

LOW CARB HIGH PROTEIN COOKBOOK

2000 Days of Quick, Easy, Healthy, and Delicious
Recipes for Weight Management | Muscle Building
and Balanced Living | Includes a 60-Day Meal Plan
for Beginners and Experts

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CHAPTER 1

Low Carb High Protein Overview

What is Low Carb High Protein?

The Low Carb High Protein (LCHP) diet is a strategic approach to nutrition that focuses on reducing carbohydrate intake while increasing the consumption of protein-rich foods. The main idea is simple: fewer carbs mean less sugar in your bloodstream, which helps your body use stored fat for energy. At the same time, more protein supports muscle health, keeps you fuller for longer, and helps prevent muscle loss while dieting.

The LCHP diet means avoiding or minimizing foods like bread, pasta, rice, potatoes, and sugary snacks. Instead, you'll fill your plate with lean proteins like chicken, turkey, fish, eggs, and plant-based options like tofu. Low-carb vegetables such as spinach, broccoli, and zucchini are also vital components, while healthy fats—like those found in avocados, nuts, and olive oil—round out meals and satisfy you.

The goal isn't to eliminate carbs but to lower your intake so your body shifts to burning fat for energy. This metabolic shift is known as ketosis, but it can also occur at lower levels without going fully ketogenic. Focusing on high-quality protein and nutrient-dense vegetables supports your weight and muscle goals and enhances overall health.

To sum it up, the LCHP diet is about eating smart, using food to fuel your body efficiently, and making better choices that lead to sustainable results. The balance of fewer carbs and more protein makes it easier to control cravings, stabilize energy, and maintain a healthy weight without feeling restricted.

Key Health and Fitness Benefits

The Low Carb High Protein (LCHP) diet offers a variety of health and fitness benefits that make it an attractive option for many people. Below, we'll explore the key benefits and how they can improve your well-being.

ENHANCED FAT BURNING

One of the most significant advantages of the LCHP diet is its ability to promote fat loss. By reducing your intake of carbohydrates, your body begins to rely on fat stores for energy instead of glucose. This process, known as lipolysis, helps you burn fat more efficiently, especially when combined with regular physical activity.

The reduction in insulin spikes, which are common when eating high-carb meals, further promotes fat burning. With fewer carbs, your body no longer has the excess glucose stored as fat, allowing you to manage your weight more effectively.

MUSCLE MAINTENANCE AND GROWTH

Protein is the building block of muscles; on an LCHP diet, you'll consume higher amounts. Whether you aim to build muscle or maintain what you have while losing fat, this diet helps support your goals. Protein aids in muscle repair, recovery, and growth, making it essential for active individuals and those who want to preserve lean muscle mass.

For people who engage in resistance training, this diet works synergistically to enhance muscle development, as the increased protein intake provides the necessary nutrients for muscle repair after workouts.

IMPROVED SATIETY AND APPETITE CONTROL

Protein and healthy fats are much more filling than carbohydrates, helping to keep hunger in check. One of the primary challenges when dieting is controlling hunger and preventing overeating. The LCHP diet makes you feel fuller for extended periods, reducing the likelihood of snacking between meals or consuming excess calories.

Feeling satisfied after meals makes you less likely to crave high-carb or sugary foods. This makes it easier to stick to the diet and maintain steady progress.

STABILIZED BLOOD SUGAR LEVELS

A carbohydrate diet can lead to spikes and crashes in blood sugar, causing fatigue, cravings, and irritability. Limiting carbs in the LCHP diet helps stabilize blood sugar levels throughout the day by limiting carbs. This stabilization keeps your energy levels more consistent, avoiding the roller-coaster effect that often comes with a high-carb diet.

This diet can be particularly beneficial for individuals who struggle with blood sugar management or insulin resistance. It helps reduce the demand for insulin and promotes better metabolic health.

BOOSTED METABOLISM

The thermic effect of food (TEF) refers to the energy your body uses to digest and process the nutrients you consume. Protein has a much higher thermic effect than carbohydrates and fats, meaning your body burns more calories digesting protein-rich meals.

The LCHP diet can naturally boost your metabolism by increasing your protein intake. This helps you burn more calories throughout the day, even at rest, making achieving and maintaining a healthy weight easier.

In summary, the Low Carb High Protein diet is a powerful tool for fat burning, muscle maintenance, improved satiety, and overall better health. Its ability to stabilize blood sugar levels and boost metabolism adds to its effectiveness, making it a practical choice for anyone looking to improve their fitness and well-being.

Common Challenges and Solutions

Switching to a Low Carb High Protein (LCHP) diet can be advantageous, but like any lifestyle change, it comes with challenges. In this section, we'll address the most common obstacles people face and provide practical solutions to help you overcome them and stay on track.

DEALING WITH CARB CRAVINGS

Carb cravings are among the first hurdles many encounter when starting an LCHP diet. Your body may still be used to relying on sugar and starch for quick energy, which can make cravings feel intense during the initial phase.

Solution:

The key to overcoming carb cravings is to eat balanced meals rich in protein and healthy fats. Foods like eggs, nuts, avocados, and fatty fish keep you fuller for longer and reduce your desire for quick, sugary fixes. If you're still craving something sweet, choose low-carb snacks like berries, dark chocolate (in moderation), or homemade protein treats. Drinking plenty of water and staying hydrated can also reduce cravings.

LACK OF MEAL VARIETY

Eating the same meals repeatedly can lead to boredom, making it harder to stick to the LCHP lifestyle. Many people cycle through just a few protein and vegetable combinations, which can quickly become monotonous.

Solution:

Expand your meal repertoire by experimenting with different protein sources, vegetables, and cooking techniques. Rotate between chicken, turkey, beef, fish, tofu, and tempeh for variety. Use herbs, spices, and low-carb sauces to add flavor without carbs. Try grilling, baking, or stir-frying to create different textures and keep meals exciting. Planning a weekly menu with different meals helps prevent boredom.

EATING OUT AND SOCIAL SITUATIONS

Navigating restaurant menus or social events can be challenging on an LCHP diet. Many traditional dishes are carb-heavy, and social gatherings often revolve around bread, pasta, or sweets.

Solution:

When dining out, choose simple protein-based dishes like grilled meat, fish, or salads with protein. Ask for substitutions such as vegetables instead of fries, or hold the bread or rice. Most restaurants will accommodate these requests. At social gatherings, consider eating a small, protein-rich snack before arriving to curb temptation. Bringing a dish you can eat, such as a protein-packed salad or low-carb dip, ensures you have something to eat while sharing with others.

INITIAL ENERGY DIP

Some people experience an energy dip after lowering their carb intake in the first week or two. This can make transitioning to an LCHP diet difficult, mainly if you're used to getting a quick energy boost from carbs.

Solution:

This temporary dip happens as your body adjusts to burning fat for energy instead of carbohydrates. To ease the transition, ensure you eat enough healthy fats like avocados, olive oil, and fatty fish, which provide longer-lasting energy. Stay hydrated, as dehydration can contribute to fatigue. Electrolytes can also help, so consider adding more salt to your food or consuming broth. Once your body adapts, your energy levels will stabilize.

SOCIAL PRESSURE AND MINDSET

Friends, family, or colleagues may not understand your diet choice, leading to unwanted comments or pressure to stray from your plan. It can also be challenging to stay motivated long-term if the results take time.

Solution:

Educating those around you about your diet's goals and benefits can help reduce misunderstandings. Set clear boundaries and communicate that your choices are essential for your health and well-being. When motivation wanes, remind yourself why you started and track small wins. Keep a journal or use a habit-tracking app to celebrate progress, whether improved energy, weight loss, or better fitness. Visualizing long-term success can also help maintain focus.

By addressing these common challenges head-on and applying practical solutions, you'll be better equipped to navigate the ups and downs of the LCHP diet. Consistency is critical, and by overcoming these obstacles, you'll build a sustainable, healthier lifestyle over time.

CHAPTER 2

Nutrition Basics and Meal Balance

Understanding Protein, Fats, and Carbs

To thrive on a Low Carb High Protein (LCHP) diet, it's essential to understand the roles of the three main macronutrients: protein, fats, and carbohydrates. Each plays a distinct role in your body's energy production and overall health, and balancing them correctly is critical to the success of this diet.

PROTEIN: THE BUILDING BLOCK OF MUSCLES

Protein is the most essential macronutrient in the LCHP diet, supporting muscle growth, repair, and maintenance. When you consume protein, your body breaks it down into amino acids to build and repair tissues, produce enzymes and hormones, and support immune function.

Why Protein is Crucial:

- **Muscle Maintenance and Growth:** Protein helps preserve muscle mass during fat loss and supports muscle recovery after exercise.
- **Satiety:** Protein is more filling than carbs or fats, making it easier to control hunger and avoid overeating.
- **Metabolism Boost:** The body burns more calories digesting protein than it does with carbs or fats, giving your metabolism a helpful boost.

Best Protein Sources for LCHP:

- Lean meats (chicken, turkey)
- Fish and seafood (salmon, tuna)
- Eggs
- Dairy (Greek yogurt, cottage cheese)
- Plant-based options (tofu, tempeh, lentils)

The goal is to include a high-quality protein source in every meal to keep your body fueled and your muscles strong.

FATS: FUEL FOR LASTING ENERGY

Healthy fats are an essential part of the LCHP diet. They provide long-lasting energy and support vital bodily functions like hormone production and cell health. Fats help you stay full and satisfied, preventing cravings for sugary or starchy foods.

Why Fats are Important:

- **Energy Source:** Unlike carbs, fats provide slow-burning energy, helping to maintain stable energy levels throughout the day.
- **Nutrient Absorption:** Fats help your body absorb fat-soluble vitamins like A, D, E, and K.
- **Hormonal Health:** Healthy fats support the production of hormones that regulate metabolism, mood, and overall well-being.

Best Fat Sources for LCHP:

- Avocados
- Nuts and seeds (almonds, chia seeds)
- Olive oil and coconut oil
- Fatty fish (salmon, mackerel)
- Full-fat dairy (cheese, butter)

Remember, not all fats are created equal. Focus on healthy, unsaturated fats while limiting unhealthy trans fats and processed oils.

CARBOHYDRATES: LIMITING FOR BALANCE

Carbohydrates are the body's preferred source of quick energy, but on the LCHP diet, they are limited to promote fat burning. When you reduce your carb intake, your body is forced to use stored fat for energy, which helps with weight management and loss.

Why Carbs are Controlled:

- **Blood Sugar Stability:** Reducing carbs helps stabilize blood sugar levels, preventing energy crashes and food cravings.
- **Fat Burning:** By limiting carbs, the shifts to using it as its primary fuel source, aiding in weight loss.
- **Reduced Insulin Response:** Fewer carbs mean less insulin production, which can lead to improved fat metabolism and lower fat storage.

Best Low-Carb Options for LCHP:

- Leafy greens (spinach, kale)
- Non-starchy vegetables (zucchini, bell peppers, broccoli)
- Berries (in moderation)
- Cauliflower and zucchini as substitutes for rice or pasta

Focus on nutrient-dense, fiber-rich vegetables to meet your carb needs while keeping them low. Avoid processed carbs like bread, pasta, and sugary snacks.

Understanding the roles of protein, fats, and carbohydrates in the LCHP diet is crucial for achieving balance and long-term success. By incorporating weight management protein and healthy fats and reducing carbohydrate intake, you can fuel your body for optimal health and reach your fitness goals without feeling deprived.

Simple Meal Balancing Tips

Achieving a balanced meal is the foundation of success on the Low Carb High Protein (LCHP) diet. The key is to ensure that each meal contains the right proportions of protein, healthy fats, and low-carb vegetables. Doing this will give your body essential nutrients and steady energy levels, avoiding unnecessary hunger or cravings.

Here are practical, simple tips for balancing your meals effectively:

START WITH PROTEIN

Protein should always be the star of your meal. Whether it's breakfast, lunch, or dinner, prioritize protein-rich food as the base of your dish. This will help maintain muscle mass, keep you full longer, and stabilize blood sugar.

How to Do It:

1. Aim for at least 4–6 ounces of lean protein per meal (about the size of your palm).
2. For plant-based meals, ensure you have a protein-rich alternative like tofu, tempeh, or lentils.
3. Include a variety of protein sources to keep meals interesting: chicken, fish, eggs, and Greek yogurt are great options.

Example:

Grilled chicken breast with a side of sautéed vegetables and a small avocado.

ADD HEALTHY FATS

How to Do It:

1. Include fats like olive oil, avocado, nuts, or seeds in each meal.
2. Use oils like coconut or butter for cooking, or drizzle extra virgin olive oil over your salad.
3. Stick to recommended portions: for oils, aim for 1–2 tablespoons per meal, and for nuts, a small handful (about 1 ounce).

Example:

Salmon cooked in olive oil with roasted Brussels sprouts and a sprinkle of almonds.

FILL THE PLATE WITH VEGETABLES

Vegetables should take up a significant portion of your plate. They're low in carbs, high in fiber, and packed with nutrients. Vegetables add volume to your meals without extra calories, helping you feel full and satisfied.

How to Do It:

1. Fill half your plate with non-starchy vegetables like spinach, broccoli, zucchini, or peppers.
2. Aim for 2–3 cups of vegetables per meal.

3. Mix and match different vegetables for color and flavor variety, and use simple seasonings like herbs or spices to enhance taste.

Example:

Grilled steak with steamed broccoli, roasted zucchini, and a side of leafy greens.

CONTROL YOUR CARBS

On the LCHP diet, carbs are limited, but that doesn't mean you should avoid them altogether. Focus on consuming carbs from nutrient-dense sources like vegetables and small amounts of berries. Avoid high-carb processed foods and grains, and use substitutions like cauliflower rice or zucchini noodles.

How to Do It:

1. Keep carbs low: around 20–50 grams daily, depending on your personal goals.
2. Stick to low-carb vegetables like leafy greens, peppers, and cauliflower.
3. Use moderate portions of lower-carb fruits like berries if you want a sweet addition to your meal.

Example:

Eggplant lasagna made with layers of lean ground turkey, cheese, and marinara sauce, served with spinach salad.

STAY HYDRATED

While not a macronutrient, hydration plays a crucial role in meal balance. Drinking enough water throughout the day helps your body digest food, absorb nutrients, and maintain energy levels.

How to Do It:

1. Drink a glass of water with every meal.
2. Include hydrating foods like cucumbers, zucchini, or leafy greens.
3. Avoid sugary drinks, as they can spike insulin and interfere with fat burning.

Example:

A balanced meal of grilled chicken, avocado, and sautéed spinach, paired with a glass of water infused with lemon slices.

Balancing your meals on the LCHP diet doesn't have to be complicated. By focusing on these simple steps—prioritizing protein, adding healthy fats, loading up on vegetables, keeping carbs low, and staying hydrated—you can create delicious, satisfying meals that support your goals without feeling restricted.

Easy Portion Control and Tracking

Portion control and tracking are crucial for success on the Low Carb High Protein (LCHP) diet. Overeating, even healthy foods, can slow progress, while under-eating can leave you feeling deprived and tired. The key is to find balance without turning meal preparation into a complicated or time-consuming task. Here's how to make portion control and tracking simple and manageable.

USE VISUAL CUES FOR PORTION CONTROL

One of the easiest ways to manage portions is by using visual cues based on the size of your hand or everyday objects. This eliminates the need to weigh food or use complicated calculations.

How to Do It:

- **Protein:** A portion of protein should be about the size of your palm (4–6 ounces).
- **Vegetables:** Aim for two handfuls of non-starchy vegetables per meal.
- **Fats:** For fats, a portion is about the size of your thumb (1–2 tablespoons).
- **Carbs (if included):** Keep carbs like berries or low-carb fruits to about the size of a cupped hand (½ cup).

This method keeps portion control simple. It allows you to estimate portions without being overly precise, making it easier to stick to your plan.

Example:

For dinner, your plate could include a palm-sized piece of grilled chicken, two handfuls of sautéed spinach, and a thumb-sized portion of olive oil drizzled on top.

FOCUS ON EATING UNTIL SATISFIED, NOT FULL

An essential aspect of portion control is recognizing when you've eaten enough. Eating until you're satisfied, not stuffed, helps you avoid consuming excess calories while feeling content. Protein and fats help with this naturally, as they're more filling than carbs.

How to Do It:

- Eat slowly and pay attention to your hunger cues.
- Pause halfway through your meal to check if you're still hungry or just eating out of habit.
- Stop eating when you feel satisfied but not overly full—this is key to managing portion sizes without counting calories.

Example:

If you feel satisfied halfway through your meal, save the rest for later instead of forcing yourself to finish everything on your plate.

TRACK PROGRESS WITHOUT OVERCOMPLICATING

While portion control is essential, tracking your progress can help ensure you stay on course with your goals. However, you can still log some of your food intake. There are simple methods to track your intake without it becoming a chore.

How to Do It:

- **Use a Food Journal:** Keep a simple journal where you write down what you ate each day and how you felt afterward. This can help identify patterns, like overeating due to stress or undereating due to a busy day.
- **Track with Apps (Optional):** If you prefer a more detailed approach, many easy-to-use apps (e.g., MyFitnessPal) allow you to log meals and track macronutrients. This can help ensure you're hitting your protein goals while keeping carbs in check.
- **Measure Progress by Results:** Instead of obsessing over numbers, measure progress by how you feel, energy levels, and physical changes. Tracking how your clothes fit or taking progress photos can motivate you without requiring daily food logging.

Example:

If you notice through journaling that you feel tired after eating too little protein at lunch, you can adjust future meals to include a more significant portion of protein.

STAY CONSISTENT, NOT PERFECT

Consistency is more important than perfection. Portion control doesn't mean rigid restriction and occasional deviations from the plan won't derail your progress. The goal is to develop mindful eating habits that you can sustain over the long term.

How to Do It:

- Don't stress over occasional indulgences—return to balanced eating at your next meal.
- Keep portion sizes in mind but don't obsess over them. Trust that by focusing on protein, healthy fats, and low-carb veggies, you're naturally aligning with your goals.
- Create a routine that works for your lifestyle, making healthy choices the default rather than the exception.

Example:

If you go out for a meal and enjoy a carb-heavy dish, balance it out by having a lower-carb, protein-packed meal at your next opportunity.

Using visual cues, listening to your body, and tracking your progress in simple, manageable ways, portion control and tracking on the LCHP diet can become second nature. These strategies help you maintain balance, avoid overeating, and stay consistent without feeling overwhelmed.

CHAPTER 3

Meal Planning and Preparation

Create a Weekly Meal Plan

Creating a weekly meal plan is one of the most effective strategies for staying on track with the Low Carb High Protein (LCHP) diet. It eliminates the guesswork, saves time, and ensures you're always prepared with healthy meals. Here's how to design a simple yet effective weekly meal plan that supports your goals.

SET CLEAR GOALS FOR THE WEEK

Before you start planning meals, defining your goals for the week is essential. Are you focusing on fat loss, muscle building, or simply maintaining a healthy diet? Knowing your goals will guide your food choices and portion sizes.

How to Do It:

- Decide how many meals and snacks you'll need daily (e.g., three meals and two snacks).
- Consider your schedule: If you know you'll be busy on certain days, plan for quicker meals or leftovers.
- Identify your protein and veggie targets for each meal to match your goals.

Example:

If your goal is muscle building, plan for protein-rich meals like chicken stir-fry or salmon salads, with additional snacks like Greek yogurt or protein shakes to meet your daily protein intake.

CHOOSE YOUR CORE PROTEIN SOURCES

Protein is the foundation of every LCHP meal. When planning your week, start by choosing your core protein sources. This helps ensure variety while meeting your protein needs.

How to Do It:

- Select a variety of proteins for the week: chicken, turkey, fish, beef, tofu, and eggs.
- Decide which proteins you'll use for breakfast, lunch, and dinner to avoid repetition.
- Plan for 4–6 ounces of protein per meal.

Example:

For breakfast, plan scrambled eggs with spinach. Lunch could be grilled chicken salad, while dinner might be baked salmon with roasted vegetables. You can rotate these proteins throughout the week.

PLAN FOR LOW-CARB VEGETABLES AND HEALTHY FATS

Next, fill in your meals with low-carb vegetables and healthy fats. This adds flavor, texture, and essential nutrients to your diet while keeping carbs low.

How to Do It:

- Choose non-starchy vegetables like spinach, broccoli, zucchini, and cauliflower. Aim to include 2–3 cups of veggies per meal.
- Add healthy fats like olive oil, avocado, nuts, or seeds to each meal.
- Use these as sides, salads, or stir-fry bases to complement your protein.

Example:

If you're having grilled chicken for lunch, plan to pair it with a spinach and avocado salad. For dinner, roast cauliflower and drizzle with olive oil to serve alongside salmon.

PLAN FOR SNACKS AND QUICK OPTIONS

Snacks and quick meal options are essential for keeping hunger at bay and preventing unhealthy choices when you're pressed for time. Planning them ensures you have easy, nutritious choices on hand.

How to Do It:

- Include high-protein snacks like Greek yogurt, boiled eggs, or a handful of nuts in your plan.
- For busy days, Prepare some grab-and-go options, like protein bars or pre-made smoothies.
- Keep it simple—your snacks should complement your meals without adding too many carbs.

Example:

For a snack, plan to have Greek yogurt with a handful of almonds in the afternoon. If you're on the go, pack hard-boiled eggs or a protein bar for quick, easy nutrition.

USE LEFTOVERS AND BATCH COOKING

Batch cooking is a time-saver when planning for the week. It allows you to prepare more significant portions that can be eaten as leftovers or frozen for future meals, reducing daily cooking time.

How to Do It:

- Plan to cook extra portions of protein and vegetables throughout the week.
- Use leftovers for lunches or dinners on busy days.
- Batch-cook items like grilled chicken, roasted vegetables, or boiled eggs, and store them in the fridge for easy access.

Example:

On Sunday, roast a whole chicken and batch-cook a variety of vegetables. Use the leftovers for salads, wraps, or stir-fry throughout the week, cutting down on meal prep time.

BUILD FLEXIBILITY INTO YOUR PLAN

While planning is important, flexibility is key to keeping your meal plan sustainable. Allow for variations or last-minute changes so your plan feels adaptable, not rigid.

How to Do It:

- Plan for a mix of meals you'll cook fresh and meals from leftovers.
- Include options for quick meals like omelets or protein shakes when you don't have time to cook.
- Allow for one or two meals where you can experiment or try a new recipe to keep things interesting.

Example:

If you don't have time for a full meal prep, plan a quick omelet with leftover veggies or a protein shake with spinach, berries, and almond butter. Flexibility ensures you stay on track, even when life gets busy.

Easy Meal Prep Techniques

Meal prep is the key to saving time and staying on track with the Low Carb High Protein (LCHP) diet. By prepping meals in advance, you can avoid the temptation of unhealthy options and ensure that you always have something nutritious ready.

Here are some simple, effective meal prep techniques that will help you streamline your weekly cooking.

BATCH COOKING

Batch cooking is one of the most efficient ways to prepare meals for the week ahead. By cooking in larger quantities, you can reduce your overall time in the kitchen and have meals ready for several days.

How to Do It:

- Choose a day (like Sunday) to batch-cook the week's proteins, vegetables, and healthy fats.
- Grill or roast large portions of chicken, fish, or beef, and steam or roast various low-carb vegetables.
- Store these pre-cooked items in airtight containers in the fridge to use throughout the week.

Example:

Grill a few chicken breasts, bake a batch of salmon fillets, and roast a tray of broccoli and cauliflower. You can mix and match these ingredients throughout the week for easy, balanced meals.

PRE-CUTTING VEGETABLES AND PROTEINS

Prepping ingredients in advance makes it faster to throw together meals during the week. By pre-cutting vegetables and proteins, you save time when it's time to cook.

How to Do It:

- Wash, peel, and chop vegetables like bell peppers, zucchini, and cucumbers so they're ready to toss into a stir-fry or salad.

- Pre-cut protein like chicken or steak into bite-sized pieces, making them easy to cook or reheat.
- Store prepped ingredients in airtight containers in the fridge.

Example:

Chop vegetables on Sunday for salads, omelets, or stir-fries throughout the week. Pre-cut chicken breast can be quickly added to stir-fries or tossed into a salad for a fast, protein-packed meal.

USE FREEZER-FRIENDLY RECIPES

Freezing meals or ingredients is an excellent way to ensure you always have something healthy on hand. Freezer-friendly recipes let you prep large batches that can be stored for extended periods and reheated when needed.

How to Do It:

- Double your favorite recipes, and freeze half for later.
- Store soups, stews, or casseroles in freezer-safe containers. Label them with the date to keep track of freshness.
- Freeze cooked proteins like chicken, beef, or fish in individual portions to thaw and reheat as needed.

Example:

Make a large batch of chili or vegetable soup and freeze individual portions. These can be quickly defrosted and reheated for a quick, nutritious meal when you don't have time to cook.

PREPARE GRAB-AND-GO SNACKS

Prepping snacks in advance ensures that healthy, low-carb, high-protein options are ready when hunger strikes. This helps you avoid reaching for processed or high-carb snacks.

How to Do It:

- Portion snacks like nuts, seeds, or pre-cut veggies into individual bags or containers.
- Make high-protein snacks like boiled eggs, mini frittatas, or homemade protein bars in advance and store them in the fridge.
- Keep these snacks within easy reach to grab on the go.

Example:

Boil a dozen eggs at the beginning of the week and keep them in the fridge for a quick snack. Pre-portion nuts into small containers to prevent overheating and ensure a balanced snack.

ONE-PAN OR SHEET-PAN MEALS

One-pan or sheet-pan meals simplify meal prep by cooking everything together in one go, reducing both prep time and clean-up.

How to Do It:

- Choose a protein, like chicken or fish, and various vegetables.

- Spread them on a baking sheet, season with herbs and spices, and roast in the oven.
- Store the cooked ingredients in portions for easy meals throughout the week.

Example:

Roast chicken thighs with broccoli, bell peppers, and zucchini on a sheet pan. Store portions in the fridge for quick lunches or dinners.

Shopping List and Pantry Setup

A well-stocked pantry and a thoughtful shopping list are essential for sticking to the LCHP diet. With the right ingredients, you can prepare meals quickly and easily without being tempted to choose less healthy options. Here's how to set up your pantry and shop effectively for the LCHP diet.

BUILD A BASIC SHOPPING LIST

When shopping for the week, focus on the essentials: lean proteins, healthy fats, and low-carb vegetables. Creating a basic shopping list covering all the key food groups will ensure you have everything you need for balanced meals.

How to Do It:

- **Protein:** Chicken, turkey, beef, pork, fish, eggs, and plant-based proteins like tofu or tempeh.
- **Vegetables:** Leafy greens (spinach, kale), cruciferous vegetables (broccoli, cauliflower), and non-starchy options like bell peppers, zucchini, and cucumbers.
- **Healthy Fats:** Avocados, olive oil, coconut oil, nuts, seeds, and full-fat dairy like cheese or Greek yogurt.
- **Other Essentials:** Low-carb condiments (mustard, hot sauce), herbs and spices, and pantry staples like almond flour or coconut flour for baking.

Example:

An essential LCHP shopping list might include chicken breasts, salmon, eggs, spinach, broccoli, avocados, olive oil, and almonds.

STOCK YOUR PANTRY WITH LCHP ESSENTIALS

A well-organized pantry makes meal prep more accessible and helps you stay supplied with crucial ingredients. Keep your pantry stocked with LCHP-friendly items so you can throw together meals without always needing to visit the store.

How to Do It:

- **Pantry Staples:** Keep low-carb staples like almond flour, coconut flour, and flaxseeds for baking or thickening sauces.
- **Oils and Vinegar:** Stock olive oil, coconut oil, and apple cider vinegar for cooking and dressings.
- **Canned Goods:** Keep canned tuna, salmon, or sardines on hand for quick protein additions.

- **Spices and Herbs:** Stock up on versatile herbs and spices like garlic powder, paprika, oregano, and thyme to add flavor without carbs.

Example:

Your pantry could include a jar of coconut oil, a can of tuna, almond flour, chia seeds, and various spices to make your LCHP meals flavorful and nutritious.

ORGANIZE YOUR PANTRY FOR QUICK ACCESS

An organized pantry saves time when cooking and makes meal prep more efficient. Group similar items together and ensure that your most-used ingredients are easily accessible.

How to Do It:

- Organize shelves by food category: keep oils and vinegar together, nuts and seeds in one section, and baking supplies (like almond flour) on another shelf.
- Store spices and herbs where you can see them, using clear jars or labeled containers.
- Rotate items regularly to use older products first and avoid waste.

Example:

Keep olive oil, coconut oil, and vinegar on one shelf. Store nuts and seeds in clear containers for easy access, and arrange spices on a rack where you can quickly find what you need.

By mastering these easy meal prep techniques and organizing your pantry with the right LCHP ingredients, you'll save time, reduce stress, and always have nutritious meals and snacks ready. A thoughtful shopping list and a well-stocked kitchen will set you up for success, making it easy to stay on track with your Low Carb High Protein diet.

CHAPTER 4

Tools and Motivation

Staying Motivated and Focused

Maintaining long-term motivation is one of the most challenging aspects of any diet. The LCHP lifestyle requires consistency, and losing focus over time is easy. Here are practical tips to keep you motivated and focused on your goals.

SET CLEAR, ACHIEVABLE GOALS:

Break down your larger goals (like fat loss or muscle gain) into smaller, weekly objectives. For example, aim to prep meals on Sundays, stick to your daily protein intake, or hit a certain fitness target by the end of the week. Achieving small goals builds momentum and keeps you moving forward.

TRACK YOUR PROGRESS BEYOND THE SCALE:

The number on the scale is one of many measures of success. Keep track of other indicators of progress, such as how your clothes fit, increased energy levels, better sleep, or improved strength. Progress photos or body measurements can also help show how far you've come, even when the scale stalls.

CREATE A ROUTINE:

Build consistency by establishing a daily or weekly routine. Set specific times for meal prep, exercise, and eating. A routine helps eliminate decision fatigue and makes it easier to stay on track without constantly thinking about what to eat next.

FIND SUPPORT:

Stay motivated by surrounding yourself with a supportive network. Whether it's friends, family, or an online community, having others who understand your goals and challenges can provide encouragement and accountability. Share your progress and lean on them when you need motivation.

CELEBRATE SMALL WINS:

Reward yourself for sticking to your plan, even if the progress seems slow. Every healthy meal, workout, or day without carb cravings is a win. Celebrate these moments by treating yourself to non-food rewards, like a relaxing activity, a new kitchen tool, or an afternoon off.

Handling Setbacks with Confidence

Setbacks are a normal part of any journey, especially when making long-term lifestyle changes. Whether it's a missed workout, an unplanned indulgence, or a stressful week, handling setbacks confidently and avoiding the all-or-nothing mindset is essential.

LEARN FROM SETBACKS:

Instead of seeing setbacks as failures, view them as opportunities to learn. Reflect on what led to the setback—stress, lack of time, or social pressure. Once you identify the cause, you can plan strategies to avoid it. This approach turns mistakes into learning moments that help you grow stronger.

DON'T WAIT TO GET BACK ON TRACK:

One slip-up doesn't mean your progress is ruined. Avoid "starting over" next week or after the holidays. Get back on track at your next meal or the following day. Consistency, not perfection, is what leads to success.

KEEP A LONG-TERM PERSPECTIVE:

Focus on the bigger picture. A single indulgence or skipped workout won't undo weeks or months of hard work. Remember that lasting results come from long-term habits, not short-term perfection. Staying consistent most of the time is more important than worrying about occasional missteps.

BUILD RESILIENCE:

Develop a resilient mindset that helps you bounce back quickly from setbacks. Remind yourself why you started the LCHP diet in the first place—whether it's for better health, more energy, or a specific fitness goal. Having a strong "why" helps you stay focused and motivated during tough times.

AVOID GUILT AND SHAME:

Feeling guilty after a setback can make it harder to regain momentum. Instead of beating yourself up, practice self-compassion. Recognize that everyone experiences setbacks, and that one mistake doesn't define your journey. Focus on moving forward with a positive mindset.

By staying motivated through small wins and support systems and confidently handling setbacks, you'll be well-prepared to maintain your Low-Carb, High-Protein lifestyle over the long term. Success comes from consistency, resilience, and the ability to keep moving forward, even when challenges arise.

CHAPTER 5

Breakfast Recipes

Turkey Sausage Breakfast Skillet

Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 8 oz ground turkey sausage (LCHP-friendly, no added sugars)
- 1/2 cup bell peppers, diced
- 1/2 cup zucchini, diced
- 1/4 cup red onion, diced
- 2 tablespoons olive oil or butter
- 2 large eggs
- Salt and pepper to taste
- Optional garnish: fresh parsley or chives

DIRECTIONS:

1. **Cook the Turkey Sausage:** Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the ground turkey sausage and cook for 5-7 minutes, breaking it into crumbles, until fully cooked.
2. **Set Aside the Sausage:** Remove the sausage from the skillet and set it aside.
3. **Sauté the Vegetables:** Heat the remaining tablespoon of olive oil in the same skillet. Add the bell peppers, zucchini, and red onion, and sauté for 4-5 minutes until the vegetables are tender and slightly caramelized.
4. **Combine Sausage and Veggies:** Return the cooked sausage to the skillet and mix well to combine all ingredients evenly.
5. **Cook the Eggs:** Create two small wells in the mixture and crack an egg into each well. Cover the skillet and cook for 2-3 minutes or until the eggs are set to your liking.
6. **Season and Garnish:** Season with salt and pepper to taste. Garnish with fresh parsley or chives if desired, and serve hot.

NUTRITIONAL INFORMATION: Calories: 350 | Protein: 24g | Carbohydrates: 6g | Fat: 25g

Avocado and Bacon Omelette

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 10 minutes

INGREDIENTS:

- 2 large eggs
- 1/2 ripe avocado, diced
- 2 slices of bacon, cooked and crumbled
- 1 tablespoon heavy cream (optional for fluffiness)
- 1 tablespoon butter or olive oil (for cooking)
- Salt and pepper to taste
- Optional garnish: fresh cilantro or chives

DIRECTIONS:

1. **Prepare the Egg Mixture:** In a small bowl, whisk the eggs with heavy cream, salt, and pepper until well combined.
2. **Heat the Skillet:** Heat the butter or olive oil in a non-stick skillet over medium heat.
3. **Cook the Eggs:** Pour the egg mixture into the skillet and cook for 1-2 minutes, allowing the eggs to set slightly.
4. **Add Fillings:** Add the diced avocado and crumbled bacon to one side of the omelet.
5. **Fold and Cook:** Carefully fold the omelet in half and cook for another 1-2 minutes until fully set.
6. **Serve and Garnish:** Slide the omelet onto a plate and garnish with fresh cilantro or chives if desired.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 14g | Carbohydrates: 4g | Fat: 27g

Low-Carb Protein Pancakes with Berries

Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** 10 minutes

INGREDIENTS:

- 2 large eggs
- 1/4 cup almond flour
- 1/4 cup vanilla protein powder (low-carb, unsweetened)
- 1 tablespoon coconut flour
- 1/4 cup unsweetened almond milk
- 1/2 teaspoon baking powder
- 1/2 teaspoon vanilla extract
- 1 tablespoon butter or coconut oil (for cooking)
- 1/4 cup fresh berries (blueberries, raspberries)
- Optional garnish: sugar-free syrup, whipped cream (optional, LCHP-friendly)

DIRECTIONS:

1. **Prepare the Pancake Batter:** In a bowl, whisk together the eggs, almond flour, protein powder, coconut flour, almond milk, baking powder, and vanilla extract until smooth and well combined.
2. **Heat the Skillet:** Place a non-stick skillet over medium heat and melt the butter or coconut oil in the pan.
3. **Cook the Pancakes:** Pour about 2 tablespoons of batter onto the skillet for each pancake, forming small circles. Cook for 2-3 minutes until bubbles form on the surface.
4. **Flip and Cook the Other Side:** Flip the pancakes and cook for another 1-2 minutes until golden brown and cooked through.
5. **Serve and Garnish:** Serve the pancakes with fresh berries on top, and optionally drizzle with sugar-free syrup or add whipped cream if desired.

NUTRITIONAL INFORMATION: Calories: 270 | Protein: 20g | Carbohydrates: 8g | Fat: 18g

Chia Seed Pudding with Almond Milk

Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** 0 minutes
(refrigerate for at least 2 hours)

INGREDIENTS:

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 1/2 teaspoon vanilla extract
- 1 tablespoon sugar-free sweetener (e.g., erythritol or stevia)
- Optional garnish: fresh berries, unsweetened coconut flakes, or chopped nuts

DIRECTIONS:

1. **Combine Ingredients:** In a mixing bowl, combine the chia seeds, almond milk, vanilla extract, and sugar-free sweetener. Stir thoroughly to ensure the chia seeds are evenly distributed.
2. **Prevent Clumping:** Let the mixture sit for 5 minutes to allow the chia seeds to begin absorbing the liquid. Stir again to break up any clumps that may have formed.
3. **Refrigerate the Mixture:** Cover the bowl with a lid or plastic wrap and refrigerate for at least 2 hours, or overnight, until the pudding reaches a thick, creamy consistency.
4. **Serve the Pudding:** Once the pudding has set, give it a final stir to ensure a uniform texture. Divide it evenly between serving dishes.
5. **Garnish and Enjoy:** Add fresh berries, unsweetened coconut flakes, or chopped nuts for a flavorful garnish before serving.

NUTRITIONAL INFORMATION: Calories: 150 | Protein: 5g | Carbohydrates: 7g | Fat: 10g

Smoked Salmon and Cream Cheese Frittata

Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 4 large eggs
- 1/4 cup heavy cream
- 2 oz smoked salmon, chopped
- 2 oz cream cheese, cubed
- 1 tablespoon fresh dill, chopped
- 1 tablespoon butter or olive oil (for greasing)
- Salt and pepper to taste
- Optional garnish: extra dill or chives

DIRECTIONS:

1. **Preheat and Grease:** Preheat your oven to 350°F (175°C). Grease an oven-safe skillet or baking dish with butter or olive oil to ensure easy removal of the frittata.
2. **Prepare the Egg Mixture:** In a mixing bowl, whisk the eggs, heavy cream, salt, and pepper until smooth and fully combined.
3. **Incorporate Fillings:** Gently fold the chopped smoked salmon, cream cheese cubes, and fresh dill into the egg mixture, ensuring even distribution.
4. **Bake the Frittata:** Pour the mixture into the prepared skillet or dish. Bake in the oven for 12-15 minutes until the frittata is set and has a light golden top.
5. **Cool and Garnish:** Allow the frittata to cool for a few minutes before slicing. Garnish with extra dill or chives if desired, and serve warm.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 20g | Carbohydrates: 3g | Fat: 26g

Almond Flour Waffles with Peanut Butter

Yield: 2 servings (4 small waffles) | **Prep time:** 5 minutes | **Cook time:** 10 minutes

INGREDIENTS:

- 1/2 cup almond flour
- 2 large eggs
- 2 tablespoons unsweetened almond milk
- 1 tablespoon coconut flour
- 1 tablespoon peanut butter (plus extra for topping)
- 1 teaspoon baking powder
- 1/2 teaspoon vanilla extract
- 1 tablespoon melted butter or coconut oil (for the waffle iron)
- Optional garnish: extra peanut butter, sugar-free syrup, or chopped nuts

DIRECTIONS:

1. **Preheat and Grease the Waffle Iron:** Preheat your waffle iron and lightly grease it with melted butter or coconut oil to prevent sticking.
2. **Mix the Dry Ingredients:** In a medium bowl, whisk the almond flour, coconut flour, baking powder, and a pinch of salt until evenly combined.
3. **Prepare the Wet Ingredients:** In another bowl, whisk the eggs, almond milk, peanut butter, and vanilla extract until smooth and well blended.
4. **Combine Wet and Dry Mixtures:** Gradually add the wet mixture to the dry ingredients, stirring until the batter is smooth and slightly thick.
5. **Cook the Waffles:** Pour the batter into the preheated waffle iron, spreading it evenly. Cook for 3-5 minutes or until the waffles are golden brown and crispy.
6. **Serve and Garnish:** Remove the waffles and serve with an extra dollop of peanut butter, or garnish with sugar-free syrup or chopped nuts as desired.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 14g | Carbohydrates: 6g | Fat: 27g

Spinach and Feta Egg Muffins

Yield: 2 servings (6 muffins) | **Prep time:** 10 minutes | **Cook time:** 20 minutes

INGREDIENTS:

- 6 large eggs
- 1 cup fresh spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1/4 cup heavy cream (optional for creaminess)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil (for greasing the muffin tin)
- Optional garnish: chopped fresh parsley or chives

DIRECTIONS:

1. **Preheat the Oven and Prepare the Muffin Tin:** Preheat your oven to 350°F (175°C) and lightly grease a 6-cup muffin tin with olive oil.
2. **Prepare the Egg Mixture:** In a large bowl, whisk together the eggs, heavy cream, salt, and pepper until well combined.
3. **Add Spinach and Feta:** Stir in the chopped spinach and crumbled feta cheese.
4. **Fill the Muffin Tin:** Pour the egg mixture evenly into the prepared muffin tin, filling each cup about 3/4 full.
5. **Bake the Muffins:** Bake in the oven for 18-20 minutes, or until the egg muffins are set and lightly golden on top.
6. **Cool and Garnish:** Let the muffins cool for a few minutes before removing them from the tin. Garnish with fresh parsley or chives if desired.

NUTRITIONAL INFORMATION: Calories: 220 | Protein: 15g | Carbohydrates: 2g | Fat: 18g

Zucchini and Parmesan Egg Cups

Yield: 2 servings (4 egg cups) | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 4 large eggs
- 1/2 cup zucchini, grated
- 1/4 cup Parmesan cheese, grated
- 1 tablespoon olive oil (for greasing)
- Salt and pepper to taste
- Optional garnish: fresh basil or parsley

DIRECTIONS:

1. **Prepare the Oven:** Preheat your oven to 350°F (175°C) and lightly grease a muffin tin with olive oil to prevent sticking.
2. **Whisk the Eggs:** In a small bowl, whisk the eggs until smooth and season with salt and pepper to taste.
3. **Prepare the Zucchini Mixture:** Squeeze the grated zucchini to remove excess moisture, then fold it into the egg mixture and the grated Parmesan cheese. Mix until evenly combined.
4. **Fill the Muffin Tin:** Pour the egg mixture evenly into the greased muffin tin, filling each cup about 3/4 full to allow room for the eggs to rise.
5. **Bake the Egg Cups:** In the oven for 12-15 minutes or until the eggs are set and lightly golden on top.
6. **Cool and Garnish:** Let the egg cups cool for a few minutes before carefully removing them from the tin. Garnish with fresh basil or parsley, if desired.

NUTRITIONAL INFORMATION: Calories: 150 | Protein: 12g | Carbohydrates: 2g | Fat: 10g

Greek Yogurt Parfait with Flaxseeds

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup plain, full-fat Greek yogurt (unsweetened)
- 1 tablespoon ground flaxseeds
- 1/4 cup fresh berries (blueberries, raspberries, or strawberries)
- 1/2 teaspoon vanilla extract (optional)
- 1 tablespoon unsweetened shredded coconut (optional for garnish)
- 1 tablespoon chopped nuts (almonds, walnuts, or pecans for extra crunch, optional)

DIRECTIONS:

1. **Prepare the Yogurt Base:** In a small bowl, mix the Greek yogurt with the vanilla extract (if using) until smooth and well blended.
2. **Start the First Layer:** spoon half the yogurt mixture to create the first layer in a serving glass or bowl.
3. **Add Toppings to First Layer:** Sprinkle half of the ground flaxseeds and fresh berries evenly over the yogurt.
4. **Create the Second Layer:** Add the remaining yogurt, followed by the rest of the flaxseeds and berries to complete the parfait layers.
5. **Garnish and Serve:** Top with unsweetened shredded coconut and chopped nuts for added texture and flavor, if desired.

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 20g | Carbohydrates: 9g | Fat: 17g

Keto Scrambled Eggs

Yield: 1 serving | **Prep time:** 2 minutes | **Cook time:** 5 minutes

INGREDIENTS:

- 3 large eggs
- 2 tablespoons heavy cream
- 1 tablespoon butter or olive oil (for cooking)
- Salt and pepper to taste
- Optional garnish: fresh chives or shredded cheese

DIRECTIONS:

1. **Whisk the Eggs:** In a bowl, whisk together the eggs, heavy cream, salt, and pepper until well combined.
2. **Heat the Skillet:** Heat the butter or olive oil in a non-stick skillet over medium-low heat until melted and slightly bubbly.
3. **Cook the Eggs:** Pour the egg mixture into the skillet and let it sit undisturbed for about 30 seconds, allowing the edges to start setting.
4. **Stir Gently:** Using a spatula, gently stir the eggs by pushing them from the edges towards the center, letting the uncooked eggs flow to the edges. Continue stirring until the eggs are softly scrambled and slightly creamy.
5. **Finish cooking:** Remove the skillet from heat and allow the residual warmth to finish cooking the eggs to your desired consistency.
6. **Add garnish:** Transfer the scrambled eggs to a plate and garnish with fresh chives or shredded cheese, if desired.

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 16g | Carbohydrates: 2g | Fat: 24g

Cauliflower Hash Browns with Poached Eggs

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

INGREDIENTS:

- 2 cups grated cauliflower (about half a medium cauliflower)
- 1/4 cup grated Parmesan cheese
- 1 large egg
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 1 tablespoon olive oil (for cooking)
- 2 large eggs (for poaching)
- Optional garnish: fresh parsley or chives, and a dash of hot sauce

DIRECTIONS:

1. **Prepare Cauliflower Hash Browns:** In a bowl, combine the grated cauliflower, Parmesan cheese, one egg, garlic powder, salt, and pepper. Mix until well combined. Form the mixture into small, flat patties.
2. Heat olive oil in a non-stick skillet over medium heat. Add the cauliflower patties and cook on each side for 3-4 minutes until golden brown and crispy. Remove from the skillet and set aside.
3. **Poach the Eggs:** Bring a pot of water to a gentle simmer. Crack each egg into a small bowl and carefully slide them into the simmering water. Poach for 3-4 minutes until the whites are set and the yolks remain soft.
4. **Assemble the Dish:** Place the cauliflower hash browns on a plate and top each with a poached egg.
5. Garnish with fresh parsley or chives and a dash of hot sauce if desired.

NUTRITIONAL INFORMATION: Calories: 220 | Protein: 14g | Carbohydrates: 7g | Fat: 16g

Coconut Flour Crepes with Almond Butter

Yield: 2 servings (4 crepes) | **Prep time:** 5 minutes | **Cook time:** 10 minutes

INGREDIENTS:

- 2 large eggs
- 1/4 cup unsweetened almond milk
- 2 tablespoons coconut flour
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon baking powder
- 1 tablespoon melted butter or coconut oil (for cooking)
- 2 tablespoons almond butter (for filling)
- Optional garnish: fresh berries or unsweetened shredded coconut

DIRECTIONS:

1. **Prepare the Crepe Batter:** In a bowl, whisk together the eggs, almond milk, vanilla extract, and melted butter. Gradually add coconut flour and baking powder, whisking until the batter is smooth and slightly runny.
2. **Cook the Crepes:** Heat a non-stick skillet over medium heat and lightly grease it with butter or coconut oil. Pour a small amount of the batter (about 2-3 tablespoons) into the skillet and swirl to spread it into a thin layer. Cook for 1-2 minutes on each side until golden brown. Repeat with the remaining batter.
3. **Fill the Crepes:** Spread almond butter evenly over each crepe and fold them in half or roll them up.
4. **Garnish and Serve:** Top the crepes with fresh berries or unsweetened shredded coconut if desired.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 12g | Carbohydrates: 6g | Fat: 27g

Veggie-Loaded Keto Quiche

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 30 minutes

INGREDIENTS:

- 4 large eggs
- 1/4 cup heavy cream
- 1/2 cup shredded cheddar cheese
- 1/2 cup spinach, chopped
- 1/4 cup bell peppers, diced
- 1/4 cup zucchini, diced
- 2 tablespoons grated Parmesan cheese
- Salt and pepper to taste
- 1 tablespoon olive oil (for greasing the baking dish)
- Optional garnish: fresh parsley or chives

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C) and lightly grease a small baking dish or pie pan with olive oil.
2. **Prepare the Egg Mixture:** In a mixing bowl, whisk the eggs, heavy cream, salt, and pepper until well combined. Stir in the shredded cheddar cheese.
3. **Add the Vegetables:** Fold in the chopped spinach, bell peppers, and zucchini, ensuring that the vegetables are evenly distributed.
4. **Pour into Baking Dish:** Pour the egg and vegetable mixture into the greased baking dish. Sprinkle the grated Parmesan cheese on top.
5. **Bake the Quiche:** Bake in the preheated oven for 25-30 minutes, or until the quiche is set in the center and lightly golden on top.
6. **Garnish and Serve:** Let the quiche cool slightly before slicing. Garnish with fresh parsley or chives if desired.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 20g | Carbohydrates: 5g | Fat: 25g

Baked Eggs in Avocado Boats

Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 2 ripe avocados
- 4 small eggs
- Salt and pepper to taste
- Optional toppings: chopped fresh chives, smoked paprika, or crumbled bacon

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C).
2. **Prepare the Avocados:** Cut the avocados in half and remove the pits. Scoop out a small amount of flesh from each avocado half to create an enormous well for the egg.
3. **Add the Eggs:** Place the avocado halves in a baking dish to keep them steady. Crack one egg into each avocado half, being careful not to overflow. Season with salt and pepper.
4. **Bake the Avocado Boats:** Bake in the preheated oven for 12-15 minutes, or until the egg whites are set but the yolks are still slightly runny.
5. **Garnish and Serve:** Remove from the oven and sprinkle with your choice of toppings, such as fresh chives, smoked paprika, or crumbled bacon.

NUTRITIONAL INFORMATION: Calories: 270 | Protein: 10g | Carbohydrates: 8g | Fat: 23g

Protein-Packed Breakfast Burrito Bowl

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

INGREDIENTS:

- 4 large eggs
- 1/2 cup cooked ground turkey or chicken sausage
- 1/2 cup shredded cheddar cheese
- 1/2 cup diced bell peppers
- 1/4 cup diced red onion
- 1/2 avocado, sliced
- 1/4 cup salsa (sugar-free, LCHP-friendly)
- 1 tablespoon olive oil or butter (for cooking)
- Salt and pepper to taste
- Optional garnish: fresh cilantro or chopped green onions

DIRECTIONS:

1. **Cook the Vegetables and Protein:** Heat olive oil or butter in a skillet over medium heat. Add the diced bell peppers, red onion, and sauté for 3-4 minutes until softened. Add the cooked ground turkey or chicken sausage to the skillet and stir to combine.
2. **Scramble the Eggs:** In a separate bowl, whisk the eggs with a pinch of salt and pepper. Pour the eggs into the skillet with the vegetables and sausage. Cook, stirring gently, until the eggs are fully scrambled and set.
3. **Assemble the Burrito Bowl:** Divide the scrambled egg mixture between two bowls. Top each bowl with shredded cheddar cheese, avocado slices, and a spoonful of salsa.
4. **Garnish and Serve:** Garnish with fresh cilantro or chopped green onions if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 390 | Protein: 28g | Carbohydrates: 9g | Fat: 28g

Scrambled Eggs with Spinach and Mushrooms

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 7 minutes

INGREDIENTS:

- 3 large eggs
- 1/4 cup sliced mushrooms
- 1/2 cup fresh spinach, chopped
- 2 tablespoons heavy cream
- 1 tablespoon butter or olive oil (for cooking)
- Salt and pepper to taste
- Optional garnish: fresh chives or grated Parmesan cheese

DIRECTIONS:

1. **Prepare the Vegetables:** Heat the butter or olive oil in a non-stick skillet over medium heat. Add the sliced mushrooms and sauté for 2-3 minutes until they soften. Add the chopped spinach and cook for another 1-2 minutes until wilted.
2. **Whisk the Eggs:** In a bowl, whisk the eggs with heavy cream, salt, and pepper until well combined.
3. **Cook the Eggs:** Pour the egg mixture into the skillet with the vegetables. Cook over medium-low heat, stirring gently, until the eggs are thoroughly scrambled and set, about 3-4 minutes.
4. **Garnish and Serve:** Remove from heat and garnish with fresh chives or grated Parmesan cheese if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 250 | Protein: 16g | Carbohydrates: 4g | Fat: 20g

Egg White and Ham Wrap

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 5 minutes

INGREDIENTS:

- 3 large egg whites
- 2 slices of deli ham (low-sodium, no added sugar)
- 1/4 cup shredded cheddar cheese (or your preferred low-carb cheese)
- 1 tablespoon olive oil or butter (for cooking)
- Salt and pepper to taste
- Optional garnish: fresh spinach leaves or sliced avocado

DIRECTIONS:

1. **Cook the Egg Whites:** heat the olive oil or butter over medium heat in a non-stick skillet. Pour in the egg whites and let them cook undisturbed for 1-2 minutes, until set.
2. **Add Ham and Cheese:** Place the slices of ham over the cooked egg whites, followed by an even layer of shredded cheese. Season with a pinch of salt and pepper.
3. **Fold the Wrap:** Carefully fold the egg white wrap in half, covering the ham and cheese. Cook for another 1-2 minutes until the cheese is melted and the ham is warmed through.
4. **Garnish and Serve:** Slide the wrap onto a plate and garnish with fresh spinach leaves or sliced avocado if desired. Serve warm.

NUTRITIONAL INFORMATION: Calories: 200 | Protein: 24g | Carbohydrates: 2g | Fat: 10g

Cottage Cheese and Cucumber Toast

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 slice of low-carb bread (store-bought or homemade)
- 1/2 cup cottage cheese (full-fat, unsweetened)
- 1/4 cup cucumber, thinly sliced
- 1/4 teaspoon dried dill or fresh dill (optional)
- Salt and pepper to taste
- Optional garnish: sliced cherry tomatoes or fresh herbs

DIRECTIONS:

1. **Prepare the Base:** Lightly toast the low-carb bread slice in a toaster or skillet until golden and crisp.
2. **Spread the Cottage Cheese:** Spread the cottage cheese evenly over the toasted bread.
3. **Add the Cucumber:** Arrange the thin cucumber slices on top of the cottage cheese.
4. **Season and Garnish:** Sprinkle the toast with dried or fresh dill, and add a pinch of salt and pepper. Garnish with sliced cherry tomatoes or fresh herbs if desired.

NUTRITIONAL INFORMATION: Calories: 180 | Protein: 15g | Carbohydrates: 4g | Fat: 10g

Zoodle Breakfast Bowl with Fried Eggs

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 10 minutes

INGREDIENTS:

- 1 medium zucchini, spiralized into noodles (zoodles)
- 2 large eggs
- 2 tablespoons grated Parmesan cheese
- 1/2 avocado, sliced
- 1 tablespoon olive oil or butter (for cooking)
- Salt and pepper to taste
- Optional garnish: red pepper flakes, fresh herbs, or a squeeze of lemon juice

DIRECTIONS:

1. **Prepare the Zoodles:** Heat 1/2 tablespoon of olive oil in a skillet over medium heat. Add the spiralized zucchini noodles and cook for 2-3 minutes, until slightly tender but firm. Sprinkle with salt, pepper, and grated Parmesan cheese. Remove from the skillet and set aside in a bowl.
2. **Fry the Eggs:** In the same skillet, heat the remaining olive oil. Crack the eggs into the skillet and fry until the whites are set and the yolks are cooked to your preference. Season with a pinch of salt and pepper.
3. **Assemble the Bowl:** Place the zoodles in a bowl and top with the fried eggs. Add the sliced avocado on the side.
4. **Garnish and Serve:** Garnish with optional red pepper flakes, fresh herbs, or a squeeze of lemon juice for added flavor.

NUTRITIONAL INFORMATION: Calories: 310 | Protein: 14g | Carbohydrates: 8g | Fat: 25g

Low-Carb Breakfast Pizza with Sausage

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 4 large eggs
- 1/4 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup cooked ground sausage (LCHP-friendly, no added sugars)
- 1/4 cup diced bell peppers
- 1/4 cup baby spinach, chopped
- 1 tablespoon heavy cream
- Salt and pepper to taste
- 1 tablespoon olive oil or butter (for greasing the pan)
- Optional garnish: fresh basil or hot sauce

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C).
2. **Prepare the Egg Crust:** In a mixing bowl, whisk the eggs, heavy cream, shredded mozzarella cheese, salt, and pepper until well combined.
3. **Cook the Egg Crust:** Heat a non-stick, oven-safe skillet over medium heat and add the olive oil or butter. Pour the egg mixture into the skillet and cook for 2-3 minutes until the edges start to set.
4. **Add Toppings:** Evenly sprinkle the cooked sausage, diced bell peppers, and chopped spinach over the partially set egg crust. Sprinkle the grated Parmesan cheese on top.
5. **Bake the Pizza:** Transfer the skillet to the preheated oven and bake for 8-10 minutes, or until the eggs are fully set and the cheese is melted and golden.
6. **Garnish and Serve:** Remove the pizza from the oven and let it cool slightly before slicing. Garnish with fresh basil or a dash of hot sauce if desired.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 22g | Carbohydrates: 5g | Fat: 24g

CHAPTER 6

Lunch Recipes

Eggplant Lasagna with Ground Turkey

Yield: 2 servings | **Prep time:** 15 minutes | **Cook time:** 30 minutes

INGREDIENTS:

- 1 medium eggplant, sliced lengthwise into 1/4-inch slices
- 8 oz ground turkey (lean)
- 1/2 cup marinara sauce (sugar-free, LCHP-friendly)
- 1/2 cup ricotta cheese (full-fat)
- 1/2 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon dried Italian herbs (basil, oregano, or a mix)
- Salt and pepper to taste
- Optional garnish: fresh basil or chopped parsley

DIRECTIONS:

1. **Prepare the Eggplant:** Preheat your oven to 375°F (190°C). Lightly salt the eggplant slices and let them sit for 10 minutes to draw out moisture. Pat them dry with a paper towel.
2. **Cook the Ground Turkey:** heat olive oil over medium heat in a skillet. Add the minced garlic and sauté for 1 minute until fragrant. Add the ground turkey until browned and fully cooked, about 5-7 minutes. Season with salt, pepper, and dried Italian herbs.
3. **Assemble the Lasagna:** In a small baking dish, spread a thin layer of marinara sauce. Place a layer of eggplant slices over the sauce. Spread half of the cooked ground turkey over the eggplant and spoon a thin layer of marinara sauce. Add dollops of ricotta cheese and sprinkle with half of the shredded mozzarella. Repeat with another layer of eggplant, ground turkey, marinara sauce, and mozzarella.
4. **Top with Parmesan:** Sprinkle the grated Parmesan cheese over the top layer of the lasagna.
5. **Bake the Lasagna:** Cover the baking dish with aluminum foil and bake in the oven for 20 minutes. Remove the foil and bake for 10 minutes until the cheese is melted and bubbly.
6. **Garnish and Serve:** Let the lasagna cool for a few minutes before serving. Garnish with fresh basil or chopped parsley if desired.

NUTRITIONAL INFORMATION: Calories: 350 | Protein: 28g | Carbohydrates: 12g | Fat: 20g

Tuna Salad with Avocado and Olive Oil

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 can (5 oz) tuna in water, drained
- 1 ripe avocado, diced
- 2 tablespoons extra-virgin olive oil
- 1/4 cup diced red onion
- 1/4 cup chopped cucumber
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional garnish: chopped fresh parsley or chives

DIRECTIONS:

1. **Prepare the Tuna:** Break apart the drained tuna with a fork in a mixing bowl.
2. **Mix the Ingredients:** Add the diced avocado, red onion, and cucumber to the bowl. Drizzle with olive oil and lemon juice, and season with salt and pepper to taste.
3. **Combine and Serve:** Gently mix the salad until all the ingredients are well combined and the avocado is slightly mashed.
4. **Garnish and Serve:** Garnish with chopped fresh parsley or chives if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 24g | Carbohydrates: 8g | Fat: 24g

Low-Carb Stuffed Bell Peppers with Beef

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 25 minutes

INGREDIENTS:

- 2 large bell peppers (any color), halved and seeds removed
- 8 oz ground beef (lean, LCHP-friendly)
- 1/4 cup diced onion
- 1/2 cup diced tomatoes (canned or fresh)
- 1/4 cup shredded cheddar cheese (or your preferred cheese)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- Salt and pepper to taste
- Optional garnish: chopped parsley or a sprinkle of red pepper flakes

DIRECTIONS:

1. **Prepare the Bell Peppers:** Preheat the oven to 375°F (190°C). Drizzle the bell pepper halves with olive oil and place them on a baking sheet or in an oven-safe dish, cut side up.
2. **Cook the Beef Mixture:** In a skillet over medium heat, cook the ground beef with the diced onion until the beef is browned and the onion is soft about 5-7 minutes. Drain any excess fat.
3. **Add Seasonings and Tomatoes:** Stir in the diced tomatoes, garlic powder, paprika, salt, and pepper. Cook for 2-3 minutes until the mixture is heated and well combined.
4. **Stuff the Bell Peppers:** Spoon the beef mixture evenly into each bell pepper half. Top each with shredded cheddar cheese.
5. **Bake the Stuffed Peppers:** Place the stuffed peppers in the oven and bake for 15 minutes until the cheese is melted and the peppers are tender.
6. **Garnish and Serve:** Remove the peppers from the oven and garnish with chopped parsley or red pepper flakes if desired. Serve warm.

NUTRITIONAL INFORMATION: Calories: 350 | Protein: 25g | Carbohydrates: 10g | Fat: 22g

Keto BLT Salad with Avocado Dressing

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

INGREDIENTS:

For the Salad:

- 4 cups romaine lettuce, chopped
- 6 slices cooked bacon, crumbled
- 1 cup cherry tomatoes, halved
- 1/2 cup shredded cheddar cheese (optional)

For the Avocado Dressing:

- 1 ripe avocado, peeled and pitted
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1/4 cup water (adjust for desired consistency)
- 1 clove garlic, minced
- Salt and pepper to taste

DIRECTIONS:

1. **Prepare the Salad Base:** In a large mixing bowl, combine the chopped romaine lettuce, crumbled bacon, and cherry tomatoes. Set aside.
2. **Make the Avocado Dressing:** combine the avocado, olive oil, lemon juice, water, minced garlic, salt, and pepper in a blender or food processor. Blend until smooth and creamy. If the dressing is too thick, add more water, one tablespoon at a time, until you reach your desired consistency.
3. **Assemble the Salad:** Drizzle the avocado dressing over the salad and toss to combine.
4. **Serve and Garnish:** Divide the salad between two plates and sprinkle shredded cheddar cheese on top if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 400 | Protein: 18g | Carbohydrates: 10g | Fat: 34g

Grilled Shrimp and Zucchini Noodles

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

INGREDIENTS:

- 12 large shrimp, peeled and deveined
- 2 medium zucchini, spiralized into noodles (zoodles)
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 1/4 teaspoon smoked paprika
- Salt and pepper to taste
- Optional garnish: fresh parsley, lemon wedges, or grated Parmesan cheese

DIRECTIONS:

1. **Prepare the Shrimp:** In a bowl, toss the shrimp with one tablespoon of olive oil, minced garlic, smoked paprika, salt, and pepper. Let it marinate for 5 minutes.
2. **Grill the Shrimp:** Heat a grill pan over medium-high heat. Add the shrimp and cook for 2-3 minutes per side until the shrimp are pink and opaque. Remove from the pan and set aside.
3. **Cook the Zoodles:** Add the remaining tablespoon of olive oil to the same pan. Add the zucchini noodles and sauté for 2-3 minutes until tender but still slightly firm—season with salt and pepper to taste.
4. **Combine and Serve:** Squeeze the lemon juice over the cooked zoodles and toss to coat. Divide the zoodles between two plates and top with the grilled shrimp.
5. **Garnish and Serve:** Garnish with fresh parsley, lemon wedges, or grated Parmesan cheese if desired.

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 22g | Carbohydrates: 6g | Fat: 18g

Egg Salad Lettuce Wraps with Bacon

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 4 large hard-boiled eggs, chopped
- 2 tablespoons mayonnaise (LCHP-friendly, no added sugar)
- 1 teaspoon Dijon mustard
- 2 strips of bacon, cooked and crumbled
- 1 tablespoon chopped green onions
- 1/4 teaspoon smoked paprika (optional)
- Salt and pepper to taste
- 1 head of romaine or butter lettuce (leaves separated and washed)
- Optional garnish: sliced avocado or chopped fresh herbs

DIRECTIONS:

1. **Prepare the Egg Salad:** In a mixing bowl, combine the chopped hard-boiled eggs, mayonnaise, Dijon mustard, chopped green onions, crumbled bacon, and smoked paprika. Mix well and season with salt and pepper to taste.
2. **Assemble the Wraps:** Lay out the lettuce leaves and spoon the egg salad mixture evenly into each leaf.
3. **Garnish and Serve:** Garnish with optional sliced avocado or chopped fresh herbs for added flavor. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 16g | Carbohydrates: 3g | Fat: 23g

Asian-Inspired Beef and Cabbage Bowls

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 8 oz ground beef (lean, LCHP-friendly)
- 3 cups shredded green cabbage
- 1/2 cup shredded carrots
- 2 tablespoons soy sauce or coconut aminos (for a lower-carb option)
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 1/4 teaspoon red pepper flakes (optional)
- 1 tablespoon sesame seeds (optional, for garnish)
- 2 green onions, chopped (optional garnish)

DIRECTIONS:

1. **Cook the Ground Beef:** Add the sesame oil in a large skillet over medium heat. Once hot, add the ground beef and cook, breaking it into crumbles, until browned and fully cooked. This should take about 5-6 minutes.
2. **Add the Vegetables:** Add the minced garlic and grated ginger to the skillet and cook for 1 minute until fragrant. Then, add the shredded cabbage and carrots to the skillet. Stir to combine.
3. **Season the Dish:** Pour the soy sauce or coconut aminos over the beef and cabbage mixture. Stir well and cook for another 3-4 minutes, until the cabbage is tender but slightly crisp.
4. **Add Heat (Optional):** If using, sprinkle in the red pepper flakes and stir to distribute the spice evenly.
5. **Serve and Garnish:** Divide the beef and cabbage mixture between two bowls. Garnish with sesame seeds and chopped green onions if desired. Serve warm.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 24g | Carbohydrates: 8g | Fat: 20g

Spicy Salmon Salad with Avocado

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

INGREDIENTS:

- 2 salmon fillets (about 4 oz each)
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper (adjust to taste)
- Salt and pepper to taste
- 4 cups mixed greens (spinach, arugula, or lettuce)
- 1 avocado, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 2 tablespoons lemon juice
- 2 tablespoons olive oil (for dressing)
- Optional garnish: fresh chopped cilantro or parsley

DIRECTIONS:

1. **Prepare and Cook the Salmon:** Rub the salmon fillets with olive oil, paprika, cayenne, salt, and pepper. Heat a non-stick skillet over medium heat and cook the salmon for 4-5 minutes per side until it's cooked through and flakes easily with a fork. Remove from heat and let it cool slightly.
2. **Prepare the Salad Base:** In a large bowl, toss the mixed greens, cherry tomatoes, and red onion.
3. **Make the Dressing:** In a small bowl, whisk together the lemon juice and olive oil. Drizzle it over the mixed greens and toss to coat evenly.
4. **Assemble the Salad:** Divide the salad base between two plates. Top each plate with sliced avocado. Flake the cooked salmon into large pieces and place it over the salad.
5. **Garnish and Serve:** Garnish with fresh chopped cilantro or parsley if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 380 | Protein: 24g | Carbohydrates: 9g | Fat: 28g

Turkey Lettuce Wraps with Mustard Mayo

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 8 oz cooked turkey breast, thinly sliced
- 1 head of butter lettuce or romaine lettuce (leaves separated and washed)
- 1/4 cup mayonnaise (LCHP-friendly, no added sugar)
- 1 tablespoon Dijon mustard
- 1/4 cup shredded carrots (optional)
- 1/4 cup diced cucumber
- Salt and pepper to taste
- Optional garnish: sliced avocado, chopped fresh herbs, or a squeeze of lemon juice

DIRECTIONS:

1. **Prepare the Mustard Mayo:** In a small bowl, mix the mayonnaise and Dijon mustard until smooth—season with salt and pepper to taste.
2. **Assemble the Wraps:** Lay out the lettuce leaves and layer each leaf with slices of turkey breast.
3. **Add the Toppings:** Top the turkey with shredded carrots and diced cucumber.
4. **Drizzle with Mustard Mayo:** Drizzle the mustard mayo evenly over each lettuce wrap.
5. **Garnish and Serve:** Garnish with optional sliced avocado or chopped fresh herbs for added flavor. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 24g | Carbohydrates: 4g | Fat: 20g

Zoodle Bowl with Ground Turkey and Spinach

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 2 medium zucchinis, spiralized into noodles (zoodles)
- 8 oz ground turkey (lean, LCHP-friendly)
- 2 cups fresh spinach, chopped
- 1/4 cup diced onions
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1/4 teaspoon red pepper flakes (optional, for heat)
- Salt and pepper to taste
- 1 tablespoon lemon juice (optional)
- 1/4 cup grated Parmesan cheese (optional for garnish)

DIRECTIONS:

1. **Cook the Ground Turkey:** Heat the olive oil in a large skillet over medium heat. Add the diced onions and garlic, sautéing for 2-3 minutes until fragrant. Add the ground turkey and cook, breaking it up with a spoon, until browned and fully cooked for about 5-7 minutes—season with salt, pepper, and red pepper flakes.
2. **Add the Spinach:** Stir in the chopped spinach and cook for 1-2 minutes, until the spinach is wilted. Remove the skillet from heat and set aside.
3. **Prepare the Zoodles:** Add a slight drizzle of olive oil over medium heat in a separate skillet. Add the zucchini noodles and sauté for 2-3 minutes until slightly tender but firm—season lightly with salt and pepper.
4. **Assemble the Zoodle Bowl:** Divide the cooked zoodles between two bowls. Top with the turkey and spinach mixture. Drizzle with lemon juice for a fresh burst of flavor if desired.
5. **Garnish and Serve:** Sprinkle the dish with grated Parmesan cheese and serve immediately.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 30g | Carbohydrates: 8g | Fat: 18g

Grilled Steak Salad with Blue Cheese

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

INGREDIENTS:

- 8 oz sirloin steak (or your preferred cut)
- 4 cups mixed salad greens (spinach, arugula, or lettuce)
- 1/4 cup crumbled blue cheese
- 1/2 cup cherry tomatoes, halved
- 1/4 cup thinly sliced red onion
- 2 tablespoons olive oil, divided
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste
- 1 teaspoon dried thyme or rosemary (optional, for steak seasoning)

DIRECTIONS:

1. **Season and Grill the Steak:** Preheat your grill or pan over medium-high heat. Season the steak with salt, pepper, and dried thyme or rosemary. Drizzle one tablespoon of olive oil over the steak. Grill the steak for 4-5 minutes per side (depending on your preferred doneness). Once cooked, let it rest for a few minutes, then slice thinly.
2. **Prepare the Salad Base:** In a large mixing bowl, toss the mixed salad greens with cherry tomatoes and red onion.
3. **Make the Dressing:** In a small bowl, whisk together the remaining olive oil and balsamic vinegar. Drizzle over the salad and toss to coat evenly.
4. **Assemble the Salad:** Divide the salad base between two plates. Top with sliced steak and crumbled blue cheese.
5. **Garnish and Serve:** Serve the salad immediately, garnished with additional pepper if desired.

NUTRITIONAL INFORMATION: Calories: 400 | Protein: 32g | Carbohydrates: 6g | Fat: 28g

Chicken and Broccoli Stir-Fry

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 8 oz boneless, skinless chicken breast, thinly sliced
- 2 cups broccoli florets
- 1/2 cup sliced bell pepper (red or yellow)
- 2 tablespoons soy sauce or coconut aminos (for a lower-carb option)
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 1/4 cup chicken broth
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional garnish: sesame seeds or chopped green onions

DIRECTIONS:

1. **Prepare the Chicken:** Season the sliced chicken breast with salt and pepper. Heat the olive oil in a large skillet or wok over medium-high heat. Add the chicken and cook for 4-5 minutes until browned and fully cooked. Remove the chicken from the skillet and set aside.
2. **Cook the Vegetables:** In the same skillet, add sesame oil. Sauté the minced garlic and grated ginger for about 1 minute until fragrant. Add the broccoli and sliced bell peppers. Stir-fry for 3-4 minutes until the vegetables are tender-crisp.
3. **Add Chicken and Sauce:** Return the chicken to the skillet. Add the soy sauce (or coconut aminos) and chicken broth. Stir everything together and cook for 2-3 minutes, allowing the flavors to combine and the sauce to thicken slightly.
4. **Serve and Garnish:** Divide the stir-fry between two plates. Garnish with sesame seeds or chopped green onions if desired.

NUTRITIONAL INFORMATION: Calories: 300 | Protein: 32g | Carbohydrates: 10g | Fat: 14g

Greek Salad with Grilled Chicken

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 8 oz boneless, skinless chicken breast
- 1 tablespoon olive oil (for grilling)
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 4 cups chopped romaine lettuce
- 1/2 cup cherry tomatoes, halved
- 1/4 cup sliced cucumber
- 1/4 cup sliced red onion
- 1/4 cup Kalamata olives, pitted
- 1/4 cup crumbled feta cheese
- 2 tablespoons olive oil (for dressing)
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

DIRECTIONS:

1. **Prepare and Grill the Chicken:** Preheat your grill or pan over medium-high heat. Rub the chicken breast with olive oil, dried oregano, salt, and pepper. Grill the chicken for 6-7 minutes per side or until fully cooked, and the internal temperature reaches 165°F (74°C). Let the chicken rest for a few minutes before slicing.
2. **Prepare the Salad Base:** In a large mixing bowl, combine the chopped romaine lettuce, cherry tomatoes, sliced cucumber, red onion, and Kalamata olives.
3. **Make the Dressing:** In a small bowl, whisk together the olive oil, lemon juice, dried oregano, salt, and pepper.
4. **Assemble the Salad:** Divide the salad base between two plates. Top each with the sliced grilled chicken and crumbled feta cheese.
5. **Drizzle and Serve:** Drizzle the dressing evenly over each salad and serve immediately.

NUTRITIONAL INFORMATION: Calories: 360 | Protein: 32g | Carbohydrates: 10g | Fat: 22g

Cucumber and Smoked Salmon Rolls

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 large cucumber
- 4 oz smoked salmon, thinly sliced
- 2 tablespoons cream cheese (LCHP-friendly, full-fat)
- 1 tablespoon fresh dill, chopped
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Optional garnish: lemon zest or additional fresh dill

DIRECTIONS:

1. **Prepare the Cucumber:** Using a vegetable peeler or mandoline, slice the cucumber lengthwise into thin ribbons. Pat the cucumber slices dry with a paper towel to remove excess moisture.
2. **Mix the Filling:** In a small bowl, combine the cream cheese, fresh dill, lemon juice, salt, and pepper. Mix until smooth.
3. **Assemble the Rolls:** Lay a cucumber ribbon flat and spread a thin layer of the cream cheese mixture on one end. Place a piece of smoked salmon over the cream cheese and tightly roll up the cucumber slice. Repeat with the remaining cucumber slices and filling.
4. **Garnish and Serve:** Arrange the rolls on a plate and garnish with lemon zest or additional fresh dill if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 180 | Protein: 12g | Carbohydrates: 4g | Fat: 13g

Roasted Chicken and Brussels Sprouts

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 25 minutes

INGREDIENTS:

- 2 boneless, skinless chicken breasts (about 6 oz each)
- 2 cups Brussels sprouts, halved
- 3 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- Salt and pepper to taste
- 1 tablespoon lemon juice
- Optional garnish: fresh parsley or grated Parmesan cheese

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it with olive oil.
2. **Season the Chicken:** In a bowl, rub the chicken breasts with one tablespoon of olive oil, minced garlic, dried thyme, paprika, salt, and pepper. Set aside to marinate while you prepare the Brussels sprouts.
3. **Prepare the Brussels Sprouts:** In another bowl, toss the halved Brussels sprouts with the remaining olive oil, salt, and pepper. Spread them evenly on the prepared baking sheet.
4. **Add the Chicken to the Baking Sheet:** Place the seasoned chicken breasts on the baking sheet alongside the Brussels sprouts.
5. **Roast the Chicken and Brussels Sprouts:** Roast in the preheated oven for 20-25 minutes, or until the chicken reaches an internal temperature of 165°F (74°C) and the Brussels sprouts are tender and golden brown on the edges.
6. **Finish with Lemon Juice:** Once cooked, remove the baking sheet from the oven and drizzle the chicken and Brussels sprouts with lemon juice.
7. **Garnish and Serve:** Garnish with fresh parsley or grated Parmesan cheese if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 350 | Protein: 34g | Carbohydrates: 12g | Fat: 18g

Cauliflower Rice Bowl with Shrimp

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

INGREDIENTS:

- 2 cups cauliflower rice (store-bought or homemade)
- 12 large shrimp, peeled and deveined
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon red pepper flakes (optional for heat)
- Salt and pepper to taste
- 1/4 cup diced red bell pepper
- 1/4 cup diced zucchini
- 2 tablespoons fresh lemon juice
- Optional garnish: chopped fresh parsley or green onions

DIRECTIONS:

1. **Prepare the Shrimp:** In a bowl, toss the shrimp with one tablespoon of olive oil, minced garlic, smoked paprika, red pepper flakes (if using), salt, and pepper.
2. **Cook the Shrimp:** Heat a large skillet over medium-high heat. Add the seasoned shrimp and cook for 2-3 minutes on each side until the shrimp are pink and fully cooked. Remove from the skillet and set aside.
3. **Cook the Vegetables and Cauliflower Rice:** Add the remaining olive oil to the same skillet. Add the diced red bell pepper, zucchini, and sauté for 2-3 minutes until slightly tender. Add the cauliflower rice, salt, and pepper, and cook for 2 minutes until the rice is heated and somewhat golden.
4. **Combine and Serve:** Divide the cauliflower rice and vegetables between two bowls. Top with the cooked shrimp. Drizzle with fresh lemon juice for added flavor.
5. **Garnish and Serve:** Garnish with chopped fresh parsley or green onions if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 28g | Carbohydrates: 10g | Fat: 20g

Grilled Chicken Caesar Salad with Parmesan

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 2 boneless, skinless chicken breasts (about 6 oz each)
- 4 cups chopped romaine lettuce
- 1/4 cup grated Parmesan cheese
- 1/4 cup Caesar dressing (LCHP-friendly, no added sugar)
- 2 tablespoons olive oil (for grilling)
- Salt and pepper to taste
- Optional garnish: lemon wedges, extra shaved Parmesan

DIRECTIONS:

1. **Season and Grill the Chicken:** Preheat your grill or pan over medium-high heat. Brush the chicken breasts with olive oil and season with salt and pepper on both sides. Grill the chicken for 6-7 minutes per side or until fully cooked and no longer pink in the center. Remove from heat and let it rest for a few minutes before slicing.
2. **Prepare the Salad Base:** In a large mixing bowl, combine the chopped romaine lettuce and Caesar dressing. Toss well to coat the lettuce evenly.
3. **Assemble the Salad:** Divide the dressed lettuce between two plates. Top each with grilled chicken slices and sprinkle with grated Parmesan cheese.
4. **Garnish and Serve:** Garnish with extra shaved Parmesan if desired and serve with lemon wedges for a fresh citrus twist.

NUTRITIONAL INFORMATION: Calories: 380 | Protein: 34g | Carbohydrates: 5g | Fat: 24g

Low-Carb Chicken Salad with Avocado

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 2 cups cooked chicken breast, shredded or diced
- 1 ripe avocado, diced
- 1/4 cup red bell pepper, diced
- 1/4 cup celery, chopped
- 2 tablespoons mayonnaise (LCHP-friendly, no added sugar)
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional garnish: fresh chopped parsley or green onions

DIRECTIONS:

1. **Combine the Ingredients:** In a mixing bowl, add the cooked chicken, diced avocado, red bell pepper, and celery.
2. **Prepare the Dressing:** In a separate small bowl, whisk together the mayonnaise, lemon juice, salt, and pepper until smooth.
3. **Mix the Salad:** Pour the dressing over the chicken mixture and gently stir until everything is well combined and evenly coated.
4. **Serve and Garnish:** Divide the chicken salad between two plates. Garnish with fresh chopped parsley or green onions if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 360 | Protein: 32g | Carbohydrates: 7g | Fat: 24g

Grilled Tofu with Mixed Greens

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 8 oz firm tofu, drained and cut into 1/2-inch thick slices
- 3 tablespoons olive oil, divided
- 2 tablespoons soy sauce or tamari (for a gluten-free option)
- 1 teaspoon smoked paprika
- Salt and pepper to taste
- 4 cups mixed salad greens (spinach, arugula, or lettuce)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup sliced cucumber
- 2 tablespoons balsamic vinegar
- 1 tablespoon lemon juice
- Optional garnish: sesame seeds or fresh chopped herbs

DIRECTIONS:

1. **Marinate the Tofu:** In a small bowl, whisk together two tablespoons of olive oil, soy sauce, smoked paprika, salt, and pepper. Brush the mixture onto both sides of the tofu slices and let them marinate for 5 minutes.
2. **Grill the Tofu:** Preheat a grill or pan over medium heat. Lightly oil the grill grates with the remaining one tablespoon of olive oil. Grill the tofu slices for 3-4 minutes per side, until golden brown and slightly crisp. Remove from the grill and set aside.
3. **Prepare the Salad Base:** In a large bowl, combine the mixed greens, cherry tomatoes, and sliced cucumber.
4. **Make the Dressing:** In a small bowl, whisk together the balsamic vinegar and lemon juice. Drizzle over the mixed greens and toss to coat evenly.
5. **Assemble the Dish:** Divide the salad between two plates. Top each with grilled tofu slices.
6. **Garnish and Serve:** Garnish with sesame seeds or fresh chopped herbs if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 15g | Carbohydrates: 10g | Fat: 20g

Spicy Beef Lettuce Cups with Sriracha

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 8 oz ground beef (lean, LCHP-friendly)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon soy sauce or coconut aminos
- 1 teaspoon sriracha sauce (adjust to taste)
- 1/4 teaspoon ground ginger
- Salt and pepper to taste
- 6 large lettuce leaves (romaine, butter lettuce, or iceberg)
- 1/4 cup shredded carrots (optional)
- 1/4 cup diced cucumber (optional)
- Optional garnish: sliced green onions, sesame seeds, or extra sriracha

DIRECTIONS:

1. **Cook the Beef:** Heat the olive oil in a skillet over medium heat. Add the minced garlic and sauté for 1 minute until fragrant. Add the ground beef and cook, breaking it up with a spoon, until browned and fully cooked about 5-7 minutes.
2. **Season the Beef:** Stir in the soy sauce, sriracha, ground ginger, salt, and pepper. Cook for another 1-2 minutes until the flavors are combined and the beef is heated.
3. **Prepare the Lettuce Cups:** Arrange the lettuce leaves on a serving platter or individual plates.
4. **Assemble the Lettuce Cups:** Spoon the spicy beef mixture evenly into the leaves. Top with shredded carrots and diced cucumber if desired.
5. **Garnish and Serve:** Garnish with sliced green onions, sesame seeds, and an extra drizzle of sriracha for added heat. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 300 | Protein: 24g | Carbohydrates: 6g | Fat: 20g

CHAPTER 7

Dinner Recipes

Lemon Herb Chicken Thighs with Cauliflower Mash

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 25 minutes

INGREDIENTS:

For the Lemon Herb Chicken Thighs:

- 4 boneless, skinless chicken thighs
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper to taste
- Optional garnish: fresh parsley or lemon slices

For the Cauliflower Mash:

- 2 cups cauliflower florets
- 2 tablespoons butter
- 2 tablespoons heavy cream
- Salt and pepper to taste

DIRECTIONS:

1. **Prepare the Chicken Marinade:** In a bowl, mix the olive oil, lemon juice, minced garlic, dried thyme, rosemary, salt, and pepper.
2. **Marinate the Chicken:** Rub the chicken thighs with the marinade and let them sit for 10 minutes to absorb the flavors.
3. **Cook the Chicken:** Heat a large skillet over medium heat. Add the marinated chicken thighs and cook for 6-7 minutes per side, or until the chicken is fully cooked and reaches an internal temperature of 165°F (74°C). Remove the chicken from the skillet and rest for a few minutes.
4. **Prepare the Cauliflower Mash:** While the chicken is cooking, steam the cauliflower florets until tender (about 5-6 minutes). Drain the cauliflower and transfer it to a blender or food processor. Add butter, heavy cream, salt, and pepper, and blend until smooth and creamy.
5. **Serve and Garnish:** Divide the cauliflower mash between two plates and top with the lemon herb chicken thighs. Garnish with fresh parsley or lemon slices if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 420 | Protein: 32g | Carbohydrates: 8g | Fat: 30g

Baked Salmon with Pesto and Zucchini

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

INGREDIENTS:

- 2 (4 oz) salmon fillets
- 2 tablespoons pesto (LCHP-friendly, no added sugars)
- 1 medium zucchini, sliced into thin rounds
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional garnish: lemon wedges or fresh basil leaves

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or lightly grease it with olive oil.
2. **Season and Arrange the Zucchini:** In a bowl, toss the zucchini slices with olive oil, salt, and pepper. Spread them evenly on the prepared baking sheet, leaving space for the salmon fillets.
3. **Prepare the Salmon:** Place the salmon fillets on the baking sheet next to the zucchini. Season the salmon with salt and pepper, then spread one tablespoon of pesto over each fillet.
4. **Bake the Salmon and Zucchini:** Bake in the preheated oven for 15-20 minutes, until the salmon is cooked and flakes easily with a fork, and the zucchini is tender.
5. **Serve and Garnish:** Plate the salmon with the roasted zucchini. Garnish with optional lemon wedges or fresh basil leaves for added flavor. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 350 | Protein: 28g | Carbohydrates: 6g | Fat: 24g

Garlic Butter Grilled Steak with Asparagus

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 2 (6 oz) ribeye or sirloin steaks
- 1 bunch asparagus, trimmed
- 3 tablespoons butter, divided
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 teaspoon dried thyme or rosemary (optional)
- Optional garnish: fresh chopped parsley or lemon wedges

DIRECTIONS:

1. **Prepare the Steak:** Rub the steaks with olive oil and season both sides with salt, pepper, and dried thyme or rosemary (if using). Let the steaks sit at room temperature while you prepare the asparagus.
2. **Grill the Steak:** Heat a grill or pan over medium-high heat. Place the steaks on the grill and cook for 4-5 minutes per side for medium-rare or until your desired level of doneness. Remove the steaks from the grill and let them rest for a few minutes.
3. **Prepare the Asparagus:** While the steak rests, melt one tablespoon of butter in a separate skillet over medium heat. Add the trimmed asparagus and sauté for 3-4 minutes until tender but still slightly crisp—season with salt and pepper.
4. **Make the Garlic Butter:** Melt the remaining two tablespoons of butter in a small saucepan over low heat. Add the minced garlic and cook for 1-2 minutes until fragrant.
5. **Serve and Garnish:** Place the grilled steaks on plates and drizzle them with the garlic butter. Serve alongside the sautéed asparagus. Garnish with fresh chopped parsley or a squeeze of lemon juice if desired.

NUTRITIONAL INFORMATION: Calories: 450 | Protein: 34g | Carbohydrates: 5g | Fat: 32g

Pork Chops with Creamy Mushroom Sauce

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

INGREDIENTS:

For the Pork Chops:

- 2 boneless pork chops (about 5-6 oz each)
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder

For the Creamy Mushroom Sauce:

- 1 cup sliced mushrooms (white or cremini)
- 1/4 cup diced onion
- 2 cloves garlic, minced
- 1/2 cup heavy cream
- 1/2 cup chicken broth
- 2 tablespoons butter
- Salt and pepper to taste
- Optional garnish: fresh chopped parsley

DIRECTIONS:

1. **Season and Cook the Pork Chops:** Season the pork chops on both sides with salt, pepper, paprika, and garlic powder. Heat olive oil in a large skillet over medium-high heat. Add the pork chops and cook for 4-5 minutes per side or until golden brown and cooked through (internal temperature should reach 145°F or 63°C). Remove from the skillet and set aside to rest.
2. **Prepare the Mushroom Sauce:** In the same skillet, add butter and let it melt. Add the diced onion and cook for 2 minutes until softened. Add the sliced mushrooms and minced garlic. Cook for 3-4 minutes until the mushrooms are tender and browned.
3. **Make the Creamy Sauce:** Pour in the chicken broth and heavy cream, stirring to combine. Let the sauce simmer for 3-4 minutes until slightly thickened. Season with salt and pepper to taste.
4. **Combine and Serve:** Return the cooked pork chops to the skillet and spoon the creamy mushroom sauce. Let them simmer together for 1-2 minutes to blend the flavors.
5. **Garnish and Serve:** Transfer the pork chops to plates and garnish with fresh chopped parsley if desired. Serve warm.

NUTRITIONAL INFORMATION: Calories: 420 | Protein: 32g | Carbohydrates: 8g | Fat: 30g

Beef Stir-Fry with Bok Choy

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 8 oz beef sirloin or flank steak, thinly sliced
- 3 cups baby bok choy, halved
- 1/2 cup red bell pepper, sliced
- 2 tablespoons soy sauce or coconut aminos (for a lower-carb option)
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 1/4 teaspoon red pepper flakes (optional)

DIRECTIONS:

1. **Marinate the Beef:** In a bowl, toss the sliced beef with soy sauce or coconut aminos and a pinch of salt and pepper. Set aside to marinate while preparing the vegetables.
2. **Cook the Beef:** Heat a large skillet or wok over medium-high heat. Add olive oil and stir-fry the marinated beef slices for 2-3 minutes, until browned but not fully cooked. Remove the beef from the skillet and set aside.
3. **Cook the Vegetables:** In the same skillet, add sesame oil. Stir in the minced garlic, grated ginger, and red pepper flakes (if using). Cook for 30 seconds until fragrant. Add the bok choy and red bell pepper to the skillet, and stir-fry for 2-3 minutes until the vegetables are tender but still crisp.

- Salt and pepper to taste
- Optional garnish: sesame seeds or chopped green onions

4. **Combine the Beef and Vegetables:** Return the cooked beef to the skillet. Stir everything together and cook for 1-2 minutes until the beef is fully cooked and the flavors are well combined.
5. **Serve and Garnish:** Divide the stir-fry between two plates. Garnish with sesame seeds or chopped green onions if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 28g | Carbohydrates: 9g | Fat: 18g

Chicken Alfredo with Zoodles

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 2 medium zucchini, spiralized into noodles (zoodles)
- 8 oz chicken breast, thinly sliced
- 2 tablespoons olive oil, divided
- Salt and pepper to taste
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1/4 teaspoon dried Italian herbs
- 1 tablespoon butter
- Optional garnish: fresh parsley or grated Parmesan cheese

DIRECTIONS:

1. **Cook the Chicken:** Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Season the chicken slices with salt and pepper. Add the chicken to the skillet and cook for 4-5 minutes per side or until fully cooked and golden brown. Remove the chicken from the skillet and set aside.
2. **Make the Alfredo Sauce:** Add the remaining tablespoon of olive oil and the butter in the same skillet. Once melted, add the minced garlic and sauté for 1 minute until fragrant. Stir in the heavy cream and bring it to a simmer.
3. **Add Parmesan and Season:** Gradually stir in the grated Parmesan cheese until the sauce thickens. Add dried Italian herbs and season with salt and pepper to taste.
4. **Cook the Zoodles:** Add the spiralized zucchini noodles to the skillet with the Alfredo sauce. Cook for 2-3 minutes, tossing gently to coat the zoodles in the sauce. The zoodles should be tender but still firm.
5. **Combine and Serve:** Return the cooked chicken to the skillet, mixing it with the zoodles and sauce until everything is well combined.
6. **Garnish and Serve:** Divide the Chicken Alfredo with Zoodles between two plates. Garnish with fresh parsley or additional grated Parmesan cheese if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 380 | Protein: 30g | Carbohydrates: 8g | Fat: 26g

Grilled Lamb Chops with Spinach Salad

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

For the Grilled Lamb Chops:

- 4 lamb chops (about 4 oz each)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- Salt and pepper to taste

For the Spinach Salad:

- 4 cups fresh spinach leaves
- 1/4 cup red onion, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 2 tablespoons crumbled feta cheese (optional)
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

DIRECTIONS:

1. **Marinate the Lamb Chops:** In a bowl, mix olive oil, minced garlic, rosemary, thyme, salt, and pepper. Rub the mixture evenly over the lamb chops. Let the lamb chops marinate for at least 10 minutes at room temperature.
2. **Grill the Lamb Chops:** Preheat a grill or pan over medium-high heat. Grill the lamb chops for 4-5 minutes per side, depending on thickness, until the internal temperature reaches 145°F (63°C) for medium-rare. Let the lamb chops rest for a few minutes before serving.
3. **Prepare the Salad Base:** In a large bowl, combine the fresh spinach leaves, sliced red onion, and cherry tomatoes.
4. **Make the Dressing:** In a small bowl, whisk together olive oil, balsamic vinegar, salt, and pepper. Drizzle the dressing over the salad and toss to coat.
5. **Assemble the Dish:** Divide the spinach salad between two plates. Top each salad with crumbled feta cheese if desired.
6. **Serve and Garnish:** Place two grilled lamb chops on each plate alongside the salad. Garnish with a sprinkle of fresh herbs if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 420 | Protein: 32g | Carbohydrates: 9g | Fat: 30g

Shrimp Scampi with Spaghetti Squash

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 30 minutes

INGREDIENTS:

For the Spaghetti Squash:

- 1 medium spaghetti squash
- 1 tablespoon olive oil
- Salt and pepper to taste

For the Shrimp Scampi:

- 12 large shrimp, peeled and deveined
- 2 tablespoons butter
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1/4 teaspoon red pepper flakes (optional)

DIRECTIONS:

1. **Prepare the Spaghetti Squash:** Preheat the oven to 400°F (200°C). Cut the spaghetti squash in half lengthwise and scoop out the seeds. Drizzle olive oil over the cut sides and season with salt and pepper. Place the squash halves cut-side down on a baking sheet and roast in the oven for 25-30 minutes, or until the squash is tender. Once done, use a fork to scrape the spaghetti-like strands and set them aside.
2. **Cook the Shrimp:** While the squash is roasting, heat the olive oil and butter in a large skillet over medium heat. Add the minced garlic and red pepper flakes (if using) and sauté for about 1 minute until fragrant.
3. **Add the Shrimp:** Add the shrimp to the skillet and cook for 2-3 minutes per side, until they turn pink and are fully cooked. Remove the shrimp from the skillet and set them aside.

- 1/4 cup chicken broth or white wine (LCHP-friendly)
- 2 tablespoons fresh lemon juice
- Salt and pepper to taste
- Optional garnish: chopped fresh parsley and lemon wedges

4. **Make the Scampi Sauce:** add the chicken broth or white wine and fresh lemon juice in the same skillet. Let the sauce simmer for 2-3 minutes to reduce slightly—season with salt and pepper to taste.
5. **Combine the Ingredients:** Add the cooked spaghetti squash strands to the skillet and toss them in the sauce until well coated. Return the shrimp to the skillet and toss everything together.
6. **Serve and Garnish:** Divide the shrimp scampi and spaghetti squash between two plates. Garnish with chopped fresh parsley and serve with lemon wedges if desired.

NUTRITIONAL INFORMATION: Calories: 360 | Protein: 28g | Carbohydrates: 12g | Fat: 24g

Grilled Portobello Mushrooms with Chicken

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

For the Chicken:

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 teaspoon dried Italian herbs
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

For the Portobello Mushrooms:

- 2 large Portobello mushroom caps, stems removed
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Salt and pepper to taste

For Serving:

- 1/4 cup shredded mozzarella cheese (optional)
- Fresh chopped parsley or basil for garnish

DIRECTIONS:

1. **Marinate the Chicken:** Rub the chicken breasts with olive oil, dried Italian herbs, garlic powder, salt, and pepper. Set aside to marinate while you prepare the mushrooms.
2. **Prepare the Mushrooms:** In a small bowl, whisk together the balsamic vinegar, olive oil, minced garlic, salt, and pepper. Brush both sides of the mushroom caps with the marinade.
3. **Grill the Chicken:** Preheat a grill or grill pan over medium-high heat. Place the chicken breasts on the grill and cook for 5-6 minutes per side until the internal temperature reaches 165°F (74°C). Remove from the grill and let them rest.
4. **Grill the Mushrooms:** Place the mushroom caps on the grill, gill-side down. Cook 3-4 minutes per side until the mushrooms are tender and have nice grill marks.
5. **Assemble the Dish:** Place one grilled mushroom cap on each plate, gill-side up. Slice the grilled chicken and place it over the mushrooms. Sprinkle with shredded mozzarella cheese if using.
6. **Garnish and Serve:** Garnish with fresh chopped parsley or basil. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 34g | Carbohydrates: 8g | Fat: 18g

Keto Meatballs with Marinara and Mozzarella

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

INGREDIENTS:

- 8 oz ground beef (80% lean)
- 1/4 cup grated Parmesan cheese
- 1 large egg
- 1 teaspoon dried Italian herbs
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 1 cup sugar-free marinara sauce
- 1/2 cup shredded mozzarella cheese
- 1 tablespoon olive oil (for cooking)
- Optional garnish: fresh basil or parsley

DIRECTIONS:

1. **Prepare the Meatballs:** In a mixing bowl, combine the ground beef, grated Parmesan cheese, egg, dried Italian herbs, garlic powder, salt, and pepper. Mix until all ingredients are well combined.
2. **Shape the Meatballs:** Form the mixture into small meatballs, about 1 inch in diameter. You should get approximately 8-10 meatballs.
3. **Cook the Meatballs:** Heat olive oil in a large skillet over medium heat. Add the meatballs to the skillet and cook, turning occasionally, until they are browned on all sides and cooked through, about 7-8 minutes.
4. **Add Marinara Sauce:** Pour the marinara sauce over the cooked meatballs in the skillet. Simmer for an additional 5 minutes to allow the flavors to meld.
5. **Add Mozzarella:** Sprinkle shredded mozzarella cheese over the meatballs and cover the skillet with a lid. Cook for 2-3 minutes until the cheese is melted and bubbly.
6. **Serve and Garnish:** Transfer the meatballs to plates and garnish with fresh basil or parsley if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 420 | Protein: 32g | Carbohydrates: 6g | Fat: 30g

Grilled Salmon with Garlic Butter and Broccoli

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

For the Grilled Salmon:

- 2 (4-6 oz) salmon fillets
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 teaspoon dried thyme or parsley (optional)

For the Garlic Butter:

- 3 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 1 teaspoon chopped fresh parsley (optional)

For the Broccoli:

- 2 cups broccoli florets

DIRECTIONS:

1. **Prepare the Salmon:** Rub the salmon fillets with olive oil and season with salt, pepper, and dried thyme (if using). Let them sit for a few minutes to absorb the flavors while you prepare the broccoli.
2. **Cook the Broccoli:** Heat a large skillet over medium heat. Add olive oil and the broccoli florets. Cook, stirring occasionally, for 5-6 minutes until the broccoli is tender but still crisp. Season with salt and pepper. Remove the broccoli from the skillet and set aside.
3. **Grill the Salmon:** In the same skillet, place the seasoned salmon fillets skin-side down over medium-high heat. Cook for 4-5 minutes on each side until the salmon is opaque and flakes easily with a fork. Remove the salmon from the skillet and set aside.
4. **Make the Garlic Butter:** In a small saucepan over low heat, melt the butter. Add the minced garlic and cook for 1-2 minutes until fragrant. Stir in the lemon juice and chopped parsley (if using).

- 1 tablespoon olive oil
- Salt and pepper to taste

5. **Serve the Dish:** Place the grilled salmon fillets on plates and drizzle with the garlic butter. Serve with the cooked broccoli on the side.
6. **Optional Garnish:** Garnish with additional fresh parsley or a lemon wedge if desired.

NUTRITIONAL INFORMATION: Calories: 420 | Protein: 32g | Carbohydrates: 8g | Fat: 30g

Low-Carb Beef Tacos with Lettuce Shells

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

For the Beef Filling:

- 8 oz ground beef (80-85% lean)
- 1/4 cup diced onion
- 2 cloves garlic, minced
- 1/2 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon tomato paste
- 1/4 cup water

For the Tacos:

- 6 large lettuce leaves (romaine or butter lettuce)
- 1/4 cup shredded cheddar cheese
- 1/4 cup diced tomatoes
- 1/4 cup diced avocado
- Optional garnish: sliced jalapeños, chopped fresh cilantro, or a squeeze of lime juice

DIRECTIONS:

1. **Cook the Beef:** In a skillet over medium heat, add the ground beef and diced onion. Cook until the beef is browned, and the onion is soft about 5-7 minutes. Drain any excess fat.
2. **Add Seasonings:** Add the minced garlic, chili powder, smoked paprika, ground cumin, salt, and pepper to the skillet. Stir to combine and cook for another 1 minute.
3. **Add Tomato Paste and Water:** Stir in the tomato paste and water. Let the mixture simmer for 2-3 minutes until the sauce thickens and coats the beef. Remove from heat.
4. **Assemble the Tacos:** Lay the lettuce leaves flat and spoon the beef mixture evenly into each shell.
5. **Top with Toppings:** Sprinkle the shredded cheddar cheese over the beef. Add diced tomatoes and avocado on top.
6. **Garnish and Serve:** Garnish with sliced jalapeños, chopped fresh cilantro, and a squeeze of lime juice if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 26g | Carbohydrates: 8g | Fat: 22g

Chicken Parmesan with Almond Flour Crust

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

INGREDIENTS:

- 2 boneless, skinless chicken breasts
- 1/2 cup almond flour
- 1/4 cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 large egg, beaten
- 1/2 cup sugar-free marinara sauce
- 1/2 cup shredded mozzarella cheese
- 1 tablespoon olive oil
- Optional garnish: fresh basil or parsley

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C).
2. **Prepare the Breading:** In a shallow dish, mix the almond flour, grated Parmesan cheese, Italian seasoning, garlic powder, salt, and pepper.
3. **Coat the Chicken:** Dip each chicken breast into the beaten egg, allowing the excess to drip off, then dredge in the almond flour mixture, pressing lightly to adhere.
4. **Cook the Chicken:** In an oven-safe skillet, heat the olive oil over medium heat. Place the coated chicken breasts in the skillet and cook for 3-4 minutes per side until golden brown.
5. **Add Sauce and Cheese:** Spoon the sugar-free marinara sauce over each chicken breast. Sprinkle shredded mozzarella cheese evenly on top.
6. **Bake the Chicken:** Transfer the skillet to the preheated oven and bake for 10-12 minutes, or until the chicken reaches an internal temperature of 165°F (74°C) and the cheese is melted and bubbly.
7. **Garnish and Serve:** Remove the skillet from the oven and let the chicken rest for a minute. Garnish with fresh basil or parsley if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 380 | Protein: 40g | Carbohydrates: 6g | Fat: 20g

Keto-Friendly Fajitas with Bell Peppers

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

For the Fajitas:

- 8 oz chicken breast, thinly sliced (or use steak or shrimp if preferred)
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 small onion, thinly sliced
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- Salt and pepper to taste

DIRECTIONS:

1. **Marinate the Chicken:** In a bowl, combine the olive oil, chili powder, smoked paprika, ground cumin, garlic powder, salt, and pepper. Toss the sliced chicken in the marinade and let it sit for 5 minutes while you prepare the vegetables.
2. **Cook the Chicken:** Heat a large skillet over medium-high heat. Add the marinated chicken to the skillet and cook for 3-4 minutes per side until the chicken is fully cooked and has a nice golden color. Remove the chicken from the skillet and set it aside.
3. **Cook the Vegetables:** In the same skillet, add the sliced bell peppers and onion. Cook for 4-5 minutes until the vegetables are tender and slightly caramelized. Season with salt and pepper if needed.
4. **Combine the Chicken and Vegetables:** Return the cooked chicken to the skillet and toss everything together until well combined and heated through.

For Serving:

- 4 large lettuce leaves (romaine or butter lettuce)
- 1/2 avocado, sliced
- 1/4 cup shredded cheddar cheese (optional)
- 2 tablespoons sour cream (optional)
- Fresh cilantro and lime wedges for garnish

5. **Assemble the Fajitas:** Lay the large lettuce leaves flat and spoon the chicken and bell pepper mixture onto each leaf. Top with sliced avocado, shredded cheddar cheese, and a dollop of sour cream if desired.
6. **Garnish and Serve:** Garnish the fajitas with fresh cilantro and serve with lime wedges for added zest. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 28g | Carbohydrates: 10g | Fat: 20g

Ribeye Steak with Creamed Spinach

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

INGREDIENTS:**For the Ribeye Steak:**

- 2 ribeye steaks (about 6-8 oz each)
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 teaspoon dried rosemary or thyme (optional)
- 2 cloves garlic, smashed

For the Creamed Spinach:

- 2 cups fresh spinach, chopped
- 2 tablespoons butter
- 1/4 cup heavy cream
- 1/4 cup grated Parmesan cheese
- 1 clove garlic, minced
- Salt and pepper to taste

DIRECTIONS:

1. **Prepare the Steaks:** Rub the ribeye steaks with olive oil, and season both sides generously with salt, pepper, and dried rosemary or thyme if using. Let the steaks sit at room temperature for a few minutes while you prepare the spinach.
2. **Cook the Steaks:** Heat a skillet over medium-high heat. Add a small amount of olive oil and the smashed garlic cloves to the skillet. Place the steaks in the hot skillet and sear for 3-4 minutes per side, depending on the thickness and your preferred level of doneness. Remove the steaks from the skillet, cover them with foil, and let them rest.
3. **Prepare the Creamed Spinach:** Melt the butter in a separate saucepan over medium heat. Add the minced garlic and sauté for 1 minute until fragrant. Add the chopped spinach and cook until wilted, about 2-3 minutes.
4. **Make the Creamed Sauce:** Stir in the heavy cream and Parmesan cheese, and cook for 2-3 minutes until the mixture thickens—season with salt and pepper to taste.
5. **Serve the Dish:** Place each ribeye steak on a plate and serve with a generous portion of creamed spinach.
6. **Optional Garnish:** Garnish with additional Parmesan cheese or fresh herbs if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 500 | Protein: 38g | Carbohydrates: 5g | Fat: 38g

Garlic Butter Shrimp with Avocado Salad

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

INGREDIENTS:

For the Garlic Butter Shrimp:

- 12 large shrimp, peeled and deveined
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional garnish: chopped fresh parsley or cilantro

For the Avocado Salad:

- 1 large avocado, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 2 cups mixed greens (spinach, arugula, or lettuce)
- 2 tablespoons olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste

DIRECTIONS:

1. **Cook the Shrimp:** Heat olive oil and butter over medium heat in a large skillet. Add minced garlic and sauté for 1 minute until fragrant.
2. **Add the Shrimp:** Place the shrimp in the skillet and cook for 2-3 minutes per side, or until the shrimp turns pink and opaque. Add lemon juice, salt, and pepper, and toss well. Remove the shrimp from the skillet and set aside.
3. **Prepare the Salad:** In a large bowl, combine the diced avocado, cherry tomatoes, and sliced red onion. Add mixed greens and gently toss the ingredients together.
4. **Make the Dressing:** In a small bowl, whisk together olive oil, lime juice, salt, and pepper. Drizzle the dressing over the salad and toss to coat evenly.
5. **Assemble the Dish:** Divide the salad between two plates and top with the garlic butter shrimp.
6. **Garnish and Serve:** Garnish with chopped fresh parsley or cilantro if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 420 | Protein: 25g | Carbohydrates: 12g | Fat: 32g

Turkey Meatloaf with Roasted Brussels Sprouts

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 30 minutes

INGREDIENTS:

For the Turkey Meatloaf:

- 8 oz ground turkey (lean)
- 1/4 cup almond flour
- 1 large egg
- 1/4 cup diced onion
- 2 cloves garlic, minced
- 2 tablespoons sugar-free ketchup
- 1 teaspoon dried Italian herbs
- Salt and pepper to taste

For the Roasted Brussels Sprouts:

- 2 cups Brussels sprouts, trimmed and halved

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. **Prepare the Meatloaf Mixture:** In a mixing bowl, combine ground turkey, almond flour, egg, diced onion, minced garlic, Italian herbs, salt, and pepper. Mix until all ingredients are well combined.
3. **Shape and Bake the Meatloaf:** Form the turkey mixture into a small loaf shape and place it on one side of the prepared baking sheet. Spread the sugar-free ketchup evenly on top of the meatloaf.
4. **Prepare the Brussels Sprouts:** In a separate bowl, toss the Brussels sprouts with olive oil, salt, pepper, and garlic powder (if using). Arrange the Brussels sprouts on the other side of the baking sheet.
5. **Roast Everything Together:** Bake in the preheated oven for 25-30 minutes, or until the meatloaf reaches an internal temperature

- 2 tablespoons olive oil
- Salt and pepper to taste
- 1/4 teaspoon garlic powder (optional)

of 165°F (74°C) and the Brussels sprouts are tender and golden brown.

6. **Rest and Serve:** Let the meatloaf rest for a few minutes before slicing. Serve alongside the roasted Brussels sprouts.
7. **Optional Garnish:** Garnish with fresh chopped parsley or a sprinkle of Parmesan cheese if desired.

NUTRITIONAL INFORMATION: Calories: 380 | Protein: 32g | Carbohydrates: 12g | Fat: 22g

Sausage and Cauliflower Casserole

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 25 minutes

INGREDIENTS:

- 8 oz Italian sausage (casings removed)
- 2 cups cauliflower florets
- 1/2 cup shredded cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1/2 cup heavy cream
- 2 tablespoons cream cheese
- 1/2 teaspoon garlic powder
- 1/4 teaspoon smoked paprika
- Salt and pepper to taste
- Optional garnish: chopped parsley or green onions

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C). Grease a small baking dish.
2. **Cook the Sausage:** In a large skillet over medium heat, cook the Italian sausage until browned and fully cooked, about 5-7 minutes. Break the sausage into small crumbles while cooking. Set aside.
3. **Prepare the Cauliflower:** Steam or microwave the cauliflower florets until tender, about 4-5 minutes. Drain well and pat dry with paper towels to remove excess moisture.
4. **Make the Sauce:** In a saucepan, combine the heavy cream, cream cheese, garlic powder, smoked paprika, salt, and pepper. Cook over medium heat, stirring constantly, until the cream cheese is melted and the sauce is smooth and slightly thickened.
5. **Assemble the Casserole:** Combine the sausage and cauliflower florets in the greased baking dish. Pour the cream sauce over the top and gently mix to coat everything evenly. Sprinkle the shredded cheddar cheese and grated Parmesan over the top.
6. **Bake the Casserole:** Bake in the oven for 15 minutes, or until the cheese is melted and bubbly.
7. **Garnish and Serve:** Remove from the oven and let it cool slightly before serving. Garnish with chopped parsley or green onions if desired.

NUTRITIONAL INFORMATION: Calories: 430 | Protein: 28g | Carbohydrates: 10g | Fat: 34g

Stuffed Chicken Breast with Spinach and Cheese

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 25 minutes

INGREDIENTS:

- 2 boneless, skinless chicken breasts
- 1/2 cup fresh spinach, chopped
- 1/4 cup shredded mozzarella cheese
- 1/4 cup ricotta cheese (or cream cheese)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried Italian herbs
- Salt and pepper to taste
- 1 tablespoon olive oil
- Optional garnish: fresh parsley or grated Parmesan cheese

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 375°F (190°C).
2. **Prepare the Filling:** Mix the chopped spinach, shredded mozzarella cheese, ricotta cheese, garlic powder, dried Italian herbs, salt, and pepper until well combined.
3. **Stuff the Chicken Breasts:** Carefully cut a pocket into the side of each chicken breast without cutting all the way through. Stuff each pocket with the prepared spinach and cheese mixture. Secure the edges with toothpicks if needed.
4. **Season the Chicken:** Rub the outside of each stuffed chicken breast with olive oil and sprinkle with additional salt and pepper.
5. **Cook the Chicken:** Heat an oven-safe skillet over medium-high heat. Sear the stuffed chicken breasts for 2-3 minutes on each side until golden brown. Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the chicken reaches an internal temperature of 165°F (74°C).
6. **Serve and Garnish:** Remove the chicken from the oven and let it rest for a few minutes. Garnish with fresh parsley or grated Parmesan cheese if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 340 | Protein: 45g | Carbohydrates: 4g | Fat: 16g

Grilled Swordfish with Avocado Salsa

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 10 minutes

INGREDIENTS:

For the Grilled Swordfish:

- 2 swordfish steaks (about 5-6 oz each)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1 teaspoon dried thyme
- Salt and pepper to taste

For the Avocado Salsa:

- 1 ripe avocado, diced
- 1/4 cup diced red onion
- 1/2 cup cherry tomatoes, halved
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon lime juice
- Salt and pepper to taste

DIRECTIONS:

1. **Marinate the Swordfish:** In a bowl, mix olive oil, lemon juice, minced garlic, dried thyme, salt, and pepper. Rub the mixture evenly over the swordfish steaks. Let them marinate for at least 10 minutes.
2. **Prepare the Avocado Salsa:** In a separate bowl, combine the diced avocado, red onion, cherry tomatoes, and fresh cilantro. Drizzle with lime juice and season with salt and pepper. Gently toss to combine and set aside.
3. **Grill the Swordfish:** Preheat a grill or grill pan over medium-high heat. Grill the swordfish steaks for 4-5 minutes per side, or until the fish is opaque and flakes easily with a fork.
4. **Serve and Garnish:** Place each grilled swordfish steak on a plate and top with a generous avocado salsa.
5. **Optional Garnish:** Serve with additional lime wedges or fresh cilantro if desired.

NUTRITIONAL INFORMATION: Calories: 420 | Protein: 38g | Carbohydrates: 8g | Fat: 26g

CHAPTER 8

Smoothie Recipes

Lemon Herb Grilled Chicken with Asparagus

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:**For the Chicken:**

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried Italian herbs (or a mix of dried thyme, rosemary, and oregano)
- 1 clove garlic, minced
- Salt and pepper to taste

For the Asparagus:

- 12-15 asparagus spears, trimmed
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/4 teaspoon garlic powder (optional)

DIRECTIONS:

1. **Prepare the Chicken Marinade:** In a bowl, mix olive oil, lemon juice, dried Italian herbs, minced garlic, salt, and pepper. Coat the chicken breasts in the marinade and let them sit for 5-10 minutes.
2. **Prepare the Asparagus:** Toss the trimmed asparagus spears with olive oil, salt, pepper, and garlic powder.
3. **Grill the Chicken:** Heat a grill or grill pan over medium-high heat. Place the marinated chicken on the grill and cook for 5-6 minutes per side or until the internal temperature reaches 165°F (74°C).
4. **Grill the Asparagus:** While the chicken is cooking, place the asparagus on the grill and cook for 3-4 minutes, turning occasionally, until tender and lightly charred.
5. **Serve the Dish:** Place each grilled chicken breast on a plate and serve with a portion of the grilled asparagus.
6. **Optional Garnish:** Garnish with lemon wedges or a sprinkle of fresh parsley if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 40g | Carbohydrates: 6g | Fat: 16g

Avocado and Spinach Green Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 ripe avocado
- 1 cup fresh spinach leaves
- 1/2 cup unsweetened almond milk
- 1/4 cup plain Greek yogurt
- 1 scoop (about 30g) vanilla protein powder
- 1/4 cup ice cubes
- 1 tablespoon lemon juice
- Optional garnish: chia seeds or a few spinach leaves

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the avocado, fresh spinach, almond milk, Greek yogurt, protein powder, ice cubes, and lemon juice.
2. **Blend Until Smooth:** Blend the mixture on high until it becomes smooth and creamy. If the smoothie is too thick, add a little more almond milk and blend again until you reach your desired consistency.
3. **Serve Immediately:** Pour the smoothie into a glass.
4. **Optional Garnish:** Sprinkle chia seeds on top or add a few fresh spinach leaves for garnish if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 28g | Carbohydrates: 10g | Fat: 20g

Berry Blast Keto Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup frozen mixed berries (strawberries, raspberries, and blueberries)
- 1/2 cup unsweetened almond milk
- 1/4 cup plain Greek yogurt
- 1 scoop (about 30g) vanilla or berry-flavored protein powder
- 1 tablespoon chia seeds
- 1/4 cup ice cubes
- Optional sweetener: 1-2 drops of liquid stevia or erythritol to taste
- Optional garnish: a few whole berries or fresh mint leaves

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the frozen mixed berries, almond milk, Greek yogurt, protein powder, chia seeds, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until it becomes smooth and creamy. If the smoothie is too thick, add a little more almond milk and blend again until you reach your desired consistency.
3. **Adjust Sweetness (Optional):** Taste the smoothie and add stevia or erythritol if you prefer additional sweetness. Blend again briefly.
4. **Serve Immediately:** Pour the smoothie into a glass.
5. **Optional Garnish:** Top with a few whole berries or fresh mint leaves if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 30g | Carbohydrates: 12g | Fat: 15g

Peanut Butter Protein Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 scoop (about 30g) vanilla or chocolate whey protein powder
- 1 tablespoon natural peanut butter (no added sugar)
- 1/2 cup unsweetened almond milk
- 1/4 cup plain Greek yogurt
- 1/4 cup ice cubes
- 1/4 teaspoon ground cinnamon (optional)
- Optional garnish: chopped peanuts or a drizzle of peanut butter

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the protein powder, natural peanut butter, unsweetened almond milk, Greek yogurt, ice cubes, and ground cinnamon if using.
2. **Blend Until Smooth:** Blend the mixture on high until it becomes smooth and creamy. If the smoothie is too thick, add more almond milk and blend until you reach your desired consistency.
3. **Serve Immediately:** Pour the smoothie into a glass.
4. **Optional Garnish:** Top with a sprinkle of chopped peanuts or a drizzle of peanut butter if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 32g | Carbohydrates: 8g | Fat: 14g

Almond Butter and Chocolate Protein Shake

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 scoop (about 30g) chocolate protein powder
- 1 tablespoon almond butter (natural, no added sugar)
- 1 cup unsweetened almond milk
- 1/4 cup plain Greek yogurt
- 1/2 tablespoon cocoa powder (unsweetened)
- 1/4 teaspoon vanilla extract
- 1/4 cup ice cubes
- Optional sweetener: 1-2 drops liquid stevia or erythritol to taste
- Optional garnish: shaved dark chocolate or sliced almonds

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the chocolate protein powder, almond butter, unsweetened almond milk, Greek yogurt, cocoa powder, vanilla extract, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until smooth and creamy. If the shake is too thick, add a little more almond milk and blend again until you reach your desired consistency.
3. **Adjust Sweetness (Optional):** Taste the shake and add stevia or erythritol if additional sweetness is needed. Blend briefly to incorporate.
4. **Serve Immediately:** Pour the shake into a glass.
5. **Optional Garnish:** Top with shaved dark chocolate or sliced almonds if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 320 | Protein: 32g | Carbohydrates: 8g | Fat: 18g

Blueberry and Flaxseed Keto Shake

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1/2 cup frozen blueberries
- 1 scoop (about 25g) vanilla-flavored whey protein isolate
- 1 tablespoon ground flaxseed
- 1/4 cup Greek yogurt (plain, full-fat)
- 1 teaspoon chia seeds (optional, for texture)
- 1/4 teaspoon ground cinnamon (optional, for flavor)
- 4-5 ice cubes (optional, for a thicker shake)

DIRECTIONS:

1. **Blend Base Ingredients:** In a blender, combine the almond milk, frozen blueberries, whey protein isolate, ground flaxseed, and Greek yogurt. Blend on medium speed until smooth.
2. **Add Extras:** If using, add the chia seeds, ground cinnamon, and ice cubes. Blend again on high speed until the shake reaches your desired consistency.
3. **Adjust Sweetness:** Taste the shake, and if needed, add a low-carb sweetener like stevia or monk fruit to taste. Blend for an additional 10-15 seconds.
4. **Serve and Garnish:** Pour the shake into a glass and, if desired, garnish with a few extra blueberries or a sprinkle of ground cinnamon.

NUTRITIONAL INFORMATION: Calories: 270 | Protein: 25g | Carbohydrates: 11g | Fat: ~12g

Matcha Green Tea Protein Shake

Yield: 1 serving | **Prep time:** 4 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1 scoop (about 25g) vanilla-flavored whey protein isolate
- 1 teaspoon matcha green tea powder
- 1/4 cup plain Greek yogurt (full-fat)
- 1/2 tablespoon MCT oil or coconut oil
- 1/4 teaspoon vanilla extract
- 2-3 ice cubes (optional, for a chilled shake)
- Low-carb sweetener (such as stevia or monk fruit) to taste

DIRECTIONS:

1. **Blend Base Ingredients:** In a blender, combine the unsweetened almond milk, whey protein isolate, matcha powder, and Greek yogurt. Blend on medium speed until all ingredients are well combined.
2. **Add Oil and Optional Ingredients:** Add the MCT or coconut oil, vanilla extract, and ice cubes (if using). Blend again on high speed until the shake reaches a creamy consistency.
3. **Adjust Sweetness:** Taste the shake and add a low-carb sweetener if needed. Blend briefly to mix.
4. **Serve and Garnish:** Pour the shake into a glass and, if desired, sprinkle a small amount of matcha powder on top for garnish.

NUTRITIONAL INFORMATION: Calories: ~250 | Protein: ~28g | Carbohydrates: ~6g | Fat: ~12g

Green Tea and Avocado Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 ripe avocado
- 1 cup unsweetened almond milk
- 1 scoop (about 30g) vanilla protein powder
- 1/2 cup brewed green tea, cooled
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract
- 1/4 cup ice cubes
- Optional garnish: mint leaves or a sprinkle of matcha powder

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the avocado, almond milk, protein powder, cooled green tea, chia seeds, vanilla extract, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until smooth and creamy. If the smoothie is too thick, add more almond milk or green tea and blend again until you reach your desired consistency.
3. **Serve Immediately:** Pour the smoothie into a glass.
4. **Optional Garnish:** Top with fresh mint leaves or a light sprinkle of matcha powder if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 290 | Protein: 25g | Carbohydrates: 10g | Fat: 18g

Chocolate Almond Protein Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 scoop (about 30g) chocolate protein powder
- 1 tablespoon almond butter (natural, no added sugar)
- 1 cup unsweetened almond milk
- 1 tablespoon unsweetened cocoa powder
- 1/2 teaspoon vanilla extract
- 1/4 cup ice cubes
- Optional sweetener: 1-2 drops of liquid stevia or erythritol to taste
- Optional garnish: sliced almonds or a drizzle of melted dark chocolate

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the chocolate protein powder, almond butter, unsweetened almond milk, cocoa powder, vanilla extract, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until smooth and creamy. If the smoothie is too thick, add a little more almond milk and blend again until you reach your desired consistency.
3. **Adjust Sweetness (Optional):** Taste the smoothie and add liquid stevia or erythritol if you prefer additional sweetness. Blend briefly to incorporate.
4. **Serve Immediately:** Pour the smoothie into a glass.
5. **Optional Garnish:** Top with sliced almonds or a drizzle of melted dark chocolate if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 290 | Protein: 32g | Carbohydrates: 8g | Fat: 16g

Keto Chocolate Peanut Butter Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 scoop (about 30g) chocolate protein powder
- 1 tablespoon natural peanut butter (no added sugar)
- 1 cup unsweetened almond milk
- 1 tablespoon unsweetened cocoa powder
- 1/4 cup heavy cream (for extra creaminess)
- 1/2 teaspoon vanilla extract
- 1/4 cup ice cubes
- Optional sweetener: 1-2 drops of liquid stevia or erythritol to taste
- Optional garnish: shaved dark chocolate or a drizzle of melted peanut butter

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the chocolate protein powder, natural peanut butter, unsweetened almond milk, cocoa powder, heavy cream, vanilla extract, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until smooth and creamy. If the smoothie is too thick, add a little more almond milk and blend again until you reach your desired consistency.
3. **Adjust Sweetness (Optional):** Taste the smoothie and add liquid stevia or erythritol if needed for extra sweetness. Blend briefly to incorporate.
4. **Serve Immediately:** Pour the smoothie into a glass.
5. **Optional Garnish:** Top with shaved dark chocolate or a drizzle of melted peanut butter if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 350 | Protein: 32g | Carbohydrates: 7g | Fat: 22g

Cinnamon Vanilla Protein Shake

Yield: 1 serving | **Prep time:** 3 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1 scoop (about 25g) vanilla-flavored whey protein isolate
- 1 tablespoon heavy cream (for extra creaminess)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1/4 cup plain Greek yogurt (full-fat, for added protein)
- 1/2 tablespoon almond butter (optional, for richness)
- 3-4 ice cubes (optional, for a thicker shake)

DIRECTIONS:

1. **Blend the Base Ingredients:** In a blender, combine the unsweetened almond milk, vanilla protein powder, heavy cream, ground cinnamon, and vanilla extract. Blend on medium speed until all ingredients are well mixed.
2. **Add Greek Yogurt and Optional Ingredients:** Add the Greek yogurt and, if using, almond butter and ice cubes. Blend again on high speed until the shake becomes smooth and creamy.
3. **Check Sweetness:** Taste the shake and add a low-carb sweetener such as stevia or erythritol if needed. Blend briefly to combine.
4. **Serve and Garnish:** Pour the shake into a glass and sprinkle a little extra ground cinnamon on top for garnish.

NUTRITIONAL INFORMATION: Calories: ~260 | Protein: ~28g | Carbohydrates: ~6g | Fat: ~14g

Pumpkin Spice Protein Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1/2 cup canned pumpkin puree (unsweetened)
- 1 scoop (about 25g) vanilla-flavored whey protein isolate
- 1/4 cup plain Greek yogurt (full-fat)
- 1 tablespoon heavy cream (for richness)
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- Low-carb sweetener (such as stevia or erythritol) to taste
- 3-4 ice cubes (optional, for a thicker smoothie)

DIRECTIONS:

1. **Blend Base Ingredients:** In a blender, add the unsweetened almond milk, pumpkin puree, whey protein isolate, and Greek yogurt. Blend on medium speed until well combined.
2. **Add Spices and Optional Ingredients:** Add the heavy cream, pumpkin pie spice, cinnamon, vanilla extract, and ice cubes (if using). Blend on high speed until smooth and creamy.
3. **Adjust Sweetness:** Taste the smoothie and add a low-carb sweetener if needed. Blend briefly to mix.
4. **Serve and Garnish:** Pour the smoothie into a glass and, if desired, sprinkle a pinch of cinnamon or add a dollop of whipped cream (low-carb).

NUTRITIONAL INFORMATION: Calories: ~270 | Protein: ~25g | Carbohydrates: ~10g | Fat: ~14g

Lemon and Kale Detox Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1 cup fresh kale leaves (stems removed, loosely packed)
- 1/2 cup cucumber, sliced
- 1/4 cup avocado, diced
- 1 scoop (about 25g) unflavored or vanilla-flavored whey protein isolate
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon grated ginger (optional, for a hint of spice)
- 1-2 ice cubes (optional for a chilled smoothie)

DIRECTIONS:

1. **Blend the Base Ingredients:** In a blender, combine the unsweetened almond milk, kale, cucumber, avocado, and whey protein isolate. Blend on medium speed until all ingredients are well incorporated.
2. **Add Lemon and Optional Ingredients:** Add the fresh lemon juice and, if using, the grated ginger and ice cubes. Blend again on high speed until the smoothie reaches a smooth consistency.
3. **Check Taste:** Taste the smoothie and add a low-carb sweetener like stevia if a hint of sweetness is desired. Blend briefly to mix.
4. **Serve and Garnish:** Pour the smoothie into a glass and, if desired, garnish with a thin lemon slice or a sprinkle of grated lemon zest.

NUTRITIONAL INFORMATION: Calories: ~220 | Protein: ~24g | Carbohydrates: ~10g | Fat: ~12g

Keto Coffee Protein Smoothie

Yield: 1 serving | **Prep time:** 4 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup brewed coffee (cooled)
- 1/2 cup unsweetened almond milk
- 1 scoop (about 25g) chocolate or vanilla-flavored whey protein isolate
- 1 tablespoon MCT oil or coconut oil
- 1/4 cup heavy cream (for creaminess)
- 1 teaspoon unsweetened cocoa powder (optional for extra richness)
- 3-4 ice cubes (optional, for a thicker smoothie)
- Low-carb sweetener (such as stevia or erythritol) to taste

DIRECTIONS:

1. **Blend Coffee Base:** In a blender, add the cooled brewed coffee, unsweetened almond milk, whey protein isolate, and MCT oil. Blend on medium speed until combined.
2. **Add Cream and Optional Ingredients:** Pour in the heavy cream, and if using, add the cocoa powder and ice cubes. Blend again on high speed until the smoothie reaches a creamy consistency.
3. **Adjust Sweetness:** Taste the smoothie and add a low-carb sweetener if needed. Blend briefly to mix.
4. **Serve and Garnish:** Pour the smoothie into a glass and sprinkle a pinch of cocoa powder or a few coffee beans on top for garnish.

NUTRITIONAL INFORMATION: Calories: ~300 | Protein: ~27g | Carbohydrates: ~4g | Fat: ~22g

Strawberry and Coconut Protein Shake

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 scoop (about 30g) vanilla or strawberry-flavored protein powder
- 1/2 cup fresh or frozen strawberries
- 1 cup unsweetened coconut milk (from a carton, not canned)
- 2 tablespoons unsweetened shredded coconut
- 1/4 cup plain Greek yogurt
- 1/2 teaspoon vanilla extract
- 1/4 cup ice cubes
- Optional sweetener: 1-2 drops of liquid stevia or erythritol to taste
- Optional garnish: shredded coconut or a sliced strawberry

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the protein powder, strawberries, coconut milk, shredded coconut, Greek yogurt, vanilla extract, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until smooth and creamy. If the shake is too thick, add some coconut milk and blend until you reach your desired consistency.
3. **Adjust Sweetness (Optional):** Taste the shake and add liquid stevia or erythritol if you prefer additional sweetness. Blend briefly to incorporate.
4. **Serve Immediately:** Pour the shake into a glass.
5. **Optional Garnish:** Top with shredded coconut or a sliced strawberry if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 30g | Carbohydrates: 10g | Fat: 14g

Raspberry Almond Milk Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup frozen raspberries
- 1 cup unsweetened almond milk
- 1 scoop (about 30g) vanilla protein powder
- 1 tablespoon chia seeds
- 1/4 cup plain Greek yogurt
- 1/2 teaspoon vanilla extract
- 1/4 cup ice cubes
- Optional sweetener: 1-2 drops of liquid stevia or erythritol to taste
- Optional garnish: a few whole raspberries or a sprinkle of shredded coconut

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the frozen raspberries, almond milk, protein powder, chia seeds, Greek yogurt, vanilla extract, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until it becomes smooth and creamy. If the smoothie is too thick, add a little more almond milk and blend again until you reach your desired consistency.
3. **Adjust Sweetness (Optional):** Taste the smoothie and add liquid stevia or erythritol if needed for extra sweetness. Blend briefly to incorporate.
4. **Serve Immediately:** Pour the smoothie into a glass.
5. **Optional Garnish:** Top with a few whole raspberries or a sprinkle of shredded coconut if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 230 | Protein: 28g | Carbohydrates: 12g | Fat: 10g

Mocha Protein Shake with Almond Milk

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 scoop (about 30g) chocolate protein powder
- 1 cup unsweetened almond milk
- 1 tablespoon instant coffee (or brewed and cooled strong coffee)
- 1/2 tablespoon unsweetened cocoa powder
- 1/4 cup plain Greek yogurt
- 1/2 teaspoon vanilla extract
- 1/4 cup ice cubes
- Optional sweetener: 1-2 drops of liquid stevia or erythritol to taste
- Optional garnish: a sprinkle of cocoa powder or shaved dark chocolate

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the chocolate protein powder, almond milk, instant coffee, cocoa powder, Greek yogurt, vanilla extract, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until smooth and creamy. If the shake is too thick, add a little more almond milk and blend again until you reach your desired consistency.
3. **Adjust Sweetness (Optional):** Taste the shake and add liquid stevia or erythritol if needed for extra sweetness. Blend briefly to incorporate.
4. **Serve Immediately:** Pour the shake into a glass.
5. **Optional Garnish:** Top with a sprinkle of cocoa powder or shaved dark chocolate if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 240 | Protein: 30g | Carbohydrates: 8g | Fat: 10g

Chocolate Hazelnut Keto Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 scoop (about 30g) chocolate protein powder
- 1 cup unsweetened almond milk
- 1 tablespoon hazelnut butter (or 2 tablespoons roasted hazelnuts)
- 1/2 tablespoon unsweetened cocoa powder
- 1/4 cup heavy cream
- 1/2 teaspoon vanilla extract
- 1/4 cup ice cubes
- Optional sweetener: 1-2 drops of liquid stevia or erythritol to taste
- Optional garnish: shaved dark chocolate or crushed roasted hazelnuts

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the chocolate protein powder, almond milk, hazelnut butter, cocoa powder, heavy cream, vanilla extract, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until smooth and creamy. If the smoothie is too thick, add a little more almond milk and blend again until you reach your desired consistency.
3. **Adjust Sweetness (Optional):** Taste the smoothie and add liquid stevia or erythritol if needed for extra sweetness. Blend briefly to incorporate.
4. **Serve Immediately:** Pour the smoothie into a glass.
5. **Optional Garnish:** Top with shaved dark chocolate or crushed roasted hazelnuts if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 340 | Protein: 30g | Carbohydrates: 8g | Fat: 22g

Spinach and Mint Protein Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 scoop (about 30g) vanilla protein powder
- 1 cup fresh spinach leaves
- 1/4 cup fresh mint leaves
- 1 cup unsweetened almond milk
- 1/4 cup plain Greek yogurt
- 1/2 avocado
- 1/2 teaspoon vanilla extract
- 1/4 cup ice cubes
- Optional sweetener: 1-2 drops of liquid stevia or erythritol to taste
- Optional garnish: fresh mint leaves or a sprinkle of chia seeds

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the vanilla protein powder, fresh spinach, mint leaves, almond milk, Greek yogurt, avocado, vanilla extract, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until smooth and creamy. If the smoothie is too thick, add a little more almond milk and blend again until you reach your desired consistency.
3. **Adjust Sweetness (Optional):** Taste the smoothie and add liquid stevia or erythritol if needed for extra sweetness. Blend briefly to incorporate.
4. **Serve Immediately:** Pour the smoothie into a glass.
5. **Optional Garnish:** Top with fresh mint leaves or a sprinkle of chia seeds if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 250 | Protein: 28g | Carbohydrates: 10g | Fat: 12g

Coconut and MCT Oil Smoothie

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 scoop (about 30g) vanilla protein powder
- 1 cup unsweetened coconut milk (from a carton, not canned)
- 1 tablespoon unsweetened shredded coconut
- 1 tablespoon MCT oil
- 1/4 cup plain Greek yogurt
- 1/2 teaspoon vanilla extract
- 1/4 cup ice cubes
- Optional sweetener: 1-2 drops of liquid stevia or erythritol to taste
- Optional garnish: shredded coconut or a sprinkle of cinnamon

DIRECTIONS:

1. **Add Ingredients to Blender:** In a blender, combine the vanilla protein powder, coconut milk, shredded coconut, MCT oil, Greek yogurt, vanilla extract, and ice cubes.
2. **Blend Until Smooth:** Blend the mixture on high until smooth and creamy. If the smoothie is too thick, add more coconut milk and blend again until you reach your desired consistency.
3. **Adjust Sweetness (Optional):** Taste the smoothie and add liquid stevia or erythritol if needed for extra sweetness. Blend briefly to incorporate.
4. **Serve Immediately:** Pour the smoothie into a glass.
5. **Optional Garnish:** Top with shredded coconut or a sprinkle of cinnamon if desired. Enjoy immediately.

NUTRITIONAL INFORMATION: Calories: 300 | Protein: 28g | Carbohydrates: 7g | Fat: 18g

CHAPTER 9

Dessert Recipes

Sugar-Free Chocolate Truffles

Yield: 12 truffles | **Prep time:** 10 minutes | **Cook time:** 0 minutes
(plus 1 hour chilling time)

INGREDIENTS:

- 1/2 cup sugar-free dark chocolate chips (70% cocoa or higher)
- 1/4 cup heavy cream
- 2 tablespoons unsweetened cocoa powder (for rolling)
- 1 teaspoon vanilla extract
- Optional: 2 tablespoons crushed nuts, shredded coconut, or sugar-free chocolate chips for rolling

DIRECTIONS:

1. **Melt the Chocolate:** In a microwave-safe bowl, add the sugar-free dark chocolate chips and heavy cream. Microwave in 20-second intervals, stirring between each interval, until the chocolate is fully melted and smooth. Alternatively, you can melt it over a double boiler.
2. **Add Vanilla Extract:** Stir in the vanilla extract until well combined with the melted chocolate mixture.
3. **Chill the Mixture:** Transfer the chocolate mixture to the refrigerator and let it chill for about one hour or until firm enough to scoop.
4. **Shape the Truffles:** Once the mixture is firm, use a small spoon or melon baller to scoop portions of the chocolate. Roll each portion into a ball using your hands.
5. **Coat the Truffles:** Place the unsweetened cocoa powder in a shallow dish. Roll each truffle in the cocoa powder until fully coated. For variety, you can also roll them in crushed nuts, shredded coconut, or sugar-free chocolate chips.
6. **Serve and Store:** Serve the truffles immediately or store them in an airtight container in the refrigerator for up to a week.

NUTRITIONAL INFORMATION: Calories: 70 per truffle | Protein: 1g | Carbohydrates: 2g | Fat: 7g

Chocolate Protein Mug Cake with Almond Butter

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 1.5 minutes

INGREDIENTS:

- 1 scoop (about 30g) chocolate protein powder
- 2 tablespoons almond flour
- 1 tablespoon unsweetened cocoa powder
- 1/4 teaspoon baking powder
- 1 large egg
- 2 tablespoons unsweetened almond milk
- 1 tablespoon almond butter
- 1 teaspoon powdered erythritol (or preferred low-carb sweetener)
- 1/2 teaspoon vanilla extract
- Optional: a few sugar-free dark chocolate chips for topping

DIRECTIONS:

1. **Mix Dry Ingredients:** In a microwave-safe mug, combine the chocolate protein powder, almond flour, unsweetened cocoa powder, and baking powder. Stir until well mixed.
2. **Add Wet Ingredients:** Add the egg, unsweetened almond milk, almond butter, erythritol, and vanilla extract to the mug. Stir thoroughly until a smooth batter forms. Ensure that the almond butter is evenly mixed.
3. **Microwave the Cake:** Microwave the mug on high for 60 to 90 seconds. Check the cake after 60 seconds to avoid overcooking. The cake should be set but still moist.
4. **Add Optional Toppings:** If desired, sprinkle a few sugar-free dark chocolate chips on top while the cake is still warm.
5. **Serve and Enjoy:** Allow the cake to cool slightly before serving. Optionally, garnish with a drizzle of additional almond butter or a dusting of cocoa powder.

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 25g | Carbohydrates: 6g | Fat: 18g

Vanilla Keto Ice Cream with Berries

Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** 0 minutes

(plus 3-4 hours freezing time)

INGREDIENTS:

- 1 cup heavy cream
- 1/2 cup unsweetened almond milk
- 3 tablespoons powdered erythritol (or preferred low-carb sweetener)
- 1 teaspoon vanilla extract
- 1/2 cup mixed fresh berries (raspberries, blueberries, or strawberries)
- Optional garnish: a few mint leaves or additional berries

DIRECTIONS:

1. **Mix the Ingredients:** In a mixing bowl, combine the heavy cream, unsweetened almond milk, powdered erythritol, and vanilla extract. Whisk the mixture until the sweetener is fully dissolved and the ingredients are well incorporated.
2. **Churn the Ice Cream:** If you have an ice cream maker, pour the mixture into the machine and churn according to the manufacturer's instructions until it reaches a soft-serve consistency. If you don't have an ice cream maker, move to the next step.
3. **Freeze the Ice Cream:** If you don't have an ice cream maker, pour the mixture into a freezer-safe container. Place the container in the freezer and stir every 30 minutes for 3-4 hours until it becomes creamy and firm.
4. **Serve with Berries:** Scoop the ice cream into bowls and top with the fresh mixed berries. Optionally, garnish with mint leaves for a refreshing touch.

NUTRITIONAL INFORMATION: Calories: 210 per serving | Protein: 2g | Carbohydrates: 5g | Fat: 20g

Keto Cheesecake Bites with Almond Crust

Yield: 12 bites | **Prep time:** 10 minutes | **Cook time:** 15 minutes
(plus cooling time)

INGREDIENTS:

For the Almond Crust:

- 1 cup almond flour
- 2 tablespoons melted butter (unsalted)
- 2 tablespoons powdered erythritol (or preferred low-carb sweetener)
- 1/2 teaspoon vanilla extract

For the Cheesecake Filling:

- 8 oz cream cheese (softened)
- 1/4 cup powdered erythritol (or preferred low-carb sweetener)
- 1 large egg
- 1/2 teaspoon vanilla extract
- 1 tablespoon heavy cream

Optional Garnish:

- Fresh berries, like raspberries or blueberries
- A sprinkle of cinnamon or cocoa powder

DIRECTIONS:

1. **Prepare the Crust:** Preheat your oven to 350°F (175°C). Combine the almond flour, melted butter, powdered erythritol, and vanilla extract in a mixing bowl. Mix until well combined.
2. **Press the Crust:** Line a muffin tin with 12 paper liners. Spoon the crust mixture into the bottom of each liner, pressing it firmly with your fingers or the back of a spoon to create an even layer. Bake for 5 minutes until the crust starts to set, then remove from the oven.
3. **Make the Cheesecake Filling:** In a separate bowl, beat the softened cream cheese until smooth. Add the powdered erythritol, egg, vanilla extract, and heavy cream. Beat until the filling is soft and creamy.
4. **Fill the Bites:** Spoon the cheesecake filling over the pre-baked crusts, distributing it evenly among the muffin liners.
5. **Bake the Cheesecake Bites:** Return the muffin tin to the oven and bake for 10 minutes, until the filling is set but still slightly jiggly in the center.
6. **Cool and Chill:** Remove the cheesecake bites from the oven and let them cool at room temperature. Once cooled, refrigerate them for at least 1 hour to firm up.
7. **Serve and Garnish:** Once chilled, remove the bites from the liners. Optionally, top with a few fresh berries or a light sprinkle of cinnamon or cocoa powder before serving.

NUTRITIONAL INFORMATION: Calories: 130 per bite | Protein: 4g | Carbohydrates: 3g | Fat: 12g

Peanut Butter Chocolate Fat Bombs

Yield: 12 servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes
(plus chilling time)

INGREDIENTS:

- 1/2 cup natural peanut butter (no added sugar)
- 1/4 cup coconut oil, melted
- 2 tablespoons unsweetened cocoa powder
- 1/4 cup powdered erythritol (or preferred low-carb sweetener)
- 1/2 teaspoon vanilla extract
- Optional garnish: sea salt flakes or crushed peanuts

DIRECTIONS:

1. **Mix Peanut Butter Base:** In a mixing bowl, combine the natural peanut butter, melted coconut oil, powdered erythritol, and vanilla extract. Stir until the mixture is smooth and well combined.
2. **Prepare a Muffin Tin or Mold:** Line a mini muffin tin with 12 paper liners or use a silicone mold. Spoon about one tablespoon of the peanut butter mixture into each liner or mold cavity.
3. **Add Chocolate Layer:** In a small bowl, mix the unsweetened cocoa powder with one tablespoon of the melted coconut oil (or leftover mixture) to create a chocolate topping. Drizzle the chocolate mixture over each peanut butter layer.

4. **Garnish (Optional):** Sprinkle each fat bomb with a pinch of sea salt flakes or crushed peanuts for extra flavor and texture.
5. **Chill to Set:** Place the muffin tin or mold in the refrigerator for at least 1 hour or until the fat bombs are firm and set.
6. **Serve and Store:** Remove the fat bombs from the liners or molds. Store them in an airtight container in the refrigerator until ready to eat.

NUTRITIONAL INFORMATION: Calories: 120 per fat bomb | Protein: 3g | Carbohydrates: 2g | Fat: 11g

Coconut Flour Brownies with Dark Chocolate

Yield: 12 servings | **Prep time:** 10 minutes | **Cook time:** 20 minutes

INGREDIENTS:

- 1/2 cup coconut flour
- 1/2 cup unsweetened cocoa powder
- 1/2 cup powdered erythritol (or preferred low-carb sweetener)
- 1/2 teaspoon baking powder
- 1/4 teaspoon sea salt
- 4 large eggs
- 1/2 cup melted coconut oil
- 1 teaspoon vanilla extract
- 1/4 cup unsweetened almond milk
- 1/2 cup dark chocolate chips (sugar-free, 70% or higher cocoa content)

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C). Grease an 8x8-inch baking dish or line it with parchment paper.
2. **Mix Dry Ingredients:** In a large mixing bowl, whisk together the coconut flour, unsweetened cocoa powder, powdered erythritol, baking powder, and sea salt.
3. **Combine Wet Ingredients:** In a separate bowl, beat the eggs, melted coconut oil, and vanilla extract until well combined.
4. **Mix Wet and Dry Ingredients:** Slowly add the dry ingredients to the wet mixture, stirring continuously. Gradually add the almond milk until the batter is smooth.
5. **Add Chocolate Chips:** Gently fold the dark chocolate chips, ensuring an even distribution throughout the batter.
6. **Bake the Brownies:** Pour the batter into the prepared baking dish and spread it evenly. Bake in the oven for 18-20 minutes or until a toothpick inserted into the center comes out mostly clean (a few moist crumbs are okay).
7. **Cool and Serve:** Let the brownies cool in the baking dish before cutting them into 12 squares. Optionally, dust with additional cocoa powder or garnish with a few dark chocolate shavings.

NUTRITIONAL INFORMATION: Calories: 120 per serving | Protein: 3g | Carbohydrates: 5g | Fat: 10g

Keto Lemon Bars with Almond Flour

Yield: 12 servings | **Prep time:** 15 minutes | **Cook time:** 25 minutes

INGREDIENTS:

For the Almond Crust:

- 1 1/2 cups almond flour
- 1/4 cup powdered erythritol (or preferred low-carb sweetener)
- 1/4 cup melted butter (unsalted)
- 1/2 teaspoon vanilla extract

For the Lemon Filling:

- 3 large eggs
- 1/2 cup powdered erythritol (or preferred low-carb sweetener)
- 1/2 cup fresh lemon juice (about 2-3 lemons)
- 2 tablespoons coconut flour
- 1/4 teaspoon sea salt
- Optional: Lemon zest from 1 lemon for extra flavor

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C). Line an 8x8-inch baking dish with parchment paper, leaving some overhang on the sides for easy removal.
2. **Prepare the Almond Crust:** In a mixing bowl, combine the almond flour, powdered erythritol, melted butter, and vanilla extract. Stir until the mixture forms a crumbly dough.
3. **Bake the Crust:** Press the dough evenly into the bottom of the prepared baking dish. Bake in the preheated oven for 10 minutes or until the edges are lightly golden. Remove from the oven and set aside.
4. **Make the Lemon Filling:** In a separate bowl, whisk together the eggs, powdered erythritol, fresh lemon juice, coconut flour, and sea salt until smooth. If using lemon zest, stir it in for added flavor.
5. **Pour and Bake:** Pour the lemon filling over the pre-baked almond crust. Return the baking dish to the oven and bake for an additional 15 minutes or until the filling is set and no longer jiggles in the center.
6. **Cool and Chill:** Allow the lemon bars to cool in the baking dish at room temperature. Once cooled, refrigerate them for at least 1 hour to firm up.
7. **Serve and Garnish:** Once chilled, lift the lemon bars out of the dish using the parchment overhang. Cut into 12 squares. Optionally, dust with a little extra powdered sweetener or garnish with a thin slice of lemon.

NUTRITIONAL INFORMATION: Calories: 120 per bar | Protein: 4g | Carbohydrates: 5g | Fat: 10g

Almond Butter Chocolate Chip Cookies

Yield: 12 servings | **Prep time:** 10 minutes | **Cook time:** 12 minutes

INGREDIENTS:

- 1 cup natural almond butter (unsweetened, no added sugar)
- 1/2 cup powdered erythritol (or preferred low-carb sweetener)
- 1 large egg
- 1 teaspoon vanilla extract
- 1/4 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/3 cup sugar-free dark chocolate chips (70% or higher cocoa content)

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. **Mix Wet Ingredients:** In a mixing bowl, combine the almond butter, egg, and vanilla extract. Stir until smooth.
3. **Add Dry Ingredients:** Add powdered erythritol, baking soda, and sea salt to the almond butter mixture. Stir until thoroughly combined and a dough forms.
4. **Fold in Chocolate Chips:** Gently fold in the sugar-free dark chocolate chips, making sure they are evenly distributed.

5. **Portion the Dough:** Using a spoon or a cookie scoop, drop 12 even portions of dough onto the prepared baking sheet. Gently flatten each cookie with the back of the spoon.
6. **Bake the Cookies:** Bake in the preheated oven for 10-12 minutes or until the edges are golden brown. The centers may still be soft, but they will firm up as they cool.
7. **Cool and Serve:** Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

NUTRITIONAL INFORMATION: Calories: 130 per cookie | Protein: 5g | Carbohydrates: 6g | Fat: 11g

Raspberry Cream Cheese Fat Bombs

Yield: 12 servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes
(plus chilling time)

INGREDIENTS:

- 4 oz cream cheese (softened)
- 1/4 cup unsalted butter (softened)
- 1/4 cup fresh or frozen raspberries (thawed if frozen)
- 2 tablespoons powdered erythritol (or preferred low-carb sweetener)
- 1/2 teaspoon vanilla extract
- Optional garnish: a few whole raspberries or a sprinkle of shredded coconut

DIRECTIONS:

1. **Mix the Cream Cheese and Butter:** In a mixing bowl, combine the softened cream cheese and butter. Beat them together using a hand mixer or a spoon until smooth and creamy.
2. **Add Raspberries and Sweetener:** Mash the raspberries with a fork and add them to the cream cheese mixture. Stir in the powdered erythritol and vanilla extract. Mix until all the ingredients are well combined and smooth.
3. **Shape the Fat Bombs:** Line a mini muffin tin with paper liners or use a silicone mold. Spoon the mixture evenly into the liners or mold cavities, filling them about three-quarters full.
4. **Garnish (Optional):** Top each fat bomb with a whole raspberry or a sprinkle of shredded coconut for added texture and flavor.
5. **Chill to Set:** Place the muffin tin or mold in the refrigerator for at least 1 hour or until the fat bombs are firm and set.
6. **Serve and Store:** Remove the fat bombs from the liners or molds. Store them in an airtight container in the refrigerator until ready to eat.

NUTRITIONAL INFORMATION: Calories: 90 per fat bomb | Protein: 1g | Carbohydrates: 2g | Fat: 9g

Flourless Chocolate Cake with Whipped Cream

Yield: 8 servings | **Prep time:** 15 minutes | **Cook time:** 25 minutes

INGREDIENTS:

For the Flourless Chocolate Cake:

- 1 cup sugar-free dark chocolate chips (70% or higher cocoa content)
- 1/2 cup unsalted butter
- 3/4 cup powdered erythritol (or preferred low-carb sweetener)
- 3 large eggs
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt

For the Whipped Cream:

- 1 cup heavy whipping cream
- 1 tablespoon powdered erythritol (or preferred low-carb sweetener)
- 1/2 teaspoon vanilla extract

Optional Garnish:

- Shaved dark chocolate or a few fresh berries

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C). Grease an 8-inch round cake pan and line the bottom with parchment paper for easy removal.
2. **Melt Chocolate and Butter:** In a microwave-safe bowl, melt the dark chocolate chips and butter together in 30-second intervals, stirring between each interval until smooth. Alternatively, use a double boiler to melt them on the stovetop.
3. **Combine Ingredients:** Stir the powdered erythritol, vanilla extract, and sea salt into the melted chocolate mixture. Allow it to cool slightly before adding the eggs one at a time, whisking well after each addition until smooth.
4. **Bake the Cake:** Pour the batter into the prepared cake pan and smooth the top. Bake in the preheated oven for 20-25 minutes, or until the center is set and a toothpick inserted comes out with moist crumbs (not wet batter).
5. **Cool the Cake:** Allow the cake to cool in the pan for about 10 minutes, then gently run a knife around the edge to loosen it. Carefully transfer the cake to a wire rack to cool completely.
6. **Make the Whipped Cream:** In a mixing bowl, beat the heavy whipping cream with powdered erythritol and vanilla extract until soft peaks form. Be careful not to overwhip.
7. **Serve and Garnish:** Slice the cake and serve with a dollop of whipped cream. Optionally, garnish with shaved dark chocolate or a few fresh berries.

NUTRITIONAL INFORMATION: Calories: 220 per serving | Protein: 4g | Carbohydrates: 7g | Fat: 18g

Coconut Macaroons with Dark Chocolate Drizzle

Yield: 12 servings | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS:

- 2 cups unsweetened shredded coconut
- 1/2 cup powdered erythritol (or preferred low-carb sweetener)
- 2 large egg whites
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. **Mix the Macaroon Ingredients:** In a large mixing bowl, combine the shredded coconut, powdered erythritol, egg whites, vanilla extract, and sea salt. Stir until the mixture is evenly combined and the coconut is well-coated.

- 1/2 cup sugar-free dark chocolate chips (70% or higher cocoa content)
- 1 teaspoon coconut oil (for the chocolate drizzle)

3. **Shape the Macaroons:** Using a spoon or cookie scoop, drop 12 even portions of the coconut mixture onto the prepared baking sheet. Gently press each mound with your fingers to create a compact shape.
4. **Bake the Macaroons:** Bake in the preheated oven for 12-15 minutes or until the edges are golden brown. Remove from the oven and allow the macaroons to cool completely on the baking sheet.
5. **Prepare the Chocolate Drizzle:** In a microwave-safe bowl, melt the dark chocolate chips and coconut oil together in 30-second intervals, stirring between each interval until smooth. Alternatively, you can melt them in a double boiler on the stovetop.
6. **Drizzle the Macaroons:** Using a spoon, drizzle the melted chocolate over the cooled macaroons in a zig-zag pattern. Allow the chocolate to set before serving.
7. **Serve and Store:** Serve the macaroons immediately or store them in an airtight container at room temperature.

NUTRITIONAL INFORMATION: Calories: 110 per macaroon | Protein: 2g | Carbohydrates: 4g | Fat: 9g

Peanut Butter Protein Balls

Yield: 10 servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup natural peanut butter (unsweetened, no added sugar)
- 1/2 cup almond flour
- 1/3 cup vanilla or chocolate-flavored protein powder (low-carb, whey or plant-based)
- 2 tablespoons powdered erythritol (or preferred low-carb sweetener)
- 1/4 cup sugar-free dark chocolate chips (optional)
- 1/2 teaspoon vanilla extract
- Optional: a pinch of sea salt or a drizzle of melted sugar-free chocolate for topping

DIRECTIONS:

1. **Mix the Ingredients:** In a large mixing bowl, combine the natural peanut butter, almond flour, protein powder, powdered erythritol, and vanilla extract. Stir the mixture until well combined. If the dough is too dry, add 1-2 teaspoons of water or almond milk to reach a dough-like consistency.
2. **Fold in Chocolate Chips:** If using, fold the sugar-free dark chocolate chips into the dough.
3. **Shape into Balls:** Using your hands, roll the mixture into small balls (about 1 inch in diameter). You should be able to make around 10 balls. Place the balls on a baking sheet lined with parchment paper.
4. **Chill the Protein Balls:** Refrigerate the protein balls for at least 30 minutes to allow them to firm up.
5. **Optional Topping:** If desired, drizzle the protein balls with a bit of melted sugar-free chocolate and sprinkle with a pinch of sea salt for extra flavor.
6. **Serve and Store:** Enjoy the peanut butter protein balls immediately or store them in an airtight container in the refrigerator for up to a week.

NUTRITIONAL INFORMATION: Calories: 120 per ball | Protein: 6g | Carbohydrates: 4g | Fat: 10g

Keto Cinnamon Roll Mug Cake

Yield: 1 serving | **Prep time:** 3 minutes | **Cook time:** 2 minutes

INGREDIENTS:

For the Mug Cake:

- 3 tablespoons almond flour
- 1 tablespoon coconut flour
- 1/2 teaspoon baking powder
- 1 large egg
- 2 tablespoons unsweetened almond milk
- 1 tablespoon melted butter
- 1 tablespoon powdered erythritol (or preferred low-carb sweetener)
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon

For the Cinnamon Swirl:

- 1/2 teaspoon ground cinnamon
- 1/2 tablespoon powdered erythritol
- 1/2 teaspoon melted butter

For the Icing:

- 1 tablespoon cream cheese (softened)
- 1/2 tablespoon powdered erythritol
- 1 teaspoon unsweetened almond milk

DIRECTIONS:

1. **Mix the Mug Cake Batter:** In a microwave-safe mug, whisk together the almond flour, coconut flour, and baking powder. Add the egg, unsweetened almond milk, melted butter, powdered erythritol, vanilla extract, and ground cinnamon. Stir until all ingredients are well combined and smooth.
2. **Prepare the Cinnamon Swirl:** In a small bowl, mix the ground cinnamon, powdered erythritol, and melted butter until combined. Drop the mixture in small dollops onto the top of the cake batter in the mug and swirl gently with a toothpick or knife to create a cinnamon swirl pattern.
3. **Microwave the Mug Cake:** Microwave on high for 1 minute and 30 seconds to 2 minutes, depending on your microwave's power. The cake should rise and be set in the center.
4. **Make the Icing:** In a small bowl, mix the softened cream cheese, powdered erythritol, and unsweetened almond milk until smooth and creamy.
5. **Add the Icing:** Drizzle or spread the icing on the warm mug cake.
6. **Serve Immediately:** Enjoy your keto cinnamon roll mug cake while warm!

NUTRITIONAL INFORMATION: Calories: 280 | Protein: 10g | Carbohydrates: 6g | Fat: 24g

Keto Pumpkin Pie with Almond Crust

Yield: 8 servings | **Prep time:** 15 minutes | **Cook time:** 45 minutes

INGREDIENTS:

For the Almond Crust:

- 1 1/2 cups almond flour
- 1/4 cup melted butter (unsalted)
- 2 tablespoons powdered erythritol (or preferred low-carb sweetener)
- 1/2 teaspoon vanilla extract

For the Pumpkin Filling:

- 1 cup pumpkin puree (unsweetened)

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C). Grease a 9-inch pie dish with butter or a non-stick spray.
2. **Prepare the Almond Crust:** In a mixing bowl, combine the almond flour, melted butter, powdered erythritol, and vanilla extract. Mix until the ingredients are fully incorporated and a dough forms. Press the dough evenly into the bottom and sides of the prepared pie dish.
3. **Pre-Bake the Crust:** Place the pie dish with the crust in the preheated oven and bake for 10 minutes. Remove the crust from the oven and set it aside to cool while you prepare the filling.

- 1/2 cup heavy cream
- 3 large eggs
- 1/3 cup powdered erythritol (or preferred low-carb sweetener)
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon sea salt

Optional Garnish:

- Whipped cream (sugar-free)
- A sprinkle of cinnamon or nutmeg

4. **Make the Pumpkin Filling:** In a large mixing bowl, whisk together the pumpkin puree, heavy cream, eggs, powdered erythritol, vanilla extract, cinnamon, nutmeg, ginger, cloves, and sea salt until smooth and well combined.
5. **Fill the Crust and Bake:** Pour the pumpkin filling into the pre-baked almond crust. Smooth the top with a spatula. Return the pie to the oven and bake for 35-40 minutes, or until the filling is set and a toothpick inserted into the center comes out clean.
6. **Cool and Serve:** Allow the pie to cool to room temperature, then refrigerate for at least 2 hours to set completely. Before serving, top with a dollop of sugar-free whipped cream and a sprinkle of cinnamon or nutmeg, if desired.

NUTRITIONAL INFORMATION: Calories: 220 per serving | Protein: 6g | Carbohydrates: 7g | Fat: 18g

Lemon Cheesecake Mousse with Whipped Cream

Yield: 2 servings | **Prep time:** 10 minutes | **Cook time:** 0 minutes

INGREDIENTS:**For the Lemon Cheesecake Mousse:**

- 4 oz cream cheese, softened
- 1/4 cup heavy whipping cream
- 2 tablespoons powdered erythritol (or preferred low-carb sweetener)
- 1 teaspoon lemon zest
- 1 1/2 tablespoons fresh lemon juice
- 1/2 teaspoon vanilla extract

For the Whipped Cream:

- 1/4 cup heavy whipping cream
- 1 teaspoon powdered erythritol (or preferred low-carb sweetener)
- 1/4 teaspoon vanilla extract

Optional Garnish:

- Lemon zest or thin lemon slices

DIRECTIONS:

1. **Prepare the Mousse Base:** In a mixing bowl, beat the softened cream cheese with powdered erythritol using a hand mixer until smooth and fluffy. Add the lemon zest, fresh lemon juice, and vanilla extract and mix until thoroughly combined.
2. **Whip the Cream for Mousse:** In a separate bowl, whip the heavy cream until it forms soft peaks. Gently fold the whipped cream into the cream cheese mixture until combined and light.
3. **Chill the Mousse:** Divide the lemon cheesecake mousse into two serving bowls or glasses. Refrigerate for at least 30 minutes to allow the flavors to meld and the mousse to set.
4. **Prepare the Whipped Cream Topping:** In a clean mixing bowl, whip the heavy whipping cream with powdered erythritol and vanilla extract until soft peaks form.
5. **Top the Mousse:** Before serving, top each bowl of lemon cheesecake mousse with a dollop of whipped cream. Garnish with additional lemon zest or a thin slice of lemon, if desired.
6. **Serve and Enjoy:** Serve immediately or store in the refrigerator until ready to enjoy.

NUTRITIONAL INFORMATION: Calories: 210 per serving | Protein: 4g | Carbohydrates: 4g | Fat: 20g

Chocolate Chip Almond Flour Cookies

Yield: 12 cookies | **Prep time:** 10 minutes | **Cook time:** 12 minutes

INGREDIENTS:

- 1 1/2 cups almond flour
- 1/4 cup melted butter (unsalted)
- 1/4 cup powdered erythritol (or preferred low-carb sweetener)
- 1 large egg
- 1 teaspoon vanilla extract
- 1/4 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/3 cup sugar-free dark chocolate chips

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. **Mix the Wet Ingredients:** In a mixing bowl, whisk together the melted butter, powdered erythritol, egg, and vanilla extract until smooth and well combined.
3. **Combine the Dry Ingredients:** In a separate bowl, mix the almond flour, baking soda, and sea salt. Gradually fold the dry ingredients into the wet mixture until a dough forms.
4. **Fold in the Chocolate Chips:** Gently fold the sugar-free dark chocolate chips into the dough, ensuring they are evenly distributed.
5. **Shape the Cookies:** Using a tablespoon, scoop the dough onto the prepared baking sheet, spacing the cookies about 2 inches apart. Flatten each cookie slightly with your fingers or the back of a spoon.
6. **Bake the Cookies:** Bake in the preheated oven for 10-12 minutes or until the edges are golden. Allow the cookies to cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.
7. **Serve and Store:** Serve the cookies immediately, or store them in an airtight container at room temperature for up to 5 days.

NUTRITIONAL INFORMATION: Calories: 130 per cookie | Protein: 4g | Carbohydrates: 3g | Fat: 11g

Coconut Chocolate Bark with Almonds

Yield: 12 servings | **Prep time:** 10 minutes | **Cook time:** 5 minutes
(plus 30 minutes cooling time)

INGREDIENTS:

- 1 cup sugar-free dark chocolate chips (at least 70% cocoa)
- 2 tablespoons coconut oil
- 1/4 cup unsweetened shredded coconut
- 1/4 cup sliced almonds
- 1 teaspoon vanilla extract
- Optional: a pinch of sea salt or additional coconut flakes for garnish

DIRECTIONS:

1. **Melt the Chocolate:** In a microwave-safe bowl, combine the dark chocolate chips and coconut oil. Microwave in 20-second intervals, stirring between intervals until the chocolate is fully melted and smooth. Alternatively, use a double boiler on the stovetop.
2. **Add the Flavorings:** Stir in the vanilla extract and a pinch of sea salt into the melted chocolate mixture for added flavor.
3. **Prepare the Toppings:** On a parchment-lined baking sheet, sprinkle half of the shredded coconut and sliced almonds evenly.
4. **Pour the Chocolate:** Pour the melted chocolate mixture over the coconut and almonds on the baking sheet. Use a spatula to spread the chocolate evenly, ensuring it's about 1/4 inch thick.

5. **Add the Remaining Toppings:** Sprinkle the remaining shredded coconut and sliced almonds over the top of the chocolate. Gently press the toppings into the chocolate to help them stick.
6. **Chill the Bark:** Place the baking sheet in the refrigerator for 30 minutes or until the chocolate is completely set.
7. **Break and Serve:** Once the chocolate is set, break it into pieces using your hands or a sharp knife. Serve immediately or store in an airtight container in the refrigerator.

NUTRITIONAL INFORMATION: Calories: 140 per serving | Protein: 3g | Carbohydrates: 4g | Fat: 12g

Low-Carb Pecan Pie Bars

Yield: 12 servings | **Prep time:** 15 minutes | **Cook time:** 25 minutes

INGREDIENTS:

For the Crust:

- 1 1/2 cups almond flour
- 1/4 cup melted butter (unsalted)
- 2 tablespoons powdered erythritol (or preferred low-carb sweetener)
- 1/2 teaspoon vanilla extract
- Pinch of sea salt

For the Pecan Filling:

- 3/4 cup chopped pecans
- 1/3 cup butter (unsalted)
- 1/2 cup sugar-free maple syrup
- 1/4 cup powdered erythritol
- 1 teaspoon vanilla extract
- 2 large eggs

DIRECTIONS:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C). Line an 8x8-inch baking pan with parchment paper, leaving extra over the sides for easy removal.
2. **Prepare the Crust:** In a mixing bowl, combine the almond flour, melted butter, powdered erythritol, vanilla extract, and a pinch of sea salt. Stir until well combined and a dough forms. Press the dough evenly into the bottom of the lined baking pan. Bake the crust for 10 minutes, then set aside to cool slightly.
3. **Make the Pecan Filling:** Melt the butter and sugar-free maple syrup in a saucepan over medium heat. Stir in the powdered erythritol and cook until fully dissolved. Remove from heat and add the vanilla extract. Allow the mixture to cool slightly, then whisk the eggs until thoroughly combined.
4. **Add the Pecans:** Stir in the chopped pecans, ensuring they are evenly coated with the filling mixture.
5. **Pour the Filling Over the Crust:** Pour the pecan filling over the pre-baked crust, spreading it evenly with a spatula.
6. **Bake the Bars:** Return the baking pan to the oven and bake for 15 minutes or until the filling is set and golden brown. Remove the pan from the oven and let it cool completely in the pan.
7. **Slice and Serve:** Once the bars are thoroughly cooled, lift them from the pan using the parchment paper overhang. Slice into 12 bars and serve. Store any leftovers in an airtight container in the refrigerator.

NUTRITIONAL INFORMATION: Calories: 210 per bar | Protein: 4g | Carbohydrates: 6g | Fat: 18g

Berry Coconut Chia Pudding

Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** 0 minutes
(plus 4 hours chilling time)

INGREDIENTS:

- 1 cup unsweetened coconut milk
- 3 tablespoons chia seeds
- 1 tablespoon powdered erythritol (or preferred low-carb sweetener)
- 1/2 teaspoon vanilla extract
- 1/4 cup mixed fresh berries (raspberries, blueberries, or strawberries)
- Optional: shredded unsweetened coconut or mint leaves for garnish

DIRECTIONS:

1. **Combine the Ingredients:** In a mixing bowl, whisk together the unsweetened coconut milk, chia seeds, powdered erythritol, and vanilla extract until well combined.
2. **Let the Mixture Sit:** Allow the mixture to sit for 5 minutes, then give it another stir to ensure the chia seeds are evenly distributed and not clumping together.
3. **Refrigerate the Pudding:** Cover the bowl and refrigerate the mixture for at least 4 hours, or overnight, until the pudding is thick and the chia seeds have absorbed the liquid.
4. **Stir and Serve:** Give the chia pudding a good stir before serving. Divide the pudding into two serving bowls or glasses.
5. **Add the Toppings:** Top each serving with mixed fresh berries. Optionally, sprinkle with shredded unsweetened coconut and garnish with a mint leaf.

NUTRITIONAL INFORMATION: Calories: 150 per serving | Protein: 4g | Carbohydrates: 7g | Fat: 12g

Low-Carb Chocolate Avocado Mousse

Yield: 2 servings | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 large ripe avocado
- 3 tablespoons unsweetened cocoa powder
- 1/4 cup unsweetened almond milk
- 2 tablespoons powdered erythritol (or preferred low-carb sweetener)
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- Optional: 1 tablespoon MCT oil for extra creaminess
- Optional garnish: shaved dark chocolate or fresh raspberries

DIRECTIONS:

1. **Prepare the Avocado:** Cut the avocado in half, remove the pit, and scoop the flesh into a blender or food processor.
2. **Add Other Ingredients:** Add the unsweetened cocoa powder, almond milk, powdered erythritol, vanilla extract, and sea salt to the blender. If using MCT oil, add it now.
3. **Blend Until Smooth:** Blend the mixture on high until it becomes smooth and creamy. You may need to stop and scrape down the sides to ensure even blending.
4. **Adjust Sweetness and Consistency:** Taste the mousse and add more sweetener if desired. If it's too thick, add a bit more almond milk until you reach your desired consistency.
5. **Chill (Optional):** For a firmer mousse, transfer the mixture to small bowls or glasses and refrigerate for at least 30 minutes.
6. **Serve and Garnish:** Serve the mousse immediately or after chilling. Garnish with shaved dark chocolate or fresh raspberries if desired.

NUTRITIONAL INFORMATION: Calories: 220 | Protein: 4g | Carbohydrates: 10g | Fat: 18g

CHAPTER 10

60-Day Meal Plan

Week 1

DAY	BREAKFAST	LUNCH	DINNER	SMOOTHIE	DESSERT
Mon	Spinach and Feta Egg Muffins	Grilled Chicken Caesar Salad with Parmesan	Garlic Butter Grilled Steak with Asparagus	Peanut Butter Protein Smoothie	Low-Carb Chocolate Avocado Mousse
Tue	Avocado and Bacon Omelette	Tuna Salad with Avocado and Olive Oil	Baked Salmon with Pesto and Zucchini	Avocado and Spinach Green Smoothie	Keto Cheesecake Bites with Almond Crust
Wed	Low-Carb Protein Pancakes with Berries	Grilled Shrimp and Zucchini Noodles	Lemon Herb Chicken Thighs with Cauliflower Mash	Berry Blast Keto Smoothie	Peanut Butter Chocolate Fat Bombs
Thu	Chia Seed Pudding with Almond Milk	Turkey Lettuce Wraps with Mustard Mayo	Pork Chops with Creamy Mushroom Sauce	Almond Butter and Chocolate Protein Shake	Coconut Flour Brownies with Dark Chocolate
Fri	Smoked Salmon and Cream Cheese Frittata	Egg Salad Lettuce Wraps with Bacon	Beef Stir-Fry with Bok Choy	Coconut Milk and Collagen Smoothie	Keto Lemon Bars with Almond Flour
Sat	Almond Flour Waffles with Peanut Butter	Asian-Inspired Beef and Cabbage Bowls	Chicken Alfredo with Zoodles	Keto Chocolate Peanut Butter Smoothie	Almond Butter Chocolate Chip Cookies
Sun	Turkey Sausage Breakfast Skillet	Spicy Salmon Salad with Avocado	Grilled Lamb Chops with Spinach Salad	Strawberry and Coconut Protein Shake	Raspberry Cream Cheese Fat Bombs

Week 2

DAY	BREAKFAST	LUNCH	DINNER	SMOOTHIE	DESSERT
Mon	Greek Yogurt Parfait with Flaxseeds	Grilled Steak Salad with Blue Cheese	Shrimp Scampi with Spaghetti Squash	Green Tea and Avocado Smoothie	Flourless Chocolate Cake with Whipped Cream
Tue	Zucchini and Parmesan Egg Cups	Low-Carb Stuffed Bell Peppers with Beef	Stuffed Chicken Breast with Spinach and Cheese	Matcha Green Tea Protein Shake	Coconut Macaroons with Dark Chocolate Drizzle
Wed	Keto Scrambled Eggs	Chicken and Broccoli Stir-Fry	Grilled Swordfish with Avocado Salsa	Lemon and Kale Detox Smoothie	Keto Cinnamon Roll Mug Cake
Thu	Cauliflower Hash Browns with Poached Eggs	Greek Salad with Grilled Chicken	Low-Carb Beef Tacos with Lettuce Shells	Chocolate Almond Protein Smoothie	Chocolate Protein Mug Cake with Almond Butter
Fri	Coconut Flour Crepes with Almond Butter	Egg Salad Lettuce Wraps with Bacon	Chicken Parmesan with Almond Flour Crust	Pumpkin Spice Protein Smoothie	Vanilla Keto Ice Cream with Berries
Sat	Veggie-Loaded Keto Quiche	Zoodle Bowl with Ground Turkey and Spinach	Grilled Salmon with Garlic Butter and Broccoli	Raspberry Almond Milk Smoothie	Keto Pumpkin Pie with Almond Crust
Sun	Baked Eggs in Avocado Boats	Spicy Beef Lettuce Cups with Sriracha	Keto-Friendly Fajitas with Bell Peppers	Mocha Protein Shake with Almond Milk	Peanut Butter Protein Balls

Week 3

DAY	BREAKFAST	LUNCH	DINNER	SMOOTHIE	DESSERT
Mon	Protein-Packed Breakfast Burrito Bowl	Grilled Chicken Caesar Salad with Parmesan	Lemon Herb Chicken Thighs with Cauliflower Mash	Berry Blast Keto Smoothie	Keto Cheesecake Bites with Almond Crust
Tue	Scrambled Eggs with Spinach and Mushrooms	Tuna Salad with Avocado and Olive Oil	Keto Meatballs with Marinara and Mozzarella	Chocolate Hazelnut Keto Smoothie	Coconut Flour Brownies with Dark Chocolate
Wed	Egg White and Ham Wrap	Turkey Lettuce Wraps with Mustard Mayo	Garlic Butter Grilled Steak with Asparagus	Coconut and MCT Oil Smoothie	Raspberry Cream Cheese Fat Bombs
Thu	Cottage Cheese and Cucumber Toast	Grilled Shrimp and Zucchini Noodles	Baked Salmon with Pesto and Zucchini	Spinach and Mint Protein Smoothie	Lemon Cheesecake Mousse with Whipped Cream
Fri	Low-Carb Breakfast Pizza with Sausage	Asian-Inspired Beef and Cabbage Bowls	Pork Chops with Creamy Mushroom Sauce	Blueberry and Flaxseed Keto Shake	Chocolate Chip Almond Flour Cookies
Sat	Zoodle Breakfast Bowl with Fried Eggs	Roasted Chicken and Brussels Sprouts	Chicken Alfredo with Zoodles	Strawberry and Coconut Protein Shake	Coconut Chocolate Bark with Almonds
Sun	Smoked Salmon and Cream Cheese Frittata	Spicy Salmon Salad with Avocado	Grilled Lamb Chops with Spinach Salad	Cinnamon Vanilla Protein Shake	Low-Carb Pecan Pie Bars

Week 4

DAY	BREAKFAST	LUNCH	DINNER	SMOOTHIE	DESSERT
Mon	Almond Flour Waffles with Peanut Butter	Greek Salad with Grilled Chicken	Shrimp Scampi with Spaghetti Squash	Avocado and Spinach Green Smoothie	Keto Lemon Bars with Almond Flour
Tue	Greek Yogurt Parfait with Flaxseeds	Low-Carb Stuffed Bell Peppers with Beef	Garlic Butter Shrimp with Avocado Salad	Raspberry Almond Milk Smoothie	Almond Butter Chocolate Chip Cookies
Wed	Chia Seed Pudding with Almond Milk	Egg Salad Lettuce Wraps with Bacon	Grilled Swordfish with Avocado Salsa	Matcha Green Tea Protein Shake	Low-Carb Chocolate Avocado Mousse
Thu	Spinach and Feta Egg Muffins	Cucumber and Smoked Salmon Rolls	Ribeye Steak with Creamed Spinach	Lemon and Kale Detox Smoothie	Flourless Chocolate Cake with Whipped Cream
Fri	Veggie-Loaded Keto Quiche	Asian-Inspired Beef and Cabbage Bowls	Sausage and Cauliflower Casserole	Mocha Protein Shake with Almond Milk	Coconut Macaroons with Dark Chocolate Drizzle
Sat	Baked Eggs in Avocado Boats	Tuna Salad with Avocado and Olive Oil	Turkey Meatloaf with Roasted Brussels Sprouts	Chocolate Almond Protein Smoothie	Peanut Butter Chocolate Fat Bombs
Sun	Cauliflower Hash Browns with Poached Eggs	Grilled Tofu with Mixed Greens	Chicken Parmesan with Almond Flour Crust	Pumpkin Spice Protein Smoothie	Sugar-Free Chocolate Truffles

Week 5

DAY	BREAKFAST	LUNCH	DINNER	SMOOTHIE	DESSERT
Mon	Avocado and Bacon Omelette	Low-Carb Chicken Salad with Avocado	Beef Stir-Fry with Bok Choy	Keto Coffee Protein Smoothie	Peanut Butter Protein Balls
Tue	Egg White and Ham Wrap	Grilled Tofu with Mixed Greens	Grilled Portobello Mushrooms with Chicken	Blueberry and Flaxseed Keto Shake	Lemon Cheesecake Mousse with Whipped Cream
Wed	Low-Carb Protein Pancakes with Berries	Egg Salad Lettuce Wraps with Bacon	Pork Chops with Creamy Mushroom Sauce	Keto Chocolate Peanut Butter Smoothie	Berry Coconut Chia Pudding
Thu	Cottage Cheese and Cucumber Toast	Spicy Beef Lettuce Cups with Sriracha	Baked Salmon with Pesto and Zucchini	Green Tea and Avocado Smoothie	Coconut Chocolate Bark with Almonds
Fri	Zucchini and Parmesan Egg Cups	Cauliflower Rice Bowl with Shrimp	Stuffed Chicken Breast with Spinach and Cheese	Almond Butter and Chocolate Protein Shake	Sugar-Free Chocolate Truffles
Sat	Protein-Packed Breakfast Burrito Bowl	Roasted Chicken and Brussels Sprouts	Keto-Friendly Fajitas with Bell Peppers	Matcha Green Tea Protein Shake	Keto Cinnamon Roll Mug Cake
Sun	Scrambled Eggs with Spinach and Mushrooms	Tuna Salad with Avocado and Olive Oil	Grilled Salmon with Garlic Butter and Broccoli	Peanut Butter Protein Smoothie	Keto Pumpkin Pie with Almond Crust

Week 6

DAY	BREAKFAST	LUNCH	DINNER	SMOOTHIE	DESSERT
Mon	Smoked Salmon and Cream Cheese Frittata	Asian-Inspired Beef and Cabbage Bowls	Grilled Lamb Chops with Spinach Salad	Mocha Protein Shake with Almond Milk	Coconut Flour Brownies with Dark Chocolate
Tue	Chia Seed Pudding with Almond Milk	Turkey Lettuce Wraps with Mustard Mayo	Lemon Herb Chicken Thighs with Cauliflower Mash	Strawberry and Coconut Protein Shake	Keto Cheesecake Bites with Almond Crust
Wed	Almond Flour Waffles with Peanut Butter	Zoodle Bowl with Ground Turkey and Spinach	Keto Meatballs with Marinara and Mozzarella	Cinnamon Vanilla Protein Shake	Low-Carb Pecan Pie Bars
Thu	Zoodle Breakfast Bowl with Fried Eggs	Greek Salad with Grilled Chicken	Shrimp Scampi with Spaghetti Squash	Chocolate Almond Protein Smoothie	Flourless Chocolate Cake with Whipped Cream
Fri	Low-Carb Breakfast Pizza with Sausage	Spicy Salmon Salad with Avocado	Ribeye Steak with Creamed Spinach	Pumpkin Spice Protein Smoothie	Lemon Cheesecake Mousse with Whipped Cream
Sat	Baked Eggs in Avocado Boats	Grilled Shrimp and Zucchini Noodles	Sausage and Cauliflower Casserole	Matcha Green Tea Protein Shake	Raspberry Cream Cheese Fat Bombs
Sun	Veggie-Loaded Keto Quiche	Egg Salad Lettuce Wraps with Bacon	Chicken Alfredo with Zoodles	Green Tea and Avocado Smoothie	Peanut Butter Chocolate Fat Bombs

Week 7

DAY	BREAKFAST	LUNCH	DINNER	SMOOTHIE	DESSERT
Mon	Turkey Sausage Breakfast Skillet	Grilled Chicken Caesar Salad with Parmesan	Garlic Butter Grilled Steak with Asparagus	Blueberry and Flaxseed Keto Shake	Keto Lemon Bars with Almond Flour
Tue	Low-Carb Protein Pancakes with Berries	Tuna Salad with Avocado and Olive Oil	Baked Salmon with Pesto and Zucchini	Peanut Butter Protein Smoothie	Coconut Macaroons with Dark Chocolate Drizzle
Wed	Scrambled Eggs with Spinach and Mushrooms	Cucumber and Smoked Salmon Rolls	Stuffed Chicken Breast with Spinach and Cheese	Avocado and Spinach Green Smoothie	Keto Cinnamon Roll Mug Cake
Thu	Cottage Cheese and Cucumber Toast	Eggplant Lasagna with Ground Turkey	Grilled Swordfish with Avocado Salsa	Mocha Protein Shake with Almond Milk	Chocolate Chip Almond Flour Cookies
Fri	Spinach and Feta Egg Muffins	Spicy Beef Lettuce Cups with Sriracha	Low-Carb Beef Tacos with Lettuce Shells	Matcha Green Tea Protein Shake	Berry Coconut Chia Pudding
Sat	Coconut Flour Crepes with Almond Butter	Low-Carb Chicken Salad with Avocado	Pork Chops with Creamy Mushroom Sauce	Chocolate Hazelnut Keto Smoothie	Peanut Butter Protein Balls
Sun	Protein-Packed Breakfast Burrito Bowl	Roasted Chicken and Brussels Sprouts	Keto-Friendly Fajitas with Bell Peppers	Lemon and Kale Detox Smoothie	Low-Carb Chocolate Avocado Mousse

Week 8

DAY	BREAKFAST	LUNCH	DINNER	SMOOTHIE	DESSERT
Mon	Almond Flour Waffles with Peanut Butter	Asian-Inspired Beef and Cabbage Bowls	Shrimp Scampi with Spaghetti Squash	Coconut Milk and Collagen Smoothie	Keto Cheesecake Bites with Almond Crust
Tue	Smoked Salmon and Cream Cheese Frittata	Grilled Shrimp and Zucchini Noodles	Lemon Herb Chicken Thighs with Cauliflower Mash	Raspberry Almond Milk Smoothie	Flourless Chocolate Cake with Whipped Cream
Wed	Zucchini and Parmesan Egg Cups	Turkey Lettuce Wraps with Mustard Mayo	Chicken Alfredo with Zoodles	Strawberry and Coconut Protein Shake	Keto Pumpkin Pie with Almond Crust
Thu	Greek Yogurt Parfait with Flaxseeds	Spicy Salmon Salad with Avocado	Grilled Lamb Chops with Spinach Salad	Cinnamon Vanilla Protein Shake	Almond Butter Chocolate Chip Cookies
Fri	Low-Carb Breakfast Pizza with Sausage	Egg Salad Lettuce Wraps with Bacon	Keto Meatballs with Marinara and Mozzarella	Matcha Green Tea Protein Shake	Raspberry Cream Cheese Fat Bombs
Sat	Baked Eggs in Avocado Boats	Low-Carb Stuffed Bell Peppers with Beef	Grilled Salmon with Garlic Butter and Broccoli	Keto Chocolate Peanut Butter Smoothie	Coconut Chocolate Bark with Almonds
Sun	Scrambled Eggs with Spinach and Mushrooms	Zoodle Bowl with Ground Turkey and Spinach	Garlic Butter Shrimp with Avocado Salad	Green Tea and Avocado Smoothie	Sugar-Free Chocolate Truffles

Week 9

DAY	BREAKFAST	LUNCH	DINNER	SMOOTHIE	DESSERT
Mon	Spinach and Feta Egg Muffins	Grilled Chicken Caesar Salad with Parmesan	Garlic Butter Grilled Steak with Asparagus	Peanut Butter Protein Smoothie	Keto Lemon Bars with Almond Flour
Tue	Cauliflower Hash Browns with Poached Eggs	Tuna Salad with Avocado and Olive Oil	Grilled Swordfish with Avocado Salsa	Berry Blast Keto Smoothie	Coconut Macaroons with Dark Chocolate Drizzle
Wed	Low-Carb Protein Pancakes with Berries	Egg Salad Lettuce Wraps with Bacon	Beef Stir-Fry with Bok Choy	Green Tea and Avocado Smoothie	Peanut Butter Chocolate Fat Bombs
Thu	Protein-Packed Breakfast Burrito Bowl	Cucumber and Smoked Salmon Rolls	Lemon Herb Chicken Thighs with Cauliflower Mash	Mocha Protein Shake with Almond Milk	Chocolate Chip Almond Flour Cookies
Fri	Baked Eggs in Avocado Boats	Spicy Beef Lettuce Cups with Sriracha	Keto-Friendly Fajitas with Bell Peppers	Matcha Green Tea Protein Shake	Keto Cinnamon Roll Mug Cake
Sat	Veggie-Loaded Keto Quiche	Grilled Steak Salad with Blue Cheese	Baked Salmon with Pesto and Zucchini	Coconut and MCT Oil Smoothie	Low-Carb Pecan Pie Bars
Sun	Almond Flour Waffles with Peanut Butter	Roasted Chicken and Brussels Sprouts	Stuffed Chicken Breast with Spinach and Cheese	Chocolate Hazelnut Keto Smoothie	Flourless Chocolate Cake with Whipped Cream

CHAPTER 11. **BONUS CHAPTER**

Low-Carb Mocktail Recipes

Berry Infusion Fizz with Collagen

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 scoop collagen powder (unflavored or berry-flavored, about 10g)
- 1/4 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup sparkling water (unsweetened)
- 1/4 cup unsweetened coconut water (for hydration and light sweetness)
- 1 teaspoon lemon juice (freshly squeezed)
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Fresh mint leaves or extra berry garnish (optional)

DIRECTIONS:

1. In a blender or food processor, combine the mixed berries and blend until smooth. If you prefer a chunkier texture, pulse the berries lightly.
2. Strain the berry mixture through a fine mesh sieve to remove the seeds, if desired. This step is optional but will create a smoother drink.
3. In a glass, combine the strained berry juice with the lemon juice and collagen powder. Stir or shake to ensure the collagen dissolves completely.
4. Add ice cubes to the glass.
5. Pour the sparkling water and coconut water into the glass, then stir gently to combine.
6. Add stevia or monk fruit sweetener to taste the drink and adjust sweetness if necessary.
7. Garnish with fresh mint leaves or a few extra berries if desired. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 60 | Protein: 10g | Carbohydrates: 6g | Fat: 0g

Protein-Packed Citrus Spritz

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- One scoop of unflavored or citrus-flavored whey protein powder (about 25g)
- 1/2 cup sparkling water (unsweetened)
- 1/4 cup fresh orange juice (unsweetened)
- 1/4 cup fresh lemon juice (unsweetened)
- One tablespoon MCT oil (optional for added healthy fat)
- Ice cubes
- One teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Fresh mint leaves or citrus slices for garnish (optional)

DIRECTIONS:

1. Combine the protein powder, fresh orange juice, and lemon juice in a shaker or mixing glass. Add the sweetener (if using) and mix until the protein powder is fully dissolved.
2. Add ice cubes to a glass.
3. Pour the protein and citrus mixture into the glass over the ice.
4. Top off the drink with sparkling water and stir gently to combine.
5. For added flavor and a fresh touch, garnish with a sprig of mint or a slice of citrus.
6. Serve immediately and enjoy your refreshing, protein-packed beverage.

NUTRITIONAL INFORMATION: Calories: 120 | Protein: 25g | Carbohydrates: 4g | Fat: 2g

Minted Cucumber Refresher

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cucumber (about 1/2 cup), peeled and sliced
- 1/2 cup unsweetened sparkling water
- 1/4 cup unsweetened coconut water (optional for a touch of sweetness)
- 1 scoop unflavored collagen powder (about 10g)
- 4-5 fresh mint leaves
- 1 teaspoon lime juice (freshly squeezed)
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Mint sprig or cucumber slice for garnish (optional)

DIRECTIONS:

1. In a blender, combine the cucumber slices, fresh mint leaves, and lime juice. Blend until smooth.
2. Strain the mixture through a fine mesh sieve to remove any pulp, if desired, for a smoother texture.
3. In a glass, add the collagen powder and mix with the cucumber-mint juice until fully dissolved.
4. Add ice cubes to the glass, then pour in the sparkling and coconut water (if used). Stir gently to combine.
5. Taste and adjust sweetness with stevia or monk fruit sweetener, if desired.
6. Garnish with a sprig of mint or a cucumber slice for an extra fresh touch. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 40 | Protein: 10g | Carbohydrates: 3g | Fat: 0g

Almond Milk Mojito Mocktail

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup unsweetened almond milk
- 1/2 cup sparkling water (unsweetened)
- 1/2 teaspoon vanilla extract
- 1 scoop unflavored or vanilla-flavored protein powder (about 25g)
- 5-6 fresh mint leaves, plus extra for garnish
- 1 teaspoon lime juice (freshly squeezed)
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Lime wedge or mint sprig for garnish (optional)

DIRECTIONS:

1. In a mixing glass, muddle the mint leaves with lime juice to release the mint's flavor.
2. Add the almond milk, protein powder, and vanilla extract. Stir well until the protein powder is fully dissolved.
3. Fill a serving glass with ice cubes, then strain the almond milk mixture into the glass.
4. Top with sparkling water and gently stir to combine.
5. Taste and adjust sweetness with stevia or monk fruit sweetener, if desired.
6. Garnish with a lime wedge or mint sprig for a refreshing presentation. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 110 | Protein: 25g | Carbohydrates: 2g | Fat: 3g

Tropical Protein Punch

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup unsweetened almond milk
- 1/4 cup unsweetened coconut water
- 1 scoop vanilla protein powder (about 25g)
- 1/4 cup diced fresh pineapple (optional: replace with one tablespoon pineapple extract for fewer carbs)
- 1/4 teaspoon coconut extract
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Shredded unsweetened coconut or pineapple wedge for garnish (optional)

DIRECTIONS:

1. In a blender, combine almond milk, coconut water, vanilla protein powder, diced pineapple (or pineapple extract), coconut extract, and vanilla extract. Blend until smooth.
2. Add stevia or monk fruit sweetener if desired, and blend again briefly to incorporate.
3. Fill a glass with ice cubes and pour the blended mixture over the ice.
4. Garnish with shredded coconut or a small pineapple wedge for a tropical touch, if desired.
5. Serve immediately and enjoy your refreshing, protein-packed tropical punch!

NUTRITIONAL INFORMATION: Calories: 130 | Protein: 25g | Carbohydrates: 4g | Fat: 2g

Avocado-Lime Cooler

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/4 ripe avocado
- 1/2 cup unsweetened almond milk
- 1/4 cup sparkling water (unsweetened)
- 1 scoop unflavored or vanilla protein powder (about 25g)
- 1 tablespoon lime juice (freshly squeezed)
- 1/4 teaspoon lime zest (optional)
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Lime wheel or mint sprig for garnish (optional)

DIRECTIONS:

1. In a blender, combine the avocado, almond milk, protein powder, lime juice, and lime zest (if using). Blend until smooth and creamy.
2. Taste the mixture and add stevia or monk fruit sweetener if desired. Blend again briefly to incorporate.
3. Fill a serving glass with ice cubes and pour the avocado-lime mixture over the ice.
4. Top with sparkling water and stir gently to combine.
5. Garnish with a lime wheel or mint sprig for a refreshing touch. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 140 | Protein: 25g | Carbohydrates: 3g | Fat: 5g

Green Tea Lemonade Twist

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup unsweetened brewed green tea (chilled)
- 1/4 cup unsweetened lemon juice (freshly squeezed)
- 1/4 cup sparkling water (unsweetened)
- 1 scoop unflavored or lemon-flavored protein powder (about 25g)
- 1 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Lemon slice or mint sprig for garnish (optional)

DIRECTIONS:

1. In a shaker or blender bottle, combine the chilled green tea, lemon juice, and protein powder. Shake or blend until the protein powder is fully dissolved.
2. Taste the mixture and add stevia or monk fruit sweetener, if desired, to adjust the sweetness. Shake again briefly to mix.
3. Fill a glass with ice cubes and pour the green tea lemonade mixture over the ice.
4. Top with sparkling water and stir gently to combine.
5. Garnish with a lemon slice or mint sprig for a refreshing touch. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 100 | Protein: 25g | Carbohydrates: 2g | Fat: 0g

Coconut Water Protein Cooler

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup unsweetened coconut water
- 1/2 cup unsweetened almond milk
- 1 scoop vanilla or unflavored protein powder (about 25g)
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- 1/4 teaspoon vanilla extract (optional)
- Ice cubes
- Shredded unsweetened coconut or a lime wedge for garnish (optional)

DIRECTIONS:

1. In a blender, combine the coconut water, almond milk, protein powder, and vanilla extract (if using). Blend until smooth and the protein powder is fully dissolved.
2. Taste the mixture and add stevia or monk fruit sweetener, if desired, to achieve your preferred level of sweetness. Blend again briefly to mix.
3. Fill a serving glass with ice cubes and pour the blended mixture over the ice.
4. Garnish with a sprinkle of shredded coconut or a lime wedge for a tropical touch.
5. Serve immediately and enjoy your refreshing, protein-packed cooler!

NUTRITIONAL INFORMATION: Calories: 120 | Protein: 25g | Carbohydrates: 3g | Fat: 1g

Ginger-Lime Protein Sparkler

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup sparkling water (unsweetened)
- 1/2 cup unsweetened ginger tea (chilled)
- One scoop unflavored or lime-flavored protein powder (about 25g)
- One tablespoon lime juice (freshly squeezed)
- 1/2 teaspoon grated fresh ginger (optional, for extra kick)
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Lime wheel or mint sprig for garnish (optional)

DIRECTIONS:

1. Combine the chilled ginger tea, lime juice, protein powder, and grated ginger (if using) in a shaker or blender bottle. Shake or blend until the protein powder is fully dissolved.
2. Taste the mixture and add stevia or monk fruit sweetener, if desired, to adjust the sweetness. Shake again briefly to mix.
3. Fill a serving glass with ice cubes and pour the ginger-lime mixture over the ice.
4. Top with sparkling water and stir gently to combine.
5. Garnish with a lime wheel or mint sprig for a refreshing presentation. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 95 | Protein: 25g | Carbohydrates: 2g | Fat: 0g

Chilled Almond Butter Smoothie Mocktail

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup unsweetened almond milk
- 1/4 cup cold brewed coffee or unsweetened cocoa-flavored water (optional for depth of flavor)
- One tablespoon almond butter (unsweetened)
- 1 scoop unflavored or vanilla protein powder (about 25g)
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Sliced almonds or a sprinkle of cinnamon for garnish (optional)

DIRECTIONS:

1. Combine the almond milk, cold brewed coffee (if using), almond butter, protein powder, and ground cinnamon in a blender. Blend until smooth and creamy.
2. Taste the mixture and add stevia or monk fruit sweetener if needed. Blend again briefly to mix.
3. Fill a serving glass with ice cubes and pour the blended mixture over the ice.
4. Garnish with sliced almonds or a sprinkle of cinnamon for a desired touch of elegance.
5. Serve immediately and enjoy this creamy and protein-rich mocktail!

★ **This Chilled Almond Butter Smoothie Mocktail is a luscious, nutty beverage with a protein boost, perfect as a post-workout treat or a satisfying mid-day refreshment!**

NUTRITIONAL INFORMATION: Calories: 180 | Protein: 25g | Carbohydrates: 4g | Fat: 7g

Strawberry Basil Protein Lemonade

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup unsweetened sparkling water or still water
- 1/2 cup fresh strawberries, hulled
- One scoop unflavored or lemon-flavored protein powder (about 25g)
- 1 tablespoon lemon juice (freshly squeezed)
- 3-4 fresh basil leaves
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Strawberry slice or basil sprig for garnish (optional)

DIRECTIONS:

1. Combine the strawberries, lemon juice, protein powder, and basil leaves in a blender. Blend until smooth and well combined.
2. Taste the mixture and add stevia or monk fruit sweetener for desired sweetness. Blend again briefly.
3. Fill a serving glass with ice cubes and pour the strawberry-basil mixture over the ice.
4. Top with sparkling or still water and stir gently to mix.
5. Garnish with a strawberry slice or a basil sprig for an elegant touch. Serve immediately and enjoy!

NUTRITIONAL INFORMATION: Calories: 110 | Protein: 25g | Carbohydrates: 4g | Fat: 0g

Citrus-Infused Electrolyte Boost

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup cold water (still or sparkling)
- 1 scoop unflavored or citrus-flavored electrolyte powder (sugar-free, low-carb)
- 1 tablespoon lemon juice (freshly squeezed)
- 1 tablespoon lime juice (freshly squeezed)
- 1/4 teaspoon pink Himalayan salt
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Lemon or lime wedge for garnish (optional)

DIRECTIONS:

1. Combine the water, electrolyte powder, lemon juice, lime juice, and Himalayan salt in a mixing glass or minor pitcher. Stir until fully dissolved.
2. Taste the mixture and add stevia or monk fruit sweetener if additional sweetness is desired. Stir to mix.
3. Fill a serving glass with ice cubes and pour the prepared electrolyte drink over the ice.
4. Garnish with a lemon or lime wedge for a fresh presentation.
5. Serve immediately for a refreshing and revitalizing hydration boost!

NUTRITIONAL INFORMATION: Calories: 15 | Protein: 0g | Carbohydrates: 2g | Fat: 0g

Peach-Infused Protein Iced Tea

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup brewed and chilled unsweetened black tea (or green tea)
- 1/2 small fresh peach, sliced thinly (or 2 tablespoons unsweetened peach puree)
- 1 scoop unflavored or peach-flavored protein powder (about 25g)
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Fresh mint leaves for garnish (optional)

DIRECTIONS:

1. In a blender, combine the protein powder and chilled tea. Blend on low speed until the protein powder is fully dissolved.
2. Taste and adjust sweetness by adding stevia or monk fruit sweetener, blending briefly to mix.
3. Add a layer of ice cubes and peach slices in a serving glass.
4. Pour the blended protein tea over the ice and peach slices. Stir gently to distribute the flavors.
5. Garnish with fresh mint leaves for an aromatic touch, if desired. Serve immediately and enjoy!

NUTRITIONAL INFORMATION: Calories: 100 | Protein: 25g | Carbohydrates: 2g | Fat: 0g

Raspberry-Lemon Protein Slush

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup frozen raspberries
- 1/2 cup cold water (or unsweetened sparkling water for extra fizz)
- 1 scoop unflavored or lemon-flavored protein powder (about 25g)
- 1 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- 1 cup ice cubes
- Fresh raspberries and a lemon slice for garnish (optional)

DIRECTIONS:

1. In a blender, combine the frozen raspberries, cold water, protein powder, lemon juice, and stevia or monk fruit sweetener.
2. Add the ice cubes to the blender and blend at high speed until the mixture becomes smooth and slushy.
3. Taste and adjust sweetness if needed, blending briefly to incorporate.
4. Pour the slush into a serving glass.
5. Garnish with fresh raspberries and a lemon slice for a vibrant presentation, if desired. Serve immediately and enjoy!

NUTRITIONAL INFORMATION: Calories: 90 | Protein: 25g | Carbohydrates: 4g | Fat: 0g

Lemonade with Chia and MCT Oil

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup cold water or sparkling water
- 1 tablespoon chia seeds
- One tablespoon freshly squeezed lemon juice
- One teaspoon MCT oil
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes (optional)
- Lemon slice or mint leaves for garnish (optional)

DIRECTIONS:

1. Combine the chia seeds with 1/4 cup of water in a small bowl or glass. Stir well and let sit for 5 minutes to allow the chia seeds to hydrate and form a gel-like consistency.
2. Add the lemon juice, MCT oil, and sweetener in a serving glass if using. Stir until well combined.
3. Pour the hydrated chia seed mixture into the glass and stir to distribute the seeds evenly.
4. Add cold water or sparkling water to fill the glass, stirring gently to mix.
5. Add ice cubes if desired, and garnish with a lemon slice or mint leaves for a refreshing touch. Serve immediately.

NUTRITIONAL INFORMATION: Calories: 60 | Protein: 2g | Carbohydrates: 3g | Fat: 5g

Keto Creamy Coffee Cooler

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1 cup cold brewed coffee or chilled espresso
- 1/2 cup unsweetened almond milk or coconut milk
- One tablespoon heavy cream
- One teaspoon MCT oil or coconut oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- 1/2 cup ice cubes
- Whipped cream and a sprinkle of cocoa powder for garnish (optional)

DIRECTIONS:

1. In a blender, combine the cold brewed coffee, almond milk, heavy cream, MCT oil, vanilla extract, and sweetener if using.
2. Add the ice cubes to the blender and blend until smooth and frothy.
3. Pour the mixture into a tall glass.
4. If desired, top with a dollop of whipped cream and a light dusting of cocoa powder for garnish.
5. Serve immediately and enjoy your creamy, refreshing coffee cooler.

NUTRITIONAL INFORMATION: Calories: 120 | Protein: 2g | Carbohydrates: 1g | Fat: 12g

Protein-Packed Cranberry Sparkler

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup unsweetened cranberry juice (low-carb variety)
- 1/2 cup sparkling water or club soda
- One scoop unflavored or cranberry-flavored protein powder
- One teaspoon lime juice
- One teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Fresh cranberries and lime slices for garnish (optional)

DIRECTIONS:

1. In a shaker or blender bottle, combine the unsweetened cranberry juice, lime juice, protein powder, and sweetener. Shake or blend until smooth and thoroughly combined.
2. Fill a glass with ice cubes and pour the protein mixture over the ice.
3. Top with sparkling water or club soda and stir gently to combine.
4. Garnish with fresh cranberries and lime slices if desired.
5. Serve immediately and enjoy the refreshing, protein-packed beverage.

NUTRITIONAL INFORMATION: Calories: 50 | Protein: 20g | Carbohydrates: 4g | Fat: 0g

Cucumber Mint Protein Refresher

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup cucumber juice (freshly pressed or blended and strained)
- 1/2 cup cold water
- One scoop unflavored or vanilla protein powder
- 1 teaspoon fresh lime juice
- 4-5 fresh mint leaves
- 1/2 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Cucumber slices and mint sprigs for garnish (optional)

DIRECTIONS:

1. In a blender, combine the cucumber juice, cold water, lime juice, protein powder, and sweetener if using. Blend until smooth and protein powder is fully incorporated.
2. Muddle the mint leaves gently in a glass to release their flavor.
3. Fill the glass with ice cubes and pour the cucumber-protein mixture over the ice.
4. Stir gently to combine and infuse the mint flavor.
5. Garnish with cucumber slices and a sprig of mint if desired.
6. Serve immediately and enjoy this refreshing and nutritious drink.

NUTRITIONAL INFORMATION: Calories: 50 | Protein: 20g | Carbohydrates: 2g | Fat: 0g

Citrus-Ginger Mocktail with Collagen Boost

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup sparkling water
- 1/4 cup fresh orange juice (from about 1/2 orange)
- 1 tablespoon fresh lime juice
- 1/2 teaspoon freshly grated ginger
- 1 scoop unflavored collagen powder
- 1/4 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Orange or lime slice and fresh mint for garnish (optional)

DIRECTIONS:

1. In a small mixing bowl or shaker, combine the fresh orange juice, lime juice, grated ginger, collagen powder, and sweetener if using. Stir or shake well to dissolve the collagen powder completely.
2. Fill a glass with ice cubes.
3. Pour the juice mixture over the ice, then top with sparkling water. Stir gently to combine.
4. Garnish with an orange or lime slice and a sprig of fresh mint if desired.
5. Serve immediately and enjoy this refreshing, collagen-boosting drink.

NUTRITIONAL INFORMATION: Calories: 50 | Protein: 10g | Carbohydrates: 4g | Fat: 0g

Chocolate Almond Protein Fizz

Yield: 1 serving | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS:

- 1/2 cup unsweetened almond milk
- 1/2 cup sparkling water
- 1 scoop chocolate protein powder (low-carb)
- 1 teaspoon unsweetened cocoa powder
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon almond extract
- 1/4 teaspoon stevia or monk fruit sweetener (optional, adjust to taste)
- Ice cubes
- Shaved dark chocolate or cocoa nibs for garnish (optional)

DIRECTIONS:

1. In a shaker or blender, combine the almond milk, chocolate protein powder, cocoa powder, vanilla extract, almond extract, and sweetener if using. Shake or blend until smooth and creamy.
2. Fill a tall glass with ice cubes.
3. Pour the protein mixture over the ice, leaving room for sparkling water.
4. Top with sparkling water and stir gently to combine.
5. Garnish with shaved dark chocolate or cocoa nibs, if desired.
6. Serve immediately and enjoy this fizzy, chocolatey delight!

NUTRITIONAL INFORMATION: Calories: 90 | Protein: 15g | Carbohydrates: 2g | Fat: 3g

CHAPTER 12. **BONUS CHAPTER**

15-Minute High-Intensity Workout Guide

Welcome to the 15-Minute High-Intensity Workout Guide, designed to complement your low-carb, high-protein diet with quick, effective exercises. These workouts are crafted to fit seamlessly into your busy schedule while helping you build muscle, burn fat, and boost your metabolism. No gym membership is required; you only need your body weight and determination!

Why HIIT?

High-intensity interval Training (HIIT) involves short bursts of intense exercise followed by brief rest periods. This method is scientifically proven effective for fat loss and muscle toning while saving time. HIIT also pairs well with low-carb, high-protein diets as it optimizes fat-burning and promotes muscle retention.

WORKOUT TIPS:

- **Warm-Up:** Always spend 2-3 minutes warming up to prepare your body. Do simple movements like jumping jacks, arm circles, or light jogging in place.
- **Rest and Recovery:** Take short breaks as recommended between exercises, but keep moving with light marching or deep breathing.
- **Cool-Down:** After your workout, spend a couple of minutes doing light stretches to prevent injury and aid recovery.

WORKOUT 1: FULL-BODY BLAST (15 MINUTES)

1. Jump Squats

Duration: 30 seconds | **Rest:** 15 seconds

Stand with feet shoulder-width apart. Lower into a squat and explode up, jumping as high as possible. Land softly and go right into the next squat.

2. Push-Up to Plank Taps

Duration: 30 seconds | **Rest:** 15 seconds

Start in a push-up position. Perform a push-up, then lift one hand to tap the opposite shoulder, alternating sides.

3. Mountain Climbers

Duration: 30 seconds | **Rest:** 15 seconds

Start in a plank position. Quickly bring your knees to your chest one at a time, as if running in place. Keep your core tight.

4. Lunges with Knee Drive

Duration: 30 seconds per leg | **Rest:** 15 seconds

Step forward into a lunge, then drive your back knee towards your chest. Repeat on the same leg before switching.

5. Plank with Leg Lifts

Duration: 30 seconds | **Rest:** 15 seconds

In a plank position, lift one leg off the ground, squeeze your glutes, and hold for 1-2 seconds before switching legs. Keep your hips level.

6. Burpees

Duration: 30 seconds | **Rest:** 15 seconds

Start standing, drop into a squat, kick your feet back into a plank, perform a push-up, jump forward, and jump up with hands overhead.

7. Side Plank Rotations

Duration: 30 seconds per side | **Rest:** 15 seconds

Start in a side plank. Rotate your top arm under your body, then back to the start position. Switch sides halfway through.

WORKOUT 2: CORE AND LOWER BODY BURN (15 MINUTES)

1. Bodyweight Squats

Duration: 30 seconds | **Rest:** 15 seconds

Stand with feet hip-width apart. Lower your hips back and down into a squat, then stand up. Keep your weight in your heels.

2. Russian Twists

Duration: 30 seconds | **Rest:** 15 seconds

Sit on the floor with knees bent. Lean back slightly and twist your torso, touching the floor with your hands. To increase intensity, hold a weight or a water bottle.

3. Reverse Lunges

Duration: 30 seconds per leg | **Rest:** 15 seconds

Step back into a lunge position, lowering your knee towards the floor. Return to the starting position and switch legs.

4. Bicycle Crunches**Duration:** 30 seconds | **Rest:** 15 seconds

Lie on your back, lift your legs to the tabletop, and alternate, bringing your opposite elbow to your knee as if pedaling a bicycle.

5. Single-Leg Glute Bridges**Duration:** 30 seconds per leg | **Rest:** 15 seconds

Lie on your back with your knees bent. Lift one leg off the floor and press through your heel to lift your hips towards the ceiling. Switch legs halfway.

6. High Knees**Duration:** 30 seconds | **Rest:** 15 seconds

Stand tall and quickly drive your knees towards your chest while pumping your arms. Keep a quick pace.

7. Heel Touches**Duration:** 30 seconds | **Rest:** 15 seconds

Lie on your back with your knees bent and feet flat. Reach for your heels with alternating hands, engaging your obliques.

WORKOUT 3: CARDIO AND UPPER BODY BOOST (15 MINUTES)**1. Jumping Jacks****Duration:** 30 seconds | **Rest:** 15 seconds

Stand with feet together, then jump your feet out while raising your arms above your head. Jump back to the starting position and repeat.

2. Push-Up Shoulder Taps**Duration:** 30 seconds | **Rest:** 15 seconds

In a push-up position, perform a push-up and tap one shoulder with the opposite hand. Repeat, alternating sides.

3. Lateral Lunges**Duration:** 30 seconds per side | **Rest:** 15 seconds

Step to one side, bending the knee and keeping the opposite leg straight. Push back to the center and switch sides.

4. Plank Jacks**Duration:** 30 seconds | **Rest:** 15 seconds

Start in a plank position and jump your feet out wide, then jump them back in, keeping your core tight throughout.

5. Superman Raises

Duration: 30 seconds | **Rest:** 15 seconds

Lie on your stomach with your arms extended. Lift your arms and legs off the floor, squeezing your glutes and lower back. Lower back down.

6. Alternating Side Planks

Duration: 30 seconds | **Rest:** 15 seconds

Start in a side plank on your forearm. Hold for 15 seconds and switch to the other side.

7. Cross-Body Mountain Climbers

Duration: 30 seconds | **Rest:** 15 seconds

In a plank position, drive your knee towards your opposite elbow, alternating sides in a controlled, steady motion.

QUICK RECOVERY AND COOL DOWN

After completing your workout, spend 2-3 minutes cooling down with these gentle stretches:

- **Forward Fold Stretch:** Stand with feet together and slowly bend forward to touch your toes. Hold for 15-20 seconds.
- **Quad Stretch:** Stand on one leg and pull the opposite foot towards your glute. Hold for 15-20 seconds per leg.
- **Child's Pose:** Kneel on the floor, then sit back on your heels and stretch your arms forward. Hold for 15-20 seconds.

FINAL NOTES

These 15-minute workouts are designed to be challenging yet accessible. They provide a full-body exercise routine that keeps your metabolism active. Feel free to mix and match the workouts or focus on specific areas based on your goals. Remember, consistency is vital—make these workouts a regular part of your weekly routine to maximize your results!

CHAPTER 13. **BONUS CHAPTER**

The Science of Fasting

Fasting has been practiced for centuries in various cultures, often for religious or spiritual purposes. Today, science has uncovered the physiological benefits of fasting, particularly when paired with a low-carb, high-protein (LCHP) diet.

WHAT IS INTERMITTENT FASTING (IF)?

Intermittent fasting is a dietary approach that cycles between periods of eating and fasting. Unlike traditional diets, IF focuses on when you eat rather than what you eat. Common methods include:

- 16:8 Method: Fasting for 16 hours and eating within an 8-hour window.
- 5:2 Method: Eating generally for five days and reducing calorie intake to about 500-600 calories on two non-consecutive days.
- 24-Hour Fast: Fasting for 24 hours once or twice a week.

HOW FASTING ENHANCES A LOW-CARB DIET

Fasting and a low-carb, high-protein diet create a synergistic effect, enhancing fat-burning and metabolic health:

Accelerates Ketosis:

Fasting quickly depletes glycogen stores, prompting the body to burn fat for energy. When combined with a low-carb diet, this process is more efficient, leading to sustained ketosis.

Improves Insulin Sensitivity:

Both fasting and reducing carbs lower insulin levels, reduce fat storage and promote better blood sugar control.

Enhances Fat Loss:

Fasting promotes the release of norepinephrine, a hormone that stimulates fat breakdown. When paired with high-protein meals, this preserves muscle mass while targeting fat.

Boosts Energy and Mental Clarity:

Many people report improved focus and energy during fasting due to increased ketone production, a preferred fuel for the brain.

BENEFITS OF FASTING

- **Weight Management:** Encourages fat loss without reducing muscle mass.
- **Cellular Repair:** Stimulates autophagy, the process by which cells remove damaged components, promoting longevity.
- **Reduced Inflammation:** Decreases inflammatory markers, improving overall health.
- **Improved Digestion:** Allows the gut to rest, enhancing nutrient absorption and reducing bloating.

TIPS FOR SUCCESSFUL FASTING

1. **Start Slowly:**
Begin with a 12-hour fast (e.g., 7 PM to 7 AM) and gradually extend the fasting window.
2. **Stay Hydrated:**
Drink plenty of water, herbal teas, or black coffee during fasting.
3. **Prioritize Nutrient-Dense Meals:**
Break your fast with balanced, protein-rich meals to stabilize blood sugar levels.
4. **Plan Around Your Schedule:**
Choose fasting windows that align with your lifestyle and energy needs.
5. **Avoid Overeating:**
Stick to your LCHP meal plan and avoid bingeing after fasting periods.

SAMPLE FASTING SCHEDULE FOR LCHP DIETERS

- 7:00 PM: Last meal (high protein, low carb).
- 7:00 AM: Breakfast with a protein-packed breakfast like a spinach and feta egg muffin.
- Eating Window (7:00 AM to 3:00 PM): Consume your other LCHP meals.
- Fasting Window (3:00 PM to 7:00 AM): Stick to water, herbal teas, or black coffee.

WHO SHOULD AVOID FASTING?

Fasting may not be suitable for:

- Pregnant or breastfeeding women.
- Individuals with a history of eating disorders.
- Those with certain medical conditions (consult a healthcare professional first).

CONCLUSION

Intermittent fasting is a powerful tool that enhances the benefits of a low-carb, high-protein lifestyle. By aligning fasting with your nutritional goals, you can accelerate fat loss, boost energy, and improve overall health. Start with small changes, listen to your body, and enjoy the transformative effects of combining fasting with your LCHP diet.

Conversion Chart

CUP	TABLESPOONS (tbsp)	TEASPOONS (tsp)	FLUID OUNCES (oz)	MILLILITERS (ml)
1	16	48	8	237
3/4	12	36	6	177
2/3	10 + 2 tsp	32	5 1/3	158
1/2	8	24	4	118
1/3	5 + 1 tsp	16	2 2/3	79
1/4	4	12	2	59
1/6	2 + 2 tsp	8	1 1/3	40
1/8	2	6	1	30
1/16	1	3	1/2	15

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