER BOWLS (Page 54)	GARLIC BUTTER STEAK BITES WITH ASPARAGUS (Page 37)
2	ZUCCHINI NOODLES WITH TURKEY MEATBALLS (Page 17)	CAULIFLOWER AND BACON CHOWDER (Page 40)	BAKED SALMON BITES (Page 50)	CHILI LIME SHRIMP WITH AVOCADO SALAD (Page 35)
3	KETO CLOUD BREAD WITH CREAM CHEESE AND HAM (Page 11)	BAKED COD WITH GARLIC AND HERBS (Page 21)	PEPPERONI CHIPS WITH CHEESE CUBES (Page 55)	LEMON HERB GRILLED CHICKEN BREASTS (Page 33)
4	LOW-CARB BREAKFAST TACOS WITH EGG WRAPS (Page 16)	HIGH PROTEIN TOMATO BASIL SOUP WITH COLLAGEN (Page 41)	MINI TUNA CAKES WITH LEMON MAYO (Page 51)	MEDITERRANEAN CHICKEN SKILLET WITH OLIVES AND SPINACH (Page 31)
5	TURKEY SAUSAGE PATTIES WITH SCRAMBLED EGGS (Page 12)	STEAK SALAD WITH BLUE CHEESE AND WALNUTS (Page 22)	CANNED SALMON SALAD ON CUCUMBER ROUNDS (Page 56)	BAKED COD WITH HERB BUTTER AND SPINACH (Page 36)
6	TURKEY MEATBALLS WITH LOW-CARB MARINARA (Page 15)	PORK AND CABBAGE SOUP WITH GINGER (Page 42)	CELERY STICKS WITH WHIPPED FETA DIP (Page 52)	TURKEY TACO LETTUCE WRAPS (Page 34)
7	TOFU SCRAMBLE WITH SPINACH AND NUTRITIONAL YEAST (Page 13)	SPICY SHRIMP LETTUCE CUPS (Page 23)	BAKED CHICKEN SAUSAGE SLICES (Page 57)	KETO BEEF TACO SKILLET (NO TORTILLAS) (Page 32)

28-DAY MEAL PLAN

WEEK 2

DAY	BREAKFAST	LUNCH	SNACK	DINNER
8	EGG WHITE OMELET WITH TURKEY AND VEGGIES (Page 14)	CREAMY EGGPLANT AND GROUND TURKEY SOUP (Page 43)	SLICED MOZZARELLA WITH BASIL AND OLIVE OIL (Page 53)	PAN-SEARED SALMON WITH CREAMY DILL SAUCE (Page 30)
9	TURKEY AND AVOCADO BREAKFAST LETTUCE WRAPS (Page 10)	SEARED TUNA SALAD WITH SESAME DRESSING (Page 24)	BAKED CHICKEN SAUSAGE SLICES (Page 57)	MEDITERRANEAN CHICKEN SKILLET WITH OLIVES AND SPINACH (Page 31)
10	KETO CLOUD BREAD WITH CREAM CHEESE AND HAM (Page 11)	AVOCADO AND CHICKEN LIME SOUP (Page 44)	CANNED SALMON SALAD ON CUCUMBER ROUNDS (Page 56)	KETO BEEF TACO SKILLET (NO TORTILLAS) (Page 32)
11	TURKEY SAUSAGE PATTIES WITH SCRAMBLED EGGS (Page 12)	SAUTÉED CHICKEN LIVERS WITH ONIONS AND SPINACH (Page 25)	PEPPERONI CHIPS WITH CHEESE CUBES (Page 55)	LEMON HERB GRILLED CHICKEN BREASTS (Page 33)
12	TOFU SCRAMBLE WITH SPINACH AND NUTRITIONAL YEAST (Page 13)	TURKEY MEATBALL ZOODLE SOUP (Page 45)	COTTAGE CHEESE AND CUCUMBER BOWLS (Page 54)	TURKEY TACO LETTUCE WRAPS (Page 34)
13	EGG WHITE OMELET WITH TURKEY AND VEGGIES (Page 14)	TUNA STUFFED AVOCADOS (Page 26)	SLICED MOZZARELLA WITH BASIL AND OLIVE OIL (Page 53)	CHILI LIME SHRIMP WITH AVOCADO SALAD (Page 35)
14	TURKEY MEATBALLS WITH LOW-CARB MARINARA (Page 15)	CREAMY TUNA AND DILL SOUP (Page 46)	CELERY STICKS WITH WHIPPED FETA DIP (Page 52)	BAKED COD WITH HERB BUTTER AND SPINACH (Page 36)

28-DAY MEAL PLAN

WEEK 3

DAY	BREAKFAST	LUNCH	SNACK	DINNER
15	LOW-CARB BREAKFAST TACOS WITH EGG WRAPS (Page 16)	SEARED SALMON WITH ASPARAGUS AND LEMON (Page 27)	MINI TUNA CAKES WITH LEMON MAYO (Page 51)	GARLIC BUTTER STEAK BITES WITH ASPARAGUS (Page 37)
16	ZUCCHINI NOODLES WITH TURKEY MEATBALLS (Page 17)	GREEN DETOX PROTEIN SOUP WITH CHICKEN AND HERBS (Page 47)	BAKED SALMON BITES (Page 50)	LEMON HERB GRILLED CHICKEN BREASTS (Page 33)
17	TOFU SCRAMBLE WITH SPINACH AND NUTRITIONAL YEAST (Page 13)	GRILLED CHICKEN CAESAR SALAD (WITH LOW-CARB DRESSING) (Page 20)	CELERY STICKS WITH WHIPPED FETA DIP (Page 52)	KETO BEEF TACO SKILLET (NO TORTILLAS) (Page 32)
18	TURKEY SAUSAGE PATTIES WITH SCRAMBLED EGGS (Page 12)	CREAMY TUNA AND DILL SOUP (Page 46)	COTTAGE CHEESE AND CUCUMBER BOWLS (Page 54)	TURKEY TACO LETTUCE WRAPS (Page 34)
19	KETO CLOUD BREAD WITH CREAM CHEESE AND HAM (Page 11)	TUNA STUFFED AVOCADOS (Page 26)	CANNED SALMON SALAD ON CUCUMBER ROUNDS (Page 56)	CHILI LIME SHRIMP WITH AVOCADO SALAD (Page 35)
20	TURKEY AND AVOCADO BREAKFAST LETTUCE WRAPS (Page 10)	CAULIFLOWER AND BACON CHOWDER (Page 40)	MINI TUNA CAKES WITH LEMON MAYO (Page 51)	PAN-SEARED SALMON WITH CREAMY DILL SAUCE (Page 30)
21	ZUCCHINI NOODLES WITH TURKEY MEATBALLS (Page 17)	BAKED COD WITH GARLIC AND HERBS (Page 21)	SLICED MOZZARELLA WITH BASIL AND OLIVE OIL (Page 53)	MEDITERRANEAN CHICKEN SKILLET WITH OLIVES AND SPINACH (Page 31)

28-DAY MEAL PLAN

WEEK 4

DAY	BREAKFAST	LUNCH	SNACK	DINNER
22	TURKEY MEATBALLS WITH LOW-CARB MARINARA (Page 15)	TURKEY MEATBALL ZOODLE SOUP (Page 45)	PEPPERONI CHIPS WITH CHEESE CUBES (Page 55)	BAKED COD WITH HERB BUTTER AND SPINACH (Page 36)
23	LOW-CARB BREAKFAST TACOS WITH EGG WRAPS (Page 16)	SAUTÉED CHICKEN LIVERS WITH ONIONS AND SPINACH (Page 25)	BAKED CHICKEN SAUSAGE SLICES (Page 57)	GARLIC BUTTER STEAK BITES WITH ASPARAGUS (Page 37)
24	EGG WHITE OMELET WITH TURKEY AND VEGGIES (Page 14)	HIGH PROTEIN TOMATO BASIL SOUP WITH COLLAGEN (Page 41)	CANNED SALMON SALAD ON CUCUMBER ROUNDS (Page 56)	TURKEY TACO LETTUCE WRAPS (Page 34)
25	TURKEY AND AVOCADO BREAKFAST LETTUCE WRAPS (Page 10)	STEAK SALAD WITH BLUE CHEESE AND WALNUTS (Page 22)	PEPPERONI CHIPS WITH CHEESE CUBES (Page 55)	LEMON HERB GRILLED CHICKEN BREASTS (Page 33)
26	KETO CLOUD BREAD WITH CREAM CHEESE AND HAM (Page 11)	AVOCADO AND CHICKEN LIME SOUP (Page 44)	COTTAGE CHEESE AND CUCUMBER BOWLS (Page 54)	KETO BEEF TACO SKILLET (NO TORTILLAS) (Page 32)
27	TURKEY SAUSAGE PATTIES WITH SCRAMBLED EGGS (Page 12)	SEARED TUNA SALAD WITH SESAME DRESSING (Page 24)	SLICED MOZZARELLA WITH BASIL AND OLIVE OIL (Page 53)	MEDITERRANEAN CHICKEN SKILLET WITH OLIVES AND SPINACH (Page 31)
28	TOFU SCRAMBLE WITH SPINACH AND NUTRITIONAL YEAST (Page 13)	PORK AND CABBAGE SOUP WITH GINGER (Page 42)	CELERY STICKS WITH WHIPPED FETA DIP (Page 52)	PAN-SEARED SALMON WITH CREAMY DILL SAUCE (Page 30)

CONCLUSION

Congratulations! You've just taken a meaningful step toward becoming a stronger, healthier, and more energized version of yourself by diving into the High Protein Low Carb Diet.

The High Protein Low Carb lifestyle isn't about strict rules or chasing perfection.

It's about making smart, nourishing choices that keep you full, focused, and in control — consistently, one day at a time.

It's about learning what truly fuels your body — what helps maintain steady energy, curbs cravings, and keeps your mind sharp.

This approach isn't a quick fix — it's a long-term investment in your health and vitality.

You'll find it in satisfying, protein-rich meals, in the strength you gain from movement, in the growing confidence that comes with progress, and in the empowerment of taking control of your well-being.

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