

BRUNCH

SNACK

DINNER

MONDAY

Veggie Omelette

Cauliflower rice salad

Baked salmon with roasted veggies

TUESDAY

Overnight oats with fruits

Tuna salad on mixed greens

Mediterranean Grilled Chicken with Roasted Vegetables

WEDNESDAY

Scrambled eggs with avocado

Antipasto Salad

Zucchini Lasagna

THURSDAY

Greek yogurt parfait

Southwest chicken salad with avocado lime dressing

Thai coconut curry with shrimp

FRIDAY

Avocado smoothie made w/ coconut milk, protein powder, avocado & spinach

Shrimp stir fry with cauliflower rice

Cauliflower crust pizza with veggies

SATURDAY

Cottage cheese and berries

Chicken salad with avocado

Grilled steak

SUNDAY

Egg and vegetable muffins

Chicken and Veggie Lettuce Wrap

Southwest stuffed bell peppers

BRUNCH

SNACK

DINNER

MONDAY

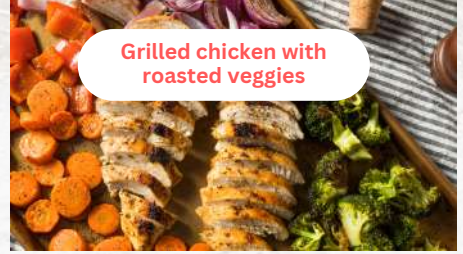
Spinach and feta Omelette



Chicken Caesar salad



Grilled chicken with roasted veggies



TUESDAY

Scrambled eggs with mushroom and bell pepper



Bacon wrapped jalapeno poppers



Beef and veggie stir fry



WEDNESDAY

Spinach and mushroom frittata



Turkey and cheese roll ups



Meatballs with zucchini noodles and marinara sauce



THURSDAY

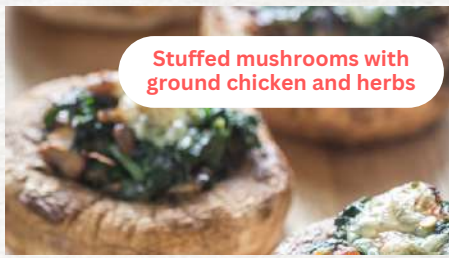
Chia seed pudding with berries



Egg salad lettuce wraps



Stuffed mushrooms with ground chicken and herbs



FRIDAY

Green smoothie



Greek salad with grilled chicken



Zucchini noodles with beef Bolognese



SATURDAY

Vegetable scramble



Tuna salad stuffed in Bell Peppers

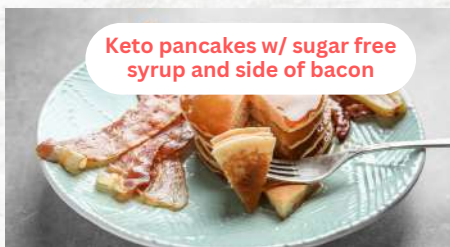


Lemon garlic butter shrimp with broccoli



SUNDAY

Keto pancakes w/ sugar free syrup and side of bacon



Greek salad with avocado



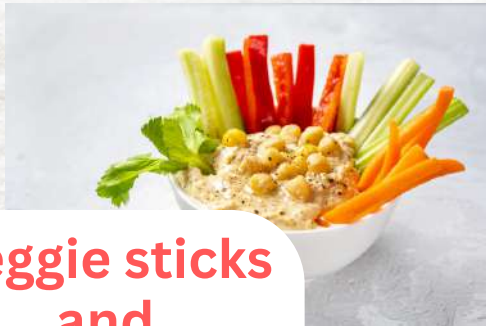
Chicken fajitas





**Nuts and
Seeds**

**Celery with
almond butter**



**Veggie sticks
and
cauliflower
hummus**

**Hard boiled
eggs**



Olives



String Cheese

RECIPIES

BRUNCH

Veggie Omelette

- 2 large eggs
- 1/4 cup chopped bell peppers (any color you prefer)
- 1/4 cup chopped spinach
- 1/4 cup chopped mushrooms
- 1 tablespoon olive oil or butter
- Salt and pepper to taste
- Optional: shredded cheese (like cheddar or mozzarella)

1. Heat the olive oil or butter in a non-stick skillet over medium heat.
2. While the skillet is heating, beat the eggs in a bowl until well mixed.
3. Add the chopped bell peppers, spinach, and mushrooms to the beaten eggs. Season with salt and pepper, and mix everything together.
4. Pour the egg and veggie mixture into the skillet, spreading it out evenly.
5. Let the omelette cook for a few minutes until the edges start to set and the bottom is lightly browned.
6. If using cheese, sprinkle it evenly over one half of the omelette.
7. Carefully fold the omelette in half with a spatula.
8. Cook for another minute or two until the cheese is melted and the omelette is cooked through.
9. Slide the omelette onto a plate and serve hot.



RECIPIES

BRUNCH

Overnight Oats with Fruit

- 1/4 cup chia seeds
- 1/4 cup unsweetened almond milk (or any keto-friendly milk alternative)
- 1/4 cup full-fat Greek yogurt
- 1/4 cup fresh or frozen berries (such as strawberries, blueberries, or raspberries)
- 1 tablespoon almond butter (or any nut butter of your choice)
- 1 teaspoon vanilla extract
- 1 teaspoon keto-friendly sweetener (such as erythritol or stevia), optional
- Additional toppings (such as sliced almonds, coconut flakes, or hemp seeds), optional

1. In a mason jar or airtight container, combine the chia seeds, almond milk, Greek yogurt, almond butter, vanilla extract, and sweetener (if using). Stir well to combine all the ingredients evenly.
2. Gently fold in the berries, ensuring they are distributed throughout the mixture.
3. Cover the jar or container and refrigerate overnight, or for at least 4-6 hours, to allow the chia seeds to absorb the liquid and thicken the mixture.
4. Before serving, give the overnight oats a good stir. If the mixture is too thick, you can add a little more almond milk to reach your desired consistency.
5. Serve the overnight oats cold, straight from the fridge, or let them sit at room temperature for a few minutes if you prefer them slightly less chilled.
6. If desired, top your overnight oats with additional toppings such as sliced almonds, coconut flakes, or hemp seeds for added texture and flavor.



RECIPIES

BRUNCH

Scrambled Eggs with Avocado

- 2 large eggs
- 1/2 ripe avocado
- 1 tablespoon butter or coconut oil
- Salt and pepper to taste
- Optional toppings: shredded cheese, chopped herbs (such as parsley or chives), hot sauce

1. Crack the eggs into a bowl and whisk them together until well beaten. Season with salt and pepper to taste.
2. Cut the avocado in half, remove the pit, and scoop out the flesh into a separate bowl. Mash the avocado with a fork until smooth.
3. Heat the butter or coconut oil in a non-stick skillet over medium heat.
4. Once the skillet is hot, pour the beaten eggs into the pan.
5. Let the eggs cook for a few seconds until they start to set around the edges.
6. Using a spatula, gently push the cooked edges of the eggs towards the center of the pan, allowing the uncooked eggs to flow to the edges. Continue this process until the eggs are mostly cooked but still slightly runny.
7. Add the mashed avocado to the skillet with the partially cooked eggs.
8. Continue cooking, stirring gently, until the eggs are fully cooked and the avocado is warmed through, about 1-2 minutes.
9. Remove the skillet from the heat and transfer the scrambled eggs with avocado to a plate.
10. If desired, top the scrambled eggs with additional toppings such as shredded cheese, chopped herbs, or hot sauce.
11. Serve the scrambled eggs with avocado immediately, while warm.



RECIPIES

BRUNCH

Greek Yogurt Parfait

- 1/2 cup full-fat Greek yogurt
- 1/4 cup low-carb berries (such as strawberries, raspberries, or blueberries)
- 2 tablespoons chopped nuts or seeds (such as almonds, walnuts, or chia seeds)
- 1 tablespoon unsweetened coconut flakes
- Keto-friendly sweetener to taste (such as stevia or erythritol), optional
- Dash of vanilla extract, optional
- Keto-friendly granola, optional

1. In a bowl, mix the full-fat Greek yogurt with keto-friendly sweetener to taste and a dash of vanilla extract if desired. Stir well to combine.
2. In a separate bowl or glass, layer half of the sweetened Greek yogurt.
3. Add half of the low-carb berries on top of the yogurt layer.
4. Sprinkle half of the chopped nuts or seeds over the berries.
5. Repeat the layers with the remaining ingredients: yogurt, berries, and nuts/seeds.
6. Finish the parfait by sprinkling unsweetened coconut flakes on top.
7. Serve immediately and enjoy your delicious and nutritious keto Greek yogurt parfait!



RECIPIES

BRUNCH

Avocado Smoothie

- 1/2 ripe avocado, peeled and pitted
- 1/2 cup unsweetened almond milk or coconut milk
- 1/4 cup full-fat Greek yogurt
- 1/4 cup spinach leaves (optional, for added nutrients)
- 1 tablespoon unsweetened cocoa powder or cocoa nibs (for chocolate flavor, optional)
- 1 tablespoon almond butter or coconut oil (for creaminess and healthy fats)
- Keto-friendly sweetener to taste (such as stevia or erythritol), optional
- Ice cubes (optional, for a colder smoothie)
- A scoop of your favorite protein powder

1. Place all the ingredients in a blender.
2. Blend on high speed until smooth and creamy. If the smoothie is too thick, you can add more almond milk or coconut milk until you reach your desired consistency.
3. Taste the smoothie and adjust the sweetness level by adding keto-friendly sweetener if desired.
4. If you prefer a colder smoothie, you can add a few ice cubes to the blender and blend until smooth.
5. Once the smoothie reaches your desired consistency and sweetness level, pour it into a glass and serve immediately.



RECIPIES

BRUNCH

Cottage Cheese and Berries

- 1/2 cup full-fat cottage cheese
- 1/4 cup fresh or frozen low-carb berries (such as strawberries, raspberries, or blueberries)
- 1 tablespoon chopped nuts or seeds (such as almonds, walnuts, or chia seeds)
- Optional: a sprinkle of keto-friendly sweetener (such as stevia or erythritol)

1. Place the full-fat cottage cheese in a bowl.
2. Add the low-carb berries on top of the cottage cheese.
3. Sprinkle chopped nuts or seeds over the berries.
4. If desired, add a sprinkle of keto-friendly sweetener for extra sweetness.
5. Gently mix all the ingredients together.
6. Serve immediately and enjoy your delicious and nutritious keto-friendly cottage cheese with berries!



RECIPIES

BRUNCH

Egg and Veggie Muffins

- 6 large eggs
- 1/4 cup heavy cream or unsweetened almond milk
- 1 cup chopped vegetables (such as bell peppers, spinach, mushrooms, onions, or broccoli)
- 1/2 cup shredded cheese (such as cheddar, mozzarella, or pepper jack)
- Salt and pepper to taste
- Cooking spray or muffin liners

1. Preheat your oven to 350°F (175°C). Grease a muffin tin with cooking spray or line it with muffin liners.
2. In a mixing bowl, crack the eggs and whisk them together with the heavy cream or unsweetened almond milk until well combined.
3. Stir in the chopped vegetables and shredded cheese into the egg mixture. Season with salt and pepper to taste.
4. Pour the egg and vegetable mixture evenly into the prepared muffin tin, filling each muffin cup about 2/3 full.
5. Bake in the preheated oven for 20-25 minutes, or until the egg muffins are set and slightly golden on top.
6. Remove the muffin tin from the oven and let the egg muffins cool for a few minutes before serving.
7. Once cooled slightly, carefully remove the egg muffins from the muffin tin and transfer them to a serving plate.
8. Serve the egg and vegetable muffins warm as a delicious and nutritious keto-friendly breakfast or snack option.

You can store any leftovers in an airtight container in the refrigerator for up to 3-4 days. Simply reheat them in the microwave or oven before serving.



RECIPIES

BRUNCH

Spinach and Feta Omelette

- 2 large eggs
- 1/2 cup fresh spinach leaves, chopped
- 1/4 cup crumbled feta cheese
- 1 tablespoon olive oil or butter
- Salt and pepper to taste

1. In a bowl, beat the eggs until well mixed. Season with salt and pepper to taste.
2. Heat the olive oil or butter in a non-stick skillet over medium heat.
3. Once the skillet is hot, add the chopped spinach leaves and sauté for 1-2 minutes, until wilted.
4. Pour the beaten eggs into the skillet, spreading them out evenly.
5. Let the eggs cook for a few minutes until the edges start to set.
6. Sprinkle the crumbled feta cheese evenly over one half of the omelette.
7. Using a spatula, carefully fold the other half of the omelette over the side with the cheese.
8. Cook for another minute or two until the cheese is melted and the omelette is cooked through.
9. Slide the omelette onto a plate and serve hot.

You can customize it by adding other low-carb vegetables or herbs, such as mushrooms, onions, or fresh herbs like parsley or dill.



RECIPIES

BRUNCH

Scrambled Eggs with Mushroom and Bell Pepper

- 2 large eggs
- 1/4 cup chopped mushrooms
- 1/4 cup chopped bell peppers (any color)
- 1 tablespoon butter or olive oil
- Salt and pepper to taste
- Optional: shredded cheese, chopped herbs (such as parsley or chives)

1. Heat the butter or olive oil in a non-stick skillet over medium heat.
2. Add the chopped mushrooms and bell peppers to the skillet. Cook for 3-4 minutes, stirring occasionally, until the vegetables are softened.
3. While the vegetables are cooking, crack the eggs into a bowl and beat them until well mixed. Season with salt and pepper to taste.
4. Once the vegetables are softened, pour the beaten eggs into the skillet with the mushrooms and bell peppers.
5. Using a spatula, gently stir the eggs and vegetables together, scraping the bottom of the skillet occasionally to ensure even cooking.
6. Continue cooking and stirring until the eggs are scrambled and cooked to your desired consistency.
7. If using shredded cheese, sprinkle it over the scrambled eggs during the last minute of cooking, allowing it to melt.
8. Once the eggs are cooked through, remove the skillet from the heat.
9. Sprinkle chopped herbs over the scrambled eggs for added flavor, if desired.
10. Serve the scrambled eggs with mushrooms and bell peppers hot, garnished with additional herbs if desired.



RECIPIES

BRUNCH

Spinach and Mushroom Frittata

- 6 large eggs
- 1 cup sliced mushrooms
- 1 cup fresh spinach leaves, chopped
- 1/2 cup shredded cheese (such as cheddar, mozzarella, or Swiss)
- 1/4 cup heavy cream or unsweetened almond milk
- 2 tablespoons butter or olive oil
- Salt and pepper to taste
- Optional: chopped onions or garlic for added flavor

1. Preheat your oven to 375°F (190°C).
2. In a large mixing bowl, whisk together the eggs, heavy cream or almond milk, salt, and pepper until well combined. Set aside.
3. Heat the butter or olive oil in a large oven-safe skillet over medium heat.
4. Add the sliced mushrooms to the skillet and cook for 3-4 minutes, until they start to soften.
5. If using, add the chopped onions or garlic to the skillet with the mushrooms and cook for an additional 1-2 minutes until fragrant.
6. Add the chopped spinach leaves to the skillet and cook for 1-2 minutes, until wilted.
7. Spread the cooked mushrooms and spinach evenly in the skillet, ensuring they cover the bottom.
8. Pour the egg mixture over the mushrooms and spinach in the skillet. Use a spatula to gently distribute the mixture evenly.
9. Cook the frittata on the stovetop for 3-4 minutes, until the edges start to set.
10. Sprinkle the shredded cheese evenly over the top of the frittata.
11. Transfer the skillet to the preheated oven and bake for 12-15 minutes, until the frittata is set in the center and the cheese is melted and bubbly.
12. Once cooked, remove the skillet from the oven and let the frittata cool for a few minutes.
13. Slice the frittata into wedges and serve hot.



RECIPIES

BRUNCH

Chia Seed Pudding and Berries

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk or coconut milk
- 1/2 teaspoon vanilla extract
- 1-2 tablespoons keto-friendly sweetener (such as erythritol or stevia), to taste
- 1/2 cup fresh low-carb berries (such as strawberries, raspberries, or blueberries)
- Optional toppings: sliced almonds, coconut flakes, or additional berries

1. In a bowl or mason jar, combine the chia seeds, unsweetened almond milk or coconut milk, vanilla extract, and keto-friendly sweetener. Stir well to combine.
2. Let the mixture sit for about 5 minutes, then stir again to prevent clumping of the chia seeds.
3. Cover the bowl or jar and refrigerate for at least 2 hours, or preferably overnight, to allow the chia seeds to absorb the liquid and thicken the pudding.
4. Once the chia seed pudding has thickened to your desired consistency, give it a good stir.
5. Serve the pudding in individual bowls or jars, and top with fresh low-carb berries.
6. If desired, garnish with sliced almonds, coconut flakes, or additional berries.
7. Enjoy your delicious and nutritious keto chia seed pudding with berries as a satisfying breakfast, snack, or dessert option!



RECIPIES

BRUNCH

Green Smoothie

- 1 cup unsweetened almond milk or coconut milk
- 1/2 ripe avocado
- 1 cup fresh spinach leaves
- 1/2 cup cucumber, chopped
- 1/2 cup ice cubes
- 1 tablespoon chia seeds or flaxseeds
- 1 tablespoon almond butter or coconut oil
- 1-2 tablespoons keto-friendly sweetener (such as erythritol or stevia), optional
- Juice of half a lemon or lime (optional, for added freshness)

1. In a blender, combine the unsweetened almond milk or coconut milk, ripe avocado, fresh spinach leaves, chopped cucumber, ice cubes, chia seeds or flaxseeds, and almond butter or coconut oil.
2. If using, add the keto-friendly sweetener to taste and the juice of half a lemon or lime for added freshness.
3. Blend all the ingredients until smooth and creamy. If the smoothie is too thick, you can add more almond milk or coconut milk until you reach your desired consistency.
4. Taste the smoothie and adjust the sweetness level or acidity with more sweetener or lemon/lime juice if desired.
5. Once blended to your liking, pour the green smoothie into glasses and serve immediately.



RECIPIES

BRUNCH

Vegetable Scramble

- 2 tablespoons olive oil or butter
- 1 cup chopped vegetables (such as bell peppers, onions, spinach, mushrooms, zucchini, or broccoli)
- 4 large eggs
- Salt and pepper to taste
- Optional: shredded cheese, chopped herbs (such as parsley or chives)

1. Heat the olive oil or butter in a large skillet over medium heat.
2. Add the chopped vegetables to the skillet and sauté until they are tender, about 5-7 minutes, stirring occasionally.
3. While the vegetables are cooking, crack the eggs into a bowl and whisk them together until well beaten. Season with salt and pepper to taste.
4. Once the vegetables are tender, pour the beaten eggs into the skillet with the vegetables.
5. Using a spatula, gently stir the eggs and vegetables together, scraping the bottom of the skillet occasionally to ensure even cooking.
6. Continue cooking and stirring until the eggs are scrambled and cooked to your desired consistency.
7. If using shredded cheese, sprinkle it over the scrambled eggs and vegetables during the last minute of cooking, allowing it to melt.
8. Once cooked through, remove the skillet from the heat.
9. Sprinkle chopped herbs over the vegetable scramble for added flavor, if desired.
10. Serve the vegetable scramble hot, garnished with additional herbs if desired.



RECIPIES

BRUNCH

Keto Pancakes and Bacon

Ingredients for Keto Pancakes:

- 2 large eggs
- 2 ounces cream cheese, softened
- 2 tablespoons almond flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon vanilla extract
- Butter or coconut oil for cooking

Ingredients for Sugar-Free Syrup:

- 1/2 cup water
- 1/2 cup powdered erythritol or monk fruit sweetener
- 1 teaspoon vanilla extract
- 1/2 teaspoon xanthan gum (optional, for thickening)

Ingredients for Side of Bacon:

- Thick-cut bacon slices

1. To make the keto pancakes, in a blender or mixing bowl, combine the eggs, softened cream cheese, almond flour, baking powder, and vanilla extract. Blend or mix until smooth and well combined.
2. Heat a non-stick skillet or griddle over medium heat and add a small amount of butter or coconut oil to grease the surface.
3. Pour small portions of the pancake batter onto the skillet to form pancakes. Cook for 2-3 minutes on each side, until golden brown and cooked through. Repeat until all the batter is used, adjusting the heat as needed.
4. While the pancakes are cooking, prepare the sugar-free syrup. In a small saucepan, combine the water and powdered erythritol or monk fruit sweetener. Heat over medium heat, stirring until the sweetener is dissolved.
5. Remove the saucepan from the heat and stir in the vanilla extract. If desired, sprinkle in the xanthan gum while whisking continuously to prevent clumps. Let the syrup cool slightly before serving.
6. In a separate skillet, cook the thick-cut bacon slices over medium heat until crispy, flipping halfway through. Drain excess fat on paper towels.
7. Serve the keto pancakes hot with a drizzle of sugar-free syrup and a side of crispy bacon.



RECIPIES

MID-DAY SNACK

Cauliflower Rice Salad

- 1 head of cauliflower
- 1/4 cup diced red bell pepper
- 1/4 cup diced cucumber
- 1/4 cup diced red onion
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 1/4 cup crumbled feta cheese (optional)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

1. Rinse the cauliflower head and remove the leaves and stem. Cut the cauliflower into florets.
2. Place the cauliflower florets in a food processor and pulse until they resemble rice-like grains.
3. Transfer the cauliflower rice to a microwave-safe bowl and microwave on high for 4-5 minutes, stirring halfway through, or until the cauliflower is cooked through. Alternatively, you can steam the cauliflower rice on the stovetop until tender.
4. Once cooked, transfer the cauliflower rice to a large mixing bowl and let it cool to room temperature.
5. Add the diced red bell pepper, cucumber, red onion, chopped parsley, and chopped mint to the cauliflower rice. Mix well to combine.
6. In a small bowl, whisk together the extra virgin olive oil and lemon juice to make the dressing. Season with salt and pepper to taste.
7. Pour the dressing over the cauliflower rice salad and toss until everything is evenly coated.
8. If desired, sprinkle crumbled feta cheese over the salad before serving.
9. Serve the keto cauliflower rice salad chilled or at room temperature.



RECIPIES

MID-DAY SNACK

Tuna Salad on Mixed Greens

- 1 can (5 oz) tuna, drained
- 2 cups mixed salad greens (such as spinach, arugula, and romaine)
- 1/4 cup diced cucumber
- 1/4 cup diced cherry tomatoes
- 1/4 cup sliced red onion
- 2 tablespoons sliced black olives
- 2 tablespoons chopped fresh parsley or cilantro (optional)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

1. In a large mixing bowl, combine the drained tuna, mixed salad greens, diced cucumber, diced cherry tomatoes, sliced red onion, black olives, and chopped fresh parsley or cilantro (if using).
2. In a small bowl, whisk together the extra virgin olive oil and lemon juice to make the dressing. Season with salt and pepper to taste.
3. Pour the dressing over the tuna salad and toss until everything is evenly coated.
4. Divide the tuna salad among serving plates or bowls.
5. Serve immediately and enjoy your keto tuna salad on mixed greens!

Feel free to add avocado, sliced almonds, or hard-boiled eggs for extra flavor and nutrition.



RECIPIES

MID-DAY SNACK

Antipasto Salad

- 4 cups mixed salad greens (such as arugula, spinach, and romaine)
- 1 cup cherry tomatoes, halved
- 1/2 cup sliced black olives
- 1/2 cup marinated artichoke hearts, drained and chopped
- 1/4 cup sliced red onion
- 4 ounces sliced salami or pepperoni, cut into bite-sized pieces
- 4 ounces sliced provolone cheese, cut into bite-sized pieces
- 2 tablespoons chopped fresh parsley (optional)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

1. In a large mixing bowl, combine the mixed salad greens, cherry tomatoes, black olives, chopped artichoke hearts, sliced red onion, salami or pepperoni, provolone cheese, and chopped fresh parsley (if using).
2. In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, Italian seasoning, salt, and pepper to make the dressing.
3. Pour the dressing over the antipasto salad and toss until everything is evenly coated.
4. Divide the salad among serving plates or bowls.
5. Serve immediately and enjoy your keto-friendly Antipasto Salad!

Feel free to add roasted red peppers, marinated mushrooms, or capers for additional variety.



RECIPIES

MID-DAY SNACK

Southwest Chicken Salad with Avocado Lime Dressing

For the salad:

- 2 cups cooked shredded chicken
- 4 cups mixed salad greens (such as romaine lettuce, spinach, or arugula)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup diced red bell pepper
- 1/4 cup diced red onion
- 1/4 cup sliced black olives
- 1/4 cup shredded cheddar cheese
- 1/4 cup chopped fresh cilantro
- Optional toppings: sliced avocado, jalapeños, diced green onions

For the Avocado Lime Dressing:

- 1 ripe avocado
- Juice of 1 lime
- 2 tablespoons extra virgin olive oil
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- Water, as needed to thin the dressing

1. In a large mixing bowl, combine the shredded chicken, mixed salad greens, cherry tomatoes, diced red bell pepper, diced red onion, sliced black olives, shredded cheddar cheese, and chopped fresh cilantro.
2. In a blender or food processor, combine the flesh of the ripe avocado, lime juice, extra virgin olive oil, minced garlic, ground cumin, chili powder, salt, and pepper. Blend until smooth and creamy. If the dressing is too thick, you can add water, 1 tablespoon at a time, until you reach your desired consistency.
3. Pour the Avocado Lime Dressing over the salad and toss until everything is evenly coated.
4. Divide the salad among serving plates or bowls.
5. If desired, top each serving with sliced avocado, jalapeños, or diced green onions.
6. Serve immediately and enjoy your flavorful and satisfying Southwest Chicken Salad!



RECIPIES

MID-DAY SNACK

Shrimp Stir Fry with Cauliflower Rice

For the stir-fry:

- 1 lb (450g) shrimp, peeled and deveined
- 1 tablespoon olive oil or coconut oil
- 3 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 bell pepper, sliced
- 1 cup broccoli florets
- 1 cup sliced mushrooms
- 2 cups cauliflower rice (store-bought or homemade)
- 2 tablespoons soy sauce or tamari (for gluten-free)
- 1 tablespoon sesame oil
- Salt and pepper to taste
- Optional: red pepper flakes for added spice

For garnish:

- Fresh cilantro leaves
- Sliced green onions

1. Heat olive oil or coconut oil in a large skillet or wok over medium-high heat.
2. Add minced garlic and grated ginger to the skillet. Sauté for about 1 minute until fragrant.
3. Add the shrimp to the skillet and cook for 2-3 minutes until they start to turn pink. Remove shrimp from the skillet and set aside.
4. In the same skillet, add sliced bell pepper, broccoli florets, and sliced mushrooms. Stir-fry for 3-4 minutes until vegetables are tender-crisp.
5. Push the vegetables to the side of the skillet and add cauliflower rice to the empty space. Stir-fry for 2-3 minutes until cauliflower rice is heated through.
6. Return the cooked shrimp to the skillet with the vegetables and cauliflower rice.
7. Drizzle soy sauce (or tamari) and sesame oil over the shrimp and vegetables. Season with salt, pepper, and red pepper flakes if desired. Stir everything together until well combined and heated through.
8. Taste and adjust seasoning if needed.
9. Garnish the shrimp stir-fry with fresh cilantro leaves and sliced green onions before serving.



RECIPIES

MID-DAY SNACK

Chicken Salad with Avocado

- 2 cups cooked chicken breast, shredded or diced
- 1 ripe avocado, peeled, pitted, and diced
- 1/4 cup diced red onion
- 1/4 cup diced celery
- 1/4 cup diced red bell pepper
- 2 tablespoons chopped fresh cilantro or parsley
- Juice of 1 lime
- 2 tablespoons mayonnaise
- Salt and pepper to taste

1. In a large mixing bowl, combine the shredded or diced cooked chicken breast with diced avocado, red onion, celery, red bell pepper, and chopped cilantro or parsley.
2. Squeeze lime juice over the chicken and avocado mixture to prevent the avocado from browning.
3. Add mayonnaise to the bowl and gently toss everything together until well combined.
4. Season the chicken salad with salt and pepper to taste. Adjust seasoning if needed.
5. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes to allow the flavors to meld together.
6. Once chilled, give the chicken salad a final stir before serving.
7. Serve the Keto Chicken Salad with Avocado on a bed of lettuce leaves, as a sandwich filling, or with low-carb crackers.



RECIPIES

MID-DAY SNACK

Chicken and Veggie Lettuce Wrap

For the chicken filling:

- 1 lb (450g) boneless, skinless chicken breasts, diced
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 2 tablespoons soy sauce or tamari (for gluten-free)
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 1 tablespoon granulated sweetener of choice (such as erythritol or monk fruit sweetener)
- Salt and pepper to taste
- Optional: red pepper flakes for added spice

For the lettuce wraps:

- Large lettuce leaves (such as iceberg or butter lettuce)
- Sliced cucumber
- Sliced bell peppers
- Sliced carrots (optional, use sparingly for keto)
- Sliced green onions
- Sesame seeds for garnish
- Fresh cilantro leaves for garnish

1. Heat olive oil in a large skillet over medium-high heat. Add diced chicken breasts and cook until browned and cooked through, about 5-6 minutes.
2. Add minced garlic and grated ginger to the skillet with the chicken. Sauté for about 1 minute until fragrant.
3. In a small bowl, whisk together soy sauce or tamari, sesame oil, rice vinegar, and granulated sweetener. Pour the sauce over the chicken in the skillet. Stir to coat the chicken evenly with the sauce. Cook for another 2-3 minutes until the sauce thickens slightly. Season with salt, pepper, and red pepper flakes if using.
4. Remove the skillet from heat and let the chicken filling cool slightly.
5. To assemble the lettuce wraps, place a spoonful of the chicken filling onto each lettuce leaf.
6. Top the chicken filling with sliced cucumber, bell peppers, carrots (if using), and green onions.
7. Garnish with sesame seeds and fresh cilantro leaves.
8. Serve immediately and enjoy your keto-friendly lettuce wraps!



RECIPIES

MID-DAY SNACK

Chicken Ceasar Salad

****FOR THE SALAD:****

- 2 BONELESS, SKINLESS CHICKEN BREASTS
- SALT AND PEPPER, TO TASTE
- 1 TABLESPOON OLIVE OIL
- 1 HEAD OF ROMAINE LETTUCE, CHOPPED
- 1/4 CUP GRATED PARMESAN CHEESE

****FOR THE DRESSING:****

- 1/2 CUP MAYONNAISE
- 2 TABLESPOONS GRATED PARMESAN CHEESE
- 1 TABLESPOON LEMON JUICE
- 1 TEASPOON DIJON MUSTARD
- 1 CLOVE GARLIC, MINCED
- SALT AND PEPPER, TO TASTE

1. ****PREPARE THE CHICKEN:**** SEASON THE CHICKEN BREASTS WITH SALT AND PEPPER ON BOTH SIDES. IN A SKILLET OVER MEDIUM HEAT, ADD OLIVE OIL. ONCE HOT, ADD THE CHICKEN BREASTS AND COOK FOR 6-8 MINUTES PER SIDE, OR UNTIL COOKED THROUGH AND NO LONGER PINK IN THE CENTER. REMOVE FROM HEAT AND LET THE CHICKEN REST FOR A FEW MINUTES BEFORE SLICING.
2. ****MAKE THE DRESSING:**** IN A SMALL BOWL, WHISK TOGETHER MAYONNAISE, GRATED PARMESAN CHEESE, LEMON JUICE, DIJON MUSTARD, MINCED GARLIC, SALT, AND PEPPER UNTIL WELL COMBINED. ADJUST SEASONING TO TASTE.
3. ****ASSEMBLE THE SALAD:**** IN A LARGE BOWL, TOSS THE CHOPPED ROMAINE LETTUCE WITH THE PREPARED DRESSING UNTIL EVENLY COATED.
4. ****ADD CHICKEN AND CHEESE:**** SLICE THE COOKED CHICKEN BREASTS INTO THIN STRIPS. ADD THE SLICED CHICKEN TO THE SALAD. SPRINKLE GRATED PARMESAN CHEESE OVER THE TOP.
5. ****SERVE:**** DIVIDE THE SALAD AMONG SERVING PLATES. OPTIONALLY, YOU CAN GARNISH WITH ADDITIONAL PARMESAN CHEESE AND FRESHLY GROUND BLACK PEPPER IF DESIRED.



RECIPIES

MID-DAY SNACK

Bacon Wrapped Jalapeno Poppers

- 10 FRESH JALAPEÑO PEPPERS
- 8 OZ CREAM CHEESE, SOFTENED
- 1 CUP SHREDDED CHEDDAR CHEESE
- 10 SLICES OF BACON, CUT IN HALF
- TOOTHPICKS (FOR SECURING BACON)

1. ****PREHEAT OVEN:**** PREHEAT YOUR OVEN TO 375°F (190°C). LINE A BAKING SHEET WITH PARCHMENT PAPER OR ALUMINUM FOIL FOR EASY CLEANUP.
2. ****PREPARE JALAPEÑOS:**** CUT THE JALAPEÑOS IN HALF LENGTHWISE AND REMOVE THE SEEDS AND MEMBRANES. YOU CAN USE A SPOON TO SCOOP THEM OUT. BE CAREFUL WITH HANDLING JALAPEÑOS, AS THE OILS CAN CAUSE IRRITATION TO THE SKIN. WEARING GLOVES IS RECOMMENDED.
3. ****PREPARE FILLING:**** IN A MIXING BOWL, COMBINE THE SOFTENED CREAM CHEESE AND SHREDDED CHEDDAR CHEESE UNTIL WELL MIXED.
4. ****STUFF JALAPEÑOS:**** SPOON THE CHEESE MIXTURE INTO EACH JALAPEÑO HALF, FILLING THEM EVENLY.
5. ****WRAP WITH BACON:**** WRAP EACH STUFFED JALAPEÑO HALF WITH A HALF SLICE OF BACON, SECURING IT WITH A TOOTHPICK. MAKE SURE THE BACON IS WRAPPED AROUND THE JALAPEÑO SECURELY.
6. ****BAKE:**** PLACE THE BACON-WRAPPED JALAPEÑO POPPERS ON THE PREPARED BAKING SHEET. BAKE IN THE PREHEATED OVEN FOR 20-25 MINUTES, OR UNTIL THE BACON IS CRISPY AND THE CHEESE IS BUBBLY AND SLIGHTLY BROWNED.
7. ****SERVE:**** ONCE COOKED, REMOVE THE POPPERS FROM THE OVEN AND LET THEM COOL SLIGHTLY BEFORE SERVING. SERVE THEM WARM AS AN APPETIZER OR SNACK.



RECIPIES

MID-DAY SNACK

Turkey and Cheese Roll Ups

INGREDIENTS:

- 4 KETO-FRIENDLY WRAPS (SUCH AS LOW-CARB TORTILLAS OR LETTUCE WRAPS)
- 8 SLICES OF DELI TURKEY (CHOOSE LOW-CARB OR SUGAR-FREE VARIETIES FOR KETO)
- 4 SLICES OF CHEESE (CHEDDAR, SWISS, OR YOUR FAVORITE KETO-FRIENDLY CHEESE)
- 4 LARGE LETTUCE LEAVES (SUCH AS ROMAINE OR ICEBERG)
- 2 TABLESPOONS MUSTARD (SUGAR-FREE OR DIJON)
- 1 MEDIUM TOMATO, SLICED
- SALT AND PEPPER TO TASTE

INSTRUCTIONS:

1. ****PREPARE INGREDIENTS:**** LAY OUT THE KETO-FRIENDLY WRAPS ON A CLEAN SURFACE.
2. ****LAYER TURKEY AND CHEESE:**** PLACE 2 SLICES OF TURKEY AND 1 SLICE OF CHEESE ON EACH WRAP, LEAVING A SMALL BORDER AROUND THE EDGES.
3. ****ADD LETTUCE:**** LAY A LETTUCE LEAF OVER THE TURKEY AND CHEESE ON EACH WRAP.
4. ****SPREAD MUSTARD:**** SPREAD MUSTARD EVENLY OVER THE LETTUCE LEAVES.
5. ****ADD TOMATO:**** PLACE TOMATO SLICES ON TOP OF THE MUSTARD.
6. ****ROLL UP:**** STARTING FROM ONE END, TIGHTLY ROLL UP EACH WRAP, FOLDING IN THE SIDES AS YOU GO, TO FORM A ROLL-UP.
7. ****SLICE AND SERVE:**** USE A SHARP KNIFE TO SLICE EACH ROLL-UP INTO SMALLER PIECES, ABOUT 1 INCH THICK. SERVE IMMEDIATELY AS A SNACK OR LIGHT MEAL.



RECIPIES

MID-DAY SNACK

Egg Salad Lettuce Wraps

INGREDIENTS:

- 6 HARD-BOILED EGGS, PEELED AND CHOPPED
- 1/4 CUP MAYONNAISE (PREFERABLY SUGAR-FREE OR HOMEMADE)
- 1 TABLESPOON DIJON MUSTARD
- 1 TABLESPOON CHOPPED FRESH CHIVES
- 1 TABLESPOON CHOPPED FRESH DILL (OPTIONAL)
- SALT AND PEPPER TO TASTE
- LETTUCE LEAVES FOR WRAPPING (BUTTER LETTUCE OR ROMAINE WORK WELL)

INSTRUCTIONS:

1. ****PREPARE EGGS:**** HARD BOIL THE EGGS, THEN PEEL AND CHOP THEM INTO SMALL PIECES.
2. ****MIX INGREDIENTS:**** IN A MIXING BOWL, COMBINE THE CHOPPED EGGS, MAYONNAISE, DIJON MUSTARD, CHOPPED CHIVES, AND DILL. MIX UNTIL WELL COMBINED.
3. ****SEASON:**** TASTE THE EGG SALAD AND SEASON WITH SALT AND PEPPER ACCORDING TO YOUR PREFERENCE. ADJUST THE INGREDIENTS IF NEEDED.
4. ****ASSEMBLE LETTUCE WRAPS:**** TAKE A LETTUCE LEAF AND SPOON A PORTION OF THE EGG SALAD ONTO IT. SPREAD IT EVENLY ALONG THE LEAF.
5. ****WRAP:**** ROLL THE LETTUCE LEAF AROUND THE EGG SALAD, ENCLOSING IT LIKE A WRAP. YOU CAN SECURE IT WITH A TOOTHPICK IF NECESSARY.
6. ****SERVE:**** ARRANGE THE WRAPS ON A SERVING PLATE AND SERVE IMMEDIATELY.

OPTIONAL ADDITIONS:

- ADD A SPRINKLE OF PAPRIKA OR CHILI FLAKES FOR EXTRA FLAVOR.
- INCLUDE DICED CELERY OR PICKLES FOR ADDED CRUNCH AND FLAVOR.
- FOR EXTRA PROTEIN, YOU CAN ADD COOKED AND CHOPPED BACON TO THE EGG SALAD MIXTURE.
- GARNISH WITH ADDITIONAL FRESH HERBS BEFORE SERVING FOR A POP OF COLOR AND FRESHNESS.



RECIPIES

MID-DAY SNACK

Greek Grilled Chicken Salad

INGREDIENTS:

FOR THE CHICKEN:

- 4 BONELESS, SKINLESS CHICKEN BREASTS
- 2 TABLESPOONS OLIVE OIL
- 2 CLOVES GARLIC, MINCED
- 1 TEASPOON DRIED OREGANO
- SALT AND PEPPER TO TASTE

FOR THE SALAD:

- 4 CUPS MIXED SALAD GREENS (SUCH AS ROMAINE, SPINACH, AND ARUGULA)
- 1 CUP CHERRY TOMATOES, HALVED
- 1 CUCUMBER, DICED
- 1/2 RED ONION, THINLY SLICED
- 1/2 CUP KALAMATA OLIVES, PITTED
- 1/2 CUP CRUMBLED FETA CHEESE

FOR THE DRESSING:

- 1/4 CUP EXTRA VIRGIN OLIVE OIL
- 2 TABLESPOONS RED WINE VINEGAR
- 1 CLOVE GARLIC, MINCED
- 1 TEASPOON DRIED OREGANO
- SALT AND PEPPER TO TASTE

INSTRUCTIONS:

1. MARINATE AND GRILL THE CHICKEN:

1. IN A BOWL, COMBINE OLIVE OIL, MINCED GARLIC, DRIED OREGANO, SALT, AND PEPPER. MIX WELL.
2. ADD CHICKEN BREASTS TO THE BOWL AND COAT THEM EVENLY WITH THE MARINADE. LET THE CHICKEN MARINATE FOR AT LEAST 30 MINUTES, OR PREFERABLY, REFRIGERATE IT OVERNIGHT FOR MAXIMUM FLAVOR.
3. PREHEAT YOUR GRILL TO MEDIUM-HIGH HEAT.
4. GRILL THE MARINATED CHICKEN BREASTS FOR ABOUT 6-8 MINUTES PER SIDE, OR UNTIL COOKED THROUGH AND NO LONGER PINK IN THE CENTER. COOKING TIME MAY VARY DEPENDING ON THE THICKNESS OF THE CHICKEN BREASTS. ENSURE THEY REACH AN INTERNAL TEMPERATURE OF 165°F (75°C).
5. ONCE COOKED, REMOVE THE CHICKEN FROM THE GRILL AND LET IT REST FOR A FEW MINUTES BEFORE SLICING.

2. PREPARE THE SALAD:

1. IN A LARGE SALAD BOWL, COMBINE THE MIXED GREENS, CHERRY TOMATOES, DICED CUCUMBER, THINLY SLICED RED ONION, KALAMATA OLIVES, AND CRUMBLED FETA CHEESE. TOSS GENTLY TO COMBINE.

3. MAKE THE DRESSING:

1. IN A SMALL BOWL, WHISK TOGETHER THE EXTRA VIRGIN OLIVE OIL, RED WINE VINEGAR, MINCED GARLIC, DRIED OREGANO, SALT, AND PEPPER UNTIL WELL COMBINED.

4. ASSEMBLE THE SALAD:

1. SLICE THE GRILLED CHICKEN BREASTS INTO THIN STRIPS.
2. ADD THE SLICED CHICKEN TO THE SALAD BOWL.
3. DRIZZLE THE DRESSING OVER THE SALAD AND TOSS UNTIL EVERYTHING IS EVENLY COATED WITH THE DRESSING.
4. TASTE AND ADJUST SEASONING IF NECESSARY.

FEEL FREE TO CUSTOMIZE THE SALAD WITH ADDITIONAL TOPPING SUCH AS SLICED AVOCADO, CHOPPED BELL PEPPERS, OR EVEN A SPRINKLE OF PINE NUTS FOR ADDED TEXTURE AND FLAVOR.



RECIPIES

MID-DAY SNACK

Tuna Salad Stuffed Bell Peppers

4 LARGE BELL PEPPERS, ANY COLOR
2 CANS (5 OZ EACH) OF TUNA IN WATER, DRAINED
1/2 CUP MAYONNAISE (PREFERABLY SUGAR-FREE OR HOMEMADE)
1 TABLESPOON DIJON MUSTARD
1/4 CUP DICED CELERY
1/4 CUP DICED RED ONION
2 TABLESPOONS CHOPPED FRESH PARSLEY
SALT AND PEPPER TO TASTE
OPTIONAL: LEMON JUICE, AVOCADO SLICES, OR SLICED CHERRY TOMATOES FOR GARNISH

INSTRUCTIONS:

1. PREPARE BELL PEPPERS:

PREHEAT YOUR OVEN TO 375°F (190°C).

WASH THE BELL PEPPERS AND SLICE OFF THE TOPS. REMOVE THE SEEDS AND MEMBRANES FROM INSIDE THE PEPPERS.

2. MAKE TUNA SALAD:

IN A MIXING BOWL, COMBINE THE DRAINED TUNA, MAYONNAISE, DIJON MUSTARD, DICED CELERY, DICED RED ONION, AND CHOPPED FRESH PARSLEY.

MIX WELL UNTIL ALL INGREDIENTS ARE THOROUGHLY COMBINED.

TASTE THE TUNA SALAD AND SEASON WITH SALT AND PEPPER ACCORDING TO YOUR PREFERENCE. ADJUST THE INGREDIENTS IF NEEDED.

OPTIONALLY, ADD A SQUEEZE OF FRESH LEMON JUICE FOR EXTRA FLAVOR.

3. STUFF BELL PEPPERS:

STUFF EACH PREPARED BELL PEPPER WITH THE TUNA SALAD MIXTURE, DIVIDING IT EVENLY AMONG THE PEPPERS.

PLACE THE STUFFED BELL PEPPERS IN A BAKING DISH, STANDING UPRIGHT.

4. BAKE:

BAKE THE STUFFED BELL PEPPERS IN THE PREHEATED OVEN FOR ABOUT 20-25 MINUTES, OR UNTIL THE PEPPERS ARE TENDER AND THE FILLING IS HEATED THROUGH.

IF DESIRED, YOU CAN SPRINKLE SOME ADDITIONAL PARSLEY OR GRATED CHEESE ON TOP OF THE STUFFED PEPPERS DURING THE LAST FEW MINUTES OF BAKING FOR EXTRA FLAVOR.

5. SERVE:

ONCE BAKED, REMOVE THE STUFFED BELL PEPPERS FROM THE OVEN.

ALLOW THEM TO COOL SLIGHTLY BEFORE SERVING.

OPTIONALLY, GARNISH WITH AVOCADO SLICES OR SLICED CHERRY TOMATOES FOR ADDED FRESHNESS AND COLOR.



RECIPIES

MID-DAY SNACK

Greek Salad with Avocado

4 CUPS MIXED SALAD GREENS (SUCH AS ROMAINE, SPINACH, AND ARUGULA)
1 CUCUMBER, DICED
1 CUP CHERRY TOMATOES, HALVED
1/2 RED ONION, THINLY SLICED
1/2 CUP KALAMATA OLIVES, PITTED
1 AVOCADO, DICED
1/2 CUP CRUMBLLED FETA CHEESE
2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
1 TABLESPOON RED WINE VINEGAR
1 TEASPOON DRIED OREGANO
SALT AND PEPPER TO TASTE
OPTIONAL: LEMON WEDGES FOR SERVING

INSTRUCTIONS:

1. PREPARE SALAD INGREDIENTS:

WASH AND CHOP THE MIXED SALAD GREENS AND PLACE THEM IN A LARGE SALAD BOWL.
DICE THE CUCUMBER AND CHERRY TOMATOES, THINLY SLICE THE RED ONION, AND PIT THE KALAMATA OLIVES.

ADD THE DICED CUCUMBER, HALVED CHERRY TOMATOES, SLICED RED ONION, PITTED KALAMATA OLIVES, DICED AVOCADO, AND CRUMBLLED FETA CHEESE TO THE SALAD BOWL.

2. MAKE DRESSING:

IN A SMALL BOWL, WHISK TOGETHER THE EXTRA VIRGIN OLIVE OIL, RED WINE VINEGAR, DRIED OREGANO, SALT, AND PEPPER UNTIL WELL COMBINED.

3. ASSEMBLE SALAD:

DRIZZLE THE DRESSING OVER THE SALAD INGREDIENTS IN THE BOWL.

GENTLY TOSS THE SALAD UNTIL ALL INGREDIENTS ARE EVENLY COATED WITH THE DRESSING.

4. SERVE:

DIVIDE THE KETO GREEK SALAD WITH AVOCADO AMONG SERVING PLATES.

OPTIONALLY, GARNISH WITH ADDITIONAL CRUMBLLED FETA CHEESE AND A SPRINKLE OF DRIED OREGANO ON TOP.

SERVE IMMEDIATELY WITH LEMON WEDGES ON THE SIDE IF DESIRED.



RECIPIES

DINNER

Baked Salmon with Roasted Veggies

FOR THE SALMON:

4 SALMON FILLETS (ABOUT 6 OUNCES EACH)
2 TABLESPOONS OLIVE OIL
2 CLOVES GARLIC, MINCED
1 TABLESPOON LEMON JUICE
1 TEASPOON LEMON ZEST
1 TEASPOON DRIED THYME
SALT AND PEPPER TO TASTE

FOR THE ROASTED VEGGIES:

2 CUPS MIXED VEGETABLES, CHOPPED (SUCH AS BROCCOLI, CAULIFLOWER, BELL PEPPERS, AND ZUCCHINI)
2 TABLESPOONS OLIVE OIL
2 CLOVES GARLIC, MINCED
1 TEASPOON DRIED ITALIAN HERBS (OR A MIX OF DRIED OREGANO, BASIL, AND THYME)
SALT AND PEPPER TO TASTE

1. PREHEAT THE OVEN:

PREHEAT YOUR OVEN TO 400°F (200°C).

2. PREPARE THE SALMON:

IN A SMALL BOWL, WHISK TOGETHER THE OLIVE OIL, MINCED GARLIC, LEMON JUICE, LEMON ZEST, DRIED THYME, SALT, AND PEPPER.

PLACE THE SALMON FILLETS ON A BAKING SHEET LINED WITH PARCHMENT PAPER.

BRUSH THE SALMON FILLETS EVENLY WITH THE PREPARED LEMON THYME MARINADE.

3. PREPARE THE ROASTED VEGGIES:

IN A LARGE BOWL, TOSS THE CHOPPED MIXED VEGETABLES WITH OLIVE OIL, MINCED GARLIC, DRIED ITALIAN HERBS, SALT, AND PEPPER UNTIL EVENLY COATED.

SPREAD THE SEASONED VEGETABLES IN A SINGLE LAYER ON A SEPARATE BAKING SHEET LINED WITH PARCHMENT PAPER.

4. BAKE:

PLACE BOTH THE SALMON AND THE VEGETABLES IN THE PREHEATED OVEN.

BAKE THE SALMON FOR ABOUT 12-15 MINUTES, OR UNTIL IT FLAKES EASILY WITH A FORK AND REACHES AN INTERNAL TEMPERATURE OF 145°F (63°C).

BAKE THE VEGETABLES FOR ABOUT 20-25 MINUTES, OR UNTIL THEY ARE TENDER AND SLIGHTLY BROWNED, STIRRING HALFWAY THROUGH.

5. SERVE:

ONCE THE SALMON AND ROASTED VEGETABLES ARE COOKED, REMOVE THEM FROM THE OVEN.

DIVIDE THE BAKED SALMON FILLETS AND ROASTED VEGGIES AMONG SERVING PLATES.

OPTIONALLY, GARNISH THE SALMON WITH FRESH HERBS LIKE PARSLEY OR DILL BEFORE SERVING.



RECIPIES

DINNER

Mediterranean Grilled Chicken with Roasted Vegetables

FOR THE CHICKEN:

4 BONELESS, SKINLESS CHICKEN BREASTS
2 TABLESPOONS OLIVE OIL
2 CLOVES GARLIC, MINCED
1 TEASPOON DRIED OREGANO
1 TEASPOON DRIED THYME
1 TEASPOON DRIED ROSEMARY
SALT AND PEPPER TO TASTE
FOR THE ROASTED VEGETABLES:

1 MEDIUM EGGPLANT, DICED
1 ZUCCHINI, SLICED
1 RED BELL PEPPER, SLICED
1 YELLOW BELL PEPPER, SLICED
1 RED ONION, SLICED
2 TABLESPOONS OLIVE OIL
2 CLOVES GARLIC, MINCED
1 TEASPOON DRIED OREGANO
SALT AND PEPPER TO TASTE
INSTRUCTIONS:

PREHEAT YOUR GRILL TO MEDIUM-HIGH HEAT.

IN A SMALL BOWL, MIX TOGETHER THE OLIVE OIL, MINCED GARLIC, DRIED OREGANO, THYME, ROSEMARY, SALT, AND PEPPER TO CREATE A MARINADE FOR THE CHICKEN.

PLACE THE CHICKEN BREASTS IN A SHALLOW DISH AND POUR THE MARINADE OVER THEM, MAKING SURE THEY ARE EVENLY COATED. LET THE CHICKEN MARINATE FOR AT LEAST 30 MINUTES, OR PREFERABLY OVERNIGHT IN THE REFRIGERATOR.

WHILE THE CHICKEN IS MARINATING, PREHEAT YOUR OVEN TO 400°F (200°C).

IN A LARGE MIXING BOWL, TOSS THE DICED EGGPLANT, SLICED ZUCCHINI, SLICED BELL PEPPERS, AND SLICED ONION WITH OLIVE OIL, MINCED GARLIC, DRIED OREGANO, SALT, AND PEPPER UNTIL THE VEGETABLES ARE EVENLY COATED.

SPREAD THE SEASONED VEGETABLES OUT IN A SINGLE LAYER ON A BAKING SHEET LINED WITH PARCHMENT PAPER.

ROAST THE VEGETABLES IN THE PREHEATED OVEN FOR ABOUT 20-25 MINUTES, OR UNTIL THEY ARE TENDER AND SLIGHTLY CARAMELIZED, STIRRING HALFWAY THROUGH THE COOKING TIME.

WHILE THE VEGETABLES ARE ROASTING, GRILL THE MARINATED CHICKEN BREASTS ON THE PREHEATED GRILL FOR ABOUT 6-8 MINUTES PER SIDE, OR UNTIL THEY ARE COOKED THROUGH AND HAVE NICE GRILL MARKS.

ONCE THE CHICKEN IS COOKED, REMOVE IT FROM THE GRILL AND LET IT REST FOR A FEW MINUTES BEFORE SERVING.



RECIPIES

DINNER

Zucchini Lasagna

3-4 MEDIUM ZUCCHINIS, THINLY SLICED LENGTHWISE (ABOUT 1/4 INCH THICK)
1 POUND GROUND BEEF OR TURKEY
1 CUP MARINARA SAUCE (LOOK FOR ONE WITH NO ADDED SUGAR)
1 CUP RICOTTA CHEESE
1 CUP SHREDDED MOZZARELLA CHEESE
1/2 CUP GRATED PARMESAN CHEESE
1 EGG
2 CLOVES GARLIC, MINCED
1 TEASPOON DRIED OREGANO
1 TEASPOON DRIED BASIL
SALT AND PEPPER TO TASTE
OLIVE OIL FOR GREASING THE BAKING DISH

PREHEAT YOUR OVEN TO 375°F (190°C).

HEAT A SKILLET OVER MEDIUM HEAT AND ADD THE GROUND BEEF OR TURKEY. COOK UNTIL BROWNEED, BREAKING IT UP INTO CRUMBLES AS IT COOKS. DRAIN ANY EXCESS FAT.

ADD MINCED GARLIC TO THE SKILLET WITH THE COOKED MEAT AND COOK FOR ANOTHER MINUTE UNTIL FRAGRANT.

STIR IN THE MARINARA SAUCE, DRIED OREGANO, DRIED BASIL, SALT, AND PEPPER. LET THE MIXTURE SIMMER FOR A FEW MINUTES, THEN REMOVE FROM HEAT.

IN A SEPARATE BOWL, COMBINE THE RICOTTA CHEESE, EGG, AND HALF OF THE SHREDDED MOZZARELLA CHEESE. MIX WELL UNTIL SMOOTH.

GREASE A 9X13 INCH BAKING DISH WITH OLIVE OIL. SPREAD A THIN LAYER OF THE MEAT SAUCE ON THE BOTTOM OF THE DISH.

ARRANGE A LAYER OF ZUCCHINI SLICES ON TOP OF THE MEAT SAUCE, COVERING THE BOTTOM OF THE DISH. YOU MAY NEED TO OVERLAP THE SLICES SLIGHTLY.

SPREAD HALF OF THE RICOTTA CHEESE MIXTURE EVENLY OVER THE ZUCCHINI SLICES.

REPEAT THE LAYERS: MEAT SAUCE, ZUCCHINI SLICES, AND REMAINING RICOTTA CHEESE MIXTURE.

FINISH WITH A FINAL LAYER OF ZUCCHINI SLICES ON TOP. SPREAD THE REMAINING MEAT SAUCE OVER THE ZUCCHINI SLICES.

SPRINKLE THE REMAINING SHREDDED MOZZARELLA CHEESE AND GRATED PARMESAN CHEESE ON TOP OF THE LASAGNA.

COVER THE BAKING DISH WITH FOIL AND BAKE IN THE PREHEATED OVEN FOR 30 MINUTES.

REMOVE THE FOIL AND BAKE FOR AN ADDITIONAL 15-20 MINUTES, OR UNTIL THE CHEESE IS BUBBLY AND GOLDEN BROWN.

LET THE LASAGNA COOL FOR A FEW MINUTES BEFORE SLICING AND SERVING.



RECIPIES

DINNER

Thai Coconut Curry with Shrimp

FOR THE CURRY PASTE:

2 STALKS LEMONGRASS, WHITE PARTS ONLY, CHOPPED
4 CLOVES GARLIC, CHOPPED
1 SHALLOT, CHOPPED
1-INCH PIECE OF GINGER, PEELED AND CHOPPED
2 RED CHILIES, CHOPPED (ADJUST ACCORDING TO YOUR SPICE PREFERENCE)
1 TABLESPOON GROUND CORIANDER
1 TEASPOON GROUND CUMIN
1/2 TEASPOON GROUND TURMERIC
ZEST OF 1 LIME
2 TABLESPOONS COCONUT OIL

FOR THE CURRY:

1 POUND SHRIMP, PEELED AND DEVEINED
1 CAN (13.5 OZ) COCONUT MILK (FULL FAT)
1 CUP CHICKEN OR VEGETABLE BROTH
1 RED BELL PEPPER, SLICED
1 CUP SLICED MUSHROOMS
1 CUP BABY SPINACH
2 TABLESPOONS FISH SAUCE
1 TABLESPOON SOY SAUCE OR TAMARI (GLUTEN-FREE)
1 TABLESPOON LIME JUICE
SALT AND PEPPER TO TASTE
FRESH CILANTRO AND LIME WEDGES FOR GARNISH

PREPARE THE CURRY PASTE:

IN A FOOD PROCESSOR OR BLENDER, COMBINE ALL THE CURRY PASTE INGREDIENTS AND BLEND UNTIL SMOOTH.
COOK THE CURRY:

HEAT COCONUT OIL IN A LARGE SKILLET OR WOK OVER MEDIUM HEAT. ADD THE CURRY PASTE AND COOK FOR 2-3 MINUTES, STIRRING FREQUENTLY, UNTIL FRAGRANT.

ADD THE SLICED BELL PEPPER AND MUSHROOMS TO THE SKILLET AND COOK FOR ANOTHER 2-3 MINUTES UNTIL SLIGHTLY SOFTENED.

POUR IN THE COCONUT MILK AND CHICKEN BROTH, STIRRING TO COMBINE. BRING THE MIXTURE TO A SIMMER. ADD THE SHRIMP TO THE SKILLET AND LET THEM COOK FOR 3-4 MINUTES UNTIL THEY TURN PINK AND OPAQUE. STIR IN THE FISH SAUCE, SOY SAUCE (OR TAMARI), AND LIME JUICE. TASTE AND ADJUST SEASONING WITH SALT AND PEPPER IF NEEDED.

ADD THE BABY SPINACH TO THE SKILLET AND COOK UNTIL WILTED.

SERVE:

GARNISH THE THAI COCONUT CURRY WITH FRESH CILANTRO AND SERVE HOT WITH LIME WEDGES ON THE SIDE. YOU CAN ENJOY THE CURRY ON ITS OWN OR SERVE IT OVER CAULIFLOWER RICE.



RECIPIES

DINNER

Cauliflower Crust Veggie Pizza

FOR THE CRUST:

1 MEDIUM HEAD CAULIFLOWER, GRATED OR PROCESSED INTO RICE
1/2 CUP SHREDDED MOZZARELLA CHEESE
1/4 CUP GRATED PARMESAN CHEESE
1/2 TEASPOON DRIED OREGANO
1/2 TEASPOON GARLIC POWDER
1/4 TEASPOON SALT
1/4 TEASPOON BLACK PEPPER
1 LARGE EGG

FOR THE TOPPINGS:

1/2 CUP LOW-CARB PIZZA SAUCE OR MARINARA SAUCE
1 CUP SHREDDED MOZZARELLA CHEESE
ASSORTED VEGETABLES (E.G., BELL PEPPERS, ONIONS, MUSHROOMS, OLIVES, SPINACH)

1. PREPARE THE CAULIFLOWER CRUST:

PREHEAT YOUR OVEN TO 425°F (220°C).

IF YOU HAVEN'T ALREADY, GRATE THE CAULIFLOWER USING A FOOD PROCESSOR OR A BOX GRATER. ALTERNATIVELY, YOU CAN USE STORE-BOUGHT CAULIFLOWER RICE.

PLACE THE GRATED CAULIFLOWER IN A MICROWAVE-SAFE BOWL AND MICROWAVE FOR 4-5 MINUTES, OR UNTIL SOFT. LET THE CAULIFLOWER COOL FOR A FEW MINUTES, THEN TRANSFER IT TO A CLEAN KITCHEN TOWEL OR CHEESECLOTH. SQUEEZE OUT AS MUCH MOISTURE AS POSSIBLE. THIS STEP IS CRUCIAL TO PREVENT A SOGGY CRUST. IN A MIXING BOWL, COMBINE THE CAULIFLOWER, SHREDDED MOZZARELLA CHEESE, GRATED PARMESAN CHEESE, DRIED OREGANO, GARLIC POWDER, SALT, BLACK PEPPER, AND EGG. MIX UNTIL WELL COMBINED.

2. FORM THE CRUST:

LINE A BAKING SHEET WITH PARCHMENT PAPER AND LIGHTLY GREASE IT WITH COOKING SPRAY OR OLIVE OIL. TRANSFER THE CAULIFLOWER MIXTURE TO THE PREPARED BAKING SHEET. USING YOUR HANDS, PRESS THE MIXTURE INTO A THIN, EVEN LAYER, FORMING A CIRCLE OR RECTANGLE SHAPE FOR YOUR PIZZA CRUST. BAKE THE CRUST IN THE PREHEATED OVEN FOR 12-15 MINUTES, OR UNTIL GOLDEN BROWN AND FIRM.

3. ADD TOPPINGS:

ONCE THE CRUST IS BAKED, REMOVE IT FROM THE OVEN AND SPREAD THE LOW-CARB PIZZA SAUCE EVENLY OVER THE CRUST.

SPRINKLE THE SHREDDED MOZZARELLA CHEESE OVER THE SAUCE.

ADD YOUR FAVORITE VEGETABLES ON TOP OF THE CHEESE. BE CREATIVE WITH YOUR TOPPINGS!

RETURN THE PIZZA TO THE OVEN AND BAKE FOR AN ADDITIONAL 8-10 MINUTES, OR UNTIL THE CHEESE IS MELTED AND BUBBLY.

REMOVE FROM OVEN AND ALLOW TO COOL.

CUT INTO WEDGES AND SERVE



RECIPIES

DINNER

Grilled Steak with Side Options

2 (6-8 OUNCE) STEAKS (SUCH AS RIBEYE, NEW YORK STRIP, OR FILET MIGNON)
SALT AND PEPPER TO TASTE
2 TABLESPOONS OLIVE OIL OR AVOCADO OIL
2 CLOVES GARLIC, MINCED (OPTIONAL)
2 TABLESPOONS BUTTER
FRESH HERBS FOR GARNISH (OPTIONAL)

1. PREPARE THE STEAK:

TAKE THE STEAKS OUT OF THE REFRIGERATOR AND LET THEM SIT AT ROOM TEMPERATURE FOR ABOUT 30 MINUTES TO 1 HOUR BEFORE COOKING. THIS HELPS THE STEAK COOK MORE EVENLY.
PAT THE STEAKS DRY WITH PAPER TOWELS TO REMOVE ANY EXCESS MOISTURE.
SEASON BOTH SIDES OF THE STEAKS GENEROUSLY WITH SALT AND PEPPER. YOU CAN ALSO ADD ANY ADDITIONAL SEASONINGS OR SPICES YOU PREFER.

2. SEAR THE STEAK:

HEAT A CAST-IRON SKILLET OR HEAVY-BOTTOMED PAN OVER MEDIUM-HIGH HEAT.
ADD OLIVE OIL OR AVOCADO OIL TO THE SKILLET AND LET IT HEAT UP UNTIL SHIMMERING BUT NOT SMOKING.
CAREFULLY PLACE THE STEAKS IN THE HOT SKILLET. COOK THE STEAKS UNDISTURBED FOR ABOUT 3-4 MINUTES ON EACH SIDE FOR MEDIUM-RARE, OR ADJUST THE COOKING TIME ACCORDING TO YOUR DESIRED LEVEL OF DONENESS.
IF DESIRED, ADD MINCED GARLIC TO THE SKILLET DURING THE LAST MINUTE OF COOKING, AND SPOON THE GARLIC-INFUSED OIL OVER THE STEAKS FOR EXTRA FLAVOR

3. ADD BUTTER:

ONCE THE STEAKS ARE COOKED TO YOUR LIKING, ADD BUTTER TO THE SKILLET.
USE A SPOON TO BASTE THE STEAKS WITH THE MELTED BUTTER FOR ABOUT 1 MINUTE. THIS ADDS RICHNESS AND FLAVOR TO THE STEAKS.

4. REST AND SERVE:

REMOVE THE STEAKS FROM THE SKILLET AND TRANSFER THEM TO A CUTTING BOARD OR SERVING PLATTER.
LET THE STEAKS REST FOR 5-10 MINUTES TO ALLOW THE JUICES TO REDISTRIBUTE.
OPTIONALLY, GARNISH THE STEAKS WITH FRESH HERBS LIKE CHOPPED PARSLEY OR THYME.
SLICE THE STEAKS AGAINST THE GRAIN AND SERVE IMMEDIATELY.

5. SIDE SUGGESTIONS:

SERVE THE STEAK WITH SIDE DISHES SUCH AS ROASTED VEGETABLES, CAULIFLOWER MASH, OR A CRISP SALAD DRESSED WITH OLIVE OIL AND VINEGAR.



RECIPIES

DINNER

Southwest Stuffed Bell Peppers

4 LARGE BELL PEPPERS (ANY COLOR)
1 TABLESPOON OLIVE OIL
1 SMALL ONION, DICED
2 CLOVES GARLIC, MINCED
1 POUND GROUND BEEF OR TURKEY
1 TABLESPOON CHILI POWDER
1 TEASPOON GROUND CUMIN
1/2 TEASPOON PAPRIKA
SALT AND PEPPER TO TASTE
1 CUP CAULIFLOWER RICE
1/2 CUP LOW-CARB SALSA
1 CUP SHREDDED MEXICAN CHEESE BLEND
OPTIONAL TOPPINGS: AVOCADO SLICES, SOUR CREAM, CHOPPED CILANTRO, SLICED JALAPEÑOS

INSTRUCTIONS:

1. PREPARE THE BELL PEPPERS:

PREHEAT YOUR OVEN TO 375°F (190°C).

CUT THE TOPS OFF THE BELL PEPPERS AND REMOVE THE SEEDS AND MEMBRANES FROM THE INSIDE. RINSE THEM UNDER COLD WATER AND PAT DRY WITH PAPER TOWELS.

2. COOK THE FILLING:

HEAT OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HEAT. ADD DICED ONION AND MINCED GARLIC, AND COOK UNTIL SOFTENED AND FRAGRANT, ABOUT 2-3 MINUTES.

ADD THE GROUND BEEF OR TURKEY TO THE SKILLET AND COOK UNTIL BROWNEED, BREAKING IT UP WITH A SPATULA AS IT COOKS.

STIR IN CHILI POWDER, GROUND CUMIN, PAPRIKA, SALT, AND PEPPER. COOK FOR ANOTHER MINUTE.

ADD CAULIFLOWER RICE TO THE SKILLET AND COOK FOR AN ADDITIONAL 2-3 MINUTES, UNTIL THE CAULIFLOWER IS TENDER.

REMOVE THE SKILLET FROM HEAT AND STIR IN THE SALSA AND HALF OF THE SHREDDED CHEESE.

3. STUFF THE BELL PEPPERS:

PLACE THE BELL PEPPERS UPRIGHT IN A BAKING DISH. SPOON THE FILLING MIXTURE EVENLY INTO EACH BELL PEPPER UNTIL THEY ARE FILLED TO THE TOP.

SPRINKLE THE REMAINING SHREDDED CHEESE OVER THE TOPS OF THE STUFFED PEPPERS.

4. BAKE:

COVER THE BAKING DISH WITH FOIL AND BAKE IN THE PREHEATED OVEN FOR 25-30 MINUTES, OR UNTIL THE PEPPERS ARE TENDER AND THE CHEESE IS MELTED AND BUBBLY.

5. SERVE:

REMOVE THE STUFFED BELL PEPPERS FROM THE OVEN AND LET THEM COOL FOR A FEW MINUTES.

SERVE THE STUFFED PEPPERS HOT, GARNISHED WITH OPTIONAL TOPPINGS SUCH AS AVOCADO SLICES, SOUR CREAM, CHOPPED CILANTRO, OR SLICED JALAPEÑOS.



RECIPIES

DINNER

Grilled Chicken and Roasted Veggies

4 BONELESS, SKINLESS CHICKEN BREASTS
2 TABLESPOONS OLIVE OIL
2 CLOVES GARLIC, MINCED
1 TEASPOON PAPRIKA
1 TEASPOON DRIED OREGANO
SALT AND PEPPER TO TASTE

INSTRUCTIONS:

PREHEAT YOUR GRILL TO MEDIUM-HIGH HEAT.

IN A SMALL BOWL, MIX TOGETHER THE OLIVE OIL, MINCED GARLIC, PAPRIKA, DRIED OREGANO, SALT, AND PEPPER.

BRUSH THE CHICKEN BREASTS WITH THE OLIVE OIL MIXTURE, MAKING SURE TO COAT THEM EVENLY.

PLACE THE CHICKEN BREASTS ON THE GRILL AND COOK FOR 6-8 MINUTES PER SIDE, OR UNTIL THEY ARE COOKED THROUGH AND NO LONGER PINK IN THE MIDDLE.

REMOVE THE CHICKEN FROM THE GRILL AND LET IT REST FOR A FEW MINUTES BEFORE SERVING.

ROASTED VEGETABLES:

INGREDIENTS:

2 CUPS MIXED VEGETABLES (SUCH AS BELL PEPPERS, ZUCCHINI, BROCCOLI, CAULIFLOWER, ETC.), CHOPPED INTO BITE-SIZED PIECES
2 TABLESPOONS OLIVE OIL
1 TEASPOON GARLIC POWDER
1 TEASPOON DRIED THYME
SALT AND PEPPER TO TASTE

INSTRUCTIONS:

PREHEAT YOUR OVEN TO 400°F (200°C).

PLACE THE CHOPPED VEGETABLES ON A BAKING SHEET LINED WITH PARCHMENT PAPER.

DRIZZLE THE OLIVE OIL OVER THE VEGETABLES AND SPRINKLE THEM WITH GARLIC POWDER, DRIED THYME, SALT, AND PEPPER. TOSS TO COAT EVENLY.

SPREAD THE VEGETABLES OUT IN A SINGLE LAYER ON THE BAKING SHEET.

ROAST IN THE PREHEATED OVEN FOR 20-25 MINUTES, OR UNTIL THE VEGETABLES ARE TENDER AND STARTING TO BROWN AROUND THE EDGES.

REMOVE FROM THE OVEN AND SERVE ALONGSIDE THE GRILLED CHICKEN.



RECIPIES

DINNER

Beef and Veggie Stir Fry

1 LB (450G) BEEF SIRLOIN OR FLANK STEAK, THINLY SLICED AGAINST THE GRAIN
2 TABLESPOONS SOY SAUCE (OR TAMARI FOR GLUTEN-FREE)
2 TABLESPOONS OLIVE OIL OR SESAME OIL
3 CLOVES GARLIC, MINCED
1 TABLESPOON GINGER, MINCED
1 ONION, THINLY SLICED
1 BELL PEPPER, THINLY SLICED
1 CUP BROCCOLI FLORETS
1 CUP SLICED MUSHROOMS
1 CUP SNOW PEAS, TRIMMED
SALT AND PEPPER TO TASTE
OPTIONAL: RED PEPPER FLAKES FOR HEAT
OPTIONAL GARNISH: SESAME SEEDS, CHOPPED GREEN ONIONS
INSTRUCTIONS:

IN A BOWL, MARINATE THE SLICED BEEF WITH SOY SAUCE FOR ABOUT 15-30 MINUTES.

IN A LARGE SKILLET OR WOK, HEAT OLIVE OIL OR SESAME OIL OVER MEDIUM-HIGH HEAT.

ADD MINCED GARLIC AND GINGER, AND STIR-FRY FOR ABOUT 30 SECONDS UNTIL FRAGRANT.

ADD THE MARINATED BEEF SLICES TO THE SKILLET IN A SINGLE LAYER. COOK FOR 2-3 MINUTES UNTIL BROWNED, THEN FLIP AND COOK FOR ANOTHER 2-3 MINUTES UNTIL COOKED THROUGH. REMOVE THE BEEF FROM THE SKILLET AND SET ASIDE.

IN THE SAME SKILLET, ADD A BIT MORE OIL IF NEEDED. ADD SLICED ONION, BELL PEPPER, BROCCOLI FLORETS, MUSHROOMS, AND SNOW PEAS. STIR-FRY FOR 4-5 MINUTES UNTIL THE VEGETABLES ARE TENDER-CRISP.

RETURN THE COOKED BEEF TO THE SKILLET WITH THE VEGETABLES. STIR EVERYTHING TOGETHER.

SEASON WITH SALT, PEPPER, AND RED PEPPER FLAKES IF DESIRED. ADJUST SEASONING TO TASTE.

CONTINUE TO STIR-FRY FOR ANOTHER MINUTE OR TWO UNTIL EVERYTHING IS HEATED THROUGH AND WELL COMBINED.

REMOVE FROM HEAT AND GARNISH WITH SESAME SEEDS AND CHOPPED GREEN ONIONS IF DESIRED.

SERVE HOT, EITHER ON ITS OWN OR OVER CAULIFLOWER RICE.



RECIPIES

DINNER

Meatballs with Zucchini Noodles and Marinara Sauce

FOR THE MEATBALLS:

1 LB (450G) GROUND BEEF (OR A MIXTURE OF BEEF AND PORK)
1/4 CUP ALMOND FLOUR (OR COCONUT FLOUR)
1/4 CUP GRATED PARMESAN CHEESE
1 LARGE EGG
2 CLOVES GARLIC, MINCED
1 TEASPOON DRIED OREGANO
1 TEASPOON DRIED BASIL
SALT AND PEPPER TO TASTE
OLIVE OIL, FOR COOKING

FOR THE ZUCCHINI NOODLES:

4 MEDIUM ZUCCHINI
SALT, TO TASTE

FOR THE MARINARA SAUCE:

1 TABLESPOON OLIVE OIL
1 SMALL ONION, FINELY CHOPPED
2 CLOVES GARLIC, MINCED
1 CAN (14 OZ) CRUSHED TOMATOES
1 TEASPOON DRIED OREGANO
1 TEASPOON DRIED BASIL
SALT AND PEPPER TO TASTE

INSTRUCTIONS:

PREHEAT THE OVEN TO 375°F (190°C).

IN A LARGE BOWL, COMBINE THE GROUND BEEF, ALMOND FLOUR, PARMESAN CHEESE, EGG, MINCED GARLIC, DRIED OREGANO, DRIED BASIL, SALT, AND PEPPER. MIX UNTIL WELL COMBINED.

SHAPE THE MIXTURE INTO MEATBALLS, ABOUT 1-1.5 INCHES IN DIAMETER.

HEAT A BIT OF OLIVE OIL IN A SKILLET OVER MEDIUM-HIGH HEAT. BROWN THE MEATBALLS ON ALL SIDES, ABOUT 2-3 MINUTES PER SIDE. YOU MAY NEED TO WORK IN BATCHES DEPENDING ON THE SIZE OF YOUR SKILLET.

TRANSFER THE BROWNEED MEATBALLS TO A BAKING DISH AND BAKE IN THE PREHEATED OVEN FOR 15-20 MINUTES, OR UNTIL COOKED THROUGH.

WHILE THE MEATBALLS ARE BAKING, PREPARE THE ZUCCHINI NOODLES. USE A SPIRALIZER TO CREATE NOODLES FROM THE ZUCCHINI. ALTERNATIVELY, YOU CAN USE A JULIENNE PEELER. SPRINKLE THE ZUCCHINI NOODLES WITH SALT AND LET THEM SIT IN A COLANDER FOR ABOUT 10 MINUTES TO RELEASE EXCESS MOISTURE. AFTER 10 MINUTES, PAT THE NOODLES DRY WITH PAPER TOWELS.

TO MAKE THE MARINARA SAUCE, HEAT OLIVE OIL IN A SAUCEPAN OVER MEDIUM HEAT. ADD THE CHOPPED ONION AND MINCED GARLIC AND COOK UNTIL SOFTENED, ABOUT 2-3 MINUTES.

STIR IN THE CRUSHED TOMATOES, DRIED OREGANO, DRIED BASIL, SALT, AND PEPPER. SIMMER FOR 10-15 MINUTES, STIRRING OCCASIONALLY, UNTIL THE SAUCE HAS THICKENED SLIGHTLY.

ONCE THE MEATBALLS ARE COOKED THROUGH, REMOVE THEM FROM THE OVEN.

IN A SEPARATE SKILLET, HEAT A BIT OF OLIVE OIL OVER MEDIUM HEAT. ADD THE ZUCCHINI NOODLES AND COOK FOR 2-3 MINUTES, TOSSING OCCASIONALLY, UNTIL JUST TENDER.

TO SERVE, DIVIDE THE ZUCCHINI NOODLES AMONG PLATES, TOP WITH MARINARA SAUCE AND MEATBALLS.

OPTIONALLY, SPRINKLE WITH GRATED PARMESAN CHEESE AND CHOPPED FRESH BASIL BEFORE SERVING.



RECIPIES

DINNER

Stuffed Meatballs with Ground Chicken and Herbs

12 LARGE MUSHROOMS, STEMS REMOVED AND CLEANED
1 TABLESPOON OLIVE OIL
1 SMALL ONION, FINELY CHOPPED
2 CLOVES GARLIC, MINCED
1 LB (450G) GROUND CHICKEN
1/4 CUP GRATED PARMESAN CHEESE
2 TABLESPOONS CHOPPED FRESH PARSLEY
1 TEASPOON DRIED THYME
SALT AND PEPPER TO TASTE
OPTIONAL: RED PEPPER FLAKES FOR HEAT
OPTIONAL: ADDITIONAL GRATED PARMESAN CHEESE FOR TOPPING
INSTRUCTIONS:

PREHEAT YOUR OVEN TO 375°F (190°C). LINE A BAKING SHEET WITH PARCHMENT PAPER.

CLEAN THE MUSHROOMS AND REMOVE THE STEMS. SET ASIDE.

HEAT OLIVE OIL IN A SKILLET OVER MEDIUM HEAT. ADD CHOPPED ONION AND MINCED GARLIC, AND SAUTÉ UNTIL SOFTENED, ABOUT 2-3 MINUTES.

ADD GROUND CHICKEN TO THE SKILLET AND COOK, BREAKING IT APART WITH A SPOON, UNTIL NO LONGER PINK, ABOUT 5-6 MINUTES.

STIR IN GRATED PARMESAN CHEESE, CHOPPED FRESH PARSLEY, DRIED THYME, SALT, PEPPER, AND RED PEPPER FLAKES (IF USING). MIX WELL TO COMBINE.

SPOON THE CHICKEN MIXTURE INTO THE MUSHROOM CAPS, FILLING EACH ONE GENEROUSLY.

PLACE THE STUFFED MUSHROOMS ON THE PREPARED BAKING SHEET.

IF DESIRED, SPRINKLE ADDITIONAL GRATED PARMESAN CHEESE OVER THE STUFFED MUSHROOMS.

BAKE IN THE PREHEATED OVEN FOR 15-20 MINUTES, OR UNTIL THE MUSHROOMS ARE TENDER AND THE FILLING IS COOKED THROUGH AND GOLDEN BROWN ON TOP.

REMOVE FROM THE OVEN AND LET COOL SLIGHTLY BEFORE SERVING.



RECIPIES

DINNER

Zucchini Noodles with Beef Bolognese

FOR THE BEEF BOLOGNESE SAUCE:

1 LB (450G) GROUND BEEF
1 TABLESPOON OLIVE OIL
1 ONION, FINELY CHOPPED
2 CLOVES GARLIC, MINCED
1 CARROT, FINELY CHOPPED
1 CELERY STALK, FINELY CHOPPED
1 CAN (14 OZ) CRUSHED TOMATOES
1 TABLESPOON TOMATO PASTE
1 TEASPOON DRIED OREGANO
1 TEASPOON DRIED BASIL
SALT AND PEPPER TO TASTE
OPTIONAL: RED PEPPER FLAKES FOR HEAT
FRESH BASIL LEAVES, FOR GARNISH

FOR THE ZUCCHINI NOODLES:

4 MEDIUM ZUCCHINI
SALT, TO TASTE
INSTRUCTIONS:

PREPARE THE BEEF BOLOGNESE SAUCE:

HEAT OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HEAT.
ADD THE CHOPPED ONION, MINCED GARLIC, CHOPPED CARROT, AND CHOPPED CELERY. COOK UNTIL SOFTENED, ABOUT 5 MINUTES.
ADD THE GROUND BEEF TO THE SKILLET AND COOK UNTIL BROWNEED, BREAKING IT APART WITH A SPOON AS IT COOKS.
STIR IN THE CRUSHED TOMATOES, TOMATO PASTE, DRIED OREGANO, DRIED BASIL, SALT, PEPPER, AND RED PEPPER FLAKES (IF USING).
REDUCE THE HEAT TO LOW AND LET THE SAUCE SIMMER FOR 20-30 MINUTES, STIRRING OCCASIONALLY, UNTIL IT HAS THICKENED AND THE FLAVORS HAVE MELDED TOGETHER.

PREPARE THE ZUCCHINI NOODLES:

USE A SPIRALIZER TO CREATE NOODLES FROM THE ZUCCHINI. ALTERNATIVELY, YOU CAN USE A JULIENNE PEELER.
PLACE THE ZUCCHINI NOODLES IN A COLANDER AND SPRINKLE WITH SALT. LET THEM SIT FOR ABOUT 10 MINUTES TO RELEASE EXCESS MOISTURE.
AFTER 10 MINUTES, PAT THE NOODLES DRY WITH PAPER TOWELS.
COOK THE ZUCCHINI NOODLES:

HEAT A BIT OF OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HEAT.
ADD THE ZUCCHINI NOODLES TO THE SKILLET AND SAUTÉ FOR 2-3 MINUTES, TOSSING OCCASIONALLY, UNTIL JUST TENDER.
SERVE:

DIVIDE THE ZUCCHINI NOODLES AMONG SERVING PLATES.
TOP WITH A GENEROUS PORTION OF THE BEEF BOLOGNESE SAUCE.
GARNISH WITH FRESH BASIL LEAVES.
OPTIONALLY, SPRINKLE WITH GRATED PARMESAN CHEESE BEFORE SERVING.



RECIPIES

DINNER

Lemon Garlic Butter Shrimp with Broccoli

FOR THE SHRIMP:

1 LB (450G) LARGE SHRIMP, PEELED AND DEVEINED
2 TABLESPOONS BUTTER
3 CLOVES GARLIC, MINCED
1 TABLESPOON LEMON ZEST
2 TABLESPOONS LEMON JUICE
SALT AND PEPPER TO TASTE
OPTIONAL: RED PEPPER FLAKES FOR HEAT

FOR THE BROCCOLI:

4 CUPS BROCCOLI FLORETS
2 TABLESPOONS OLIVE OIL
SALT AND PEPPER TO TASTE

INSTRUCTIONS:

PREPARE THE SHRIMP:

IN A LARGE SKILLET, MELT THE BUTTER OVER MEDIUM HEAT.
ADD THE MINCED GARLIC TO THE SKILLET AND COOK FOR 1-2 MINUTES UNTIL FRAGRANT.
ADD THE SHRIMP TO THE SKILLET IN A SINGLE LAYER. COOK FOR 2-3 MINUTES PER SIDE UNTIL PINK AND COOKED THROUGH.
STIR IN THE LEMON ZEST, LEMON JUICE, SALT, PEPPER, AND RED PEPPER FLAKES (IF USING). COOK FOR ANOTHER MINUTE, TOSSING THE SHRIMP IN THE SAUCE TO COAT EVENLY.
REMOVE THE SKILLET FROM HEAT AND SET ASIDE.

PREPARE THE BROCCOLI:

PREHEAT YOUR OVEN TO 400°F (200°C).
TOSS THE BROCCOLI FLORETS WITH OLIVE OIL, SALT, AND PEPPER ON A BAKING SHEET LINED WITH PARCHMENT PAPER.
SPREAD THE BROCCOLI OUT IN A SINGLE LAYER ON THE BAKING SHEET.
ROAST IN THE PREHEATED OVEN FOR 15-20 MINUTES, OR UNTIL THE BROCCOLI IS TENDER AND STARTING TO BROWN AROUND THE EDGES.

SERVE:

DIVIDE THE ROASTED BROCCOLI AMONG SERVING PLATES.
TOP WITH THE LEMON BUTTER GARLIC SHRIMP.
OPTIONALLY, GARNISH WITH CHOPPED FRESH PARSLEY OR ADDITIONAL LEMON ZEST BEFORE SERVING.



RECIPIES

DINNER

Chicken Fajitas

FOR THE CHICKEN MARINADE:

1 LB (450G) BONELESS, SKINLESS CHICKEN BREASTS, THINLY SLICED
2 TABLESPOONS OLIVE OIL
2 CLOVES GARLIC, MINCED
1 TEASPOON CHILI POWDER
1 TEASPOON CUMIN
1 TEASPOON PAPRIKA
1/2 TEASPOON ONION POWDER
SALT AND PEPPER TO TASTE
JUICE OF 1 LIME

FOR THE FAJITA VEGETABLES:

2 BELL PEPPERS (ANY COLOR), THINLY SLICED
1 ONION, THINLY SLICED
2 TABLESPOONS OLIVE OIL
SALT AND PEPPER TO TASTE

FOR SERVING:

LETTUCE LEAVES OR LOW-CARB TORTILLAS
OPTIONAL TOPPINGS: SLICED AVOCADO, SHREDDED CHEESE, SOUR CREAM, SALSA, CHOPPED CILANTRO, LIME WEDGES
INSTRUCTIONS:

MARINATE THE CHICKEN:

IN A BOWL, COMBINE OLIVE OIL, MINCED GARLIC, CHILI POWDER, CUMIN, PAPRIKA, ONION POWDER, SALT, PEPPER, AND LIME JUICE.
ADD THE SLICED CHICKEN BREASTS TO THE MARINADE, TOSSING TO COAT EVENLY. COVER AND REFRIGERATE FOR AT LEAST 30 MINUTES, OR UP TO 4 HOURS.
COOK THE FAJITA VEGETABLES:

HEAT 2 TABLESPOONS OF OLIVE OIL IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT.
ADD THE SLICED BELL PEPPERS AND ONIONS TO THE SKILLET. SEASON WITH SALT AND PEPPER.
COOK, STIRRING OCCASIONALLY, FOR 5-7 MINUTES UNTIL THE VEGETABLES ARE TENDER AND SLIGHTLY CHARRED. REMOVE FROM THE SKILLET AND SET ASIDE.
COOK THE CHICKEN:

IN THE SAME SKILLET, ADD THE MARINATED CHICKEN SLICES IN A SINGLE LAYER.
COOK FOR 5-7 MINUTES, STIRRING OCCASIONALLY, UNTIL THE CHICKEN IS COOKED THROUGH AND NO LONGER PINK IN THE MIDDLE.
ASSEMBLE THE FAJITAS:

SERVE THE COOKED CHICKEN AND VEGETABLES ON LETTUCE LEAVES OR LOW-CARB TORTILLAS.
ADD OPTIONAL TOPPINGS SUCH AS SLICED AVOCADO, SHREDDED CHEESE, SOUR CREAM, SALSA, CHOPPED CILANTRO, AND LIME WEDGES.



RECIPIES

SNACK

Cauliflower Hummus

1 MEDIUM HEAD CAULIFLOWER, CUT INTO FLORETS
3 CLOVES GARLIC, MINCED
2 TABLESPOONS TAHINI
2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
JUICE OF 1 LEMON
1/2 TEASPOON GROUND CUMIN
SALT AND PEPPER TO TASTE
OPTIONAL TOPPINGS: EXTRA OLIVE OIL, PAPRIKA, CHOPPED PARSLEY
INSTRUCTIONS:

STEAM OR ROAST THE CAULIFLOWER:

YOU CAN EITHER STEAM OR ROAST THE CAULIFLOWER. STEAMING IS FASTER, WHILE ROASTING CAN ADD MORE DEPTH OF FLAVOR.

TO STEAM: PLACE THE CAULIFLOWER FLORETS IN A STEAMER BASKET OVER BOILING WATER AND STEAM FOR 10-12 MINUTES, OR UNTIL TENDER.

TO ROAST: PREHEAT YOUR OVEN TO 400°F (200°C). TOSS THE CAULIFLOWER FLORETS WITH A DRIZZLE OF OLIVE OIL, SALT, AND PEPPER. SPREAD THEM OUT ON A BAKING SHEET AND ROAST FOR 20-25 MINUTES, OR UNTIL GOLDEN BROWN AND TENDER.

PREPARE THE HUMMUS:

IN A FOOD PROCESSOR, COMBINE THE COOKED CAULIFLOWER, MINCED GARLIC, TAHINI, EXTRA-VIRGIN OLIVE OIL, LEMON JUICE, GROUND CUMIN, SALT, AND PEPPER.

PROCESS UNTIL SMOOTH AND CREAMY, SCRAPING DOWN THE SIDES OF THE BOWL AS NEEDED. IF THE MIXTURE IS TOO THICK, YOU CAN ADD A SPLASH OF WATER OR MORE OLIVE OIL TO REACH YOUR DESIRED CONSISTENCY.

ADJUST SEASONINGS:

TASTE THE CAULIFLOWER HUMMUS AND ADJUST THE SEASONINGS TO YOUR LIKING. YOU CAN ADD MORE LEMON JUICE, SALT, OR CUMIN IF DESIRED.

SERVE:

TRANSFER THE CAULIFLOWER HUMMUS TO A SERVING BOWL.

DRIZZLE WITH EXTRA OLIVE OIL AND SPRINKLE WITH PAPRIKA AND CHOPPED PARSLEY FOR GARNISH, IF DESIRED.

ENJOY YOUR CAULIFLOWER HUMMUS! SERVE IT WITH DIPPERS SUCH AS CUCUMBER SLICES, CELERY STICKS, BELL PEPPER STRIPS, OR KETO CRACKERS.

