

# **Low-Carb High-Protein Cookbook for Beginners**

Delicious, Quick, and Nutritious Recipes to Build  
Muscle and Lose Weight Effortlessly in Just 30 Days |  
Includes Exclusive Tips, Extra Content,  
& a 90-Day Meal Plan

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## **Disclaimer**

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# Chapter 1: Introduction to Low-Carb High-Protein Diet

## Welcome to Your New Lifestyle

Embarking on a Low-Carb, High-Protein diet isn't just a quick fix; it's a lifestyle change that prioritizes your health and long-term weight management. If traditional diets have left you feeling frustrated, you're not alone. This guide is for people like you—those who want to make meaningful changes without the stress of complex rules or unattainable goals. You're about to discover a new, flexible way of eating that keeps you satisfied, boosts your energy, and supports your overall well-being for the long haul. Unlike fad diets that promise fast results but are hard to maintain, the Low-Carb, High-Protein approach offers practical and proven benefits, making it a favorite for improving health and quality of life.

## Understanding the Benefits of Low-Carb, High-Protein Eating

At the heart of this lifestyle is a simple yet powerful idea: reducing your carbohydrate intake while increasing your protein consumption. This shift unlocks numerous benefits that go beyond just weight loss:

**Weight Loss and Satiety:** Protein is highly satiating, helping you feel fuller for longer and naturally reducing your calorie intake. High-protein diets also encourage your body to burn fat for energy when carbs are limited, making weight management more achievable.

**Blood Sugar Control:** For those managing type 2 diabetes or insulin resistance, reducing carbs can lead to significant improvements in blood sugar levels. By cutting out carbohydrates, which are the main culprits behind blood sugar spikes, your body can better regulate insulin and even reverse certain conditions.

**Boosted Metabolism:** Protein digestion requires more energy, meaning your body burns more calories simply by processing food. This "thermogenic effect" works alongside muscle preservation and fat loss to enhance your metabolism.

**Improved Heart Health:** While some worry about the effects of animal-based proteins, research shows that a balanced high-protein, low-carb diet can reduce bad cholesterol (LDL) and increase good cholesterol (HDL), lowering the risk of heart disease.

**Enhanced Mental Clarity:** Many people report improved focus and reduced brain fog on a low-carb diet. This is due to the brain's ability to adapt to using ketones—derived from fat—as a clean, steady energy source instead of glucose from carbs.

These benefits, combined with the simplicity and flexibility of the diet, make it a sustainable and effective choice for many people looking to improve their overall health and wellbeing.

## What Sets This Book Apart

There are countless diet books out there, many of which promise miracles but fail to deliver. This book is different. It avoids the common pitfalls of incomplete nutritional information and overly rigid rules, offering you something truly unique:

**Practical Recommendations:** The guidance in this book is rooted in real-life experience, with actionable steps to help you achieve sustainable results. You won't just learn how to reduce carbs—you'll understand how this approach supports your overall health and wellbeing in a way that fits your life.

**Complete Nutritional Breakdown:** Every recipe in this book includes detailed nutritional information. Knowing your intake of protein, fat, carbs, and calories is key to success, and unlike other books that skip over these details, we ensure you're fully informed at every step.

**Practicality and Adaptability:** This is not a one-size-fits-all approach. Whether you're a busy professional, a parent, or simply someone looking to feel healthier, the tips, meal plans, and recipes in this book are designed to adapt to your lifestyle. Flexibility is key—you'll learn how to modify meals for dining out, traveling, or special occasions while staying on track.

**Triple the Variety:** This book features 40 original recipes that go beyond being delicious—they come with variation and substitution options, effectively tripling the choices available. With 120 unique options at your fingertips, you can easily explore new flavors, adjust for dietary preferences, and experiment with textures. This "Triple Variety" feature ensures your meals never feel repetitive, making it easier to enjoy your low-carb, high-protein lifestyle.

**Tips for Eating Out:** We know life can get busy, and preparing your own meals isn't always possible. That's why this book offers practical tips for dining out and attending social events. You'll learn how to make food choices that align with your goals, even when you're away from home.

**Clear Steps for Success:** In these pages, you'll find practical tools and straightforward advice to help you confidently follow the low-carb, high-protein diet. With the right knowledge and support, you'll be empowered to make lasting improvements to your health.

This book isn't just about following a diet; it's about reshaping your relationship with food and health in a way that's enjoyable, practical, and sustainable for the long term.

As we continue, you'll uncover the principles of low-carb, high-protein eating and learn how to apply them in your daily life—whether your goals are weight loss, increased energy, or improved blood sugar management.

## **Chapter 2: The Science and Benefits of a Low-Carb, High-Protein Diet**

### **The Science Behind Low-Carb High-Protein**

Understanding the science of a low-carb, high-protein diet unlocks its full potential. At its heart, this lifestyle focuses on reducing carbohydrates—especially refined sugars and processed grains—while increasing protein-rich foods. This shift activates key metabolic processes that encourage fat burning, muscle preservation, and overall health improvements.

### **How It Works: Metabolism and Fat Burning**

Carbohydrates are the body's primary energy source. When you eat carbs, they break down into glucose, which enters your bloodstream and triggers the release of insulin. Insulin regulates blood sugar levels but also promotes fat storage when excess glucose is present. By lowering your carb intake, you reduce insulin levels, allowing your body to tap into stored fat for energy—a process called lipolysis.

### **The Role of Protein: Muscle Preservation and Satiety**

Protein plays a central role in this metabolic transformation. Not only does it support muscle repair and growth, but it also preserves lean muscle mass during weight loss, preventing the muscle loss often seen with low-calorie diets. Protein also has a higher thermic effect than carbs or fats, meaning your body burns more calories digesting it. This thermogenic effect helps boost your metabolism and supports fat loss.

In addition, protein excels in promoting satiety, keeping you feeling fuller for longer compared to fats or carbohydrates. By incorporating more protein into your meals, you'll naturally reduce calorie intake without needing strict portion control or constant calorie counting.

### **Health Benefits Beyond Weight Loss**

While weight loss is a popular reason for starting a low-carb, high-protein diet, the benefits go far beyond the numbers on the scale. This approach can help manage conditions like diabetes or insulin resistance by improving blood sugar levels and lowering triglycerides while boosting HDL (good) cholesterol. It also helps maintain lean muscle, supports metabolic health, and promotes mental clarity by providing steady, sustained energy throughout the day.

## Customizing the Diet to Your Needs

One of the greatest strengths of the low-carb, high-protein diet is its flexibility. Whether your goal is weight loss, building muscle, or managing a health condition like diabetes, this approach can be tailored to suit your unique needs.

For weight loss, a moderate reduction in carbs paired with an increase in protein and healthy fats helps create a calorie deficit while preserving muscle mass. For athletes or those focused on building muscle, increasing protein intake alongside a strategic amount of carbs around workouts can boost performance and recovery.

This isn't just a diet—it's a customizable framework that supports your goals, your lifestyle, and your long-term health. With this adaptable approach, you can create a path that works specifically for you, making it easier to stay consistent and see results.

## Setting Your Goals for Long-term Success

Before beginning this lifestyle, it's essential to set clear and achievable goals. Whether you're aiming to lose weight, boost energy, or manage a medical condition like diabetes, having a well-defined objective will keep you motivated and focused.

Start by asking yourself: *What do I want to achieve?* Once you have your answer, break it down into smaller, manageable steps. For example, if you want to lose 20 pounds, aim for a steady pace of 1–2 pounds per week. Consistency is key—small, gradual progress leads to sustainable success. Avoid rushing or adopting extreme measures; long-lasting changes are always the most rewarding.

Tracking your progress can make a big difference. Consider keeping a journal of your meals, workouts, and how you feel each day. This habit will help you reflect on your progress, make adjustments, and stay accountable to your goals.

This book also provides practical tips for navigating challenges, like dining out or attending social events, so you can stay on track without feeling restricted or deprived.

## **Common Misconceptions and How to Overcome Them**

As with any popular diet, misconceptions about the low-carb, high-protein lifestyle are common. Let's address a few of the most widespread myths:

### **Myth 1: You Can't Eat Carbs at All.**

This is simply not true. The focus is on reducing processed carbs and simple sugars—not eliminating all carbohydrates. In fact, nutrient-rich, high-fiber foods like vegetables and certain fruits remain an important part of this diet, supporting digestion and overall health.

### **Myth 2: This Diet is Just for Weight Loss.**

While weight loss is a common reason to adopt this diet, it offers many other health benefits, such as improved blood sugar control, increased muscle mass, and sustained energy levels. Whether you're an athlete aiming for peak performance or someone looking to maintain healthy blood sugar levels, this diet can be tailored to your specific needs.

### **Myth 3: It's Hard to Stick to.**

Some people worry that a low-carb, high-protein diet might feel too restrictive. However, this guide is designed to make it simple and enjoyable. With a variety of delicious, easy-to-prepare recipes and practical tips for dining out, you'll discover that this lifestyle is more sustainable than you might think. Along the way, you may even find new favorite meals and flavors that keep you excited about your journey.

Remember, this isn't a quick fix—it's a long-term strategy for better health. Use the tools and knowledge in this book to make informed, confident choices, and embrace a healthier, more vibrant future.

## Chapter 3: Understanding Nutritional Values and Their Importance

### Why Nutritional Information Matters for Your Health

Understanding the nutritional content of your food is essential to making decisions that align with your health goals—whether you’re aiming to lose weight, build muscle, or simply feel your best. By knowing the nutrients in the food you eat, you can balance macronutrients (proteins, fats, and carbs) and micronutrients (vitamins and minerals), both of which play vital roles in your health and performance.

**Macronutrient Balance:** Each macronutrient has a specific job in your body. Proteins repair and build tissues, fats provide energy and support hormone production, and carbohydrates fuel your body’s primary energy needs. Adjusting the ratio of these macronutrients based on your goals can make a big difference. For instance, a high-protein, low-carb diet supports fat loss and muscle maintenance, while athletes with intense training schedules may benefit from slightly more carbs to aid quick energy recovery.

**Micronutrient Awareness:** While macronutrients tend to get all the attention, micronutrients are equally important. Vitamins and minerals support critical functions like bone strength, immune health, and cell repair. Without them, your body can face deficiencies that impact energy, mood, and overall health. Including a variety of nutrient-dense foods—like leafy greens, colorful veggies, nuts, and seeds—ensures you’re getting these essential nutrients.

**Weight Management:** For weight loss, understanding your caloric intake and output is key. A calorie deficit—eating fewer calories than you burn—leads to weight loss. By tracking your daily calories and the balance of your macronutrients, you can fine-tune your diet for sustainable, long-term results.

**Muscle Gain and Recovery:** If your goal is to build muscle, your diet needs to fuel growth and recovery. This means increasing protein intake and ensuring you consume enough total calories. Carbs, while often reduced in low-carb diets, are essential for replenishing glycogen stores in muscles after intense exercise. Including them strategically can improve performance and recovery without derailing your overall goals.

**Blood Sugar Control and Energy Levels:** Managing blood sugar isn’t just for people with diabetes—it’s key to maintaining steady energy throughout the day. Foods high in refined carbs can cause blood sugar spikes and crashes, leading to fatigue and cravings. Choosing low-glycemic index foods, like whole grains, vegetables, and legumes, helps keep energy levels stable and reduces hunger pangs.

**Avoiding Empty Calories:** Empty calories—like those in sugary snacks, sodas, and heavily processed foods—offer little to no nutritional value and can lead to weight gain and nutrient deficiencies. Instead, focus on nutrient-dense foods rich in vitamins, minerals, and antioxidants to feel satisfied while consuming fewer calories and improving your overall health.

## How to Read and Calculate Nutritional Values (With Practical Examples)

Learning how to read nutritional labels may seem daunting at first, but once you understand the basics, it becomes much easier to make informed choices.

### Serving Size

Always start by checking the serving size, which shows the portion the nutritional information is based on. For example, 1 cup of cooked rice (about 150–180 grams, depending on the type) is a typical serving. If you eat more than the listed portion, adjust the values accordingly to ensure accuracy.

### Calories

Calories indicate the energy a food provides. Eating the right amount of calories depends on your individual needs, which vary based on factors like age, gender, activity level, and goals. For instance, a sedentary woman might require 1,800–2,000 calories daily, while an active man might need 2,500–3,000 calories.

### Macronutrients

**Proteins (measured in grams):** Essential for muscle growth and repair, protein also keeps you feeling full longer. A high-protein diet typically suggests getting 25–30% of your daily calories from protein. For someone consuming 2,000 calories daily, this equates to about 125–150 grams of protein.

**Fats (measured in grams):** Fats provide energy, support cell growth, and help your body absorb vitamins. Healthy fats, like those in avocados, nuts, and olive oil, should make up 20–35% of your daily calories. On a 2,000-calorie diet, this translates to 44–78 grams of fat. It's also important to limit saturated and trans fats, as they can raise bad cholesterol (LDL) and increase the risk of heart disease.

**Carbohydrates (measured in grams):** As the body's main energy source, carbs play an important role. On a low-carb diet, you'll likely reduce your intake to 50–150 grams per day, depending on your goals. Focus on complex carbs like vegetables, legumes, and whole grains, while minimizing refined sugars and processed foods. For example, 1 cup of broccoli (about 90 grams) contains just 6 grams of carbs, compared to 1 cup of cooked pasta (about 140 grams), which has around 35 grams.

By understanding these values and how they fit into your diet, you can make smarter food choices to support your health and fitness goals. This knowledge helps you control portion sizes, balance macronutrient intake, and choose foods that align with your unique needs, whether you're focusing on weight loss, muscle building, or maintaining steady energy levels.

## Practical Example

Imagine preparing a meal with 4 ounces (113 grams) of grilled chicken breast, 1 cup (91 grams) of broccoli, and 1 tablespoon (14 grams) of olive oil. Here's how the nutritional breakdown looks:

<b>4 oz grilled chicken breast:</b>	
Calories: 165 Protein: 31g	Fat: 3.6g Carbs: 0g
<b>1 cup of broccoli:</b>	
Calories: 55 Protein: 2.5g	Fat: 0.6g Carbs: 11g
<b>1 tablespoon of olive oil:</b>	
Calories: 120 Protein: 0g	Fat: 14g Carbs: 0g
<b>Total for the meal:</b>	
Calories: 340 Protein: 33.5g	Fat: 18.2g Carbs: 11g

## Understanding Net Carbs

In a Low-Carb, High-Protein diet, the concept of net carbs is key. Net carbs represent the total carbohydrates in a food minus the fiber and certain sugar alcohols that don't significantly affect blood sugar levels. Why? Because fiber and many sugar alcohols aren't fully digested or absorbed by the body, meaning they don't contribute to spikes in blood glucose. By focusing on net carbs rather than total carbohydrates, you can better manage your daily intake while staying within your dietary goals.

For example, if a food contains 10 grams of total carbohydrates and 5 grams of fiber, the net carbs would be 5 grams. This simple calculation helps you understand how the foods you eat affect your blood sugar, making it easier to plan meals that align with your low-carb lifestyle.

In this book, we highlight the net carb count for each recipe to help you stay within your daily carb limit without feeling restricted. This is especially important if you're following a strict low-carb approach, like aiming for ketosis, or if you're focused on stabilizing blood sugar levels. And while net carbs are a primary focus, we also provide full nutritional details—covering protein, fat, and calorie counts—so you have all the information you need at a glance.

## Tailoring Nutritional Information to Your Personal Goals

Your personal health goals should shape how you interpret and apply nutritional information. Let's explore how to adapt the principles of this diet to meet your unique needs:

**For Weight Loss:** To shed extra pounds, it's essential to consume fewer calories than you burn. Focus on portion control, lean proteins, and low-calorie, nutrient-dense foods like vegetables. Apps can help you track your intake and ensure you're hitting your calorie targets. Additionally, cutting back on simple carbs (like white bread and sugary snacks) can help regulate insulin levels, which supports fat burning.

**For Muscle Gain:** Building muscle requires a focus on protein. Aim for 0.7–1.0 grams of protein per pound of body weight daily. For instance, if you weigh 150 pounds, your target should be 105–150 grams of protein. Pair this with a slight calorie surplus (250–500 calories above your maintenance level) to ensure you have the energy needed for growth and recovery.

**For Blood Sugar Management:** If your goal is to manage blood sugar, such as in the case of diabetes, monitoring carbohydrate content is critical. Choose high-fiber, low-glycemic index foods like leafy greens, legumes, and whole grains to maintain steady blood sugar levels. Pay close attention to portion sizes—even healthy foods can impact blood sugar if eaten in excess.

**Example Calculation for Weight Loss:** Let's say your goal is to lose 1 pound per week, which requires a calorie deficit of about 500 calories per day. If your maintenance level is 2,500 calories, you'd aim to consume around 2,000 calories daily. A typical breakdown might look like this:

30% of calories from protein (600 calories, or 150 grams of protein)

40% from carbs (800 calories, or 200 grams of carbs)

30% from fats (600 calories, or 67 grams of fats)

By applying these calculations, you can create a meal plan that supports your weight loss goals while leaving room for flexibility in your choices.

Understanding and applying nutritional information empowers you to take control of your diet and adapt it to your health objectives. Whether you're dining at home, eating out, or on the go, these principles provide the tools you need to stay on track.

## **Taste and Satisfaction**

A Low-Carb, High-Protein diet doesn't mean giving up the joy of eating. In fact, enjoying your food is one of the most important factors for long-term success. The recipes in this book are designed to delight your taste buds while supporting your health goals.

Each dish is crafted to highlight bold flavors—from garlic, chili, and lemon to subtler notes like thyme, basil, and cinnamon. The variety doesn't stop at flavor; we've incorporated diverse textures, such as creamy avocado, crunchy nuts, and roasted vegetables, to keep meals satisfying and interesting.

To make your experience even more enjoyable, we've included tips for customizing recipes to suit your taste. Prefer spicier dishes? Add a pinch of cayenne. Want to brighten up a dish? A splash of lemon does the trick. These simple tweaks let you experiment with flavors while keeping meals balanced and nutritious.

Throughout the book, you'll find helpful techniques for enhancing flavor, like roasting vegetables to bring out their natural sweetness or using fresh herbs to elevate a salad. Our goal is to make every meal not just healthy, but also a source of pleasure and satisfaction. After all, eating well isn't just about nutrition—it's about savoring every bite and turning each meal into a moment of joy.

## Chapter 4: Meal Planning and Preparation

Planning and preparing your meals effectively is the cornerstone of success on a low-carb, high-protein diet. Not only does it keep you aligned with your health goals, but it also helps you save precious time during busy weeks. In this chapter, we'll walk through the essential pantry staples, must-have kitchen tools, and practical tips to make your journey easier, more enjoyable, and fully sustainable.

### Essential Ingredients for Your Pantry

Stocking your pantry with the right ingredients ensures you're always ready to whip up delicious and satisfying low-carb, high-protein meals, even on the busiest days. Here's a list of essentials to keep on hand:

**Lean Proteins:** Chicken breast, turkey, eggs, fish (like salmon and tuna), and lean cuts of beef and pork.

**Low-Carb Vegetables:** Broccoli, zucchini, spinach, cauliflower, kale, asparagus—perfect for adding variety, flavor, and nutrients to your meals.

**Healthy Fats:** Olive oil, avocados, almond butter, chia seeds, and flax seeds, which support your energy needs and overall health.

**Plant-Based Proteins:** Tofu, tempeh, legumes (in moderation due to their carbohydrate content), and pumpkin seeds, offering versatile options for meat-free meals..

**Other Essentials:** Spices and seasonings (pepper, paprika, cumin), broth (vegetable or bone), almond flour, and unsweetened almond milk for a wide range of recipes.

By keeping these ingredients stocked, you'll always have the building blocks for a nutritious and satisfying meal at your fingertips.

### Must-Have Kitchen Tools for Easy Cooking

Having the right tools in your kitchen can transform meal prep from a chore into a breeze. Here are some must-haves to make cooking low-carb, high-protein dishes quick and enjoyable:

**Blender or Immersion Blender:** Ideal for protein smoothies, creamy soups, or purees.

**Pressure Cooker:** A lifesaver for preparing tender meats and perfectly cooked vegetables in a fraction of the time.

**Electric Grill:** Perfect for grilling chicken, fish, or veggies quickly and effortlessly.

**Non-Stick Skillet:** Essential for cooking eggs, stir-fries, and more without the need for

excess oil or butter.

**Knife Set:** A sharp, reliable set of knives is invaluable for chopping, slicing, and dicing with ease and precision.

**Kitchen Scale:** Helps you measure portions and ingredients accurately, ensuring your meals stay balanced and aligned with your goals.

**Airtight Containers:** Perfect for storing prepped ingredients or full meals, keeping them fresh and organized for the week ahead.

Having these tools on hand will not only streamline your cooking process but also make it more enjoyable, giving you more time to focus on savoring the delicious results of your efforts.

## **Tips for Meal Prep and Planning**

Planning your meals in advance is a game-changer when it comes to staying consistent with your low-carb, high-protein diet. With the right strategies, you can save time, reduce stress, and stick to your goals effortlessly. Here are some practical tips to set yourself up for a successful week:

**Plan Ahead:** Dedicate one day each week to plan your meals and create a grocery list. Think about what you'll enjoy for breakfast, lunch, dinner, and snacks, making sure everything aligns with your health goals.

**Batch Cook:** Preparing larger portions means you'll have ready-to-go meals throughout the week. Cook proteins, veggies, and sides in advance so that busy days don't derail your progress.

**Use Simple Recipes:** Choose recipes with minimal ingredients and prep time. Easy dishes like frittatas, soups, and grilled proteins are perfect for meal prepping and can be made in bulk without sacrificing flavor.

## **Family Meals**

The beauty of a low-carb, high-protein diet is that it doesn't require you to prepare separate meals for yourself and your family. This book is designed to make your transition to a healthier lifestyle simple, enjoyable, and inclusive—for everyone at the table. By making a few small adjustments, you can create meals that satisfy the needs and preferences of every family member without sacrificing your own dietary goals.

Let's explore how you can prepare wholesome, delicious meals that work for the whole family, saving time and keeping everyone happy.

### **Add Carbs as a Side Dish**

For family members who aren't following a low-carb plan—like children or more active adults—you can include healthy carbs as a side dish without changing the main meal. Serve options like sweet potatoes, quinoa, brown rice, or whole-grain pasta alongside your protein-packed dishes. For example, if you're serving grilled chicken with roasted vegetables, add a small portion of quinoa or a slice of whole-grain bread for those who need extra energy.

### **Customize Portions to Fit Everyone's Needs**

Portion control is an easy way to adapt meals for different dietary needs. You might prioritize larger servings of protein and vegetables, while others at the table can enjoy slightly smaller portions paired with a serving of their preferred carbohydrate. This approach keeps the cooking simple while ensuring everyone gets what they need.

### **Kid-Friendly Modifications**

Kids often prefer milder flavors, so a few subtle tweaks can make meals more appealing to them. Reduce spices or opt for gentler seasonings when preparing stir-fries, soups, or casseroles. You can also add their favorite toppings or sauces to enhance the meal's appeal. To make dinner more fun, involve them in the preparation—let them choose their veggies or help assemble their plates. This not only sparks their interest but also increases their willingness to try new foods.

### **Healthy Snacks and Sides for Everyone**

Stock your kitchen with nutritious, low-carb snacks that the entire family can enjoy. Options like Greek yogurt with fresh berries, roasted almonds, or hard-boiled eggs with avocado are satisfying and packed with nutrients. Keeping healthy snacks readily available encourages good habits for everyone while making it easier for you to stay on track.

### **Family-Style Serving**

When serving meals family-style, present the different components—proteins, vegetables, and sides—on separate platters or in bowls. This way, each family member can build their plate according to their preferences. For example, if you're serving grilled salmon with roasted asparagus, include a side of rice or potatoes for those who want extra carbs. It's a win-win approach: everyone feels included, and you don't need to prepare multiple dishes.

### **Making Meals Fun**

Bring excitement to mealtime by incorporating interactive elements. Plan build-your-own taco nights with lettuce wraps, grilled chicken, or turkey, or create customizable salad bowls with a variety of toppings like cheese, olives, roasted veggies, and proteins like shrimp or tofu. Letting everyone personalize their meal adds a playful element to the experience and makes family dinners more engaging.

## Conversion Table

When cooking, it's often helpful to have a quick conversion reference for metric and imperial measurements. Here's a handy chart to guide you:

Metric Measurements	Imperial Measurements
1 gram	0.0353 ounces
100 grams	3.5 ounces
1 liter	33.814 fluid ounces
1 teaspoon	4.93 ml
1 tablespoon	14.79 ml

## Managing Your Low-Carb, High-Protein Diet on a Busy Schedule

Even when life feels chaotic, sticking to a low-carb, high-protein diet is absolutely achievable. Here's how you can make it work:

**Optimize Kitchen Efficiency:** Simplify your cooking routine with tools like a microwave, air fryer, or pressure cooker. Prepping ingredients in advance—like chopping vegetables, marinating proteins, or batch-cooking staples like grilled chicken or boiled eggs—will save you valuable time during busy weeks.

**Pack Portable Snacks:** Keep healthy, low-carb snacks readily available. Options like sliced veggies with hummus, roasted nuts, or homemade protein bars are perfect for on-the-go situations. Pre-portioned servings of cheese or deli meats are also great choices. With these on hand, you'll be less tempted to reach for high-carb, less nutritious alternatives when hunger strikes.

**Opt for Simple Meals When Dining Out:** Eating out doesn't have to derail your progress. Choose dishes rich in protein—like grilled fish, chicken, or tofu—paired with low-carb sides such as steamed veggies or a side salad. Don't hesitate to request modifications: ask for extra greens instead of starchy sides like rice or potatoes, and have sauces or dressings served on the side to control added sugars and fats.

**Plan for Busy Days:** Anticipate hectic schedules by preparing meals and snacks ahead of time. Consider freezing dishes like soups, stews, or casseroles that can be quickly reheated. Having a plan ensures you'll stay on track, even during your busiest weeks, avoiding last-minute unhealthy choices.

**Stay Hydrated:** Never underestimate the power of hydration. Drinking water not only supports overall health but also helps manage hunger levels. Carry a reusable water bottle with you throughout the day and make hydration a priority.

**Incorporate Intermittent Fasting:** If it suits your lifestyle, intermittent fasting can simplify your meal planning. By focusing your eating within a specific window (e.g., 12 to 8 p.m.), you might find it easier to manage your calorie and macronutrient intake without feeling overwhelmed.

**Use Meal Delivery Services:** When time is tight, consider meal delivery services that cater to low-carb, high-protein diets. Many companies offer fully-prepared, diet-compliant meals, saving you time and helping you stay aligned with your health goals.

By integrating these strategies into your daily routine, you can successfully maintain your diet no matter how busy life gets. With a little planning and a proactive mindset, you'll enjoy a wide variety of flavorful, healthy meals without stress or compromise.

## **How to Read the Nutritional Breakdown in This Book**

To help you make informed choices and track your progress, every recipe in this book includes a detailed nutritional breakdown. Here's what the abbreviations mean:

**C: Calories** – the total energy provided by one serving.

**P: Protein** – essential for muscle maintenance, growth, and overall health.

**TC: Total Carbohydrates** – includes all carbohydrates in the serving, such as sugars and fiber.

**NC: Net Carbohydrates** – the carbs that impact blood sugar levels, calculated by subtracting fiber and specific sugar alcohols from total carbohydrates.

**F: Fat** – includes both saturated and unsaturated fats.

### **Example:**

Nutritional Information Per Serving: C: 150; P: 12g; TC: 5g; NC: 3.5g; F: 8g

This means each serving provides 150 calories, 12 grams of protein, 5 grams of total carbohydrates (of which 3.5 grams are net carbs), and 8 grams of fat.

**Additionally, all recipes in this book are standardized for two servings. This makes it easy to plan meals for one or two people or to scale up for larger portions when needed.**

This clear, easy-to-follow format gives you everything you need to maintain your low-carb, high-protein lifestyle. Whether you're keeping an eye on your carbohydrate intake, ensuring you hit your protein targets, or simply looking for balanced meal ideas, the nutritional breakdown in this book is your reliable guide.

## Chapter 5: Breakfast Recipes

Breakfast is a vital part of the day, especially when following a low-carb, high-protein diet. Starting your morning with a well-balanced meal provides the energy needed to tackle your day and sets the tone for healthier choices later on. By focusing on a breakfast rich in protein and healthy fats, you can stabilize blood sugar levels, curb cravings, and stay full longer, helping you avoid overeating. A high-protein breakfast also supports muscle growth and maintenance, making it ideal for anyone prioritizing fitness and overall health.

Whether you're aiming to lose weight, improve energy levels, or simply start your day on the right note, these breakfast recipes are crafted to help you succeed. Quick, delicious, and easy to prepare, they ensure that even on the busiest mornings, you can enjoy a nutritious meal without compromising your dietary goals. Each recipe serves two and includes a complete nutritional breakdown, empowering you to track your intake and make informed choices that align with your health objectives. With a variety of recipes to choose from, you'll find it easier to stick to your low-carb, high-protein lifestyle while enjoying satisfying and nourishing meals.

### General Tips for Portion Control and Macronutrient Adjustments

Keep these practical tips in mind for all breakfast recipes to customize them to your needs:

**Reduce Fat:** Opt for low-fat dairy products or reduce cooking oil by using a non-stick spray. Swap butter or cream for lighter alternatives like Greek yogurt to cut down on fat while maintaining flavor.

**Increase Protein:** Add egg whites to scrambled eggs or omelets for extra protein without added fat. If you prefer plant-based options, include tofu or plant-based protein powder in smoothies to increase protein intake.

**Manage Carbs:** Replace regular bread with low-carb or whole-grain bread, and substitute high-carb ingredients like potatoes with lower-carb alternatives like cauliflower or zucchini.

**Increase Fiber:** Add fiber-rich ingredients like berries or leafy greens to smoothies or egg dishes to enhance satiety and keep you fuller for longer.

## 1. Baked Veggie Frittata

VEGETARIAN	Prep: 10 minutes	Cook: 25 minutes
<b>Nutritional Information Per Serving:</b> C: 180; P: 14g; TC: 6g; NC: 4g; F: 12g		
4 large eggs 1/4 cup (60ml) almond milk, unsweetened 1/4 cup (30g) red bell pepper, diced 1/4 cup (30g) zucchini, diced	1/4 cup (30g) onion, diced 1 oz (28g) cheddar cheese, shredded 1 tbsp olive oil Salt and pepper, to taste	

### Instructions

Preheat your oven to 350°F (180°C). In a medium bowl, whisk the eggs together with the almond milk (60ml) until well combined. Heat the olive oil (15ml) in a small skillet over medium heat and add the diced red bell pepper (30g), zucchini (30g), and onion (30g). Sauté the vegetables for about 5 to 7 minutes, or until softened.

Once the vegetables are cooked, stir them into the egg mixture along with the shredded cheddar cheese (28g). Season the mixture with salt and pepper to taste. Pour the egg and veggie mixture into a greased baking dish or individual ramekins. Bake for 20 to 25 minutes, or until the frittata is set in the center and has a light golden top. Let it cool for a few minutes before serving.

## 2. Ricotta Protein Pancakes

VEGETARIAN	Prep: 10 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 220; P: 16g; TC: 8g; NC: 5g; F: 14g		
1/2 cup (120g) ricotta cheese 2 large eggs 1/4 cup (60ml) almond flour 1/2 tsp (2.5ml) vanilla extract	1/4 tsp (1.25ml) baking powder 1 tbsp (15ml) olive oil or butter for cooking A pinch of salt Optional: Low-carb syrup or fresh berries for serving	

### Instructions

In a medium bowl, whisk together the ricotta cheese (120g) and eggs until smooth. Add the almond flour (60ml), vanilla extract (2.5ml), baking powder (1.25ml), and a pinch of salt, mixing until the batter is well combined and slightly thickened. Heat a non-stick skillet over medium heat and add a bit of olive oil (15ml) or butter for cooking. Once the pan is hot, spoon the batter onto the skillet, forming small pancakes. Cook for about 2 to 3 minutes on each side, or until golden brown and cooked through. Serve the pancakes warm, with optional low-carb syrup or fresh berries for extra flavor, if desired.

### 3. Green Protein Smoothie

VEGETARIAN	Prep: 5 minutes	
Nutritional Information Per Serving: C: 190; P: 20g; TC: 8g; NC: 5g; F: 7g		
1 cup (240ml) unsweetened almond milk 1 scoop (30g) vanilla protein powder 1/2 cup (15g) spinach leaves 1/2 small avocado	1/2 cup (60g) cucumber, chopped 1 tbsp (15ml) chia seeds Ice cubes (optional)	

#### Instructions

In a blender, combine the almond milk (240ml), protein powder (30g), spinach (15g), avocado, cucumber (60g), and chia seeds (15ml). Blend until smooth and creamy. Add ice cubes if you prefer a colder smoothie. Serve immediately.

### 4. Mushroom & Feta Omelet

VEGETARIAN	Prep: 10 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 220; P: 15g; TC: 6g; NC: 4g; F: 16g		
4 large eggs 1/4 cup (30g) mushrooms, sliced 2 oz (56g) feta cheese, crumbled	1 tbsp (15ml) olive oil Salt and pepper, to taste	

#### Instructions

In a small skillet, heat the olive oil (15ml) over medium heat. Add the sliced mushrooms (30g) and cook for 3-5 minutes until soft. In a bowl, whisk the eggs and pour them over the cooked mushrooms. Sprinkle the crumbled feta (56g) on top. Let cook until the edges are set, then fold the omelet in half. Continue cooking until fully set, about 2 more minutes. Serve immediately.

## 5. Eggs in Tomato Cups

VEGETARIAN	Prep: 15 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 160; P: 10g; TC: 5g; NC: 3g; F: 10g		
2 large tomatoes 2 large eggs 1 tbsp (15ml) olive oil	Salt and pepper, to taste Chopped parsley, for garnish	

### Instructions

Preheat your oven to 375°F (190°C). Cut the tops off the tomatoes and scoop out the seeds. Drizzle the inside of the tomatoes with olive oil (15ml) and season with salt and pepper. Crack an egg into each tomato cup and bake for 12-15 minutes, or until the eggs are set to your liking. Garnish with chopped parsley before serving.

## 6. Berry & Greek Yogurt Smoothie

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 170; P: 12g; TC: 12g; NC: 9g; F: 5g	
1 cup (240ml) unsweetened almond milk 1/2 cup (120g) plain Greek yogurt 1/2 cup (75g) mixed berries (strawberries, blueberries, raspberries)	1 tbsp (15ml) chia seeds Ice cubes (optional)

### Instructions

In a blender, combine the almond milk (240ml), Greek yogurt (120g), mixed berries (75g), and chia seeds (15ml). Blend until smooth and creamy. Add ice cubes if desired for a chilled smoothie. Serve immediately.

## 7. Avocado Toast with Smoked Salmon

NON-VEGETARIAN	Prep: 2 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 250; P: 14g; TC: 12g; NC: 8g; F: 18g		
2 slices low-carb bread 1 small avocado 2 oz (56g) smoked salmon	1 tbsp (15ml) lemon juice Salt and pepper, to taste	

### Instructions

Toast the slices of low-carb bread. In a small bowl, mash the avocado with the lemon juice (15ml) and season with salt and pepper. Spread the mashed avocado evenly over the toasted bread. Top with slices of smoked salmon (56g). Serve immediately.

## 8. Coconut Chia Pudding

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 210; P: 5g; TC: 12g; NC: 9g; F: 16g	
1 cup (240ml) unsweetened coconut milk 1/4 cup (40g) chia seeds	1 tbsp (15ml) honey or low-carb sweetener 1/2 tsp (2.5ml) vanilla extract

### Instructions

In a bowl, mix the coconut milk (240ml), chia seeds (40g), sweetener (15ml), and vanilla extract (2.5ml) until well combined. Let the mixture sit for 5 minutes, then stir again to prevent clumping. Refrigerate for at least 4 hours, or overnight, until the chia seeds have absorbed the liquid and the pudding is thickened. Serve chilled.

## 9. Tofu Scramble with Veggies

VEGAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 210; P: 5g; TC: 12g; NC: 9g; F: 16g		
1/2 block (200g) firm tofu, crumbled 1/4 cup (30g) red bell pepper, diced 1/4 cup (30g) zucchini, diced	1 tbsp (15ml) olive oil 1/2 tsp (2.5ml) turmeric Salt and pepper, to taste	

### Instructions

Heat the olive oil (15ml) in a skillet over medium heat. Add the crumbled tofu, red bell pepper (30g), zucchini (30g), and turmeric (2.5ml). Sauté for 5-7 minutes, stirring occasionally, until the veggies are softened and the tofu is heated through. Season with salt and pepper to taste. Serve warm.

## 10. Eggs Benedict with Yogurt Hollandaise

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 290; P: 18g; TC: 10g; NC: 7g; F: 20g		
2 large eggs 2 slices low-carb bread 2 oz (56g) smoked ham or Canadian bacon 1/4 cup (60g) Greek yogurt	1 tbsp (15ml) lemon juice 1/2 tsp (2.5ml) Dijon mustard Salt and pepper, to taste	

### Instructions

To make the yogurt hollandaise, mix the Greek yogurt (60g), lemon juice (15ml), and Dijon mustard (2.5ml) in a small bowl. Set aside. Poach the eggs by simmering them in water for 3-4 minutes. Toast the low-carb bread and place the smoked ham (56g) on each slice. Top with a poached egg and drizzle with the yogurt hollandaise sauce. Season with salt and pepper to taste.

## 11. Quinoa & Nut Breakfast Bowl

VEGETARIAN	Prep: 5 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 250; P: 8g; TC: 20g; NC: 16g; F: 12g		
1/2 cup (90g) quinoa, rinsed 1 cup (240ml) almond milk 2 tbsp (30g) almonds, chopped	1 tbsp (15ml) chia seeds 1 tbsp (15ml) honey or low-carb sweetener 1/4 tsp (1.25ml) cinnamon	

### Instructions

In a small saucepan, cook the quinoa (90g) with almond milk (240ml) over medium heat for 12-15 minutes, or until the quinoa is tender and the milk is absorbed. Stir in the chopped almonds (30g), chia seeds (15ml), sweetener (15ml), and cinnamon (1.25ml). Serve warm.

## 12. Greek Yogurt Parfait with Nuts & Seeds

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 210; P: 12g; TC: 10g; NC: 6g; F: 14g	
1 cup (240g) plain Greek yogurt 2 tbsp (30g) mixed nuts, chopped 1 tbsp (15ml) chia seeds	1 tbsp (15ml) sunflower seeds 1/4 cup (60g) fresh berries

### Instructions

In two serving glasses or bowls, layer the Greek yogurt (240g), mixed nuts (30g), chia seeds (15ml), sunflower seeds (15ml), and fresh berries (60g). Serve immediately.

### 13. Mini Ham & Cheese Frittatas

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 220; P: 18g; TC: 5g; NC: 3g; F: 15g		
4 large eggs 2 oz (56g) ham, diced 1/4 cup (30g) shredded cheddar cheese	1 tbsp (15ml) olive oil Salt and pepper, to taste	

#### Instructions

Preheat the oven to 350°F (180°C). Grease a muffin tin with olive oil (15ml). In a bowl, whisk together the eggs, ham (56g), and shredded cheddar (30g). Season with salt and pepper. Pour the mixture evenly into the muffin tin and bake for 12-15 minutes, or until the frittatas are set. Serve warm.

### 14. Chocolate Hazelnut Smoothie

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 220; P: 18g; TC: 5g; NC: 3g; F: 15g	
1 cup (240ml) unsweetened almond milk 1 tbsp (15ml) hazelnut butter 1 tbsp (15ml) cocoa powder	1 scoop (30g) chocolate protein powder Ice cubes (optional)

#### Instructions

In a blender, combine the almond milk (240ml), hazelnut butter (15ml), cocoa powder (15ml), and protein powder (30g). Blend until smooth. Add ice cubes if desired for a chilled smoothie. Serve immediately.

### 15. Scrambled Eggs with Spinach & Mushrooms

VEGETARIAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 200; P: 14g; TC: 5g; NC: 3g; F: 14g		
4 large eggs 1/2 cup (30g) spinach, chopped 1/4 cup (30g) mushrooms, sliced	1 tbsp (15ml) olive oil Salt and pepper, to taste	

#### Instructions

Heat the olive oil (15ml) in a non-stick skillet over medium heat. Add the mushrooms (30g) and sauté for 3-4 minutes, until soft. Add the chopped spinach (30g) and cook for another 1-2 minutes. In a bowl, whisk the eggs and pour them into the skillet. Cook for 2-3 minutes, stirring occasionally, until the eggs are fully scrambled and cooked through. Season with salt and pepper to taste. Serve immediately.

### 16. Coconut Flour Pancakes

VEGETARIAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 250; P: 10g; TC: 12g; NC: 8g; F: 18g		
2 large eggs 1/4 cup (30g) coconut flour 1/4 cup (60ml) almond milk 1 tbsp (15ml) coconut oil, melted	1/2 tsp (2.5ml) baking powder 1/2 tsp (2.5ml) vanilla extract Pinch of salt	

#### Instructions

In a bowl, whisk the eggs, almond milk (60ml), melted coconut oil (15ml), vanilla extract (2.5ml), and salt. Add the coconut flour (30g) and baking powder (2.5ml), mixing until smooth. Heat a non-stick skillet over medium heat. Pour about 2-3 tbsp of batter onto the skillet for each pancake and cook for 2-3 minutes on each side or until golden brown. Serve warm.

### 17. Sweet Potato Breakfast Hash

VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 230; P: 6g; TC: 28g; NC: 22g; F: 10g		
1 medium sweet potato, peeled and diced 1/4 cup (30g) red bell pepper, diced 1/4 cup (30g) onion, diced	2 tbsp (30ml) olive oil 1/2 tsp (2.5ml) paprika Salt and pepper, to taste	

#### Instructions

Heat 1 tbsp (15ml) olive oil in a large skillet over medium heat. Add the diced sweet potato and cook for 8-10 minutes, stirring occasionally, until it begins to soften. Add the remaining olive oil (15ml), red bell pepper (30g), and onion (30g). Continue cooking for 5 more minutes, until all vegetables are tender. Season with paprika, salt, and pepper. Serve warm.

### 18. Cottage Cheese & Berry Bowl

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 160; P: 14g; TC: 10g; NC: 7g; F: 6g	
1 cup (240g) cottage cheese 1/2 cup (75g) mixed berries (blueberries, strawberries, raspberries)	1 tbsp (15ml) chia seeds 1/2 tsp (2.5ml) vanilla extract

#### Instructions

In two serving bowls, divide the cottage cheese (240g). Top each bowl with mixed berries (75g) and chia seeds (15ml). Drizzle with vanilla extract (2.5ml) and gently mix. Serve immediately.

## 19. Almond Flour Waffles

VEGETARIAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 280; P: 12g; TC: 10g; NC: 6g; F: 22g		
2 large eggs 1/2 cup (50g) almond flour 1/4 cup (60ml) almond milk 1 tbsp (15ml) coconut oil, melted	1/2 tsp (2.5ml) baking powder 1/2 tsp (2.5ml) vanilla extract Pinch of salt	

### Instructions

In a bowl, whisk the eggs, almond flour (50g), almond milk (60ml), melted coconut oil (15ml), vanilla extract (2.5ml), baking powder (2.5ml), and salt until smooth. Preheat a waffle maker and lightly grease it with coconut oil. Pour the batter into the waffle maker and cook according to the manufacturer's instructions, usually 3 -4 minutes, until golden brown. Serve warm.

## 20. Protein-Packed Overnight Oats

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 250; P: 15g; TC: 28g; NC: 22g; F: 8g	
1/2 cup (45g) rolled oats 1 scoop (30g) vanilla protein powder 1 cup (240ml) almond milk	1 tbsp (15ml) chia seeds 1/4 tsp (1.25ml) cinnamon 1/4 cup (60g) fresh berries

### Instructions

In a bowl or jar, mix the rolled oats (45g), protein powder (30g), almond milk (240ml), chia seeds (15ml), and cinnamon (1.25ml). Stir well to combine. Cover and refrigerate overnight, or for at least 4 hours. In the morning, top with fresh berries (60g) and enjoy chilled or at room temperature.

## Chapter 6: Lunch Recipes

Lunch plays a pivotal role in a low-carb, high-protein diet, providing the energy and focus you need to power through the busiest part of your day. A well-crafted lunch not only prevents the dreaded mid-afternoon energy slump but also helps stabilize blood sugar levels and curbs hunger until dinner. By combining lean proteins, healthy fats, and fiber-rich vegetables, these recipes are designed to nourish your body, keep you feeling satisfied, and ensure you stay aligned with your health goals.

Whether you're aiming to lose weight, build muscle, or simply maintain a balanced diet, these lunch recipes offer a dependable nutritional foundation to support your lifestyle. Designed to be both delicious and easy to prepare, they ensure that even on the most hectic workdays, you can enjoy a wholesome and satisfying meal. From vibrant salads and protein-packed wraps to creative low-carb bowls, these recipes seamlessly integrate into your daily routine, offering a delightful mix of flavors and textures without sacrificing variety.

Each recipe in this chapter is portioned to serve two and includes a detailed nutritional breakdown—covering total carbohydrates (TC), net carbohydrates (NC), protein, fat, and calories—so you can track your intake with precision. Furthermore, each dish comes with suggestions for substitutions and variations, enabling you to adapt meals to suit your personal preferences or explore new flavor profiles.

With these thoughtfully curated recipes, lunchtime becomes a moment to recharge and refuel, ensuring you remain committed to your low-carb, high-protein journey. Whether you're enjoying a quick lunch at home, bringing a meal to work, or planning a weekend picnic, these dishes make it easy to balance health, flavor, and convenience.

### General Tips for Portion Control and Macronutrient Adjustments

Keep these tips in mind to maximize the nutritional impact of your lunch recipes:

**Reducing Fat:** Opt for lean proteins like chicken breast or turkey to lower fat content. For salad dressings, replace oil with lighter options such as lemon juice or vinegar as a flavorful and refreshing base.

**Increasing Protein:** Boost your meal's protein content by adding grilled chicken, turkey, or tofu to salads or bowls. Even a sprinkle of hemp seeds or chia seeds can add a nutritious dose of protein and healthy fats.

**Managing Carbs:** Replace traditional carb-heavy options like pasta or rice with low-carb alternatives such as zucchini noodles, cauliflower rice, or quinoa. These swaps not only reduce carbs but also increase fiber and nutrient density, helping you stay fuller for longer.

## 21. Kale & Chicken Salad with Tahini Dressing

NON-VEGETARIAN	Prep: 15 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 320; P: 26g; TC: 9g; NC: 6g; F: 20g		
6 oz (170g) cooked chicken breast, sliced 2 cups (60g) kale, chopped 1/2 cup (60g) cherry tomatoes, halved 1/4 cup (35g) cucumber, diced 2 tbsp (30ml) tahini	1 tbsp (15ml) lemon juice 1 tbsp (15ml) olive oil 1 tbsp (15ml) water Salt and pepper, to taste	

### Instructions

In a large bowl, combine the chopped kale, cherry tomatoes, and cucumber. In a separate small bowl, whisk together the tahini, lemon juice, olive oil, water, and a pinch of salt and pepper to make the dressing. Toss the sliced chicken with the kale mixture, then drizzle the tahini dressing over the salad. Mix well to coat the ingredients evenly. Serve immediately.

## 22. Shrimp & Avocado Lettuce Wraps

NON-VEGETARIAN	Prep: 15 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 290; P: 18g; TC: 8g; NC: 4g; F: 22g		
8 oz (225g) cooked shrimp, peeled and deveined 1 ripe avocado, diced 1/4 cup (35g) red onion, finely chopped 1 tbsp (15ml) lime juice	2 tbsp (15g) fresh cilantro, chopped 4 large lettuce leaves (like romaine or butter lettuce) Salt and pepper, to taste	

### Instructions

In a medium bowl, combine the diced avocado, red onion, lime juice, and cilantro. Season with salt and pepper, and gently mix. Lay the lettuce leaves flat and spoon the shrimp and avocado mixture evenly onto each leaf. Fold the lettuce leaves like a wrap, and serve immediately.

### 23. Zucchini Noodles with Pesto & Cherry Tomatoes

VEGETARIAN	Prep: 10 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 250; P: 10g; TC: 9g; NC: 5g; F: 20g		
2 medium zucchinis, spiralized 1/2 cup (75g) cherry tomatoes, halved 1/4 cup (60g) pesto sauce (homemade or store-bought)	1 tbsp (15ml) olive oil Salt and pepper, to taste	

#### Instructions

Heat the olive oil in a large skillet over medium heat. Add the spiralized zucchini and sauté for 2-3 minutes until just tender. Stir in the cherry tomatoes and pesto sauce, cooking for an additional 1-2 minutes until heated through. Season with salt and pepper, then serve immediately.

### 24. Quinoa & Veggie Stuffed Bell Peppers

VEGETARIAN	Prep: 15 minutes	Cook: 30 minutes
<b>Nutritional Information Per Serving:</b> C: 280; P: 10g; TC: 40g; NC: 32g; F: 8g		
2 large bell peppers, tops cut off and seeds removed 1/2 cup (90g) cooked quinoa 1/4 cup (40g) black beans, rinsed and drained 1/4 cup (30g) corn kernels	1/4 cup (30g) diced tomatoes 1 tbsp (15g) shredded cheddar cheese 1 tbsp (15ml) olive oil Salt and pepper, to taste	

#### Instructions

Preheat the oven to 375°F (190°C). In a medium bowl, mix the cooked quinoa, black beans, corn, diced tomatoes, and cheese. Season with salt and pepper. Stuff each bell pepper with the quinoa mixture and place them in a baking dish. Drizzle olive oil over the peppers and bake for 25-30 minutes, until the peppers are tender. Let cool slightly before serving.

## 25. Turkey Cobb Salad

NON-VEGETARIAN	Prep: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 340; P: 25g; TC: 10g; NC: 7g; F: 22g	
6 oz (170g) cooked turkey breast, sliced 2 cups (60g) mixed greens 1/2 avocado, diced 2 hard-boiled eggs, chopped 2 strips of cooked bacon, crumbled	1/4 cup (30g) cherry tomatoes, halved 2 tbsp (30ml) olive oil 1 tbsp (15ml) balsamic vinegar Salt and pepper, to taste

### Instructions

In a large bowl, combine the mixed greens, turkey slices, avocado, eggs, bacon, and cherry tomatoes. In a small bowl, whisk together the olive oil, balsamic vinegar, salt, and pepper. Drizzle the dressing over the salad and toss gently to combine. Serve immediately.

## 26. Lentil & Spinach Soup

VEGETARIAN	Prep: 10 minutes	Cook: 25 minutes
<b>Nutritional Information Per Serving:</b> C: 230; P: 15g; TC: 35g; NC: 28g; F: 6g		
1/2 cup (100g) dried lentils 1 cup (30g) fresh spinach, chopped 1/4 cup (30g) diced carrots 1/4 cup (30g) diced onion	2 cups (480ml) vegetable broth 1 tbsp (15ml) olive oil 1 tsp (5g) cumin Salt and pepper, to taste	

### Instructions

Heat the olive oil in a medium pot over medium heat. Add the onions, carrots, and cumin, cooking for about 5 minutes until the vegetables are softened. Add the lentils and vegetable broth, bringing the mixture to a boil. Reduce the heat and simmer for 20 minutes, or until the lentils are tender. Stir in the chopped spinach and cook for another 2 minutes. Season with salt and pepper before serving.

## 27. Asian Chicken Salad with Sesame Dressing

NON-VEGETARIAN	Prep: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 300; P: 25g; TC: 12g; NC: 8g; F: 18g	
6 oz (170g) cooked chicken breast, shredded 2 cups (60g) cabbage, shredded 1/4 cup (30g) shredded carrots 1 tbsp (15g) chopped green onions	2 tbsp (30ml) sesame oil 1 tbsp (15ml) rice vinegar 1 tsp (5g) sesame seeds Salt and pepper, to taste

### Instructions

In a large bowl, combine the shredded chicken, cabbage, carrots, and green onions. In a small bowl, whisk together the sesame oil, rice vinegar, sesame seeds, salt, and pepper. Pour the dressing over the salad and toss to combine. Serve immediately.

## 28. Buffalo Chicken Lettuce Wraps

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 280; P: 26g; TC: 5g; NC: 3g; F: 18g		
6 oz (170g) cooked chicken breast, shredded 1/4 cup (60ml) buffalo sauce 4 large lettuce leaves (such as romaine or butter lettuce)	1/4 cup (30g) shredded carrots 1 tbsp (15g) blue cheese, crumbled Salt and pepper, to taste	

### Instructions

In a medium bowl, toss the shredded chicken with the buffalo sauce. Lay out the lettuce leaves and fill each with an equal amount of buffalo chicken. Top with shredded carrots and crumbled blue cheese. Serve immediately.

## 29. Cauliflower Fried Rice with Chicken

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 290; P: 22g; TC: 10g; NC: 6g; F: 18g		
1/2 medium cauliflower head, grated into rice-sized pieces 6 oz (170g) cooked chicken breast, diced 1/4 cup (30g) peas 1/4 cup (30g) carrots, diced 2 tbsp (30ml) soy sauce (low sodium)	1 tbsp (15ml) sesame oil 2 eggs, lightly beaten 1 green onion, chopped Salt and pepper, to taste	

### Instructions

Heat the sesame oil in a large skillet over medium heat. Add the grated cauliflower, peas, and carrots, and sauté for 5 minutes, or until the vegetables are tender. Push the vegetables to one side of the pan, and add the beaten eggs to the empty side. Scramble the eggs until cooked, then mix them with the vegetables. Add the diced chicken and soy sauce, stirring to combine. Cook for an additional 3-4 minutes until heated through. Garnish with chopped green onions and serve hot.

## 30. Grilled Steak & Arugula Salad

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 360; P: 28g; TC: 8g; NC: 4g; F: 24g		
8 oz (225g) flank steak 4 cups (120g) arugula 1/4 cup (30g) cherry tomatoes, halved 1/4 cup (30g) shaved Parmesan cheese	1 tbsp (15ml) balsamic vinegar 1 tbsp (15ml) olive oil Salt and pepper, to taste	

### Instructions

Preheat a grill or grill pan over medium-high heat. Season the flank steak with salt and pepper, and grill for about 4-5 minutes per side, or until it reaches your desired level of doneness. Let the steak rest for a few minutes before slicing thinly. In a large bowl, toss the arugula, cherry tomatoes, and Parmesan cheese with olive oil and balsamic vinegar. Top the salad with the sliced steak and serve immediately.

### 31. Tuna & Avocado Salad

NON-VEGETARIAN	Prep: 10 minutes	
Nutritional Information Per Serving: C: 320; P: 25g; TC: 6g; NC: 3g; F: 24g		
1 can (150g) tuna in water, drained 1 ripe avocado, diced 1/4 cup (35g) red onion, finely chopped	1 tbsp (15ml) lime juice 2 tbsp (15g) fresh cilantro, chopped Salt and pepper, to taste	

#### Instructions

In a medium bowl, combine the drained tuna, diced avocado, red onion, lime juice, and cilantro. Gently mix the ingredients, being careful not to mash the avocado too much. Season with salt and pepper to taste. Serve the salad as a light meal or as a filling for lettuce wraps.

### 32. Egg Salad Lettuce Cups

VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 250; P: 15g; TC: 4g; NC: 2g; F: 20g		
4 large eggs, hard-boiled and chopped 1/4 cup (60g) mayonnaise 1 tsp (5g) Dijon mustard 1 tbsp (15g) celery, finely chopped	1 tbsp (15g) green onions, finely chopped 4 large lettuce leaves (such as romaine or butter lettuce) Salt and pepper, to taste	

#### Instructions

In a medium bowl, combine the chopped eggs, mayonnaise, Dijon mustard, celery, and green onions. Mix until well combined, and season with salt and pepper to taste. Spoon the egg salad into the lettuce leaves, folding the leaves like a wrap. Serve immediately.

### 33. Turkey Burger with Avocado & Tomato

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 320; P: 28g; TC: 10g; NC: 6g; F: 20g		
8 oz (225g) ground turkey 1/2 ripe avocado, sliced 1 small tomato, sliced	1 tbsp (15ml) olive oil Salt and pepper, to taste Optional: lettuce leaves as a wrap	

#### Instructions

Season the ground turkey with salt and pepper, and shape it into two patties. Heat the olive oil in a skillet over medium heat, and cook the turkey patties for about 4-5 minutes per side, or until fully cooked through. Serve each patty topped with sliced avocado and tomato. You can use lettuce leaves as a wrap for a low-carb option.

### 34. Spicy Shrimp & Mango Salad

NON-VEGETARIAN	Prep: 10 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 290; P: 20g; TC: 18g; NC: 14g; F: 16g		
8 oz (225g) shrimp, peeled and deveined 1/2 ripe mango, diced 2 cups (60g) mixed greens 1/4 cup (30g) red onion, thinly sliced	1 tbsp (15ml) olive oil 1 tbsp (15ml) lime juice 1 tsp (5g) chili powder Salt and pepper, to taste	

#### Instructions

Heat the olive oil in a skillet over medium heat. Season the shrimp with chili powder, salt, and pepper, and sauté for 3-4 minutes, or until pink and fully cooked. In a large bowl, combine the mixed greens, diced mango, and red onion. Drizzle with lime juice, and toss to coat. Top the salad with the cooked shrimp, and serve immediately.

### 35. Zoodle Bowl with Grilled Tofu

VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 250; P: 14g; TC: 8g; NC: 5g; F: 18g		
2 medium zucchinis, spiralized 4 oz (115g) firm tofu, sliced 1 tbsp (15ml) soy sauce (low sodium) 1 tbsp (15ml) olive oil	1/4 cup (30g) cherry tomatoes, halved 1/2 avocado, sliced Salt and pepper, to taste	

#### Instructions

Heat the olive oil in a skillet over medium heat. Grill the tofu slices for 3 -4 minutes on each side, or until golden brown. In the same skillet, add the spiralized zucchini and sauté for 2-3 minutes until tender. Serve the zoodles topped with grilled tofu, cherry tomatoes, and sliced avocado. Drizzle with soy sauce, and season with salt and pepper.

### 36. Chicken Salad with Grapes & Walnuts

NON-VEGETARIAN	Prep: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 300; P: 25g; TC: 8g; NC: 6g; F: 18g	
6 oz (170g) cooked chicken breast, shredded 1/4 cup (30g) red grapes, halved 2 tbsp (30g) walnuts, chopped	1/4 cup (60g) Greek yogurt 1 tbsp (15ml) lemon juice Salt and pepper, to taste

#### Instructions

In a medium bowl, combine the shredded chicken, grapes, walnuts, Greek yogurt, and lemon juice. Mix until well combined, and season with salt and pepper to taste. Serve chilled as a light meal or as a filling for lettuce wraps.

### 37. Southwest Grilled Chicken Salad

NON-VEGETARIAN	Prep: 15 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 320; P: 30g; TC: 12g; NC: 8g; F: 18g		
6 oz (170g) grilled chicken breast, sliced 2 cups (60g) romaine lettuce, chopped 1/4 cup (30g) black beans, rinsed 1/4 cup (30g) corn kernels 1/4 cup (30g) diced tomatoes	1 tbsp (15ml) olive oil 1 tbsp (15ml) lime juice 1 tsp (5g) chili powder Salt and pepper, to taste	

#### Instructions

In a large bowl, combine the romaine lettuce, black beans, corn, and diced tomatoes. In a small bowl, whisk together the olive oil, lime juice, chili powder, salt, and pepper. Drizzle the dressing over the salad, and toss to combine. Top with sliced grilled chicken, and serve immediately.

### 38. Greek Salad with Grilled Salmon

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 350; P: 28g; TC: 12g; NC: 8g; F: 22g		
6 oz (170g) grilled salmon fillet 2 cups (60g) mixed greens 1/4 cup (30g) cucumber, sliced 1/4 cup (30g) cherry tomatoes, halved 2 tbsp (30g) Kalamata olives	1 tbsp (15ml) olive oil 1 tbsp (15ml) red wine vinegar Salt and pepper, to taste	

#### Instructions

Grill the salmon fillet for about 4-5 minutes per side, or until fully cooked. In a large bowl, combine the mixed greens, cucumber, cherry tomatoes, and Kalamata olives. In a small bowl, whisk together the olive oil, red wine vinegar, salt, and pepper. Drizzle the dressing over the salad, and toss to combine. Top with the grilled salmon, and serve immediately.

### 39. Beef & Bell Pepper Stir-Fry

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 350 kcal; P: 27g; TC: 14g; NC: 9g; F: 22g		
6 oz (170g) beef sirloin, sliced thinly 1 medium red bell pepper, sliced (120g) 1 small onion, sliced (70g) 2 tablespoons (30ml) low-sodium soy sauce 1 tablespoon (15ml) sesame oil	1 tablespoon (15ml) olive oil 1 garlic clove (3g), minced 1 teaspoon (5g) ginger, minced 1 tablespoon (15ml) rice vinegar Salt and pepper, to taste	

#### Instructions

Heat olive oil in a large skillet over medium-high heat. Add the sliced beef and cook for 2-3 minutes until browned. Remove the beef from the pan and set aside. In the same skillet, add sesame oil and sauté the garlic and ginger for about 1 minute until fragrant. Add the sliced bell pepper and onion, and stir-fry for 4-5 minutes until the vegetables are tender but still slightly crisp. Return the beef to the skillet and add soy sauce and rice vinegar. Stir well to combine all the flavors and cook for an additional 2-3 minutes. Season with salt and pepper to taste. Serve hot.

### 40. Turkey Meatball Zoodle Soup

NON-VEGETARIAN	Prep: 15 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 280; P: 25g; TC: 10g; NC: 6g; F: 16g		
6 oz (170g) ground turkey 2 medium zucchinis, spiralized 1 egg, beaten 1/4 cup (30g) Parmesan cheese, grated	2 cups (480ml) chicken broth 1 tsp (5g) garlic powder Salt and pepper, to taste	

#### Instructions

In a bowl, combine the ground turkey, beaten egg, Parmesan cheese, garlic powder, salt, and pepper. Form the mixture into small meatballs. In a pot, bring the chicken broth to a boil. Add the meatballs and simmer for about 10 minutes, or until fully cooked. Add the spiralized zucchini and cook for an additional 2-3 minutes. Serve hot.

## Chapter 7: Dinner Recipes

Dinner is more than just a meal—it's a moment to unwind and nourish your body after a busy day. When following a low-carb, high-protein diet, your evening meal plays a crucial role in keeping you on track with your goals. Choosing dishes that are satisfying, nutrient-dense, and tailored to your needs can help regulate blood sugar levels, support muscle repair and growth, and prevent late-night cravings that might derail your progress..

This chapter brings you an array of delicious, low-carb, high-protein dinner recipes that cater to diverse tastes and dietary preferences. Designed to serve two people, these recipes are perfect for couples, small families, or anyone looking to meal prep for the week ahead. From comforting classics to creative spins on traditional favorites, you'll find a wide variety of options that ensure every dinner is enjoyable and satisfying.

Each recipe is accompanied by a detailed nutritional breakdown—including calories, protein, total carbohydrates, net carbohydrates, and fats—so you can track your intake with ease and make informed choices. We've also included clear, step-by-step instructions to guide you through the preparation process, ensuring that even on your busiest evenings, you can whip up a wholesome meal with confidence.

Whether your goal is weight loss, muscle maintenance, or simply enjoying a healthy and flavorful dinner, these recipes are designed to be both practical and versatile. You'll also find tips for customizing each dish to fit your preferences, allowing you to tailor your meals to your lifestyle. By incorporating these recipes into your routine, you'll stay committed to your low-carb, high-protein journey while enjoying a variety of tastes and textures that make dinner a highlight of your day.

### General Tips for Portion Control and Macronutrient Adjustments

To make the most of your dinner recipes, keep these tips in mind:

**Reducing Fat:** Opt for lean protein sources such as skinless chicken breast, turkey, or plant-based options like tofu or tempeh. For stir-fries or sautés, limit oil usage by using a non-stick cooking spray or just a small splash of olive oil.

**Boosting Protein:** If your dinner feels light on protein, add extra portions of lean meat, fish, or plant-based protein options like lentils, beans, or edamame. A sprinkle of hemp or chia seeds can also boost protein while adding healthy fats.

**Managing Carbs:** Replace high-carb staples like white rice or potatoes with low-carb alternatives such as cauliflower mash, zucchini noodles, or fiber-rich whole grains like quinoa or farro. These swaps will keep your meals nutrient-dense and filling without exceeding your carb goals.

#### 41. Herb-Crusted Salmon with Asparagus

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 350; P: 28g; TC: 8g; NC: 4g; F: 22g		
2 salmon fillets (6 oz / 170g each) 1 tbsp (15ml) olive oil 1/4 cup (30g) almond flour 2 tbsp (15g) fresh parsley, chopped	1 tsp (5g) garlic powder 1 tsp (5g) lemon zest 8 asparagus spears Salt and pepper, to taste	

##### Instructions

Preheat your oven to 400°F (200°C). In a small bowl, combine almond flour, parsley, garlic powder, lemon zest, salt, and pepper. Brush each salmon fillet with olive oil, then press the herb-almond mixture onto the top of each fillet. Arrange the salmon and asparagus spears on a baking sheet lined with parchment paper. Drizzle the asparagus with olive oil and season with salt and pepper. Bake for 12-15 minutes, or until the salmon is cooked through and the asparagus is tender.

#### 42. Lemon Garlic Chicken Thighs

NON-VEGETARIAN	Prep: 10 minutes	Cook: 30 minutes
<b>Nutritional Information Per Serving:</b> C: 400; P: 30g; TC: 5g; NC: 3g; F: 28g		
4 bone-in chicken thighs 2 tbsp (30ml) olive oil 2 tbsp (30ml) lemon juice	2 garlic cloves, minced 1 tsp (5g) dried oregano Salt and pepper, to taste	

##### Instructions

Preheat your oven to 375°F (190°C). In a small bowl, mix olive oil, lemon juice, garlic, oregano, salt, and pepper. Rub the mixture all over the chicken thighs, ensuring they are evenly coated. Place the chicken thighs in a baking dish and roast for 25-30 minutes, or until the skin is crispy and the internal temperature reaches 165°F (75°C). Serve hot with a side of roasted vegetables or salad.

### 43. Pork Chops with Cauliflower Mash

NON-VEGETARIAN	Prep: 10 minutes	Cook: 20 minutes
<b>Nutritional Information Per Serving:</b> C: 450; P: 30g; TC: 10g; NC: 6g; F: 30g		
2 bone-in pork chops (6 oz / 170g each) 1 tbsp (15ml) olive oil 1 garlic clove, minced 1/2 medium cauliflower head, cut into florets	2 tbsp (30g) butter 1/4 cup (60ml) unsweetened almond milk Salt and pepper, to taste	

#### Instructions

Season the pork chops with salt and pepper. Heat olive oil in a skillet over medium-high heat. Add the pork chops and sear for 4-5 minutes per side or until golden brown and cooked through. Meanwhile, steam the cauliflower florets until tender, about 10 minutes. Transfer the cooked cauliflower to a blender, add butter, almond milk, garlic, salt, and pepper, and blend until smooth. Serve the pork chops with a side of cauliflower mash.

### 44. Zucchini Lasagna

VEGETARIAN	Prep: 15 minutes	Cook: 30 minutes
<b>Nutritional Information Per Serving:</b> C: 350; P: 18g; TC: 10g; NC: 6g; F: 24g		
2 medium zucchinis, sliced lengthwise into thin strips 1/2 cup (120g) ricotta cheese 1/4 cup (30g) mozzarella cheese, shredded 1/4 cup (60ml) marinara sauce (low carb)	1/4 cup (30g) Parmesan cheese, grated 1 garlic clove, minced 1 tbsp (15g) fresh basil, chopped Salt and pepper, to taste	

#### Instructions

Preheat your oven to 375°F (190°C). Lay the zucchini slices on a paper towel and sprinkle them with salt to remove excess moisture. In a small bowl, mix ricotta cheese, garlic, basil, salt, and pepper. In a greased baking dish, layer zucchini slices, ricotta mixture, marinara sauce, and mozzarella cheese. Repeat the layers until all ingredients are used. Top with Parmesan cheese and bake for 25-30 minutes, or until the cheese is bubbly and golden. Let the lasagna rest for a few minutes before serving.

#### 45. Cajun Shrimp Skewers

NON-VEGETARIAN	Prep: 10 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 220; P: 24g; TC: 4g; NC: 2g; F: 12g		
8 oz (225g) shrimp, peeled and deveined 1 tbsp (15ml) olive oil 1 tsp (5g) Cajun seasoning 1 garlic clove, minced	1/2 red bell pepper, cut into chunks 1/2 green bell pepper, cut into chunks Salt and pepper, to taste	

##### Instructions

Preheat your grill to medium-high heat. In a small bowl, combine olive oil, Cajun seasoning, garlic, salt, and pepper. Toss the shrimp in the mixture to coat evenly. Thread the shrimp and bell pepper chunks onto skewers. Grill the skewers for about 2-3 minutes per side, or until the shrimp are pink and cooked through. Serve with a side of salad or cauliflower rice.

#### 46. Beef & Spinach Stuffed Mushrooms

NON-VEGETARIAN	Prep: 15 minutes	Cook: 20 minutes
<b>Nutritional Information Per Serving:</b> C: 340; P: 26g; TC: 6g; NC: 4g; F: 22g		
8 large portobello mushrooms, stems removed 6 oz (170g) ground beef 1/2 cup (30g) fresh spinach, chopped 1/4 cup (30g) mozzarella cheese, shredded	1 garlic clove, minced 1 tbsp (15ml) olive oil Salt and pepper, to taste	

##### Instructions

Preheat your oven to 375°F (190°C). Heat olive oil in a skillet over medium heat and sauté the garlic until fragrant. Add the ground beef and cook until browned. Stir in the chopped spinach and cook for another 2 minutes, until wilted. Season with salt and pepper. Stuff the mushroom caps with the beef and spinach mixture and top with shredded mozzarella. Place the stuffed mushrooms on a baking sheet and bake for 15-20 minutes, or until the mushrooms are tender and the cheese is melted.

#### 47. Roast Chicken with Root Vegetables

NON-VEGETARIAN	Prep: 15 minutes	Cook: 45 minutes
<b>Nutritional Information Per Serving:</b> C: 450; P: 35g; TC: 14g; NC: 10g; F: 28g		
2 bone-in chicken thighs 1 tbsp (15ml) olive oil 1/2 cup (60g) carrots, chopped 1/2 cup (60g) parsnips, chopped	1/2 cup (60g) sweet potatoes, chopped 2 garlic cloves, minced 1 tsp (5g) dried thyme Salt and pepper, to taste	

##### Instructions

Preheat your oven to 400°F (200°C). In a baking dish, toss the carrots, parsnips, sweet potatoes, garlic, olive oil, thyme, salt, and pepper. Arrange the chicken thighs on top of the vegetables. Roast for 40-45 minutes, or until the chicken reaches an internal temperature of 165°F (75°C) and the vegetables are tender. Serve hot.

#### 48. Spaghetti Squash with Meat Sauce

NON-VEGETARIAN	Prep: 15 minutes	Cook: 40 minutes
<b>Nutritional Information Per Serving:</b> C: 400; P: 30g; TC: 14g; NC: 10g; F: 26g		
1 small spaghetti squash 6 oz (170g) ground beef 1 cup (240ml) marinara sauce (low carb) 1/4 cup (30g) Parmesan cheese, grated	1 garlic clove, minced 1 tbsp (15ml) olive oil Salt and pepper, to taste	

##### Instructions

Preheat your oven to 375°F (190°C). Cut the spaghetti squash in half lengthwise and scoop out the seeds. Drizzle with olive oil, season with salt and pepper, and place cut-side down on a baking sheet. Roast for 35-40 minutes, or until tender. Meanwhile, cook the ground beef in a skillet over medium heat, breaking it apart as it cooks. Add the minced garlic and marinara sauce, and simmer for 10 minutes. Once the spaghetti squash is cooked, use a fork to scrape out the strands. Serve the meat sauce over the spaghetti squash and top with grated Parmesan.

#### 49. Grilled Swordfish with Lemon Butter

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 320; P: 26g; TC: 2g; NC: 1g; F: 22g		
2 swordfish steaks (6 oz / 170g each) 2 tbsp (30ml) olive oil 2 tbsp (30g) butter, melted	1 tbsp (15ml) lemon juice 1 tsp (5g) lemon zest Salt and pepper, to taste	

##### Instructions

Preheat your grill to medium-high heat. Brush the swordfish steaks with olive oil and season with salt and pepper. Grill the swordfish for about 4-5 minutes per side, or until fully cooked. In a small bowl, mix the melted butter, lemon juice, and lemon zest. Drizzle the lemon butter over the grilled swordfish and serve immediately.

#### 50. Stuffed Cabbage Rolls

NON-VEGETARIAN	Prep: 15 minutes	Cook: 35 minutes
<b>Nutritional Information Per Serving:</b> C: 350; P: 28g; TC: 12g; NC: 8g; F: 20g		
6 cabbage leaves 6 oz (170g) ground turkey 1/2 cup (120ml) marinara sauce (low carb)	1/4 cup (30g) mozzarella cheese, shredded 1 garlic clove, minced Salt and pepper, to taste	

##### Instructions

Preheat your oven to 350°F (180°C). Bring a large pot of water to a boil and blanch the cabbage leaves for 1-2 minutes until pliable. In a bowl, combine the ground turkey, garlic, salt, and pepper. Place a spoonful of the turkey mixture in the center of each cabbage leaf and roll it up, tucking in the sides. Arrange the cabbage rolls in a baking dish and pour marinara sauce over the top. Cover the dish with foil and bake for 30-35 minutes. Remove the foil, top with mozzarella cheese, and bake for an additional 5 minutes until the cheese is melted.

### 51. Garlic Butter Shrimp with Zoodles

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 320; P: 28g; TC: 6g; NC: 4g; F: 20g		
8 oz (225g) shrimp, peeled and deveined 2 medium zucchinis, spiralized into noodles 2 tbsp (30g) butter 2 garlic cloves, minced	1 tbsp (15ml) lemon juice 1 tbsp (15g) fresh parsley, chopped Salt and pepper, to taste	

#### Instructions

Melt the butter in a large skillet over medium heat. Add the garlic and sauté for 1-2 minutes, until fragrant. Add the shrimp and cook for about 2-3 minutes per side, or until they turn pink and are fully cooked. Remove the shrimp from the skillet and set aside. In the same skillet, add the zucchini noodles and sauté for 2-3 minutes until slightly softened. Return the shrimp to the skillet, drizzle with lemon juice, and toss everything together. Sprinkle with fresh parsley and serve.

### 52. Beef Chili with Avocado

NON-VEGETARIAN	Prep: 10 minutes	Cook: 30 minutes
<b>Nutritional Information Per Serving:</b> C: 450; P: 35g; TC: 12g; NC: 8g; F: 28g		
8 oz (225g) ground beef 1/2 small onion, diced 1 garlic clove, minced 1/2 cup (120ml) tomato sauce (low carb) 1/2 cup (120ml) beef broth	1 tsp (5g) chili powder 1 tsp (5g) cumin 1/2 avocado, diced Salt and pepper, to taste	

#### Instructions

Heat a large skillet over medium heat and cook the ground beef until browned. Drain any excess fat. Add the diced onion and garlic to the skillet and sauté for 2-3 minutes until softened. Stir in the tomato sauce, beef broth, chili powder, cumin, salt, and pepper. Bring the mixture to a simmer and let it cook for 20 minutes, allowing the flavors to meld. Once ready, serve the chili topped with diced avocado.

### 53. Balsamic Glazed Chicken with Roasted Vegetables

NON-VEGETARIAN	Prep: 15 minutes	Cook: 25 minutes
<b>Nutritional Information Per Serving:</b> C: 380; P: 30g; TC: 15g; NC: 10g; F: 20g		
2 boneless chicken breasts 2 tbsp (30ml) balsamic vinegar 1 tbsp (15ml) olive oil 1 tsp (5g) Dijon mustard	1/2 cup (60g) cherry tomatoes, halved 1/2 cup (60g) zucchini, sliced 1/2 cup (60g) bell peppers, diced Salt and pepper, to taste	

#### Instructions

Preheat your oven to 375°F (190°C). In a small bowl, whisk together balsamic vinegar, olive oil, Dijon mustard, salt, and pepper. Place the chicken breasts in a baking dish and pour half of the balsamic glaze over them. Toss the cherry tomatoes, zucchini, and bell peppers in the remaining glaze and spread them around the chicken in the baking dish. Roast for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender. Serve immediately.

### 54. Lemon Herb Roasted Chicken Breasts

NON-VEGETARIAN	Prep: 10 minutes	Cook: 30 minutes
<b>Nutritional Information Per Serving:</b> C: 400; P: 32g; TC: 5g; NC: 3g; F: 25g		
2 boneless, skinless chicken breasts 2 tbsp (30ml) olive oil 1 tbsp (15ml) lemon juice 1 tsp (5g) lemon zest	1 tsp (5g) dried thyme 1 garlic clove, minced Salt and pepper, to taste	

#### Instructions

Preheat your oven to 375°F (190°C). In a small bowl, mix olive oil, lemon juice, lemon zest, dried thyme, minced garlic, salt, and pepper. Rub the mixture all over the chicken breasts, ensuring they are evenly coated. Place the chicken in a baking dish and roast for 25-30 minutes, or until the chicken is fully cooked and the internal temperature reaches 165°F (75°C). Let rest for a few minutes before serving.

## 55. Pork Tenderloin with Green Beans

NON-VEGETARIAN	Prep: 10 minutes	Cook: 25 minutes
<b>Nutritional Information Per Serving:</b> C: 380; P: 30g; TC: 8g; NC: 5g; F: 24g		
8 oz (225g) pork tenderloin 1 tbsp (15ml) olive oil 1 garlic clove, minced	1 tsp (5g) dried rosemary 1/2 lb (225g) green beans, trimmed Salt and pepper, to taste	

### Instructions

Preheat your oven to 400°F (200°C). Rub the pork tenderloin with olive oil, garlic, dried rosemary, salt, and pepper. Place the pork in a baking dish and roast for 20-25 minutes, or until the internal temperature reaches 145°F (63°C). While the pork is roasting, steam the green beans for 5-7 minutes until tender. Serve the pork tenderloin sliced, with green beans on the side.

## 56. Beef Stroganoff with Zoodles

NON-VEGETARIAN	Prep: 15 minutes	Cook: 20 minutes
<b>Nutritional Information Per Serving:</b> C: 400; P: 28g; TC: 8g; NC: 5g; F: 26g		
6 oz (170g) beef sirloin, thinly sliced 1/2 cup (120ml) sour cream 1/2 cup (120ml) beef broth 1/4 cup (30g) mushrooms, sliced 2 medium zucchinis, spiralized into noodles	1 tbsp (15ml) olive oil 1 tsp (5g) Dijon mustard 1 garlic clove, minced Salt and pepper, to taste	

### Instructions

In a large skillet, heat the olive oil over medium-high heat. Add the sliced beef and cook until browned, about 4-5 minutes. Remove the beef from the skillet and set aside. In the same skillet, sauté the mushrooms and garlic until softened. Stir in the beef broth, sour cream, and Dijon mustard, and bring to a simmer. Return the beef to the skillet and cook for another 2 minutes, until everything is heated through. Serve the stroganoff over zucchini noodles.

## 57. Coconut Curry Chicken Thighs

NON-VEGETARIAN	Prep: 10 minutes	Cook: 30 minutes
<b>Nutritional Information Per Serving:</b> C: 450; P: 28g; TC: 10g; NC: 7g; F: 30g		
4 bone-in chicken thighs 1/2 cup (120ml) coconut milk 1 tbsp (15g) curry powder 1 tsp (5g) ground ginger	1 garlic clove, minced 1 tbsp (15ml) olive oil Salt and pepper, to taste	

### Instructions

Preheat your oven to 375°F (190°C). In a small bowl, mix coconut milk, curry powder, ground ginger, garlic, salt, and pepper. Heat olive oil in a skillet over medium-high heat and brown the chicken thighs for 4-5 minutes per side. Transfer the chicken to a baking dish and pour the coconut curry sauce over the top. Roast in the oven for 25-30 minutes, or until the chicken is fully cooked. Serve with a side of steamed vegetables.

## 58. Greek-Style Lamb Chops

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 460; P: 30g; TC: 6g; NC: 4g; F: 34g		
4 lamb chops (about 4 oz / 115g each) 2 tbsp (30ml) olive oil 1 tbsp (15ml) lemon juice	1 tsp (5g) dried oregano 2 garlic cloves, minced Salt and pepper, to taste	

### Instructions

Preheat a grill or grill pan over medium-high heat. In a small bowl, combine olive oil, lemon juice, oregano, garlic, salt, and pepper. Rub the mixture over the lamb chops, ensuring they are well coated. Grill the lamb chops for 4-5 minutes per side, or until they reach your desired level of doneness. Let the chops rest for a few minutes before serving.

### 59. Chicken Stir-Fry with Snow Peas

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 340; P: 28g; TC: 12g; NC: 9g; F: 18g		
8 oz (225g) chicken breast, sliced 1 cup (100g) snow peas, trimmed 1/4 cup (60ml) soy sauce (low sodium) 1 tbsp (15ml) sesame oil	1 garlic clove, minced 1 tsp (5g) grated ginger Salt and pepper, to taste	

#### Instructions

Heat the sesame oil in a large skillet or wok over medium-high heat. Add the chicken slices and cook until browned, about 5-7 minutes. Remove the chicken from the skillet and set aside. In the same skillet, add the snow peas, garlic, and ginger, and sauté for 2-3 minutes. Return the chicken to the skillet, add the soy sauce, and stir-fry for another 2-3 minutes until everything is well combined and heated through.

### 60. Broiled Salmon with Avocado Salsa

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 400; P: 32g; TC: 10g; NC: 7g; F: 28g		
2 salmon fillets (6 oz / 170g each) 1 tbsp (15ml) olive oil 1 avocado, diced 1/2 cup (60g) cherry tomatoes, halved	1 tbsp (15ml) lime juice 1 tbsp (15g) fresh cilantro, chopped Salt and pepper, to taste	

#### Instructions

Preheat your broiler on high. Brush the salmon fillets with olive oil and season with salt and pepper. Place the salmon on a broiler pan and broil for 8-10 minutes, or until cooked to your desired doneness. While the salmon is broiling, mix the diced avocado, cherry tomatoes, lime juice, and cilantro in a bowl. Once the salmon is cooked, top it with the avocado salsa and serve.

## 61. Turkey Meatloaf with Cauliflower Mash

NON-VEGETARIAN	Prep: 15 minutes	Cook: 35 minutes
<b>Nutritional Information Per Serving:</b> C: 420; P: 32g; TC: 10g; NC: 7g; F: 28g		
8 oz (225g) ground turkey 1/4 cup (30g) almond flour 1 egg 1 garlic clove, minced	1 tbsp (15ml) ketchup (sugar-free) 1/2 head of cauliflower, steamed 1 tbsp (15g) butter Salt and pepper, to taste	

### Instructions

Preheat your oven to 350°F (180°C). In a bowl, combine ground turkey, almond flour, egg, minced garlic, ketchup, salt, and pepper. Form the mixture into a loaf and place it in a greased loaf pan. Bake for 30-35 minutes, or until cooked through. While the meatloaf is baking, mash the steamed cauliflower with butter, salt, and pepper. Serve the meatloaf slices with a side of cauliflower mash.

## 62. Seared Scallops with Garlic Spinach

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 350; P: 28g; TC: 6g; NC: 3g; F: 22g		
8 large scallops 2 tbsp (30ml) olive oil 2 garlic cloves, minced	4 cups (120g) spinach 1 tbsp (15g) butter Salt and pepper, to taste	

### Instructions

Heat 1 tbsp of olive oil in a skillet over high heat. Season the scallops with salt and pepper, and sear them for about 2 minutes per side until they are golden brown and opaque in the center. Remove the scallops from the skillet and set aside. In the same skillet, reduce the heat to medium, add the remaining olive oil and butter, and sauté the garlic for 1 minute. Add the spinach and cook until wilted. Serve the scallops on a bed of garlic spinach.

### 63. Ratatouille with Grilled Chicken

NON-VEGETARIAN	Prep: 15 minutes	Cook: 25 minutes
<b>Nutritional Information Per Serving:</b> C: 420; P: 32g; TC: 18g; NC: 12g; F: 24g		
2 boneless chicken breasts 1/2 cup (60g) eggplant, diced 1/2 cup (60g) zucchini, diced 1/2 cup (60g) bell peppers, diced	1/4 cup (60ml) tomato sauce (low carb) 1 garlic clove, minced 1 tbsp (15ml) olive oil Salt and pepper, to taste	

#### Instructions

Preheat your grill to medium-high heat. Season the chicken breasts with salt and pepper and grill for 5-7 minutes per side, or until fully cooked. In a skillet, heat the olive oil over medium heat and sauté the eggplant, zucchini, bell peppers, and garlic for 5-7 minutes. Stir in the tomato sauce and cook for another 5 minutes. Serve the grilled chicken with a side of ratatouille.

### 64. Steak Fajitas with Bell Peppers

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 480; P: 36g; TC: 16g; NC: 12g; F: 28g		
8 oz (225g) steak, thinly sliced 1/2 cup (60g) bell peppers, sliced 1/4 cup (30g) onion, sliced 1 tbsp (15ml) olive oil	1 tsp (5g) chili powder 1/2 tsp (2.5g) cumin 1/2 tsp (2.5g) garlic powder Salt and pepper, to taste	

#### Instructions

Heat olive oil in a skillet over medium-high heat. Add the sliced steak, bell peppers, and onion to the skillet and cook for 7-10 minutes, stirring occasionally, until the steak is cooked to your desired doneness and the vegetables are softened. Season with chili powder, cumin, garlic powder, salt, and pepper. Serve immediately, garnished with lime wedges if desired.

### 65. Baked Cod with Lemon & Capers

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 250; P: 30g; TC: 4g; NC: 2g; F: 12g		
2 cod fillets (6 oz / 170g each) 1 tbsp (15ml) olive oil 1 tbsp (15ml) lemon juice	1 tsp (5g) lemon zest 1 tbsp (15g) capers, drained Salt and pepper, to taste	

#### Instructions

Preheat your oven to 375°F (190°C). Place the cod fillets in a baking dish and drizzle with olive oil and lemon juice. Season with lemon zest, salt, and pepper, and sprinkle the capers over the top. Bake for 12-15 minutes until the cod is fully cooked and flakes easily with a fork. Serve immediately.

## Chapter 8: Snacks and Light Meals

Snacks and light meals are an essential part of sustaining a low-carb, high-protein lifestyle. They help bridge the gap between main meals, ensuring steady energy levels and preventing overeating. In this chapter, you'll find a selection of quick, easy, and delicious options designed to satisfy cravings while aligning with your dietary goals—whether that's weight management, muscle building, or simply healthier eating habits.

Snacks play a vital role in controlling hunger and maintaining consistent energy throughout the day. Choosing nutrient-dense options rich in protein and healthy fats not only curbs cravings but also keeps you feeling full, making it easier to stay on track with your plan. These recipes are ideal for those busy moments when you need something convenient yet nourishing.

For light meals, we've curated recipes that strike the perfect balance: satisfying enough to keep you fueled, but light enough to avoid feeling overly full. Whether you're enjoying a light lunch, a casual dinner, or a hearty snack, these dishes provide a variety of flavors and textures to keep your meals exciting and enjoyable. From savory bites to refreshing salads, each recipe is designed to seamlessly integrate into your low-carb, high-protein lifestyle.

Whether you're searching for a quick post-workout snack, a portable option for on-the-go moments, or a light meal to round out your day, these recipes have you covered. Each one is accompanied by detailed nutritional information, allowing you to monitor your intake and make informed choices. With these thoughtfully crafted snacks and light meals, sticking to your diet has never been more convenient—or more delicious.

### General Tips for Portion Control and Macronutrient Adjustments

To make snacking both healthy and satisfying, try these simple tweaks:

**Reducing Fat:** Opt for snacks that use little or no oil, such as air-popped popcorn, veggie sticks with light dips, or low-fat yogurt.

**Boosting Protein:** Incorporate quick, protein-rich options like hard-boiled eggs, Greek yogurt, or a small handful of nuts. These snacks not only keep you full but also support muscle maintenance and repair.

**Managing Carbs:** Replace high-carb snacks like chips with lower-carb alternatives, such as veggie sticks, nuts, or low-carb crackers. You can also try baked cheese crisps or roasted chickpeas for added variety.

## 66. Spicy Roasted Pumpkin Seeds

VEGETARIAN	Prep: 5 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 160; P: 8g; TC: 4g; NC: 2g; F: 14g		
1 cup (140g) pumpkin seeds 1 tbsp (15ml) olive oil 1 tsp (2g) smoked paprika	1/2 tsp (1g) ground cumin 1/4 tsp (0.5g) cayenne pepper (optional) Salt and pepper, to taste	

### Instructions

Preheat your oven to 400°F (200°C). Spread the drained pumpkin seeds on a baking sheet lined with parchment paper, pat them dry with a paper towel, and discard any loose skins. Drizzle the olive oil (15ml) over the pumpkin seeds and toss to coat. Sprinkle with smoked paprika (2g), ground cumin (1g), cayenne pepper (0.5g), and season with salt and pepper. Toss again to evenly distribute the spices. Roast for 25 to 30 minutes, stirring halfway through, until the pumpkin seeds are crispy and golden. Let cool for a few minutes before serving.

## 67. Almond Butter & Celery Sticks

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 180; P: 6g; TC: 7g; NC: 4g; F: 15g	
4 celery stalks 2 tbsp (32g) almond butter	

### Instructions

Wash the celery stalks and cut them into 4-inch (10cm) pieces. Spread 1/2 tablespoon (8g) of almond butter onto each piece. Serve immediately or store in an airtight container for a quick snack later.

### 68. Cucumber Slices with Tuna Salad

NON-VEGETARIAN	Prep: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 220; P: 20g; TC: 8g; NC: 5g; F: 14g	
1 small cucumber, sliced 1 can (5 oz / 140g) tuna in water, drained 2 tbsp (30g) mayonnaise or Greek yogurt	1 tsp (5ml) lemon juice Salt and pepper, to taste

#### Instructions

Slice the cucumber into thin rounds and set aside. In a small bowl, mix the drained tuna (140g) with mayonnaise or Greek yogurt (30g), lemon juice (5ml), salt, and pepper. Spoon the tuna salad onto the cucumber slices and serve immediately.

### 69. Greek Yogurt with Blueberries & Almonds

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 160; P: 12g; TC: 12g; NC: 8g; F: 8g	
1/2 cup (120g) plain Greek yogurt 1/4 cup (40g) fresh blueberries 1 tbsp (10g) sliced almonds	

#### Instructions

Spoon the Greek yogurt (120g) into a bowl. Top with fresh blueberries (40g) and sliced almonds (10g). Serve immediately for a quick and nutritious snack.

## 70. Hummus with Veggie Sticks

VEGETARIAN	Prep: 10 minutes	
Nutritional Information Per Serving: C: 180; P: 5g; TC: 16g; NC: 12g; F: 12g		
1/4 cup (60g) hummus	1 large carrot, sliced into sticks	
1/2 cucumber, sliced into sticks	1 red bell pepper, sliced into sticks	

### Instructions

Arrange the cucumber, carrot, and red bell pepper sticks on a plate. Serve with the hummus (60g) as a dip for a light, healthy snack.

## 71. Pumpkin Seed Energy Bites

VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 150; P: 6g; TC: 12g; NC: 8g; F: 9g		
1/2 cup (60g) pumpkin seeds	1/4 cup (25g) oats	
1/4 cup (60g) almond butter	1 tbsp (15g) chia seeds	
1 tbsp (15ml) honey		

### Instructions

In a small saucepan, lightly toast the pumpkin seeds (60g) over medium heat for about 5 minutes, stirring occasionally. In a bowl, combine almond butter (60g), honey (15ml), oats (25g), and chia seeds (15g). Add the toasted pumpkin seeds and mix well. Form the mixture into small balls and refrigerate for 10 minutes to set before serving.

## 72. Hard-Boiled Eggs with Avocado

NON-VEGETARIAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 200; P: 10g; TC: 6g; NC: 4g; F: 16g		
2 large eggs 1/2 avocado, sliced Salt and pepper, to taste		

### Instructions

Place the eggs in a small saucepan and cover them with water. Bring to a boil, then reduce the heat and simmer for 9 to 10 minutes. Remove the eggs and place them in cold water to cool. Once cooled, peel and slice the eggs. Serve with sliced avocado and season with salt and pepper.

## 73. Cottage Cheese with Pineapple

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 150; P: 12g; TC: 10g; NC: 8g; F: 6g	
1/2 cup (120g) cottage cheese 1/4 cup (40g) pineapple chunks (fresh or canned in juice, drained)	

### Instructions

Spoon the cottage cheese (120g) into a bowl and top with pineapple chunks (40g). Serve immediately for a refreshing, high-protein, low-carb snack.

#### 74. Beef Jerky & Almonds

NON-VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 180; P: 12g; TC: 5g; NC: 3g; F: 13g	
1 oz (28g) beef jerky 1/4 cup (30g) almonds	

##### Instructions

Arrange the beef jerky and almonds on a plate for a quick and portable snack.

#### 75. Bell Pepper Slices with Guacamole

VEGETARIAN	Prep: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 140; P: 3g; TC: 10g; NC: 6g; F: 10g	
1 large bell pepper, sliced 1/4 cup (60g) guacamole	

##### Instructions

Slice the bell pepper into sticks and serve with guacamole (60g) for dipping. Enjoy immediately.

## Chapter 9: Dessert Recipes

Desserts don't have to be off-limits when you're following a low-carb, high-protein diet. This chapter explores a range of indulgent yet healthy dessert options that allow you to satisfy your sweet cravings without straying from your goals. These recipes strike the perfect balance between sweetness and nutrition, so you can enjoy a treat while staying aligned with your dietary lifestyle.

Each dessert is thoughtfully crafted to be low in carbohydrates and high in protein, making them ideal for stabilizing blood sugar levels, supporting muscle growth, or simply replacing sugary treats with healthier alternatives. From decadent, creamy cheesecakes to light, refreshing fruit-based options, you'll find a variety of flavors and textures to suit your taste. Whether you're in the mood for something rich and indulgent or light and refreshing, this chapter has the perfect dessert for every occasion.

We believe that occasional treats are part of a balanced and sustainable approach to eating, and these recipes embrace that philosophy. They're quick and easy to prepare, with step-by-step instructions and detailed nutritional breakdowns that ensure you know exactly what you're enjoying. Each recipe serves two and includes variations and substitutions, offering flexibility to customize your desserts according to your preferences or dietary needs. With these options, you can indulge in something sweet without compromising your low-carb, high-protein goals.

### General Tips for Portion Control and Macronutrient Adjustments

Even when it comes to dessert, small adjustments can make a big difference:

**Reducing Sugar:** Opt for natural sweeteners like monk fruit, stevia, or erythritol instead of regular sugar. You can also cut the sugar in recipes by half or use natural alternatives like mashed bananas or unsweetened applesauce for sweetness.

**Reducing Fat:** Replace butter or heavy cream with Greek yogurt or coconut milk to create a healthier, lower-fat alternative while maintaining a creamy texture.

**Managing Carbs:** Use almond flour, coconut flour, or ground flaxseed in place of traditional flour in baked goods. These options reduce carbs, increase fiber, and still keep your desserts satisfying and delicious.

## 76. Avocado Chocolate Mousse

VEGETARIAN	Prep: 5 minutes	
Nutritional Information Per Serving: C: 180; P: 3g; TC: 9g; NC: 4g; F: 18g		
1 ripe avocado	2 tbsp (30ml) erythritol or stevia (or	
2 tbsp (30g) unsweetened cocoa powder	another low-carb sweetener)	
2 tbsp (30ml) almond milk	1/2 tsp (2.5ml) vanilla extract	

### Instructions

In a blender or food processor, combine the avocado, unsweetened cocoa powder (30g), almond milk (30ml), low-carb sweetener (30ml), and vanilla extract (2.5ml). Blend until smooth and creamy. Taste and adjust sweetness as needed. Spoon the mousse into serving bowls and refrigerate for 30 minutes before serving.

## 77. Coconut Macaroons

VEGETARIAN	Prep: 10 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 120; P: 2g; TC: 7g; NC: 4g; F: 10g		
1 1/4 cups (125g) shredded unsweetened coconut	1/4 cup (50g) erythritol or another low-carb sweetener	
2 large egg whites	1/2 tsp (2.5ml) vanilla extract	

### Instructions

Preheat your oven to 325°F (160°C) and line a baking sheet with parchment paper. In a bowl, whisk the egg whites until frothy. Gently fold in the shredded coconut (125g), erythritol (50g), and vanilla extract (2.5ml) until well combined. Using a spoon, form small mounds of the mixture and place them on the prepared baking sheet. Bake for 12 to 15 minutes or until the tops are golden brown. Let the macaroons cool before serving.

## 78. Lemon Blueberry Cheesecake Bites

VEGETARIAN	Prep: 15 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 180; P: 5g; TC: 9g; NC: 7g; F: 14g		
1/2 cup (120g) cream cheese, softened 1/4 cup (60ml) Greek yogurt 2 tbsp (30ml) lemon juice	1 tbsp (5g) lemon zest 1 tbsp (10g) low-carb sweetener 1/4 cup (40g) fresh blueberries	

### Instructions

Preheat your oven to 350°F (180°C). In a bowl, beat together the cream cheese (120g), Greek yogurt (60ml), lemon juice (30ml), lemon zest (5g), and sweetener (10g) until smooth. Gently fold in the fresh blueberries (40g). Spoon the mixture into a silicone muffin tin or small ramekins. Bake for 12 to 15 minutes, or until the cheesecake bites are set. Let them cool before serving.

## 79. Almond Flour Shortbread Cookies

VEGETARIAN	Prep: 10 minutes	Cook: 12 minutes
<b>Nutritional Information Per Serving:</b> C: 140; P: 3g; TC: 6g; NC: 3g; F: 12g		
1 cup (100g) almond flour 2 tbsp (30g) butter, softened	2 tbsp (30ml) maple syrup or low-carb sweetener 1/2 tsp (2.5ml) vanilla extract	

### Instructions

Preheat your oven to 350°F (180°C) and line a baking sheet with parchment paper. In a bowl, combine the almond flour (100g), butter (30g), maple syrup (30ml), and vanilla extract (2.5ml). Mix until a dough forms. Roll the dough into small balls and place them on the prepared baking sheet. Flatten each ball with the palm of your hand or a fork. Bake for 10 to 12 minutes or until the edges are golden. Allow the cookies to cool before serving.

## 80. Chocolate Chia Seed Pudding

VEGETARIAN	Prep: 5 minutes	Cook: 2 hours
<b>Nutritional Information Per Serving:</b> C: 180; P: 6g; TC: 12g; NC: 8g; F: 12g		
1/4 cup (40g) chia seeds 1 cup (240ml) almond milk 2 tbsp (30g) unsweetened cocoa powder	1 tbsp (15ml) maple syrup or low-carb sweetener 1/2 tsp (2.5ml) vanilla extract	

### Instructions

In a bowl, whisk together the chia seeds (40g), almond milk (240ml), cocoa powder (30g), maple syrup (15ml), and vanilla extract (2.5ml). Let the mixture sit for about 5 minutes, then whisk again to prevent clumping. Cover and refrigerate for at least 2 hours or until the pudding has thickened. Stir before serving and enjoy.

## Chapter 10: Customizable Creations: 40 Recipes with Swaps and Variations

### Triple the Variety, Triple the Benefits

One of the standout features of this cookbook is its flexibility: each recipe provides three ways to enjoy a dish. With a thoughtfully crafted base recipe, variation, and substitution, every dish offers three unique takes—effectively turning 40 original recipes into 120 creative options. This approach ensures that your meals remain exciting and never feel repetitive. Whether you want to explore new flavors, adapt to dietary restrictions, or refresh your weekly menu, these customizable creations make it easy to maintain your low-carb, high-protein lifestyle. It's like having three cookbooks in one, providing endless inspiration while staying aligned with your health goal.

### How Variations and Substitutions Work

Each recipe includes three options to adapt to your preferences, needs, or available ingredients:

**Basic Recipe:** The original recipe, designed to be both delicious and nutritionally balanced.

**Variation:** A slight tweak to ingredients or preparation techniques that introduces a new flavor profile or texture while maintaining the recipe's core benefits.

**Substitution:** Swapping key ingredients to accommodate dietary restrictions, preferences, or to simply add variety to your meals.

This structure allows you to create diverse and exciting dishes without extra effort or requiring completely new ingredients. Whether you're cooking for yourself, a family member, or friends, these recipes are versatile enough to meet a wide range of preferences and dietary needs.

### Why Customization Matters

Customization is essential for creating a sustainable and enjoyable eating plan. By offering flexibility and variety, this approach minimizes the risk of boredom or burnout. With three distinct ways to enjoy each recipe, you'll never run out of options. Customization also helps you:

**Adapt to Dietary Restrictions:** Easily adapt recipes to be vegetarian, gluten-free, dairy-free, or allergen-friendly with the provided substitutions.

**Adapt to Your Taste Preferences:** Prefer spicier flavors or want a milder dish? The variations make it easy to tailor each recipe to your liking.

**Maximize Use of Ingredients:** Use substitutions to work with what you already have in your pantry or fridge, reducing food waste and simplifying meal prep.

## Making Meal Prep Easier

The built-in variations and substitutions make meal prep more efficient and less stressful. Here's how:

**Fewer components, More Options:** Instead of buying separate ingredients for every dish, you can use the same core items across multiple recipes.

**Simplified Shopping:** Fewer specialty ingredients mean quicker and more efficient grocery trips. Stock up on staples like lean proteins, fresh vegetables, and herbs, knowing they'll be used in various ways.

**Possibility of Batch Cooking:** Prepare the base recipe in bulk and use the variations and substitutions to create a variety of meals for the week. This gives you more diversity without extra work.

## Adapting Recipes for Family Meals

Cooking for a family can be challenging, but these recipes make it easy to meet everyone's needs:

**Family-Style Portions:** Scale up the base recipe for larger groups and offer one or two variations on the side so everyone can choose their favorite.

**Mix and Match:** If some family members have specific dietary needs or preferences, you can customize individual portions without making entirely separate meals.

**Flavor Boosters for Everyone:** The variations often include optional spices, sauces, or herbs to elevate the dish's flavor for those who want an extra boost while keeping the base recipe approachable for others.

## Exploring New Flavors and Techniques

These swaps and variations also encourage you to explore new ingredients, cooking techniques, and flavor combinations without complicating the process:

**International Flavors:** Many of the variations introduce spices and ingredients from different cuisines—like Mediterranean, Asian, or Latin flavors—helping you expand your culinary horizons while sticking to the low-carb, high-protein framework.

**Different Cooking Methods:** Some variations may involve grilling instead of baking, or using an air fryer instead of a skillet. These small tweaks can change the texture and presentation of a dish while keeping the core recipe intact.

**Ingredient Swaps for New Nutritional Profiles:** Want to add more fiber? Swap white rice

for cauliflower rice. Looking to increase healthy fats? Add avocado or olive oil to the mix. These ingredient adjustments help you align the meal with your personal nutrition goals.

**Note: All recipe quantities in this book are designed for two servings. This standardized portion size simplifies meal planning for individuals or couples and can easily be scaled up for larger gatherings or families.**

## Breakfast

### 1. Spinach and Feta Egg Muffins

VEGETARIAN	Prep: 10 minutes	Cook: 20 minutes
<b>Nutritional Information Per Serving:</b> C: 150; P: 12g; TC: 4,5; NC: 3,5g; F: 8g		
<b>Ingredients</b>		
4 large eggs	2 oz (56g) feta cheese, crumbled	
2 oz (56g) spinach, chopped	Salt and pepper, to taste	

#### Instructions

Preheat your oven to 350°F (180°C). Whisk the eggs in a bowl and mix in the chopped spinach and crumbled feta. Season with salt and pepper to taste. Pour the mixture into a muffin tin and bake for about 20 minutes, or until the eggs are set.

#### Variation: Mushroom and Cheddar Egg Muffins

Replace the spinach with 2 oz (56g) of sautéed mushrooms and swap the feta cheese for 2 oz (56g) of shredded cheddar cheese. Add a pinch of garlic powder for an extra burst of flavor. This variation gives the muffins a heartier texture with a savory, earthy flavor that complements the richness of the cheddar. (C: 180; P: 13g; TC: 5,6; NC: 4,6g; F: 12g).

#### Substitution: Dairy-Free and Egg-Free Option

Replace the feta cheese with 2 oz (56g) of dairy-free cheese, such as almond or soy-based feta. Instead of eggs, use ½ cup (120ml) of almond milk combined with 2 tablespoons (16g) of chickpea flour. This mixture will bind the ingredients together, creating a texture similar to eggs and adding a slightly nutty flavor to the muffins. This version is perfect for those who are lactose intolerant, vegan, or prefer to avoid eggs.

(C: 140; P: 5g; TC: 14; NC: 11g; F: 10g).

## 2. Greek Yogurt Parfait with Berries

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 220; P: 14g; TC: 18; NC: 13g; F: 3g	
<b>Ingredients</b>	
1 cup (240g) Greek yogurt	2 tbsp (24g) chia seeds
½ cup (75g) mixed berries	

### Instructions

In two cups, layer the Greek yogurt evenly. Add the mixed berries on top and sprinkle with chia seeds. Gently stir to combine, and serve immediately.

### Variation: Nut and Seed Boost Parfait

Add a handful of chopped nuts (about 2 tbsp or 28g) such as almonds, walnuts, or pecans, and an additional tablespoon of seeds (like sunflower or pumpkin seeds) to each serving. This variation provides extra healthy fats, fiber, and a satisfying crunch, enhancing both the flavor and nutritional profile of the parfait. (C: 300; P: 16g; TC: 20,5; NC: 15,5g; F: 12 g).

### Substitution: Dairy-Free and Lower-Sugar Option

Replace the Greek yogurt with 1 cup (240g) of unsweetened coconut or almond yogurt. For a lower-sugar option, reduce the mixed berries to ¼ cup (37g) per serving and add a drizzle of stevia or monk fruit sweetener if additional sweetness is desired. This substitution is ideal for those following a vegan diet or avoiding dairy and added sugars.

(C: 180; P: 5g; TC: 13,5; NC: 10,5g; F: 8g)

### 3. Avocado and Bacon Egg Cups

VEGETARIAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 350; P: 21g; TC: 4; NC: 2g; F: 28g		
<b>Ingredients</b>		
2 large eggs (100g)	1 ripe avocado (150g)	
4 slices (56g) bacon	Salt and pepper to taste	

#### Instructions

Cook the bacon in a pan until crispy. Remove and set aside. In the same pan, fry the eggs to your preferred doneness. Slice the avocado in half, remove the pit, and place each half on a plate. Top the avocado halves with the bacon and eggs. Season with salt and pepper to taste. Serve immediately.

#### Variation: Avocado and Spinach Egg Cups

Replace the bacon with 2 cups (60g) of fresh spinach sautéed in 1 teaspoon (5g) of olive oil. Add 1 oz (28g) of crumbled feta cheese to each avocado half before topping with the fried eggs. This variation offers a vegetarian option with a creamy texture and a fresh, savory taste. (C: 320; P: 14g; TC: 5; NC: 3g; F: 26g)

#### Substitution: Vegan Avocado and Tofu Scramble Cups

Replace the eggs with a tofu scramble made from 4 oz (113g) of firm tofu crumbled and cooked with 1 tablespoon (15ml) of olive oil, ½ teaspoon (1g) of turmeric, and salt and pepper to taste. Substitute the bacon with 2 tablespoons (16g) of sunflower seeds toasted in the same pan. This substitution provides a plant-based, high-protein breakfast option. (C: 290; P: 10g; TC: 4; NC: 2,5g; F: 25g)

#### 4. Chia Seed Pudding

VEGETARIAN	Prep: 5 minutes	Cook: 4 hours
<b>Nutritional Information Per Serving:</b> C: 210; P: 7g; TC: 22g; NC: 9g; F: 10g		
<b>Ingredients</b>		
3 tbsp (36g) chia seeds	1 tsp (5ml) vanilla extract	
1 cup (240ml) unsweetened almond milk	1 tbsp (20g) honey or maple syrup	

##### Instructions

In a medium-sized bowl, mix the chia seeds, almond milk, vanilla extract, and sweetener (if using). Stir thoroughly to ensure the chia seeds are evenly dispersed throughout the liquid. Cover the bowl and refrigerate for at least four hours, or preferably overnight, until the mixture reaches a pudding-like consistency. Stir once more before serving. Enjoy as is, or top with fresh fruit or nuts.

##### Variation: Berry Delight Chia Pudding

Replace half of the almond milk with ½ cup (120g) of blended fresh or frozen berries. You can use blueberries, strawberries, or a mix of your favorite berries for a delicious twist. The added berries also boost the antioxidant content and natural sweetness of the dish. (C: 230; P: 8g; TC: 24g; NC: 11.2g; F: 10g)

##### Substitution: Nut-Free Flax Pudding

For a nut-free version, replace the almond milk with 1 cup (240ml) of coconut milk and swap the chia seeds with 3 tbsp (36g) of ground flax seeds. This substitution creates a creamy, nut-free pudding with a slightly different texture and flavor profile. The flax seeds provide additional omega-3 fatty acids, making it a heart-healthy option.

(C: 240; P: 6g; TC: 6g; NC: 1.5g; F: 18g)

## 5. Smoked Salmon Scramble

NON-VEGETARIAN	Prep: 5 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 350; P: 23g; TC: 2g; NC: 2g; F: 29g		
<b>Ingredients</b>		
4 large eggs (200g)	1 tbsp (14g) butter or olive oil	
3 oz (85g) smoked salmon, chopped	1 tbsp (4g) chopped fresh dill (optional)	
2 tbsp (30g) cream cheese	Salt and pepper to taste	

### Instructions

In a bowl, whisk the eggs with salt and pepper until well blended. Heat butter or olive oil in a skillet over medium heat. Pour the eggs into the skillet and cook gently, stirring occasionally, for about 2-3 minutes until they begin to set. Add the smoked salmon and cream cheese to the eggs, stirring gently until the cheese is melted and everything is well combined. Remove from heat and sprinkle with fresh dill, if using. Serve immediately.

### Variation: Spinach and Salmon Scramble

Add 1 cup (30g) of fresh spinach to the skillet before adding the eggs. Sauté for 1-2 minutes until wilted, then proceed with the recipe. This adds a boost of greens and a fresh flavor to the dish, increasing the fiber and vitamin content without adding many extra calories. (C: 360; P: 24g; TC: 4g; NC: 3g; F: 29g)

### Substitution: Dairy-Free Option

Replace the cream cheese with 2 tbsp (30g) of mashed avocado and use dairy-free butter or olive oil instead. This option is suitable for those who are lactose intolerant or prefer to avoid dairy products. (C: 345; P: 22g; TC: 3g; NC: 2g; F: 28g)

## 6. Low-Carb Pancakes

VEGETARIAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 290; P: 12g; TC: 6g; NC: 3g; F: 24g		
<b>Ingredients</b>		
½ cup (56g) almond flour	1 tbsp (14g) melted coconut oil or butter	
¼ tsp (1g) baking powder	½ tsp (2.5ml) vanilla extract	
2 large eggs (100g)	Sweetener of choice, optional	
¼ cup (60ml) unsweetened almond milk		

### Instructions

In a bowl, combine the almond flour and baking powder. In another bowl, whisk together the eggs, almond milk, melted coconut oil, and vanilla extract. Mix the wet ingredients with the dry ingredients until a smooth batter forms. Heat a skillet over medium heat and grease it with coconut oil or butter. Pour small amounts of batter into the skillet and cook for 2-3 minutes per side or until golden brown. Serve warm with your favorite low-carb toppings.

### Variation: Cinnamon Blueberry Pancakes

Add ¼ cup (37g) of fresh blueberries and ½ tsp (1g) of cinnamon to the batter. The blueberries add a burst of natural sweetness and flavor, while the cinnamon provides a warm, comforting taste. (C: 320; P: 13g; TC: 10g; NC: 5g; F: 25g)

### Substitution: Nut-Free Option

Replace the almond flour with ½ cup (60g) of coconut flour and increase the almond milk to ½ cup (120ml). Coconut flour absorbs more liquid, so you may need to adjust the consistency with extra milk if needed. (C: 280; P: 10g; TC: 7g; NC: 3g; F: 22g)

## 7. Veggie and Cheese Omelet

NON-VEGETARIAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 280; P: 18g; TC: 5g; NC: 3g; F: 21g		
<b>Ingredients</b>		
4 large eggs (200g)	¼ cup (30g) sliced mushrooms	
¼ cup (28g) shredded cheddar cheese	1 tbsp (14g) butter or olive oil	
¼ cup (37g) diced bell peppers	Salt and pepper to taste	
¼ cup (30g) chopped spinach		

### Instructions

Whisk the eggs with salt and pepper. Heat butter or oil in a skillet over medium heat. Sauté the bell peppers, spinach, and mushrooms until softened. Pour the whisked eggs over the vegetables, spreading evenly. Cook for about 2 minutes, then sprinkle the cheese over half of the omelet. Fold the omelet in half and continue cooking until the cheese has melted. Serve hot.

### Variation: Tomato and Basil Omelet

Replace the bell peppers and mushrooms with ¼ cup (40g) of diced tomatoes and add 1 tbsp (3g) of fresh basil. This variation offers a fresh, Italian-inspired flavor with a boost of vitamins from the tomatoes. (C: 260; P: 17g; TC: 4g; NC: 2,5g; F: 20g)

### Substitution: Vegan Option

Replace the eggs with a chickpea flour mixture (½ cup (60g) chickpea flour mixed with ½ cup (120ml) water), and use ¼ cup (28g) of dairy-free cheese instead of cheddar. Sauté the vegetables as instructed, then pour the chickpea mixture over the veggies. Cook until set, flip, and cook for another minute. (C: 220; P: 10g; TC: 10g; NC: 7g; F: 14g)

## Lunch

### 8. Grilled Chicken Salad

NON-VEGETARIAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 400 kcal; P: 40g; TC: 12g; NC: 8g; F: 20g		
<b>Ingredients</b>		
2 boneless, skinless chicken breasts (300g)    ¼ cup (40g) cherry tomatoes, halved		
4 cups (180g) mixed salad greens                      1 tbsp (15ml) olive oil		
½ avocado, sliced (75g)                                  1 tbsp (15ml) lemon juice		
¼ cup (38g) crumbled feta cheese		

#### Instructions

Season the chicken breasts with salt and pepper. Heat a grill pan over medium-high heat and cook the chicken for 6-7 minutes on each side until cooked through. Let it rest for 5 minutes before slicing. In a large bowl, toss the salad greens with the olive oil and lemon juice. Top the salad with avocado, cherry tomatoes, feta cheese, and grilled chicken slices. Serve immediately.

#### Variation: Greek Chicken Salad

Add ¼ cup (30g) of kalamata olives and 2 tbsp (20g) of chopped red onion to the salad for a Mediterranean twist. The olives and red onion add extra flavor and crunch, elevating the dish with a tangy and savory profile. (C: 420 kcal; P: 41g; TC: 14g; NC: 9,5g; F: 22g)

#### Substitution: Dairy-Free Option

Omit the feta cheese and replace it with 2 tbsp (30g) of sliced almonds for added crunch and healthy fats. This substitution maintains texture and taste while making the salad suitable for those avoiding dairy. (C: 390 kcal; P: 39g; TC: 11g; NC: 7g; F: 21g)

## 9. Beef Kofta with Tzatziki

NON-VEGETARIAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 340 kcal; P: 36g; TC: 9g; NC: 7g; F: 20g		
<b>Ingredients</b> ½ lb (227g) ground beef ½ small onion, finely diced (40g) 1 clove garlic, minced (3g) 1 tbsp (4g) fresh parsley, chopped ½ tsp (1g) cumin ½ tsp (1g) coriander Salt and pepper to taste		
<b>For the Tzatziki:</b> ½ cup (120g) plain Greek yogurt ¼ cucumber, grated (30g) 1 clove garlic, minced (3g) 1 tbsp (15ml) lemon juice Salt and pepper to taste		

### Instructions

Combine the ground beef, onion, garlic, parsley, cumin, coriander, salt, and pepper in a bowl. Mix well and form into small, oval-shaped patties (koftas). Heat a grill or skillet over medium-high heat and cook the koftas for about 4-5 minutes on each side until browned and cooked through. In a separate bowl, mix all the ingredients for the tzatziki and season to taste. Serve the koftas with the tzatziki on the side.

### Variation: Herb and Spice Kofta

Replace the parsley with 1 tbsp (4g) fresh mint and ½ tsp (1g) paprika for a different flavor profile. This version adds a more aromatic and spicy touch to the koftas, making them more fragrant and flavorful. (C: 350 kcal; P: 35g; TC: 10g; NC: 8g; F: 21g)

### Substitution: Vegetarian Option

Replace the ground beef with ½ lb (227g) of ground chickpeas mixed with 1 tbsp (15g) of breadcrumbs and 1 egg. Use dairy-free yogurt for the tzatziki to keep the recipe plant-based. (C: 280 kcal; P: 15g; TC: 28g; NC: 22g; F: 12g)

## 10. Tuna Salad Lettuce Wraps

NON-VEGETARIAN	Prep: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 275 kcal; P: 30g; TC: 3g; NC: 2.5g; F: 23g	
<b>Ingredients</b>	
1 can (140g) tuna in water, drained	¼ small red onion, finely chopped (25g)
¼ cup (60g) mayonnaise	2-3 large romaine lettuce leaves (60g)
1 tablespoon (15g) Dijon mustard	Salt and pepper to taste

### Instructions

Combine the tuna, mayonnaise, Dijon mustard, red onion, salt, and pepper in a bowl and mix well. Spoon the tuna mixture onto the romaine lettuce leaves and roll up to create wraps. Serve immediately.

### Variation: Mediterranean Tuna Wraps

Add ¼ cup (35g) chopped cucumbers and 2 tablespoons (16g) of crumbled feta cheese to the tuna mixture. This provides a refreshing Mediterranean flavor with added crunch and tanginess. (C: 310 kcal; P: 31g; TC: 5g; NC: 4g; F: 25g)

### Substitution: Low-Fat Option

Use Greek yogurt instead of mayonnaise for a lighter version. Substitute ¼ cup (60g) Greek yogurt for mayonnaise to reduce the fat content while maintaining creaminess and texture. (C: 190 kcal; P: 31g; TC: 4g; NC: 3g; F: 9g)

## 11. Shrimp and Avocado Salad

NON-VEGETARIAN	Prep: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 330 kcal; P: 25g; TC: 6g; NC: 4g; F: 22g	
<b>Ingredients</b>	
8 oz (227g) cooked shrimp, peeled and deveined	1 tablespoon (15ml) lime juice
1 avocado, diced (150g)	1 tablespoon (3g) fresh cilantro, chopped
1/4 cup (40g) cherry tomatoes, halved	Salt and pepper to taste
1 tablespoon (15ml) olive oil	

### Instructions

Combine shrimp, avocado, cherry tomatoes, and cilantro in a large bowl. Drizzle with olive oil and lime juice, then season with salt and pepper. Toss gently to combine and serve immediately.

### Variation: Mango and Shrimp Salad

Replace the avocado with 1 cup (165g) of diced mango for a sweeter, tropical twist. The mango adds a fresh, juicy element that complements the shrimp and lime flavors perfectly. (C: 300 kcal; P: 22g; TC: 15g; NC: 12g; F: 14g)

### Substitution: Vegetarian Option

Replace the shrimp with 1 cup (150g) of chickpeas or tofu cubes, and use 1 teaspoon (5ml) of soy sauce mixed with the lime juice for extra flavor. This substitution provides a protein-rich and satisfying salad while keeping it vegetarian.

(C: 320 kcal; P: 11g; TC: 21g; NC: 16g; F: 20g)

## 12. Turkey and Spinach Stuffed Peppers

NON-VEGETARIAN	Prep: 10 minutes	Cook: 20 minutes
<b>Nutritional Information Per Serving:</b> C: 280 kcal; P: 27g; TC: 10g; NC: 7g; F: 15g		
<b>Ingredients</b>		
2 large bell peppers, halved and seeded (300g)	1/4 cup (28g) shredded mozzarella cheese	
8 oz (227g) ground turkey	1 tablespoon (15ml) olive oil	
1/2 cup (15g) spinach, chopped	Salt and pepper to taste	

### Instructions

Preheat the oven to 375°F (190°C). In a skillet, heat olive oil over medium heat and cook the ground turkey until browned. Add chopped spinach and cook until wilted. Season with salt and pepper to taste. Stuff the turkey mixture into the bell pepper halves and top with shredded mozzarella. Bake in the oven for 15-20 minutes, or until the peppers are tender and the cheese is melted. Serve immediately.

### Variation: Italian Style Stuffed Peppers

Add ¼ cup (60g) of marinara sauce to the turkey mixture and include 1 teaspoon (2g) of Italian seasoning. This variation adds a rich, tomato-based flavor to the dish, perfectly complementing the turkey and cheese.

(C: 310 kcal; P: 28g; TC: 13g; NC: 9g; F: 16g)

### Substitution: Vegetarian Low-Carb Option

Replace ground turkey with 1 cup (150g) of cauliflower rice and reduce black beans to 1/4 cup (20g) or omit them entirely to further lower the carbohydrate content. This substitution maintains a hearty, vegetarian filling while keeping the dish more low-carb. Use a dairy-free cheese alternative to make the recipe vegan-friendly as well.

(C: 240 kcal; P: 12g; TC: 14g; NC: 10g; F: 9g)

### 13. Chicken Caesar Salad

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 400 kcal; P: 35g; TC: 8g; NC: 4g; F: 26g		
<b>Ingredients</b>		
2 boneless, skinless chicken breasts (300g)		
1/4 cup (60g) Caesar dressing (low-carb)		
4 cups (200g) romaine lettuce, chopped		
1 tablespoon (15ml) olive oil		
1/4 cup (25g) grated Parmesan cheese		
Salt and pepper to taste		
1/2 avocado, sliced (75g)		

#### Instructions

Season the chicken breasts with salt and pepper. Heat olive oil in a skillet over medium-high heat and cook the chicken for 6-7 minutes per side, until fully cooked. Let it rest for a few minutes before slicing. In a large bowl, toss chopped romaine lettuce with the Caesar dressing. Top with sliced chicken, grated Parmesan cheese, and avocado. Serve immediately.

#### Variation: Kale Caesar Salad

Replace the romaine lettuce with 4 cups (100g) of chopped kale. Massage the kale with 1 tablespoon (15ml) of olive oil before adding the Caesar dressing. This variation provides a heartier texture and boosts the nutritional content with more vitamins and minerals. (C: 420 kcal; P: 34g; TC: 10g; NC: 6g; F: 28g)

#### Substitution: Vegetarian Option

Replace the chicken with 1 cup (150g) of chickpeas and use a plant-based Parmesan cheese alternative. This substitution offers a high-protein, vegetarian-friendly option that maintains a similar texture and flavor profile.

(C: 380 kcal; P: 15g; TC: 22g; NC: 18g; F: 24g)

## 14. Lentil & Veggie Bowl

VEGETARIAN	Prep: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 320 kcal; P: 18g; TC: 40g; NC: 28g; F: 9g	
<b>Ingredients</b>	
1 cup (200g) cooked green lentils	1/4 cup (30g) feta cheese, crumbled
1/2 cup (75g) cherry tomatoes, halved	1 tablespoon (15ml) olive oil
1/2 cucumber, diced (75g)	1 tablespoon (15ml) lemon juice
1/4 red onion, finely chopped (30g)	Salt and pepper to taste

### Instructions

In a large bowl, combine the cooked lentils, cherry tomatoes, cucumber, and red onion. Drizzle with olive oil and lemon juice, then season with salt and pepper. Top with crumbled feta cheese and serve immediately.

### Variation: Mediterranean Lentil Bowl

Replace the cucumber with ½ cup (70g) of diced bell peppers and add ¼ cup (40g) of Kalamata olives. This variation introduces a Mediterranean twist, enhancing the flavor with a briny note that complements the lentils and vegetables.

(C: 350 kcal; P: 18g; TC: 41g; NC: 29g; F: 12g)

### Substitution: Vegan Option

Replace the feta cheese with ¼ cup (30g) of crumbled tofu or a plant-based feta alternative. This substitution makes the dish suitable for vegans while maintaining a similar texture and flavor profile. (C: 300 kcal; P: 16g; TC: 39g; NC: 27g; F: 8g)

## 15. Quinoa and Black Bean Salad

VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 350 kcal; P: 12g; TC: 45g; NC: 38g; F: 14g		
<b>Ingredients</b>		
1/2 cup (90g) quinoa, cooked	1/4 cup (15g) cilantro, chopped	
1/2 cup (85g) black beans, rinsed and drained	1 tablespoon (15ml) olive oil	
1/2 red bell pepper, diced (75g)	1 tablespoon (15ml) lime juice	
1/4 cup (40g) corn kernels (optional)	Salt and pepper to taste	

### Instructions:

Cook quinoa according to package instructions. In a large bowl, combine the cooked quinoa, black beans, red bell pepper, corn, and cilantro. Drizzle with olive oil and lime juice, then season with salt and pepper. Toss gently and serve immediately.

### Variation: Southwest Quinoa Salad

Add ¼ cup (30g) diced avocado and ¼ cup (30g) shredded cheddar cheese. This variation enhances the creaminess and provides additional flavors typical of Southwest cuisine. (C: 420 kcal; P: 14g; TC: 47g; NC: 40g; F: 21g)

### Substitution: Grain-Free Option

Replace the quinoa with ½ cup (75g) of cauliflower rice to reduce the carbohydrate content while maintaining a similar texture. This substitution makes the dish suitable for those following a grain-free or lower-carb diet.

(C: 250 kcal; P: 10g; TC: 30g; NC: 22g; F: 13g)

## 16. Mediterranean Chicken Salad

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 380 kcal; P: 33g; TC: 10g; NC: 6g; F: 22g		
<b>Ingredients</b>		
2 boneless, skinless chicken breasts (300g)	1/4 cup (30g) crumbled feta cheese	
2 cups (100g) mixed greens	1 tablespoon (15ml) olive oil	
1/4 cup (35g) Kalamata olives, pitted and sliced	1 tablespoon (15ml) balsamic vinegar	
	Salt and pepper to taste	
1/4 cup (30g) cucumber, diced		
1/4 cup (40g) cherry tomatoes, halved		

### Instructions:

Season the chicken breasts with salt and pepper. Grill or pan-fry the chicken for 6-7 minutes on each side until fully cooked. Let it rest before slicing. In a large bowl, toss the mixed greens with olive oil and balsamic vinegar. Top with chicken slices, olives, cucumber, cherry tomatoes, and feta cheese. Serve immediately.

### Variation: Mediterranean Quinoa Chicken Salad

Add ½ cup (90g) of cooked quinoa to the salad. This addition increases the fiber and nutrient content, making the salad more filling and providing a unique texture contrast. (C: 480 kcal; P: 35g; TC: 36g; NC: 27g; F: 24g)

### Substitution: Vegetarian Option

Replace the chicken breasts with 1 cup (150g) of grilled or roasted chickpeas. Use dairy-free feta cheese to make the dish vegetarian and dairy-free. This modification ensures the salad remains high in protein and nutrients while accommodating different dietary preferences. (C: 360 kcal; P: 15g; TC: 29g; NC: 23g; F: 20g)

## Dinner

### 17. Garlic Butter Chicken

NON-VEGETARIAN	Prep: 10 minutes	Cook: 20 minutes
<b>Nutritional Information Per Serving:</b> C: 480 kcal; P: 35g; TC: 3g; NC: 3g; F: 38g		
<b>Ingredients</b>		
2 boneless, skinless chicken breasts (300g)	1/2 teaspoon (1g) paprika	
2 tablespoons (30g) unsalted butter	Salt and pepper to taste	
4 garlic cloves (12g), minced	1 tablespoon (4g) chopped parsley	
1 tablespoon (15ml) olive oil	(optional)	

#### Instructions

Season the chicken breasts with paprika, salt, and pepper. Heat the olive oil and 1 tablespoon of butter in a skillet over medium heat. Cook the chicken breasts for 6-7 minutes on each side until golden and fully cooked. Remove from the pan and set aside. In the same skillet, add the remaining butter and garlic. Cook for 1-2 minutes until fragrant. Return the chicken to the skillet, spoon the garlic butter over the top, and garnish with parsley if desired. Serve hot.

#### Variation: Lemon Garlic Chicken

Add 2 tablespoons (30ml) of fresh lemon juice and 1 teaspoon (5g) of lemon zest to the garlic butter sauce. This addition brings a bright, tangy flavor to the dish, balancing the richness of the butter and garlic. (C: 460 kcal; P: 34g; TC: 4g; NC: 3.5g; F: 36g)

#### Substitution: Vegan Option

Replace the chicken breasts with 2 cups (300g) of firm tofu slices and use vegan butter and olive oil. Sauté the tofu slices until golden, then follow the same steps to make the garlic butter sauce using vegan ingredients.

(C: 410 kcal; P: 15g; TC: 4g; NC: 3.5g; F: 36g)

## 18. Baked Salmon with Asparagus

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 450 kcal; P: 34g; TC: 6g; NC: 4g; F: 30g		
<b>Ingredients</b>		
2 salmon fillets (about 170g each)	1 teaspoon (3g) garlic powder	
1 bunch asparagus (200g), trimmed	1 teaspoon (5g) lemon zest	
2 tablespoons (30ml) olive oil	Salt and pepper to taste	

### Instructions

Preheat the oven to 400°F (200°C). Place the salmon fillets and asparagus on a baking sheet. Drizzle with olive oil and season with garlic powder, lemon zest, salt, and pepper. Bake for 12-15 minutes, until the salmon is cooked through and flakes easily with a fork, and the asparagus is tender. Serve immediately.

### Variation: Herb-Crusted Salmon

Mix 1 tablespoon (4g) of fresh chopped herbs like parsley, dill, and thyme with 1 tablespoon (7g) of grated Parmesan cheese. Sprinkle over the salmon fillets before baking for an added burst of flavor and a crispy crust.

(C: 470 kcal; P: 35g; TC: 7g; NC: 5g; F: 32g)

### Substitution: Vegan Option

Replace the salmon fillets with 1 cup (150g) of marinated tofu slices and the asparagus with 1 cup (150g) of mixed vegetables like bell peppers, zucchini, and carrots. This substitution provides a satisfying, plant-based alternative with similar flavors and textures. (C: 320 kcal; P: 12g; TC: 10g; NC: 8g; F: 22g)

## 19. Beef & Broccoli Stir-Fry

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 400 kcal; P: 30g; TC: 10g; NC: 6g; F: 28g		
<b>Ingredients</b>		
8 oz (227g) beef sirloin, thinly sliced	1 tablespoon (15ml) olive oil	
2 cups (150g) broccoli florets	1 tablespoon (6g) minced ginger	
2 tablespoons (30ml) low-sodium soy sauce	1 garlic clove (3g), minced	
1 tablespoon (15ml) sesame oil	1/4 teaspoon (0.5g) red pepper flakes	

### Instructions

Heat olive oil in a skillet over medium-high heat. Add the sliced beef and cook for 2-3 minutes per side until browned. Remove and set aside. In the same pan, add sesame oil, ginger, and garlic, and cook for 1-2 minutes until fragrant. Add the broccoli and stir-fry for 4-5 minutes until tender-crisp. Return the beef to the pan and add soy sauce and red pepper flakes. Stir to combine and cook for an additional minute. Serve hot.

### Variation: Cashew Beef and Broccoli

Add 1/4 cup (30g) of unsalted cashews during the last minute of cooking for added crunch and a boost of healthy fats. This variation enhances the texture and adds a nutty flavor to the dish. (C: 470 kcal; P: 32g; TC: 13g; NC: 8g; F: 34g)

### Substitution: Vegetarian Option

Replace the beef with 8 oz (227g) of firm tofu, cubed, and use tamari sauce instead of soy sauce for a gluten-free option. This substitution provides a protein-rich vegetarian version with a similar savory taste and texture.

(C: 320 kcal; P: 16g; TC: 12g; NC: 7g; F: 22g)

## 20. Zucchini Noodles with Pesto

VEGETARIAN	Prep: 10 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 320 kcal; P: 8g; TC: 10g; NC: 6g; F: 28g		
<b>Ingredients</b>		
2 medium zucchinis (400g), spiralized		
1/4 cup (60g) homemade or store-bought pesto		
1 tablespoon (15ml) olive oil		
2 tablespoons (10g) Parmesan cheese, grated		
Salt and pepper to taste		

### Instructions

Heat olive oil in a skillet over medium heat. Add the zucchini noodles and sauté for 2-3 minutes until slightly softened. Remove from heat and toss with pesto and Parmesan cheese. Season with salt and pepper to taste. Serve immediately.

### Variation: Tomato Basil Zoodles

Replace the pesto with 1/4 cup (60g) of tomato basil sauce and add 1/4 cup (40g) of cherry tomatoes, halved. With a hint of sweetness from the tomatoes, this version gives the dish a new, zesty edge while boosting the tastes.

(C: 250 kcal; P: 7g; TC: 12g; NC: 7g; F: 20g)

### Substitution: Vegan Option

Instead of using Parmesan, use a dairy-free pesto prepared with almonds, nutritional yeast, and basil. The dish's deep, herbaceous flavor is preserved with this substitution, which also makes it vegan-friendly.

(C: 300 kcal; P: 7g; TC: 11g; NC: 6g; F: 26g)

## 21. Spicy Shrimp Stir-Fry

NON-VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 350 kcal; P: 28g; TC: 6g; NC: 4g; F: 24g		
<b>Ingredients</b>		
2 oz (56g) shrimp, peeled and deveined	1 tablespoon (15ml) soy sauce (low sodium)	
1 red bell pepper (150g), sliced	1/2 teaspoon (1g) chili flakes	
1/2 onion (60g), thinly sliced	1 garlic clove (3g), minced	
2 tablespoons (30ml) olive oil		

### Instructions

Heat olive oil in a skillet over medium heat. Add the garlic, bell pepper, and onion, and sauté for 3-4 minutes until softened. Add the shrimp, soy sauce, and chili flakes, and cook for 3-4 minutes until the shrimp is pink and cooked through. Serve hot.

### Variation: Sweet and Spicy Shrimp Stir-Fry

Add 1 tablespoon (15ml) of honey or maple syrup to the soy sauce and chili flakes mixture for a sweet and spicy flavor combination. This variation provides a balanced taste and a hint of sweetness to the dish.

(C: 400 kcal; P: 28g; TC: 17g; NC: 13g; F: 24g)

### Substitution: Vegetarian Option

Replace the shrimp with 1 cup (200g) of cubed tofu and use tamari instead of soy sauce for a gluten-free alternative. This substitution maintains the protein content and flavor while making the dish suitable for a vegetarian diet.

(C: 320 kcal; P: 14g; TC: 8g; NC: 5g; F: 26g)

## 22. Turkey Meatballs with Veggies

NON-VEGETARIAN	Prep: 10 minutes	Cook: 20 minutes
<b>Nutritional Information Per Serving:</b> C: 360 kcal; P: 30g; TC: 8g; NC: 4g; F: 22g		
<b>Ingredients</b>		
8 oz (227g) ground turkey	1 teaspoon (3g) onion powder	
1 large egg (50g)	Salt and pepper to taste	
1/4 cup (28g) almond flour	1 tablespoon (15ml) olive oil	
1 teaspoon (3g) garlic powder	1 cup (150g) mixed veggies (e.g., zucchini, carrots, bell peppers)	

### Instructions

In a bowl, mix the ground turkey, egg, almond flour, garlic powder, onion powder, salt, and pepper. Form into small meatballs. Heat olive oil in a skillet over medium heat and cook the meatballs for 5-6 minutes per side until browned and cooked through. In the same skillet, sauté the mixed veggies for 5-7 minutes until tender. Serve alongside the meatballs.

### Variation: Italian-Style Turkey Meatballs

Add 1 tablespoon (4g) of Italian seasoning and 1/4 cup (20g) of grated Parmesan cheese to the meatball mixture. This will enhance the flavor with a classic Italian twist, perfect for pairing with marinara sauce. (C: 400 kcal; P: 32g; TC: 10g; NC: 5g; F: 24g)

### Substitution: Vegetarian Option

Replace the ground turkey with 1 cup (200g) of cooked lentils and use 2 tablespoons (16g) of ground flaxseed mixed with 6 tablespoons (90ml) of water as an egg replacement. This substitution maintains the texture and flavor while making the dish vegetarian-friendly. (C: 340 kcal; P: 16g; TC: 22g; NC: 14g; F: 15g)

### 23. Eggplant Lasagna

NON-VEGETARIAN	Prep: 15 minutes	Cook: 30 minutes
<b>Nutritional Information Per Serving:</b> C: 350 kcal; P: 18g; TC: 20g; NC: 10g; F: 22g		
<b>Ingredients</b>		
1 medium eggplant (300g), sliced lengthwise into thin strips	1/2 cup (56g) mozzarella cheese, shredded	
1/2 pound (227g) ground beef or turkey	1/4 cup (25g) Parmesan cheese, grated	
1/2 cup (120ml) marinara sauce (low-sugar)	1 garlic clove (3g), minced	
1 cup (240g) ricotta cheese	1 tablespoon (15ml) olive oil	
	Salt and pepper to taste	

#### Instructions

Preheat the oven to 375°F (190°C). In a skillet, heat olive oil and cook the minced garlic until fragrant. Add the ground beef or turkey, season with salt and pepper, and cook until browned. Stir in the marinara sauce. Lay the eggplant slices on a baking sheet, drizzle with olive oil, and bake for 10 minutes until softened. In a small baking dish, layer eggplant slices, meat sauce, and ricotta cheese. Repeat layers, finishing with mozzarella and Parmesan on top. Bake for 20 minutes or until the cheese is melted and bubbly. Let cool slightly before serving.

#### Variation: Vegetarian Eggplant Lasagna

Omit the ground meat and replace it with 1 cup (150g) of sautéed mushrooms and 1/2 cup (75g) of chopped spinach. (C: 320 kcal; P: 15g; TC: 18g; NC: 8g; F: 20g)

#### Substitution: Dairy-Free Option

Use dairy-free cheese alternatives, such as almond or soy-based ricotta and mozzarella. Substitute the Parmesan cheese with nutritional yeast (2 tablespoons or 15g) for a similar cheesy flavor. (C: 300 kcal; P: 14g; TC: 19g; NC: 9g; F: 18g)

## 24. Lemon Herb Grilled Tuna

NON-VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 320 kcal; P: 35g; TC: 3g; NC: 2g; F: 20g		
<b>Ingredients</b>		
2 tuna steaks (about 6 oz each or 340g total)		
1 tablespoon (4g) fresh parsley, chopped		
2 tablespoons (30ml) olive oil		
1 teaspoon (3g) garlic powder		
1 tablespoon (15ml) lemon juice		
Salt and pepper to taste		
1 teaspoon (2g) lemon zest		

### Instructions

In a small bowl, mix olive oil, lemon juice, zest, parsley, garlic powder, salt, and pepper. Brush the tuna steaks with the lemon herb mixture and let them marinate for 10 minutes. Preheat a grill or grill pan over medium-high heat. Grill the tuna steaks for 4-5 minutes per side, or until desired doneness is reached. Serve with a garnish of fresh parsley and a wedge of lemon.

### Variation: Mediterranean Tuna

Add 1 tablespoon (15g) of chopped Kalamata olives and 1 tablespoon (8g) of capers to the marinade for a Mediterranean twist. This enhances the flavor profile with a briny, savory note that pairs well with the lemon and herbs.

(C: 350 kcal; P: 36g; TC: 4g; NC: 3g; F: 22g)

### Substitution: Vegan Option

Replace tuna steaks with 2 thick slices (about 200g each) of marinated tofu or tempeh. Use the same marinade and grill the tofu or tempeh for 4-5 minutes per side. This provides a plant-based alternative that absorbs the flavors well and has a similar texture. (C: 300 kcal; P: 18g; TC: 7g; NC: 5g; F: 18g)

## 25. Pork Tenderloin with Brussels Sprouts

NON-VEGETARIAN	Prep: 10 minutes	Cook: 25 minutes
<b>Nutritional Information Per Serving:</b> C: 400 kcal; P: 30g; TC: 15g; NC: 10g; F: 25g		
<b>Ingredients</b>		
1/2 pound (227g) pork tenderloin	1 teaspoon (5g) Dijon mustard	
2 cups (176g) Brussels sprouts, halved	1 garlic clove (3g), minced	
1 tablespoon (15ml) olive oil	Salt and pepper to taste	
1 tablespoon (15ml) balsamic vinegar		

### Instructions

Preheat oven to 400°F (200°C). Season the pork tenderloin with salt and pepper. Heat olive oil in a skillet over medium heat and sear the pork on all sides for about 5 minutes total. Toss the Brussels sprouts with balsamic vinegar, Dijon mustard, garlic, salt, and pepper. Place the pork and Brussels sprouts on a baking sheet and roast for 15-20 minutes, until the pork reaches an internal temperature of 145°F (63°C) and the Brussels sprouts are tender and slightly crispy. Let the pork rest for 5 minutes before slicing. Serve with the roasted Brussels sprouts.

### Variation: Maple-Glazed Pork

Replace the balsamic vinegar with 1 tablespoon (15ml) of pure maple syrup and add 1/4 teaspoon (1g) of smoked paprika to the Brussels sprouts. (C: 420 kcal; P: 30g; TC: 18g; NC: 13g; F: 27g)

### Substitution: Vegetarian Option

Replace the pork tenderloin with 1 cup (150g) of marinated and grilled tofu. Use the same seasoning for the tofu, and roast with the Brussels sprouts.

(C: 350 kcal; P: 16g; TC: 18g; NC: 13g; F: 22g)

## Snacks and Light Meals

### 26. Kale Chips

VEGETARIAN	Prep: 5 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 110 kcal; P: 3g; TC: 8g; NC: 6g; F: 7g		
<b>Ingredients</b>		
4 cups (120g) kale leaves, torn into bite-sized pieces		
1 tablespoon (15ml) olive oil		
Salt to taste		

#### Instructions

Preheat the oven to 350°F (175°C). Toss the kale with olive oil until evenly coated. Spread the kale in a single layer on a baking sheet, ensuring the pieces don't overlap. Bake for 12-15 minutes or until crispy, but keep an eye on them to prevent burning. Remove from the oven and sprinkle with salt. Serve immediately for best results.

#### Variation Spicy Kale Chips:

Add 1/4 teaspoon (1g) of cayenne pepper and 1/4 teaspoon (1g) of smoked paprika to the olive oil before tossing it with the kale. This will infuse the chips with a spicy, smoky flavor that complements the natural bitterness of the kale. (C: 115 kcal; P: 3g; TC: 8g; NC: 6g; F: 7.5g)

#### Substitution Garlic Parmesan Kale Chips:

Replace the olive oil with 1 tablespoon (15ml) of garlic-infused olive oil. Before baking, sprinkle 2 tablespoons (10g) of grated Parmesan cheese over the kale. This substitution adds a savory, cheesy twist to the chips, enhancing their flavor and making them even more appealing. (C: 130 kcal; P: 4g; TC: 8g; NC: 6g; F: 9g)

## 27. Spicy Roasted Almonds

VEGETARIAN	Prep: 5 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 200 kcal; P: 6g; TC: 6g; NC: 2.5g; F: 18g		
<b>Ingredients</b>		
1 cup (140g) raw almonds		
1/4 teaspoon (1g) garlic powder		
1 tablespoon (15ml) olive oil		
Salt to taste		
1/2 teaspoon (1g) chili powder		

### Instructions

Preheat oven to 350°F (175°C). In a bowl, toss the almonds with olive oil, chili powder, garlic powder, and salt until evenly coated. Spread the almonds in a single layer on a baking sheet and roast for 10-12 minutes, stirring halfway through to ensure even cooking. Let cool slightly before serving.

### Variation: Sweet and Spicy Almonds

Add 1 tablespoon (15g) of maple syrup and 1/4 teaspoon (1g) of cayenne pepper to the olive oil mixture before tossing it with the almonds. This will create a sweet and spicy coating that caramelizes during roasting, adding an extra layer of flavor.

(C: 220 kcal; P: 6g; TC: 9g; NC: 5.5g; F: 18g)

### Substitution: Herb and Sea Salt Almonds

Replace the chili powder and garlic powder with 1 teaspoon (1g) of dried rosemary and 1/2 teaspoon (1g) of sea salt. This variation offers a savory, herbaceous twist that pairs well with the natural nuttiness of the almonds.

(C: 200 kcal; P: 6g; TC: 6g; NC: 2.5g; F: 18g)

## 28. Greek Yogurt with Nuts

VEGETARIAN	Prep: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 150 kcal; P: 10g; TC: 8g; NC: 6g; F: 9g	
<b>Ingredients</b> 1 cup (245g) plain Greek yogurt (full-fat or low-fat)     1 teaspoon (7g) honey (optional) 2 tablespoons (28g) mixed nuts, chopped	

### Instructions

Divide the yogurt evenly into two bowls. Sprinkle the chopped nuts over each serving and drizzle with honey if desired. Serve immediately.

### Variation: Berry Nut Yogurt Bowl

Add 1/4 cup (35g) of fresh berries (such as blueberries or raspberries) to the yogurt before adding the nuts. This will increase the fiber content and provide a burst of natural sweetness and color to the dish. (C: 170 kcal; P: 11g; TC: 12g; NC: 8g; F: 9g)

### Substitution: Vegan Option

Replace the Greek yogurt with a plant-based yogurt made from coconut or almond milk, and use agave syrup instead of honey. This makes the dish suitable for those avoiding dairy or following a vegan diet while maintaining the creamy texture and sweetness. (C: 140 kcal; P: 3g; TC: 9g; NC: 7g; F: 10g)

## 29. Avocado Dip with Veggies

VEGETARIAN	Prep: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 180 kcal; P: 3g; TC: 12g; NC: 8g; F: 16g	
<b>Ingredients</b>	
1 ripe avocado (150g)	Salt and pepper to taste
1 tablespoon (15ml) lime juice	Fresh vegetables for dipping (carrot sticks, celery, cucumber slices, etc.)
1 tablespoon (4g) chopped cilantro	
1/4 teaspoon (1g) garlic powder	

### Instructions

Mash the avocado in a bowl with lime juice, cilantro, garlic powder, salt, and pepper. Serve with fresh veggie sticks on the side.

### Variation: Spicy Avocado Dip

Add 1/4 teaspoon (1g) of chili flakes or a dash of hot sauce to the dip for a spicy kick. This adds heat and enhances the flavor, making it a great option for those who enjoy a bit of spice. (C: 185 kcal; P: 3g; TC: 12g; NC: 8g; F: 16.5g)

### Substitution: Herb Swap

Replace cilantro with fresh basil or parsley for a different herbaceous flavor. This change provides a milder taste and complements the avocado's creamy texture while still delivering a fresh, vibrant dip. (C: 180 kcal; P: 3g; TC: 12g; NC: 8g; F: 16g)

### 30. Tofu Stir-Fry

VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 250 kcal; P: 14g; TC: 12g; NC: 10g; F: 18g		
<b>Ingredients</b>		
1/2 block (200g) firm tofu, cubed	1 bell pepper (120g), sliced	
1 tablespoon (15ml) sesame oil	2 tablespoons (30ml) soy sauce	
1 cup (150g) broccoli florets	1 tablespoon (9g) sesame seeds (optional)	

#### Instructions

Heat sesame oil in a pan over medium heat and stir-fry the tofu until golden. Add broccoli and bell pepper, and stir-fry for another 5-6 minutes. Stir in soy sauce and sesame seeds, and cook for another 1-2 minutes. Serve hot.

#### Variation: Spicy Tofu Stir-Fry

Add 1 teaspoon (5g) of chili paste or 1/2 teaspoon (1g) of red pepper flakes to the soy sauce for a spicy kick. This will enhance the flavor and give the dish a zesty, spicy twist. (C: 260 kcal; P: 14g; TC: 12g; NC: 10g; F: 18.5g)

#### Substitution: Low-Sodium Option

Use low-sodium soy sauce or tamari to reduce the salt content. This makes the dish suitable for those monitoring their sodium intake while keeping the flavors rich and balanced. (C: 245 kcal; P: 14g; TC: 12g; NC: 10g; F: 17.5g)

### 31. Cauliflower Rice Bowl

VEGETARIAN	Prep: 10 minutes	Cook: 5 minutes
<b>Nutritional Information Per Serving:</b> C: 180 kcal; P: 5g; TC: 10g; NC: 7g; F: 14g		
<b>Ingredients</b>		
2 cups (300g) cauliflower rice	1/4 cup (40g) cherry tomatoes, halved	
1 tablespoon (15ml) olive oil	1/4 cup (30g) feta cheese, crumbled	
1/2 cup (75g) diced cucumber	1 tablespoon (15ml) balsamic vinegar	

#### Instructions

Heat olive oil in a pan over medium heat and sauté the cauliflower rice for 5 minutes. Remove from heat and toss with cucumber, tomatoes, feta cheese, and balsamic vinegar. Serve immediately.

#### Variation: Mediterranean Bowl

Add 1/4 cup (30g) of sliced Kalamata olives and 1 tablespoon (3g) of chopped fresh basil for a Mediterranean twist. This enhances the flavors and adds a tangy, aromatic element to the bowl. (C: 210 kcal; P: 6g; TC: 11g; NC: 7.5g; F: 16g)

#### Substitution: Vegan Option

Replace the feta cheese with 1/4 cup (60g) of crumbled tofu or a dairy-free feta alternative. This keeps the dish vegan-friendly while maintaining its creamy texture and savory flavor. (C: 170 kcal; P: 6g; TC: 10g; NC: 7g; F: 12g)

### 32. Chickpea Salad

VEGETARIAN	Prep: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 220 kcal; P: 8g; TC: 20g; NC: 17g; F: 12g	
<b>Ingredients</b>	
1 cup (165g) cooked chickpeas	1 tablespoon (15ml) olive oil
1/2 cup (75g) cucumber, diced	1 tablespoon (15ml) lemon juice
1/2 cup (75g) cherry tomatoes, halved	Salt and pepper to taste

#### Instructions

In a large bowl, combine chickpeas, cucumber, tomatoes, olive oil, and lemon juice. Season with salt and pepper. Toss well and serve immediately.

#### Variation: Mediterranean Chickpea Salad

Add 1/4 cup (30g) of crumbled feta cheese and 1/4 cup (30g) of sliced Kalamata olives. This gives the salad a richer flavor with a Mediterranean twist and an extra boost of healthy fats. (C: 270 kcal; P: 10g; TC: 22g; NC: 18g; F: 16g)

#### Substitution: Low-Carb Option

Replace chickpeas with 1 cup (150g) of diced grilled chicken breast. This significantly reduces the carbohydrate content while increasing the protein, making the dish suitable for a low-carb diet. (C: 250 kcal; P: 30g; TC: 4g; NC: 2g; F: 12g)

### 33. Spinach and Ricotta Stuffed Peppers

VEGETARIAN	Prep: 10 minutes	Cook: 20 minutes
<b>Nutritional Information Per Serving:</b> C: 250 kcal; P: 12g; TC: 15g; NC: 12g; F: 16g		
<b>Ingredients</b>		
2 large bell peppers, halved and seeded	1/4 cup (30g) mozzarella cheese, shredded	
1 cup (30g) spinach, wilted	1 tablespoon (15ml) olive oil	
1/2 cup (125g) ricotta cheese	Salt and pepper to taste	

#### Instructions

Preheat oven to 375°F (190°C). In a bowl, mix wilted spinach with ricotta cheese, salt, and pepper. Stuff each bell pepper half with the spinach-ricotta mixture. Place stuffed peppers on a baking sheet, drizzle with olive oil, and top with mozzarella cheese. Bake for 20 minutes or until the cheese is melted and bubbly. Serve warm.

#### Variation: Mushroom and Feta Stuffed Peppers

Replace the spinach with 1 cup (70g) of sautéed mushrooms and swap the ricotta cheese for 1/2 cup (75g) of crumbled feta. This gives the dish an earthy, tangy flavor and a different texture. (C: 280 kcal; P: 13g; TC: 14g; NC: 11g; F: 19g)

#### Substitution: Vegan Option

Use a dairy-free ricotta and mozzarella alternative, such as almond or soy-based cheese, and replace the spinach with 1 cup (150g) of finely chopped kale. This keeps the dish vegan while maintaining its creamy texture and flavor.

(C: 240 kcal; P: 8g; TC: 16g; NC: 13g; F: 15g)

## Desserts

### 34. Almond Flour Cookies

VEGETARIAN	Prep: 10 minutes	Cook: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 150 kcal; P: 4g; TC: 6g; NC: 3g; F: 12g		
<b>Ingredients</b>		
1 cup (96g) almond flour		
1/4 cup (56g) butter, melted		
2 tablespoons (20g) erythritol or monk fruit sweetener		
1/2 teaspoon (2.5ml) vanilla extract		
1/4 teaspoon (1.2g) baking soda		

#### Instructions

Preheat oven to 350°F (175°C). Mix all the ingredients in a bowl until well combined. Form small dough balls and place them on a baking sheet. Flatten the cookies slightly and bake for 10-12 minutes until golden brown. Let cool before serving.

#### Variation Chocolate Chip Almond Cookies:

Add 1/4 cup (40g) of sugar-free chocolate chips to the dough before baking. This adds a rich, chocolatey flavor and texture to the cookies.

(C: 180 kcal; P: 5g; TC: 8g; NC: 4g; F: 14g)

#### Substitution Vegan Option:

Replace the butter with 1/4 cup (56g) of melted coconut oil and use a flax egg (1 tablespoon (7g) ground flaxseed mixed with 3 tablespoons (45ml) water) instead. This keeps the cookies vegan-friendly without compromising texture or flavor.

(C: 160 kcal; P: 4g; TC: 7g; NC: 4g; F: 13g)

### 35. Keto Cheesecake

VEGETARIAN	Prep: 10 minutes	Cook: 20 minutes
<b>Nutritional Information Per Serving:</b> C: 300 kcal; P: 8g; TC: 5g; NC: 2g; F: 28g		
<b>Ingredients</b>		
1/2 cup (112g) cream cheese	1/2 teaspoon (2.5ml) vanilla extract	
1/4 cup (60ml) heavy cream	1/4 cup (28g) almond flour (optional for	
2 tablespoons (16g) powdered erythritol	crust)	

#### Instructions

Preheat oven to 350°F (175°C). Mix cream cheese, heavy cream, erythritol, and vanilla extract until smooth. If desired, press almond flour into the base of a small baking dish to create a crust. Pour the cheesecake mixture over the crust and bake for 20 minutes. Let it cool before refrigerating for 1-2 hours. Serve chilled.

#### Variation Chocolate Keto Cheesecake:

Add 1 tablespoon (5g) of unsweetened cocoa powder to the cheesecake mixture for a rich chocolate flavor. You can also add a few sugar-free chocolate chips on top before baking for added texture and taste.

(C: 320 kcal; P: 9g; TC: 6g; NC: 3g; F: 30g)

#### Substitution Dairy-Free Option:

Use 1/2 cup (120g) of dairy-free cream cheese and 1/4 cup (60ml) of coconut cream instead of heavy cream. This will provide the same creamy texture and flavor without any dairy, making it suitable for those who are lactose intolerant or following a vegan diet. (C: 290 kcal; P: 7g; TC: 6g; NC: 3g; F: 27g)

### 36. Protein Brownies

VEGETARIAN	Prep: 10 minutes	Cook: 20 minutes
<b>Nutritional Information Per Serving:</b> C: 180 kcal; P: 12g; TC: 8g; NC: 4g; F: 10g		
<b>Ingredients</b>		
1/4 cup (30g) chocolate protein powder		
2 tablespoons (14g) almond flour		
2 tablespoons (10g) unsweetened cocoa powder		
1 tablespoon (14g) coconut oil		
1 large egg (50g)		
2 tablespoons (16g) erythritol or stevia		

#### Instructions

Preheat oven to 350°F (175°C). Mix all ingredients in a bowl until smooth. Pour the batter into a greased baking dish. Bake for 15-20 minutes or until a toothpick comes out clean. Let cool before cutting and serving.

#### Variation Nutty Protein Brownies:

Add 1/4 cup (28g) of chopped walnuts or pecans to the batter for added crunch and healthy fats. This variation provides additional texture and a nutty flavor that pairs well with the chocolate. (C: 210 kcal; P: 13g; TC: 9g; NC: 5g; F: 14g)

#### Substitution Vegan Option:

Replace the egg with 1/4 cup (60ml) of unsweetened applesauce and use a plant-based protein powder instead of whey protein. This makes the brownies vegan-friendly while maintaining a moist texture and rich chocolate flavor.

(C: 170 kcal; P: 10g; TC: 9g; NC: 5g; F: 9g)

### 37. Chia Seed Pudding with Berries

VEGETARIAN	Prep: 10 minutes	Chill: 12 hours
<b>Nutritional Information Per Serving:</b> C: 150 kcal; P: 6g; TC: 12g; NC: 8g; F: 8g		
<b>Ingredients</b>		
3 tablespoons (36g) chia seeds                      1 tablespoon (15ml) sugar-free maple syrup		
1 cup (240ml) unsweetened almond milk      1/2 cup (75g) mixed berries		

#### Instructions

In a bowl, whisk together chia seeds, almond milk, and maple syrup. Cover and refrigerate for 12 hours, or until the mixture thickens. Top with mixed berries and serve chilled.

#### Variation Chocolate Berry Chia Pudding:

Add 1 tablespoon (7g) of unsweetened cocoa powder to the chia mixture before chilling. This variation gives the pudding a rich chocolate flavor, complementing the sweetness of the berries. (C: 160 kcal; P: 7g; TC: 14g; NC: 9g; F: 9g)

#### Substitution Nut-Free Option:

Replace almond milk with coconut milk and use agave syrup instead of maple syrup. This substitution makes the pudding suitable for those with nut allergies while keeping the creamy texture and flavor intact. (C: 170 kcal; P: 5g; TC: 14g; NC: 9g; F: 10g)

### 38. Low-Carb Chocolate Mousse

VEGETARIAN	Prep: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 200 kcal; P: 5g; TC: 5g; NC: 3g; F: 18g	
<b>Ingredients</b>	
1/2 cup (120ml) heavy cream	1 tablespoon (10g) powdered erythritol
2 tablespoons (12g) unsweetened cocoa powder	1/2 teaspoon (2.5ml) vanilla extract

#### Instructions

Whip heavy cream until soft peaks form. Gently fold in cocoa powder, erythritol, and vanilla extract. Spoon into bowls and serve immediately or refrigerate for later.

#### Variation Mint Chocolate Mousse:

Add 1/4 teaspoon (1.25ml) of peppermint extract along with the vanilla extract for a refreshing mint flavor. Garnish with a few fresh mint leaves or a sprinkle of crushed sugar-free peppermint candies. (C: 205 kcal; P: 5g; TC: 5g; NC: 3g; F: 18g)

#### Substitution Dairy-Free Option:

Replace the heavy cream with 1/2 cup (120ml) of full-fat coconut milk. Use a dairy-free sweetener like stevia or monk fruit, and add 1 tablespoon (15g) of coconut cream for extra thickness. This makes the mousse suitable for those avoiding dairy while maintaining its rich and creamy texture. (C: 190 kcal; P: 3g; TC: 6g; NC: 4g; F: 17g)

### 39. Lemon Coconut Balls

VEGETARIAN	Prep: 10 minutes
<b>Nutritional Information Per Serving:</b> C: 180 kcal; P: 3g; TC: 6g; NC: 4g; F: 15g	
<b>Ingredients</b>	
1/2 cup (45g) shredded unsweetened coconut	1 tablespoon (15ml) lemon juice
2 tablespoons (30g) coconut oil	1 tablespoon (10g) erythritol

#### Instructions

In a bowl, mix all ingredients until combined. Roll the mixture into small balls and refrigerate for 15 minutes. Serve chilled.

#### Variation Lemon Blueberry Coconut Balls:

Add 1 tablespoon (15g) of dried blueberries to the mixture for a burst of fruity flavor. You can also replace the lemon juice with lime juice for a different citrus twist.

(C: 190 kcal; P: 3g; TC: 8g; NC: 5g; F: 15g)

#### Substitution Nut-Free Option:

Replace the shredded coconut with an equal amount of sunflower seed meal and use sunflower oil instead of coconut oil. This option is suitable for those with coconut allergies, while still delivering a similar texture and taste. (C: 200 kcal; P: 4g; TC: 7g; NC: 4g; F: 16g)

#### 40. Peanut Butter Protein Bars

VEGETARIAN	Prep: 10 minutes	Cook: 15 minutes
<b>Nutritional Information Per Serving:</b> C: 220 kcal; P: 12g; TC: 8g; NC: 5g; F: 16g		
<b>Ingredients</b> 1/4 cup (64g) peanut butter (unsweetened)    1 tablespoon (14g) coconut oil 1/4 cup (30g) vanilla protein powder        1 tablespoon (20g) honey (optional) 2 tablespoons (14g) almond flour		

##### Instructions

In a bowl, mix all ingredients until well combined. Press the mixture into a small baking dish and refrigerate for 15 minutes. Cut into bars and serve.

##### Variation Chocolate Peanut Butter Bars:

Add 1 tablespoon (7g) of unsweetened cocoa powder to the mixture and replace vanilla protein powder with chocolate protein powder for a rich, chocolatey flavor. This variation adds a deeper taste profile and a hint of chocolate.

(C: 240 kcal; P: 13g; TC: 9g; NC: 6g; F: 17g)

##### Substitution Nut-Free Option:

Replace the peanut butter with sunflower seed butter and the almond flour with oat flour (same quantities). This substitution makes the bars suitable for those with nut allergies while maintaining a similar texture and taste. (C: 230 kcal; P: 11g; TC: 10g; NC: 6g; F: 15g)

## Chapter 11: Eating Out and Social Situations

Following a Low-Carb, High-Protein diet doesn't mean giving up dining out, attending social gatherings, or enjoying special events. With a bit of preparation and some smart strategies, you can stay on track with your health goals while still participating fully in the activities and meals you love. While social situations may present food-related challenges, they don't have to derail your progress or leave you feeling deprived.

This chapter provides practical tips and techniques for navigating restaurant menus, social events, and cravings while staying true to your Low-Carb, High-Protein lifestyle. Whether you're dining out with friends, attending a family celebration, or managing unexpected cravings, these strategies will help you make thoughtful choices that support your goals without sacrificing the joy of food or connection.

### Tips for Staying on Track When Dining Out

Dining out doesn't have to derail your diet. With a bit of planning and mindful choices, you can enjoy your meal while staying in control:

1. **Research the Menu in Advance:** Many restaurants now post their menus online, allowing you to plan ahead. Look for dishes featuring grilled meats, seafood, salads, and vegetable sides. Avoid entrees with heavy sauces, glazes, or breading that may contain hidden sugars or starches sugars or carbohydrates.
2. **Ask for Modifications:** Don't hesitate to request substitutions. Replace carb-heavy sides like fries or mashed potatoes with steamed vegetables or a side salad. Opt for grilled or baked options over fried foods. Most restaurants are happy to accommodate dietary preferences, so feel free to make special requests that fit your needs.
3. **Watch Portion Sizes:** Restaurant portions are often larger than necessary. To avoid overeating, consider sharing a dish or asking for a to-go box when your food arrives, so you can save half for another meal. This way, you can enjoy your meal without exceeding your calorie goals.
4. **Avoid Empty Calories:** Skip the bread basket, sugary cocktails, and carb-heavy sides. Instead, opt for water, unsweetened tea, or sparkling water with lemon. If you're drinking alcohol, choose low-carb options like dry wines or spirits such as vodka, whiskey, or tequila mixed with soda water. These choices allow you to stay within your carb limits while enjoying your dining experience.

## How to Navigate Social Events Without Sabotaging Your Diet

Social gatherings often revolve around food, which can make it challenging to stick to your diet. However, with a few strategies, you can enjoy the event while staying mindful of your health goals:

1. **Bring a Dish:** If it's a potluck or family gathering, offer to bring a dish that fits your Low-Carb, High-Protein plan. This ensures there's at least one option available that aligns with your diet, and others might enjoy it too!
2. **Focus on Protein and Vegetables:** At a buffet or barbecue, prioritize protein-rich options like grilled chicken, steak, or fish, and pair them with salads or grilled vegetables. Avoid carb-heavy dishes like pasta, bread, or rice to keep your meal balanced and satisfying.
3. **Snack Before You Go:** Arriving at a social event hungry can lead to overeating. Have a small High-Protein snack, such as a boiled egg or a handful of nuts, before heading out. This will reduce the temptation to overindulge in foods that don't align with your dietary goals.
4. **Mind Your Drinks:** Be mindful of beverages, which can often be a hidden source of sugar and carbs. Stick to water, sparkling water, or unsweetened drinks. If you're drinking alcohol, choose low-carb options like dry wine or spirits without sugary mixers.

## Dealing with Cravings and Temptations

Even with careful planning, cravings and temptations are inevitable. Here's how to handle them effectively:

1. **Keep Healthy Snacks On Hand:** Always carry a Low-Carb, High-Protein snack like almonds, beef jerky, or a protein bar. This prevents you from reaching for unhealthy options when hunger strikes, especially in situations where healthy choices might not be available.
2. **Distract Yourself:** When a craving hits, engage in a different activity—take a walk, call a friend, or read a book. Cravings often last only 10–20 minutes. Keeping busy can help you ride them out without indulging unnecessarily.
3. **Stay Hydrated:** Sometimes, thirst is mistaken for hunger. Drink a glass of water when you feel a craving coming on, and give it a few minutes before deciding if you're actually hungry. Staying hydrated can reduce unnecessary snacking.
4. **Mindful Eating:** If you choose to indulge, do so mindfully. Select a small portion, savor each bite, and stop when you feel satisfied. This helps prevent mindless overeating and allows you to enjoy the treat guilt-free.

## **Chapter 12: Staying Motivated, Reflecting, and Continuing Your Progress**

Embarking on a Low-Carb, High-Protein diet is more than just a step toward better health—it's the beginning of a transformative journey. Reaching your goals is a remarkable achievement, but maintaining your progress and staying motivated for the long term is where true success lies. This chapter is designed to help you reflect on your accomplishments, stay inspired, and adapt your approach as your goals evolve.

### **Strategies for Long-term Motivation**

Staying motivated is like keeping a fire burning—it requires attention and care. To stay on track with your goals, it's essential to set realistic expectations. Progress takes time, and success doesn't happen overnight. Rather than striving for perfection, focus on small, achievable goals that fit into your current lifestyle. For instance, aim to lose 1–2 pounds per week, gradually build stamina over the course of a few months, or try incorporating a few new recipes into your routine. Each small victory along the way—whether it's mastering a new dish, hitting a weight milestone, or simply feeling more energized—is a step forward. Take the time to celebrate these moments. Treat yourself to something that makes you happy, like new workout gear, a relaxing spa day, or even a fun outing. Rewards like these reinforce the positive changes you're making and help keep your motivation alive.

Accountability is another key part of staying motivated. Keeping track of your progress, whether through a journal, an app, or progress photos, is a great way to reflect on how far you've come. Sharing your journey with friends, family, or a supportive community can also provide encouragement during challenging times and hold you accountable to your goals. Sometimes, simply knowing that others are cheering you on can make all the difference.

To keep your journey engaging and sustainable, it's important to avoid monotony. While having a routine can be helpful, repeating the same meals or workouts over and over can start to feel dull. Keep things fresh and exciting by experimenting with new recipes, trying out different workouts, or setting new challenges for yourself. Variety keeps your routine enjoyable and gives you the spark you need to stay committed, turning what could feel like a chore into an adventure that you genuinely look forward to each day.

## **Reflecting on Your Journey**

Take a moment to pause and reflect on how far you've come in your journey. Think about the goals you set when you started and whether you've achieved them. Consider how you feel now—do you feel healthier, stronger, or more energized than before? Reflect on what you've learned about yourself and your habits along the way. Every achievement, no matter how big or small, is a testament to your resilience and commitment. Whether you've lost weight, improved your blood sugar levels, or simply found more joy in preparing and enjoying healthy meals, each step forward deserves to be celebrated. Taking the time to reflect on your progress not only helps you appreciate your efforts but also allows you to refine your approach and set meaningful new goals for the next phase of your journey.

## **How to Adjust the Diet as Your Goals Evolve**

As your body changes and your fitness levels improve, your nutritional needs will naturally shift. Adjusting your Low-Carb, High-Protein diet to match these evolving goals is essential, whether you're focusing on maintaining weight, building muscle, or simply improving overall health.

For weight maintenance, once you've reached your target, it's helpful to gradually reintroduce nutrient-dense carbohydrates like whole grains, fruits, and starchy vegetables. Balancing these additions with a consistent focus on high protein intake will allow you to stabilize your weight without regaining the pounds you've worked so hard to lose. Monitoring portion sizes and staying physically active are also critical for sustaining your progress and feeling your best.

If your goal shifts toward muscle building, you'll need to increase your overall caloric intake, especially through additional protein and healthy fats. Strength training should become a key part of your routine, and paying close attention to post-workout nutrition will give your body the fuel it needs to recover and grow stronger.

For those prioritizing general well-being, a balanced diet rich in whole, unprocessed foods is key. Incorporate lean proteins, healthy fats, and vibrant vegetables, while also adding more fiber to support digestion and heart health. Staying well-hydrated and making adjustments based on your body's needs will ensure you maintain vitality and enjoy long-term health benefits.

## Setting New Milestones to Stay Engaged

Achieving your initial health goals is a wonderful milestone, but to keep your journey dynamic and exciting, it's important to set new challenges. These could be fitness-oriented, like training for a 5K or increasing your strength, or food-focused, such as trying unfamiliar recipes or exploring new nutritional approaches. These fresh goals add variety to your routine and keep you motivated, preventing any sense of stagnation.

At the same time, staying flexible is crucial. Life is unpredictable, and your health needs may evolve over time. You might face new fitness challenges, experience lifestyle changes, or discover different priorities along the way. The key is adaptability—embracing change while staying committed to the core principles of a Low-Carb, High-Protein diet ensures you'll maintain your progress and continue to lead a balanced, healthy lifestyle.

## Long-Term Health Benefits of a Low-Carb, High-Protein Diet

The advantages of a Low-Carb, High-Protein diet extend far beyond initial weight loss. By sticking with this way of eating, you'll enjoy numerous long-term health benefits that enhance your overall well-being:

**Sustainable Weight Management:** By curbing cravings, stabilizing blood sugar levels, and promoting fat burning, this diet helps you maintain a healthy weight for the long term. .

**Improved Metabolism:** A high-protein intake supports muscle growth and maintenance, boosting your metabolic rate and enabling your body to burn more calories, even at rest. .

**Enhanced Blood Sugar Control:** Stabilizing blood sugar levels is especially beneficial for individuals managing conditions like diabetes or insulin resistance, helping to avoid energy crashes or spikes.

**Better Heart Health:** By focusing on healthy fats and minimizing processed foods, this diet can improve cholesterol levels, reduce blood pressure, and support overall cardiovascular health.

**Consistent Energy and Mental Clarity:** Avoiding dramatic blood sugar fluctuations leads to steady energy levels and mental focus throughout the day, without the highs and lows that often accompany high-carb meals.

## **Final Encouragement and Next Steps**

As this book comes to a close, your journey is just beginning. Remember that every small step forward counts, and the habits you've built so far provide a strong foundation for continued success.

Life will always bring challenges and changes, but progress—not perfection—is what matters most. Stay curious, keep learning, and embrace every opportunity to grow. Nutrition and health are ever-evolving fields, and staying informed will help you refine your approach as new insights emerge.

Set new goals, celebrate your achievements, and continue to enjoy the process. Above all, view this journey as a commitment to yourself—an act of self-love that will serve you for years to come.

You've already proven that you have the strength, determination, and resilience to make meaningful changes in your life. Now, take that energy and keep moving forward with confidence, purpose, and joy.

Your best self is waiting—and you're already on your way.

## Index of Recipes

<b>Name</b>	<b>Course</b>	<b>Veg</b>	<b>Special</b>	<b>P.</b>
Almond Butter & Celery Sticks	Snack	Yes	Normal	53
Almond Flour Cookies	Dessert	Yes	Special	97
Almond Flour Shortbread Cookies	Dessert	Yes	Normal	60
Almond Flour Waffles	Breakfast	Yes	Normal	25
Asian Chicken Salad with Sesame Dressing	Lunch	No	Normal	30
Avocado and Bacon Egg Cups	Breakfast	Yes	Special	66
Avocado Chocolate Mousse	Dessert	Yes	Normal	58
Avocado Dip with Veggies	Snack	Yes	Special	91
Avocado Toast with Smoked Salmon	Breakfast	No	Normal	20
Baked Cod with Lemon & Capers	Dinner	No	Normal	50
Baked Salmon with Asparagus	Dinner	No	Special	81
Baked Veggie Frittata	Breakfast	Yes	Normal	16
Balsamic Glazed Chicken with Roasted Vegetables	Dinner	No	Normal	45
Beef & Bell Pepper Stir-Fry	Lunch	Yes	Normal	36
Beef & Broccoli Stir-Fry	Dinner	No	Special	82
Beef & Spinach Stuffed Mushrooms	Dinner	No	Normal	41
Beef Chili with Avocado	Dinner	No	Normal	44
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Bell Pepper Slices with Guacamole	Snack	Yes	Normal	57
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Cajun Shrimp Skewers	Dinner	No	Normal	41
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Chicken Caesar Salad	Lunch	No	Special	76
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<b>Name</b>	<b>Course</b>	<b>Veg</b>	<b>Special</b>	<b>P.</b>
Chocolate Chia Seed Pudding	Dessert	Yes	Normal	60
Chocolate Hazelnut Smoothie	Breakfast	Yes	Normal	23
Coconut Chia Pudding	Breakfast	Yes	Normal	20
Coconut Curry Chicken Thighs	Dinner	No	Normal	47
Coconut Flour Pancakes	Breakfast	Yes	Normal	24
Coconut Macaroons	Dessert	Yes	Normal	59
Cottage Cheese & Berry Bowl	Breakfast	Yes	Normal	25
Cottage Cheese with Pineapple	Snack	Yes	Normal	56
Cucumber Slices with Tuna Salad	Snack	No	Normal	53
Egg Salad Lettuce Cups	Lunch	Yes	Normal	33
Eggplant Lasagna	Dinner	No	Special	86
Eggs Benedict with Yogurt Hollandaise	Breakfast	No	Normal	21
Eggs in Tomato Cups	Breakfast	Yes	Normal	18
Garlic Butter Chicken	Dinner	No	Special	80
Garlic Butter Shrimp with Zoodles	Dinner	No	Normal	44
Greek Salad with Grilled Salmon	Lunch	No	Normal	36
Greek Yogurt Parfait with Berries	Breakfast	Yes	Special	65
Greek Yogurt Parfait with Nuts & Seeds	Breakfast	Yes	Normal	22
Greek Yogurt with Blueberries & Almonds	Snack	Yes	Normal	54
Greek Yogurt with Nuts	Snack	Yes	Special	91
Greek-Style Lamb Chops	Dinner	No	Normal	47
Green Protein Smoothie	Breakfast	Yes	Normal	18
Grilled Chicken Salad	Lunch	No	Special	71
Grilled Steak & Arugula Salad	Lunch	No	Normal	32
Grilled Swordfish with Lemon Butter	Dinner	No	Normal	43
Hard-Boiled Eggs with Avocado	Snack	No	Normal	55
Herb-Crusted Salmon with Asparagus	Dinner	No	Normal	39
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Kale & Chicken Salad with Tahini Dressing	Lunch	No	Normal	28
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Keto Cheesecake	Dessert	Yes	Special	98
Lemon Blueberry Cheesecake Bites	Dessert	Yes	Normal	59
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Lemon Garlic Chicken Thighs	Dinner	No	Normal	39
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<b>Name</b>	<b>Course</b>	<b>Veg</b>	<b>Special</b>	<b>P.</b>
Lentil & Spinach Soup	Lunch	Yes	Normal	30
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Mini Ham & Cheese Frittatas	Breakfast	No	Normal	23
Mushroom & Feta Omelet	Breakfast	Yes	Normal	18
Peanut Butter Protein Bars	Dessert	Yes	Special	103
Pork Chops with Cauliflower Mash	Dinner	No	Normal	40
Pork Tenderloin with Brussels Sprouts	Dinner	No	Special	88
Pork Tenderloin with Green Beans	Dinner	No	Normal	46
Protein Brownies	Dessert	Yes	Special	99
Protein-Packed Overnight Oats	Breakfast	Yes	Normal	26
Pumpkin Seed Energy Bites	Snack	Yes	Normal	55
Quinoa & Nut Breakfast Bowl	Breakfast	Yes	Normal	21
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Ratatouille with Grilled Chicken	Dinner	No	Normal	49
Ricotta Protein Pancakes	Breakfast	Yes	Normal	17
Roast Chicken with Root Vegetables	Dinner	No	Normal	42
Scrambled Eggs with Spinach & Mushrooms	Breakfast	Yes	Normal	23
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Shrimp & Avocado Lettuce Wraps	Lunch	No	Normal	28
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Spinach and Feta Egg Muffins	Breakfast	Yes	Special	64
Spinach and Ricotta Stuffed Peppers	Snack	Yes	Special	95
Steak Fajitas with Bell Peppers	Dinner	No	Normal	50
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<b>Name</b>	<b>Course</b>	<b>Veg</b>	<b>Special</b>	<b>P.</b>
Tofu Scramble with Veggies	Breakfast	Yes	Normal	20
Tofu Stir-Fry	Snack	Yes	Special	92
Tuna & Avocado Salad	Lunch	No	Normal	33
Tuna Salad Lettuce Wraps	Lunch	No	Special	73
Turkey and Spinach Stuffed Peppers	Lunch	No	Special	75
Turkey Burger with Avocado & Tomato	Lunch	No	Normal	33
Turkey Cobb Salad	Lunch	No	Normal	30
Turkey Meatball Zoodle Soup	Lunch	No	Normal	85
Turkey Meatballs with Veggies	Dinner	No	Special	85
Turkey Meatloaf with Cauliflower Mash	Dinner	No	Normal	37
Veggie and Cheese Omelet	Breakfast	No	Special	70
Zoodle Bowl with Grilled Tofu	Lunch	Yes	Normal	34
Zucchini Lasagna	Dinner	Yes	Normal	40
Zucchini Noodles with Pesto	Dinner	Yes	Special	83
Zucchini Noodles with Pesto & Cherry Tomatoes	Lunch	Yes	Normal	28

Dear Reader,

**Congratulations on Taking the First Step Toward a Healthier You!**

As a token of my gratitude for choosing this book, I'm thrilled to offer you exclusive bonuses that will supercharge your low-carb, high-protein journey. These resources are designed to make your lifestyle transition smoother, simpler, and even more enjoyable.

**Bonus 1: 90-Day Meal Plan – Jumpstart Your Health Goals with Ease!**

This structured 90-day meal plan offers a variety of delicious, balanced meals to keep you on track and energized. No more guesswork—just easy-to-follow meals designed for success.

**Bonus 2: How to Adapt the Plan to Vegetarian, Dairy-Free, and Gluten-Free Diets – Flexibility to Fit Your Needs!**

Tailor the 90-day plan to suit your dietary preferences. Whether you're vegetarian, dairy-free, or gluten-free, this guide ensures you can enjoy every meal without compromise.

**Bonus 3: Quick Meal Prep Guide for Busy Days – Healthy Eating Made Effortless!**

Packed with practical tips, this guide helps you save time and stay consistent—even on your busiest days. Meal prep has never been so simple or satisfying.

**Bonus 4: Eating Low-Carb High-Protein on a Budget – Save Money Without Sacrificing Nutrition!**

Discover smart strategies for eating well while staying within your budget. From affordable ingredient swaps to budget-friendly recipe ideas, this guide has you covered.

**Bonus 5: Mindful Eating and Portion Control – Find Balance, Satisfaction, and Control!**

Learn practical techniques to eat mindfully, control portions, and enjoy every bite. These strategies will help you avoid overeating and maintain your health goals with ease.

**Access Your Bonuses Now!**

Scan the QR code below with your smartphone or tablet to unlock these exclusive resources. You'll be directed to a dedicated page where you can download everything and start enjoying your bonuses today!



If you encounter any issues or have questions, I'd love to hear from you! Feel free to reach out to me directly at [oliviahart@trueleafpress.com](mailto:oliviahart@trueleafpress.com).

# **But wait, there's more!**

To make your journey even more exciting, I've partnered with incredible creators to bring you two exclusive bonuses that will take your health and fitness to the next level. Get ready to unlock these valuable resources!

## Bonus 6: Recipe Videos by Cooking with Dave

We're excited to share this collaboration with *Cooking with Dave*, a talented chef who brings simple, delicious recipes to life in an engaging and approachable way. Through his easy-to-follow videos, Dave helps home cooks of all skill levels prepare incredible dishes that fit perfectly into your low-carb, high-protein lifestyle.

Thanks to this exclusive partnership, you'll gain access to a selection of videos designed to elevate your cooking experience. From quick meals for busy days to more elaborate recipes for special occasions, Dave will guide you every step of the way, making healthy cooking simple and enjoyable.

**Scan the QR code below** to discover Dave's video collection and get inspired to create meals you'll love to share!



### Credits

We'd like to extend our heartfelt thanks to **Dave** and the *Cooking with Dave* team for generously sharing their amazing content with you. Be sure to visit his channel for even more inspiring recipes and helpful cooking tips to enhance your culinary journey!

## Bonus 7: Low-Impact Workouts by Improved Health

Take your fitness to the next level with expert-designed low-impact workouts from *Improved Health*.

Led by Jules, a dedicated professional in health and fitness, this channel offers a wide variety of routines—from cardio and strength training to stretching and full-body workouts—all designed to be safe, effective, and accessible. Whether you're a beginner or looking for a gentle yet impactful way to stay active, *Improved Health* has the perfect workout to meet your needs.

Through this special collaboration, you can easily access workouts tailored to your fitness level. With Jules' expert guidance and encouraging approach, you'll feel supported every step of the way as you build strength, energy, and confidence.

**Scan the QR code below** to explore *Improved Health* and start your journey to feeling your best today!



### Credits

Our deepest thanks go to **Jules** and the *Improved Health* team for generously sharing their wonderful content with you as part of this exclusive bonus. Don't forget to visit their channel for even more empowering fitness routines and expert tips to support your health journey!

# THANK YOU

Thank you for joining us on the Low Carb High Protein Cookbook for Beginners journey. We sincerely hope it brings you health, energy, and inspiration for delicious, balanced meals.

May this book support your goals and add joy to your culinary adventures. If you've found it helpful,  
**please consider leaving a review.**

Your thoughts and experiences are invaluable and deeply appreciated.