

# 40 LOW-CARB RECIPES



# Introduction

Intermittent fasting is an excellent lifestyle choice for transforming your body and life through weight loss and improved health. Intermittent fasting is not, strictly speaking, a diet. It's more of an eating routine. However, maintaining a healthy diet while intermittent fasting is just as important as fasting itself. Fasting cannot bring about miracles on its own. To achieve your weight loss goals and reap the health benefits associated with regular fasting, you must combine intermittent fasting with a healthy diet, which includes proper nutrition and calorie control.

Making poor food choices and eating too much during your eating window will greatly reduce, if not completely negate, the effects. Too many calories, regardless of when they are consumed, represent a higher energy intake than energy expenditure, which will not result in weight loss. Choosing healthy, nutritious foods in between fasting periods will also help you feel more satisfied, less hungry, and less prone to cravings.



# CHICKEN CASSEROLE

## Ingredients

- 2 large boneless skinless chicken breasts, cut horizontally
- 8 oz cream cheese, softened
- 2 cup spinach, rinsed
- 2 tablespoons olive oil, divided
- 4 oz Mozzarella cheese, shredded
- 3 cloves garlic, minced
- 1/2 teaspoon red pepper flakes, optional
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon Italian seasoning, optional



## Instruction

1. To make the spinach chicken casserole, combine the olive oil, garlic, Italian seasoning, red pepper flakes, 1/2 teaspoon salt, and 1/2 teaspoon black pepper in a Ziplock bag. Close the bag, then shake to combine. While preparing the additional ingredients, add the chicken breasts, seal, and massage so they are completely covered in the marinade. Set aside for 10-15 minutes on the counter. The oven should be preheated to 400°F (200°C) with a rack in the middle.
2. Put 1 tablespoon of olive oil in a skillet and quickly wilt the spinach, then remove from heat.
3. Place chicken breasts on a baking dish after draining them from the marinade. Lay the spinach on top of the softened cream cheese after spreading it over the chicken breasts. Last but not least, top with mozzarella.
4. For 20 to 30 minutes, bake the spinach and chicken casserole. When the chicken casserole reaches an internal temperature of 165°F (75°C), it is finished. Warm cauliflower rice or baked vegetables should be served alongside the spinach chicken dish. Enjoy!

## Nutrition

Calories 540 cal, Fat 33.2g, Carbs 4.95g, Protein 54.36g



## Prepare Time

10 Minutes



## Cook Time

30 Minutes

# MUSHROOMS SKILLET

## Ingredients

- 4 tablespoons unsalted butter (or ghee)
- 1 tablespoon olive oil
- 1/2 onion, chopped
- 1/2 head cauliflower, cut into florets
- 1 pound (500 g) mushrooms, cleaned
- 2 tablespoons low sodium vegetable stock
- 1 teaspoon fresh thyme leaves, chopped
- 2 tablespoons fresh parsley, chopped
- 4 cloves garlic, minced
- Salt and pepper, to taste



## Instruction

1. Making the skillet of browned cauliflower and mushrooms In a sizable skillet or pan over medium-high heat, melt the butter and oil. Once the onion is tender, sauté it (about 3 minutes).
2. Include the mushrooms and simmer for about 4-5 minutes, turning once. As much moisture as you can should be rendered by the mushrooms. If further browning is required, do so to prevent the side dish from becoming soggy. Keep an eye on it to prevent them from burning as well.
3. Add cauliflower florets once the mushrooms are thoroughly browned. Cook for 8 to 10 minutes, or until the edges are golden and crispy. Vegetables must be thoroughly browned.
4. To slightly decrease the sauce, add the vegetable stock and boil for 2 minutes.
5. Add thyme, garlic, and a tablespoon of parsley. Cook the cauliflower and mushrooms until aromatic, about 30 seconds. The garlic butter mushrooms and cauliflower skillet should be served right away after being liberally seasoned with salt and pepper, to taste, and garnished with the remaining parsley. Enjoy!

## Nutrition

Calories 184.9, Fat 16.5g,  
Carbs 7.41g, Protein 4.9g



### Prepare Time

5 Minutes



### Cook Time

20 Minutes

# CHICKEN SPINACH SOUP

## Ingredients

- 2 lbs (900g) chicken breasts (boneless and skinless)
- 12 oz (340g) of cream cheese (a block and a half)
- 1 1/2 cups shredded Cheddar Cheese
- 1 1/2 cup to 2 cups bone broth or water
- 2 cups baby Spinach
- One 1-oz packet of Dry Ranch Seasoning mix
- 8 oz (220g) bacon crumbles



## Instruction

1. Depending on the consistency you want, put 1 1/2 cups to 2 cups of liquid (bone broth or water) in the bottom of your pressure cooker or Instant Pot to prepare the Instant Pot chicken soup.
2. To the insert, add the chicken. Prepare the cream cheese by chopping the blocks into sizable pieces, then sprinkle it, along with the cheddar cheese, seasonings, and the chicken breasts, on top. 20 minutes on high pressure in the pressure cooker.
3. Do a swift release when the time is up. With two forks, carefully take the chicken from the Instant Pot and shred it onto a platter.
4. Refill the Instant Pot with the shredded chicken. Add the bacon crumbles and stir in the spinach. Reheat with a brief toss until the sauce is smooth and the spinach has barely wilted. The sauce will thicken if the ingredients are let to settle for a while. Enjoy the Instant Pot chicken soup warm off the stove!

## Nutrition

Calories 838.73, Fat 62.94g,  
Carbs 13.76g, Protein  
53.78g



## Prepare Time

10 Minutes



## Cook Time

20 Minutes



# Cauliflower Salad

## Ingredients

- **Salad:**
- 1 cauliflower small
- 4 hard boiled eggs diced
- 6 slices bacon cooked + crumbled
- 5 scallions sliced
- 1/2 cup celery diced
- **Dressing:**
- 1/3 cup sour cream
- 1/3 cup regular mayonnaise
- 1 tablespoon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika



## Instruction

1. **Steam:** Steam one head of cauliflower after cutting it into bite-sized pieces. You may do this in the microwave by placing water in a sizable bowl that can be used in the oven and heating it on high for about 15 minutes. as well as over a stove. WELL drain!
2. **Dressing:** In a small bowl, add mayonnaise (1/3 cup), sour cream (1/3 cup), mustard (1 tablespoon), paprika (1/4 teaspoon), salt (1/2 teaspoon), and black pepper (1/4 teaspoon).
3. **Combine:** A large bowl should contain the following ingredients: steamed cauliflower, hard-boiled eggs (4 diced), cooked bacon (6 pieces), celery (1/2 cup), and scallions (5 sliced). Toss to incorporate. When the salad is thoroughly prepared, drizzle dressing over the top and toss. If necessary, taste and adjust the seasoning. Before serving, place salad in the refrigerator for a few hours.

## Nutrition

Calories 190, Fat 17 g, Carbs 2g, Protein 5g



### Prepare Time

30 Minutes



### Total Time

35 Minutes

# CHOPPED SALMON SALAD

## Ingredients

- 6 oz. salmon cooked and flaked
- 3 cups cucumber chopped
- 3 cups tomatoes chopped
- $\frac{3}{4}$  cup red onions chopped
- $\frac{1}{2}$  cup green onions chopped



## Instruction

1. Salmon, cucumber, tomatoes, red onions, and green onions should all be placed in a sizable salad bowl. All of the ingredients should be mixed.
2. Pour the freshly squeezed lemon juice and olive oil into a mason jar. Whisk everything while adding salt and pepper. While adding the olive oil in a stream, whisk continuously.
3. Pour over the salad after tasting to determine the seasoning. Enjoy!

## Nutrition

Calories 166, Fat 10.1g,  
Carbs 11.1g, Protein 10.5g



**Prepare Time**

10 Minutes



**Cook Time**

12 Minutes

# CAULIFLOWER RICE SUSHI

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



## Instruction

1. Cauliflower rice should be made first. Remove the thick central stem by halving the cauliflower again. Trim off any thicker stem portions that are left after cutting or breaking each half into smaller pieces.
2. homemade sushi made with cauliflower rice
3. The cauliflower should be processed in a food processor equipped with a S blade numerous times to achieve a tiny, crumbly texture.
4. Cook the cauliflower crumble in the microwave for three minutes on high, covered with plastic wrap that has a few holes poked in it to let steam escape. Open the microwave door after removing it. Pour the sugar mixture into the cauliflower after combining it with the rice vinegar and allowing it to dissolve. As you prepare your fillings, combine everything and let aside to chill.
5. homemade sushi made with cauliflower rice
6. Make homemade fruit and vegetable fillings. Slice the mango, cucumber, and carrots into thin, matchstick-like pieces for rolling, and remove any unwanted peels or seeds. The avocado should be split in half, the pit and shell removed, and then thinly sliced. To be ready when you assemble the sushi, place all fillings aside on a platter.



# CAULIFLOWER RICE SUSHI

## Instruction

7. Scoop and spread the cauliflower rice onto a sheet of nori that has been placed on the sushi rolling mat. You should leave a one-inch space at one end of the nori without rice while covering the nori from edge to edge with a thin, even layer of rice.

8. homemade sushi made with cauliflower rice

9. The end of the nori where the rice extends all the way to the edge is a good place to add your contents. Avoid adding too much filling because it will be more difficult to roll the pastry if the pieces are laid out in a narrow row.

10. You are now prepared to begin rolling your sushi. Take a small glass or bowl of water and keep it nearby. The nori side facing you should be the side of the sushi mat that has the filling. Pull the mat up a little bit and tuck the row of filling into the first full roll to begin rolling. To assist create a good, tight roll, press down with the mat surrounding this. Till you reach the end of the nori sheet with the inch-long portion devoid of rice, keep rolling with the aid of the mat, pressing or tucking as you go to keep the roll tight. Put some water on the nori's tip to make it stick to itself before finishing your last role.

11. Cut the sushi into pieces with a spotless, well-balanced knife. You can clip these off first to create a beautiful, crisp edge if your ends are starting to seem a little chaotic. Additionally, it helps to wipe your knife clean after every one to two cuts so that no cauliflower rice fragments get up on the nori.

12. Continue this sushi prep and rolling process until you have finished up all of your rice and filling. A half head of cauliflower rice will make about three to four rolls depending on how much you fill them. Then you can dig in!

## Nutrition

Calories 119, Fat 8g,  
Carbs 5g, Protein 4g



### Prepare Time

15 Minutes



### Cook Time

15 Minutes

# DEVILED EGGS

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



## Instruction

1. Cover the eggs with cold water in a pot and cook them to a boil over high.
2. Six minutes of simmering is followed by draining and cooling the eggs in cold water.
3. Peel and cut them in half lengthwise. Scoop the yolks into a basin and mash them roughly. Place aside.
4. Create the mayonnaise. Egg yolk, mustard, and lemon juice should be whisked together in a bowl using an electric mixer until foamy.
5. While continuously mixing the egg mixture, trickle the oils into a jug of combined oils. Add sea salt and black pepper to taste when seasoning.
6. To the egg yolks, add 60g of mayo (refrigerate the rest for up to a few days).
7. Salmon and dill fronds should be finely chopped and stirred in before cayenne pepper is added and everything is combined.
8. Serve immediately after spooning into the egg whites and topping with more dill.

## Nutrition

Calories 73 , Fat 6.4 g,  
Carbs 0.1 g, Protein 4 g



## Prepare Time

5 Minutes



## Cook Time

30 Minutes

# BAKED CAULIFLOWER

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



## Instruction

1. Set a baking pan on a baking sheet and preheat the oven to 425 degrees F.
2. In a bowl, combine the flour, almond milk, salt, and pepper. Stir until well-combined.
3. Throw the cauliflower florets into the batter, and then make sure each piece is coated evenly by dipping it into a bowl of Panko breadcrumbs.
4. 22 to 25 minutes of baking, flipping halfway through.
5. In a bowl, combine all the sauce ingredients. Combine the sauce and cauliflower in a bowl.
6. Serve right away. Sesame seeds and thinly sliced green onions are optional.

## Nutrition

Calories 154, Fat 8 g, Carbs 15 g, Protein 3 g



**Prepare Time**

15 Minutes



**Cook Time**

25 Minutes



# GRILLED SWEET POTATOES

## Ingredients

- 4 Sweet Potatoes cut into ¼"- ½" discs
- 3 Tbsp olive oil
- ¼ tsp pepper
- ½ tsp garlic salt
- 1 tsp smoked paprika



## Instruction

1. Grill pan or gas grill should be heated to high. Make careful to grease the grill grates before cooking.
2. Sliced sweet potatoes should be combined with olive oil, smoked paprika, pepper, and salt in a bowl. Combine by tossing.
3. heat setting to medium. Cook potatoes on the grill for 10 minutes on each side, or until they are tender when pierced. If you don't want to cook them directly on the grill grates, you may also put them on a grill pan.
4. Place potatoes in a bowl and, if necessary, add additional salt. Serve hot.

## Nutrition

Calories 206, Fat 10 g,  
Carbs 26 g, Protein 2 g



**Prepare Time**

10 Minutes



**Cook Time**

20 Minutes

# GRILLED FOIL POTATOES

## Ingredients

- 3 lbs Yukon gold potatoes
- 1 large onion
- 2 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp Nature's seasoning or ½ teaspoon salt, ¼ teaspoon pepper and ¼ teaspoon onion powder



## Instruction

1. Slice your potatoes and onions, and preheat your grill to medium heat. The potatoes should be sliced to a thickness of approximately 1/4 inch.
2. Put one long rectangle of foil over a smaller square piece that can wrap around the top to create the foil packet. Ascertain that your huge rectangle can entirely enclose the potatoes.
3. Olive oil and seasonings are added to the foil along with the potatoes and onions. Combine and toss to coat.
4. To close the package, fold the shorter rectangle up at the ends and the square over the centre. I do prefer to keep a tiny slot open to let some air through. You can either do that or completely seal it.
5. Carefully place the packet on the grill. 25 to 30 minutes of cooking. Use a fork to poke your potatoes to see if they are ready. They are finished when fork tender.
6. Enjoy after being removed, topped with sour cream and chives.

## Nutrition

Calories 341, Fat 7g, Carbs 63g, Protein 7g



## Prepare Time

10 Minutes



## Cook Time

15 Minutes

# EGG AND CHEESE BOATS

## Ingredients

- 2 oval sandwich rolls
- 4 eggs
- 3 tablespoons whole milk
- 1 (4 ounce) can chopped green chile peppers
- 1 cup shredded sharp Cheddar cheese
- ½ cup shredded pepper Jack cheese
- ½ teaspoon smoked paprika
- ¼ teaspoon salt



## Instruction

1. Set oven to 350 degrees Fahrenheit (175 degrees C). Use parchment paper to line a baking sheet with a rim.
2. Each roll should be sliced into a V shape, leaving the ends whole. V-shaped wedge, lift out. Without cutting through the bottom or sides, gently hollow down rolls to create shallow bread bowls. Bread bowls should be put on the prepared baking sheet.
3. In a bowl, whisk the eggs. Add the milk and combine well with a whisk. Add salt, paprika, pepper jack cheese, cheddar cheese, and green chile peppers by stirring. Spread mixture evenly with a spoon as you slowly pour it into the prepared rolls.
4. About 30 minutes should pass in the preheated oven for the cheese to slightly brown and the egg mixture to entirely set. Before serving, let cool for 3 minutes.

## Nutrition

Calories 564, Fat 43.5g,  
Carbs 6g, Protein 37.4g



### Prepare Time

10 Minutes



### Cook Time

30 Minutes



# CABBAGE ROLL SOUP

## Ingredients

- 1 pound lean ground beef (90% lean)
- 1/2 teaspoon salt
- 3/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 6 cups chopped cabbage (about 1 small head)
- 3 cans (4 ounces each) chopped green chiles
- 2 cups water
- 1 can (14-1/2 ounces) reduced-sodium beef broth
- 2 tablespoons minced fresh cilantro
- Optional toppings: pico de gallo and reduced-fat sour cream, optional



## Instruction

1. Cook and crumble the beef in a large skillet with the seasonings over medium-high heat for 5-7 minutes or until the steak is no longer pink. Take out of pan.
2. Oil is heated over medium-high heat in the same pan; the onion and cabbage are sauteed until crisp-tender, about 4 minutes. Bring to a boil while adding the beef, chilies, water, and broth. Reduce heat; simmer, covered, for about 10 minutes to enable flavours to meld. Add cilantro and stir. Top with sour cream and pico de gallo, if you'd like.

## Nutrition

Calories 186 Fat 3g, Carbs 10g, Protein 17g



**Prepare Time**

30 Minutes



**Total Time**

30 Minutes

# ASPARAGUS SOUP

## Ingredients

- 2 tablespoons butter
- 2 pounds fresh asparagus, trimmed, peeled and coarsely chopped
- 1 large sweet onion, coarsely chopped (about 2 cups)
- 1 carton (32 ounces) reduced-sodium chicken broth
- 1 tablespoon lemon juice
- 1 teaspoon minced fresh tarragon
- 3/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1/4 cup plain Greek yogurt
- 1/2 teaspoon grated lemon zest



## Instruction

1. Butter should be heated over medium-high heat in a Dutch oven. When the asparagus is crisp-tender, add it together with the onion and simmer and stir for 10 to 12 minutes.
2. To boil, add the broth. Turn down the heat and cook the asparagus for 6 to 8 minutes with the lid on. Take soup off the stove and let it cool slightly. Add salt, pepper, lemon juice, and tarragon.
3. Blend until smooth using small amounts. Yogurt and lemon zez should be served.

## Nutrition

Calories 5 Fat 3g, Carbs 9g, Protein 5g



**Prepare Time**

20 Minutes



**Cook Time**

20Minutes

# TURKEY BOLOGNESE SAUCE

## Ingredients

- 28- ounce can organic tomato puree
- 1 6- ounce can organic tomato paste
- ½ cup chicken stock
- 1 tablespoon olive oil
- 2 teaspoons Italian herb blend
- 1 teaspoon sea salt
- ½ teaspoon pepper
- ⅛ teaspoon crushed red pepper flakes
- 3 cloves garlic minced
- 2 small carrots diced
- 1 small onion diced
- 1 pound ground turkey
- 3 - 6 medium



## Instruction

1. Stir together all of the sauce ingredients in the slow cooker, excluding the turkey.
2. Cubed ground turkey is added to the slow cooker, then sauce is added over top. Keep still.
3. Cook for 6 to 8 hours on low.
4. Use a potato masher to cut up the ground turkey into little pieces when the sauce has finished cooking

To make zucchini noodles

1. Spiralize zucchini (½ - 1 medium zucchini per serving).
2. Heat one tablespoon olive oil in large frying pan over medium heat. Cook zucchini until warmed through but still firm, about 3 minutes.

## Nutrition

Calories 231 Fat 5g, Carbs 27g, Protein 24g



**Prepare Time**

10 Minutes



**Cook Time**

6 Hours



# SPAGHETTI SQUASH

## Ingredients

- 1 cup water
- 1 medium spaghetti squash (choose a size that fits your Instant Pot)



## Instruction

1. Place steamer rack or trivet in the cooking pot. Add water and place spaghetti squash on the rack.
2. Set the program to Manual or Pressure Cook. Set the cook time to 12 minutes and set the pressure to high. Press start.
3. When cooking is done, wait for pressure to release (natural release).
4. Remove the squash from the pot by using the trivet handles to lift it out. Place the squash on a cutting board and hold it with tongs to cut in half. Remove the seeds and use a fork to separate the strands.

## Nutrition

Calories 33 Fat 0g, Carbs 7g, Protein 0g



**Prepare Time**

3 Minutes



**Cook Time**

12 Minutes

# SPRING ONION OMELETTE

## Ingredients

- 3 medium organic free-range eggs, beaten
- Large knob of butter
- 1/2tbsp olive oil
- 70g cubetti di pancetta
- Spring onions, sliced
- 50g Gruyere cheese, grated



## Instruction

1. Place a 20 cm non-stick pan over medium-high heat, melt the butter and oil while well seasoning the eggs. Pour the eggs in after swirling the pan and turning up the heat.
2. Swirl the eggs about the pan and then wait for them to start setting for a short while. Pull the mixture from the edge toward the centre with a fork to create gaps for the raw egg to run through.
3. Keep going until the base is nearly set (the top will still seem a bit runny). Add your filling ingredients now or fold and serve your basic omelette at this point.
4. Pancetta should be fried for a few minutes to let the fat render. Fry for a few minutes after adding some spring onions. Add the pancetta and spring onions after the omelette is done, then top with Gruyère.

## Nutrition

Calories 866 Fat 75.9g,  
Carbs 1.1g, Protein 44.9g



### Prepare Time

5 Minutes



### Cook Time

10 Minutes

# TOFU WITH STIR-FRIED GREENS

## Ingredients

- 1 garlic clove
- 15g fresh root ginger
- 8ml soy sauce
- 2 tbsp white miso paste
- 200g pak choi
- 150g spring greens
- 280g plain tofu
- 15ml mirin
- 5g black sesame seeds
- 80g blanched edamame beans



## Instruction

1. Burn a kettle. The tofu should be drained and dried with paper towels. Make cubes out of the tofu.
2. Remove the leaves from the spring greens, throw away the tough stalks, then stack the leaves on top of one another, roll them up, and slice them into thin strips. Separate the white bases and green tops of the pak choi before cutting it in half. Make bite-sized cuts in the white bases. Boiling water is used to cover the edamame beans.
3. This miso glaze is made by combining miso paste, mirin, and 1 tbsp vegetable oil in a small bowl. Garlic should be peeled and thinly sliced, not chopped. Peel (use a teaspoon to scrape the skin off) and finely slice the ginger before cutting it into batons.
4. 1 tablespoon of vegetable oil is heated over high heat in a big, wide-bottomed skillet (ideally non-stick). When it is hot, add the tofu cubes and cook for 5–6 minutes, or until they are crisp and browned all over.



# Instruction

5. In the meantime, heat 1 tablespoon of vegetable oil in a different wide-bottom pan over a medium-high heat. When the mixture is heated, add the chopped spring greens and the pak choi bases, and cook for 2–3 minutes, or until the greens begin to wilt.
6. After draining, combine the greens with the edamame beans, pak choi tops, and chopped ginger and garlic.
7. Cook for an additional 2–3 minutes, or until the mixture is fragrant and still has some bite. These are your ginger greens; add the soy sauce and stir everything thoroughly.
8. Add the miso glaze when the tofu turns golden, and simmer for a further 2–3 minutes, or until the sauce has coated the tofu and is beginning to caramelise. Add the black sesame seeds on top.
9. Alongside the stir-fried greens, serve the miso tofu. Enjoy!

## Nutrition

Calories 571 Fat 26.5g,  
Carbs 33.6g, Protein 45g



### Prepare Time

5 Minutes



### Cook Time

10 Minutes

# CHICKEN LIVER SALAD

## Ingredients

- 400g (14oz) fresh chicken livers
- Salt and ground black pepper
- 2 thick slices white bread
- 3 tbsp clarified butter
- 4-6 rashers streaky bacon, chopped
- 4 good handfuls of salad leaves
- 
- For the dressing
- 
- 1 tbsp cider vinegar
- 1 tsp Dijon mustard
- Pinch of sugar
- 2 tbsp light olive oil
- 1 tbsp walnut oil



## Instruction

1. If the livers are huge, remove the sinews and cut them into bite-sized pieces. good seasoning
2. Bread should be sliced into 1cm (12in) cubes once the crusts are removed.
3. In a frying pan over medium heat, melt 2 tablespoons of butter. Bread is added, thoroughly mixed to coat in butter, and then fried for a few minutes or until crisp and brown. Drain them on paper towels, then reheat them in the oven.
4. When the pan is hot, add the diced bacon and cook until crispy. Placing on the baking sheet with the fried bread Chicken livers should be added in a single layer and fried for a few minutes on each side in a skillet that has been heated with the remaining butter and any bacon fat. Turn off the heat under the frying pan.
5. In a small basin or jug, combine the dressing ingredients with the seasoning. Place a few leaves on each plate, then distribute the croutons, bacon, and chicken livers among them. Serve warm after drizzling with the dressing.

## Nutrition

Calories 449 Fat  
33.1g, Carbs 9.2g,  
Protein 28.5g



### Prepare Time

10 Minutes



### Cook Time

15 Minutes

# HAM AND CHEESE OMELETTE

## Ingredients

- 1 garlic clove
- 15g fresh root ginger
- 8ml soy sauce
- 2 tbsp white miso paste
- 200g pak choi
- 150g spring greens
- 280g plain tofu
- 15ml mirin
- 5g black sesame seeds
- 80g blanched edamame bean



## Instruction

1. Salt and pepper are added after beating the cheese and egg yolks together. Gently incorporate the egg white mixture into the just-stiffened egg whites.
2. A small nonstick omelette pan should be heated before adding the omelette mixture and swirling the pan. Cook until the underside only begins to become golden. Scatter the ham that has been cut with care.
3. Place the pan on a preheated grill and cook the omelette there until it just begins to rise and set. Serve with a sprig of fresh thyme as a garnish after sliding onto a warm dish and folding in half.

## Nutrition

Calories 300 Fat 22.8g,  
Carbs 0.9g, Protein 23.1g



**Prepare Time**  
5 Minutes



**Cook Time**  
5 Minutes



# KETO SMOOTHIE

## Ingredients

- 3 frozen organic strawberries
- ½ cup frozen spinach or kale (whatever I have on hand)
- 1 tsp chia seeds
- 2 tbsp almond butter
- 1 Tbsp Granular Sweetener
- fill the cup with water or Almond milk



## Instruction

1. Add all to a blender cup and blend until smooth
2. Enjoy!

## Nutrition

Calories 245 Fat 19g,  
Carbs 11g, Protein 8g



**Prepare Time**

5 Minutes



**Total Time**

10 Minutes

# GREEN SMOOTHIE

## Ingredients

- 1 medium avocado peeled and pitted
- 1 cup spinach
- 1 1/2 cups unsweetened coconut milk
- 1 scoop of sugar-free vanilla protein powder
- 1 tbsp peanut butter powder I really love and recommend this one from Naked.
- 1 tbsp freshly squeezed lemon juice
- 4 ice cubes optional
- Some mint leaves



## Instruction

1. Add all the ingredients to a blender and puree for about 30 seconds.
2. Taste to adjust flavor and serve immediately.

## Nutrition

Calories 168 Fat 14g,  
Carbs 7g, Protein 6g



**Prepare Time**  
5 Minutes



**Total Time**  
10 Minutes

# RASPBERRY SMOOTHIE

## Ingredients

- 1 medium avocado peeled and pitted
- 3/4 cup raspberry
- 1 tbsp lemon juice
- 1 ½ cup unsweetened coconut milk
- 1 scoop of sugar-free vanilla protein powder



## Instruction

1. Add all the ingredients to a blender.
2. Puree for about 30 seconds.
3. Taste to adjust flavor and serve immediately

## Nutrition

Calories 231 Fat 14g,  
Carbs 13g, Protein 14g



**Prepare Time**  
5 Minutes



**Total Time**  
10 Minutes



# CHOCOLATE SMOOTHIE

## Ingredients

- 1 cup coconut milk
- ½ avocado
- 1 scoop protein powder
- 1 scoop collagen
- 1 tbsp natural sweetener *my favorite is this one.*
- 1 tbsp cocoa powder



## Instruction

1. Add all the ingredients to a blender and puree for about 30 seconds.
2. Taste to adjust flavour and serve immediately.

## Nutrition

Calories 142 Fat 4g,  
Carbs 5g, Protein 11g



**Prepare Time**  
5 Minutes



**Total Time**  
5 Minutes

# CHICKEN CUTLETS

## Ingredients

- 1 pound chicken cutlets
- $\frac{3}{4}$  teaspoon sweet or hot Hungarian paprika
- $\frac{1}{2}$  teaspoon ground pepper, divided
- $\frac{1}{8}$  teaspoon salt plus a pinch, divided
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon dried currants
- 2 tablespoons warm water
- $\frac{1}{2}$  cup chopped arugula
- $\frac{1}{2}$  cup jarred roasted red peppers, rinsed and finely chopped
- 1 tablespoon pine nuts, toasted
- 1  $\frac{1}{2}$  teaspoons granulated sugar
- $\frac{1}{2}$  clove garlic, grated
- 1 teaspoon sherry vinegar



## Instruction

1. Add paprika,  $\frac{1}{4}$  teaspoon pepper, and  $\frac{1}{8}$  teaspoon salt to the chicken. In a large skillet, heat the oil over medium-high heat until it shimmers.
2. Add the chicken and cook, turning once halfway through, for 6 to 8 minutes, or until it is golden brown and an instant-read thermometer inserted in the thickest part
3. Currants should be drained after 5 minutes of soaking in water.
4. In a small bowl, mix together the currants, arugula, roasted peppers, pine nuts, sugar, garlic, vinegar, and the last  $\frac{1}{4}$  teaspoon of pepper and a dash of salt. Offer beside the chicken.

## Nutrition

Calories 211 Fat 6g,  
Carbs 8g, Protein 27g



**Prepare Time**

10 Minutes



**Cook Time**

10 Minutes

# SALMON CAKES

## Ingredients

- 1 large egg, lightly beaten
- ¼ cup whole-wheat breadcrumbs
- 2 tablespoons mayonnaise
- ½ teaspoon Old Bay seasoning
- ⅛ teaspoon ground pepper
- 2 (5 ounce) cans boneless, skinless salmon, drained and flaked
- 2 teaspoons olive oil
- ¼ cup low-fat plain Greek yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon distilled white vinegar or lemon juice
- ¾ teaspoon dried dill
- ¼ teaspoon salt
- 1 large cucumber, thinly sliced
- ¼ cup thinly sliced red onion



## Instruction

1. In a sizable bowl, combine the egg, breadcrumbs, mayonnaise, Old Bay, and pepper. Add salmon, mixing gently. 8 14 inch-thick patties should be formed.
2. Over medium heat, warm oil in a sizable nonstick skillet. Add the patties and cook for 6 minutes, or until the bottoms are browned. About 6 minutes more after flipping the patties, cook until well cooked and browned.
3. In the meantime, combine the yoghurt, mustard, lemon juice (or vinegar), dill, and salt in a medium bowl. Toss in the cucumber and onion after adding them.
4. On 4 plates, distribute the cucumber salad and the salmon cakes.

## Nutrition

Calories 225 Fat 12g,  
Carbs 8g, Protein 22g



**Prepare Time**

10 Minutes



**Cook Time**

20 Minutes



# SPINACH AND STRAWBERRY SALAD

## Ingredients

- 1 pound boneless, skinless chicken thighs
- ½ teaspoon kosher salt
- ½ teaspoon dried thyme
- ½ teaspoon ground pepper
- 8 cups baby spinach
- 2 cups sliced strawberries
- ¼ cup feta cheese (Optional)
- ¼ cup chopped toasted walnuts
- 6 tablespoons Balsamic Vinaigrette



## Instruction

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment or foil.
2. On the prepared baking sheet, put the chicken. Add pepper, thyme, and salt liberally all over. Cook for 15 to 17 minutes, tossing the chicken once, or until the internal temperature of the chicken reaches 165°F. Slice into bite-sized pieces after setting aside to cool.
3. Distribute the spinach among 4 small, covered containers (2 cups each). Each dish should have one-fourth of the chicken slices, half a cup of strawberry slices, one spoonful of feta (if using), and one tablespoon of walnuts on top.
4. Seal the salad containers and refrigerate for up to 4 days
5. Transfer 1 1/2 tablespoons vinaigrette into each of 4 small lidded containers and refrigerate for up to 5 days.
6. Dress the salads with the vinaigrette just before serving.

## Nutrition

Calories 374, Fat 4.2g,  
Carbs 12g, Protein 14.4g



### Prepare Time

15 Minutes



### Cook Time

15 Minutes

# SMASHED CUCUMBER SALAD

## Ingredients

- 2 English cucumbers, cut into thirds
- ½ teaspoon salt
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon ground cumin
- ½ teaspoon ground pepper



## Instruction

1. Cucumbers should be placed on a cutting board and covered with a clean kitchen towel or paper towel.
2. To begin breaking them apart, pound them with a heavy saucepan or meat mallet. Bite-sized chunks should be torn up and placed in a colander with salt and stirred in. Observe for ten minutes.
3. Meanwhile, whisk lemon juice, oil, cumin and pepper in a medium bowl.
4. To remove any liquid, shake the cucumbers in the colander. The cucumbers should be spread out and dried with a clean kitchen towel. Toss the cucumbers in the dressing to evenly coat them.

## Nutrition

Calories 81, Fat 7.1,  
Carbs 3.8g, Protein 1.6g



**Prepare Time**

15 Minutes



**Total Time**

15 Minutes

# BACON SANDWICHES

## Ingredients

- 1 tablespoon mayonnaise
- 4 slices of cloud bread
- 4 strips cooked bacon
- ½ avocado, peeled and sliced
- 4 slices deli turkey
- 1 tomato, sliced
- 2–4 leaves lettuce



## Instruction

1. Mayonnaise should be applied to both sides of the bread.
2. Add the lettuce, tomato, bacon, avocado, and thinly sliced turkey to two slices of cloud bread.
3. Put the sandwich together and add more lettuce on top.

## Nutrition

Calories 367 Fat 25.2  
Carbs 10.7g, Protein 26.3g



**Prepare Time**

5 Minutes



**Total Time**

5 Minutes



# GRILLED CHEESE SANDWICHES

## Ingredients

- 5 cups cauliflower florets (about 1 pound)
- 1 cup shredded Cheddar cheese
- 1 large egg, beaten
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- 1 medium poblano or bell pepper, seeded and cut into 4 wide strips
- 1 small onion, cut into 1/4-inch slices
- 2 teaspoons extra-virgin olive oil
- 4 (1/2 ounce) slices melty cheese like Monterey Jack or fontina



## Instruction

1. Place oven racks in upper and lower thirds of oven. Preheat to 425 degrees F. Line one large baking sheet with parchment paper.
2. Cauliflower should be put in a food processor. until very finely grated. Transfer to a bowl that can withstand the microwave. Microwave for 3 minutes on High with a loose cover. Allow to cool a bit. After moving the cauliflower to a fresh kitchen towel, squeeze out any remaining moisture. Go back to the bowl and thoroughly incorporate the Cheddar, egg, pepper, and salt. On the baking sheet that has been preheated, cut eight 3-inch squares from the cauliflower mixture, using about 1/4 cup for each.
3. On a sizable baking sheet with a rim, toss the pepper and onion with the oil. Bake the cauliflower squares and the veggies for 20 to 25 minutes, swapping the pans midway through baking, or until the vegetables are tender and the cauliflower is browned and crispy around the edges.
4. Heat a sizable nonstick skillet over medium heat after lightly oiling it. Chop the onions and peppers. One cauliflower "toast" should have around 1/4 cup of the pepper mixture and a slice of cheese. Add a second "toast" of cauliflower on top. Repeat with the remaining cheese, vegetables, and cauliflower toasts. Cook for about 4 minutes total, flipping once, until the cheese is melted.

## Nutrition

Calories 126, Fat 9g  
Carbs 4.4g, Protein  
7.4g



## Prepare Time

20 Minutes



## Cook Time

40 Minutes

# PIZZA LETTUCE WRAPS

## Ingredients

- 1 ¼ cups cherry tomatoes or grape tomatoes, quartered
- ¾ cup shredded reduced-fat mozzarella cheese (3 ounces)
- 1 ounce thinly sliced, cooked turkey pepperoni, chopped (1/4 cup)
- ¼ cup snipped fresh basil
- 1 tablespoon snipped fresh oregano
- 8 large Bibb lettuce leaves



## Instruction

1. In a medium bowl combine tomatoes, cheese, pepperoni, basil, and oregano. Divide tomato mixture among lettuce leaves. Roll up or leave open as cups.

## Nutrition

Calories 144, Fat 4.6g  
Carbs 11.9g, Protein 12.4g



**Prepare Time** **Total Time**

20 Minutes

20 Minutes

# CHICKEN LETTUCE WRAPS

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



## Instruction

1. Put 2/3 of the minced garlic, taco spice, and 2 tbsp of olive oil into a bowl. Add the chicken and make sure the pieces are coated well with the marinade. Place in the fridge for 15 – 30 minutes, or up to 24 hours. Alternatively place the chicken and marinade ingredients into a zip lock bag and place the bag into the fridge.
2. Put the Greek yogurt, cilantro, the jalapeno, if using, 2 tbsp olive oil, lime juice, remaining 1/3 of minced garlic, and salt into an electric blender and blend until creamy, for about 1 minute and set the sauce aside
3. Heat a skillet on medium-high heat. Remove the chicken pieces from the marinade and put them in the skillet. Cook chicken for 9 – 10 minutes on each side, until the internal temperature is 165 °F (74 °C), or until the chicken is no longer pink on the inside. Alternatively, the chicken can be cooked on a grill. Please note, it is important to discard the used marinade, do not use it again.



# CHICKEN LETTUCE WRAPS

## Instruction

4. Place the 8 lettuce leaves on a clean working surface. Chop the cooked chicken into bite-sized pieces and divide equally between the 8 leaves and top each with chicken, onion, tomatoes, and avocado.
5. Drizzle the wraps with the cilantro sauce and serve.

## Nutrition

Calories 161, Fat 1.5g, Carbs  
6.1g , net carbs 4.9 Protein  
14.5g



### Prepare Time

15 Minutes



### Cook Time

15 Minutes

# MUSHROOM SOUP

## Ingredients

- 20 oz sliced mushrooms
- ½ large diced onion
- 2 cup of chicken or vegetable broth
- 6 garlic cloves minced
- 1 cup of unsweetened coconut or almond milk
- 1 cup of coconut or heavy cream
- 1 tbsp olive oil
- ¼ tsp pepper, black
- ¾ tsp salt



## Instruction

1. Put a large pot on the stovetop on medium heat. Add the olive, mushrooms and onions and sauté while stirring from time to time until the vegetables are browned, for about 10 m- 15 minutes.
2. Add the almond milk, cream, broth, and salt and pepper. Bring the pot to the boil and let the soup simmer for 15 minutes. Stir occasionally to prevent anything sticking to the bottom of the pot.
3. Place an immersion blender into the pot and puree until the soup is smooth. Alternatively, use a stand blender and blend the soup in batches.
4. Serve warm.

## Nutrition

Calories 299, Fat 21g, Carbs 6g, Protein 5g



**Prepare Time**

10 Minutes



**Cook Time**

30 Minutes

# BAKED CAULIFLOWER AND SAUSAGE ZITI

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



## Instruction

1. Preheat the oven to 425 °F (220 °C) and line two baking sheets with parchment paper or aluminum foil and set them aside.
2. Put ¼ cup of olive oil and the salt and pepper into a large mixing bowl. Add the cauliflower and toss well.
3. Place the cauliflower on the two baking sheets, spread out in a single layer and roast until the cauliflower is brown, for about 25 minutes. Rotate the baking sheets halfway through the baking time to ensure even browning.
4. Place a cast iron skillet on the stovetop on medium-high and add the remaining olive oil and then add the sausage.
5. Cook the sausage until cooked through and browned, for about 8 – 10 minutes. Use a spatula to break up the sausage during cooking.
6. Scoop the sausage to the sides of the skillet and add the minced garlic in the center of the pan and sauté until it is fragrant, for about 1 minute. Then stir the sausage and garlic.



# BAKED CAULIFLOWER AND SAUSAGE ZITI

## Instruction

7. Add the Italian seasoning and the marinara sauce to the sausage and simmer until the sauce bubbles and has thickened, for 2 – 3 minutes. Taste and adjust the seasoning if needed.
8. Once the cauliflower has browned remove the baking sheets from the oven and reduce the heat to 400 °F (205 °C).
9. Place half of the cauliflower in a layer at the bottom of a 9 x 13-inch baking dish. Use half of the ricotta cheese and place dollops on top of the cauliflower layer.
10. Next sprinkle half of the shredded parmesan cheese over and top the cheese with half of the sausage and marinara mixture. Use half of the mozzarella cheese to sprinkle on top of the sausage.
11. Repeat these layers ending with the mozzarella cheese.
12. Bake the cauliflower ziti until the cheese is golden and melted, for 10 – 15 minutes.
13. Remove the baking dish from the oven and allow the ziti to cool down for a few minutes before slicing it into 12 equal-sized portions. Serve warm

## Nutrition

Calories 381, Fat 29.3g,  
Carbs 8g, Protein 19.9g



**Prepare Time**

30 Minutes



**Cook Time**

40 Minutes

# CHICKEN ENCHILADAS

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



## Instruction

1. Set the oven to 350° F (180°C) and allow it to preheat.
2. Use cooking spray to grease a 9 x 13 inch baking dish and set aside.
3. Set a pot over medium-low heat and add the coriander, salt, cumin, chili powder, and chicken breasts.
4. Cover the chicken with water and bring to a simmer.
5. Allow the chicken to simmer until cooked through and there is no pink in the middle. This takes about 30 minutes.
6. Remove the chicken from the water and set aside to cool for roughly 10 minutes or until it has cooled enough to handle.
7. While the chicken is cooling down, turn up the heat on the broth to bring it to a boil. Allow the broth to boil and reduce down to around 3 cups.
8. Set a skillet over medium heat and add the olive oil.

# CHICKEN ENCHILADAS

## Instruction

9. Once the oil is hot, add the onion, green bell pepper, and garlic. Saute for about 5 minutes or until tender.
10. Add the tomatoes to the skillet and cook, stirring, until everything is heated through.
11. Divide the sauteed vegetables in half and add one half to the chicken broth.
12. Add the sour cream to the chicken broth and allow it to simmer, stirring frequently. The broth, vegetables, and sour cream will create a sauce. Simmer for about 15 minutes or until the sauce reaches a thin gravy-like consistency and then remove from the heat.
13. Lay the 6 tortillas out on a clean countertop.
14. Use two forks to shred the cooled chicken and add the rest of the saute vegetables to the shredded chicken. Divide the chicken and vegetable mix into 6 equal portions
15. Place each portion of chicken and vegetable mix into the center of each tortilla and roll the tortillas up.
16. Place the rolled tortillas into the greased baking dish, placing the seam or flap facing down.
17. Evenly pour the enchilada sauce over the tortillas.
18. Cover the baking dish with tin foil, shiny side facing down, and place the dish in the center of the oven.
19. Bake the enchiladas for around 30 minutes until everything is heated through.
20. Once the enchiladas are heated through, remove the baking dish from the oven, uncover, and sprinkle the cheddar cheese over the top of the enchiladas.
21. Return the baking dish to the oven, uncovered, and cook for another 10 minutes or until the sauce looks bubbly and the cheese has melted.
22. Allow the enchiladas to rest for 5 minutes before serving them.

## Nutrition

Calories 459, Fat 34.9g,  
Carbs 10.4g, Protein 32.8g



**Prepare Time**  
10 Minutes



**Cook Time**  
1 h 30 min +15 Min



# SEAFOOD CHOWDER

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



## Instruction

1. Set a large pot over medium heat and melt the butter.
2. Add the celery and garlic to the melted butter and cook for 5 minutes, stirring occasionally.
3. Add the cream, clam juice, cream cheese, lemon juice and zest, and cream cheese and allow to simmer uncovered for around 10 minutes.
4. Add the shrimp and fish to the pot and simmer until the fish is just cooked, about 3 minutes. The fish should flake easily and not be translucent.
5. Add pepper and salt to taste.
6. Garnish, if desired, and serve warm.

## Nutrition

Calories 792, Fat 69g, Carbs 6g, Protein 37g



**Prepare Time**

20 Minutes



**Cook Time**

20 Minutes

# COTTAGE PIE WITH CAULIFLOWER MASH

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste
- 1 large head cauliflower (6 cups of florets with the stems removed).
- 2 tbsp cream cheese cut into cubes
- 2 tbsp butter cut into cubes
- 2 cloves garlic, minced
- 3/4 tsp sea salt or to taste
- Chives to garnish - optional



## Instruction

1. Set the oven to 400° F (205 °C) and allow it to preheat.
2. Place a large enamelled cast iron skillet over medium heat and add the oil. Allow the oil to heat up.
3. Add the carrots, peppers, and onion and saute until lightly browned, about 6 - 10 minutes.
4. Move the sauteed vegetables to one side of the pan and add the ground beef. Use a spatula to break up any clumps that may form.
5. Sprinkle the salt and pepper over the ground beef and cook until browned, about 7 - 10 minutes.
6. Add the tomato paste, broth, italian seasoning, and coconut aminos and stir everything together to mix well.
7. Bring the mixture to a boil, turn the heat down, and simmer uncovered until most of the liquid has evaporated, about 5 minutes. The sauce should thicken.

# COTTAGE PIE WITH CAULIFLOWER MASH

## Instruction

8. Once reduced and thickened, remove the mixture from the heat and place the skillet on a heat-proof surface.

9. Use a spatula to even out the meat mixture in the pan and spoon dollops of cauliflower mash evenly onto the top. Spread the mash to create an even layer.

10. Place the cottage pie into the oven and bake until the edges are bubbling, about 10 - 15 minutes.

You can cook the cauliflower either by steaming it or using the microwave.

- **Steaming method:** Steaming method: Use an electric steamer or place the cauliflower florets into a steaming basket over a pot of simmering water and cover with a lid. Steam until the cauliflower is almost mushy (it has to be very soft).
  - **Microwave method:** Place ½ cup of water and the cauliflower florets into a bowl and cover with plastic wrap. Cook in the microwave until almost mushy, about 10 - 15 minutes.
1. Set the cooked cauliflower aside in a strainer to drain any excess moisture.
  2. Place a small skillet over medium heat and add the olive oil. Allow the oil to heat up.
  3. Add the garlic. Saute until lightly browned and fragrant, about 1 minute.
  4. In a food processor, combine the sauteed garlic, cooked cauliflower, cream cheese, butter, pepper, and salt. Blend until pureed and smooth, about 1 - 2 minutes.
  5. Add any additional salt and pepper to taste.
  6. Adjust salt and pepper to taste.
  7. Use chives to garnish if desired.

## Nutrition

Calories 184, Fat 9.5g, Carbs  
2.3g, Protein 20.9g



**Prepare Time**

10 Minutes



**Cook Time**

15 Minutes



# CHICKEN JALAPENO CASSEROLE

## Ingredients

- 2 lbs deboned skinless chicken breasts, cooked, and shredded
- ½ crisp fried bacon, crumbled
- 8 oz softened cream cheese
- 4 oz sharp grated cheddar cheese
- ½ cup heavy cream or milk
- ¼ cup chicken broth
- 8 oz jalapeno peppers (5 – 6)
- ½ tsp paprika
- ½ tsp garlic powder

## Nutrition

Calories 620, Fat 43.3g,  
Carbs 5.15g, Protein 50.15g



### Prepare Time

10 Minutes



### Cook Time

25 Minutes



## Instruction

1. Preheat the oven to 375° F (190 °C).
2. Place the shredded chicken in the bottom of a casserole dish and season it with paprika and garlic powder.
3. Whisk the chicken stock, cream cheese, and heavy cream together and pour it over the top of the chicken, spreading it out evenly.
4. Clean the jalapenos and cut the tops off. For a milder taste, remove the stems and seeds. Cut the peppers into thin strips and place them on top of the cream cheese. Lastly sprinkle the grated cheese on top, covering as much of the jalapeno strips as possible.
5. Bake the casserole until it is hot and bubbly, for about 20 minutes.
6. Remove the dish from the oven 5 minutes before the end of the cooking time and sprinkle the crumbled bacon on top, return the dish to the oven for 5 minutes.
7. Garnish the casserole with fresh chopped parsley and serve hot.

# BAKED ITALIAN MEATBALLS

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



## Instruction

1. Preheat the oven to 400 °F (205 °C) and place a rack in the middle position in the oven. Line a flat baking pan with aluminum foil and set it aside.
2. Put the beef and pork in a large mixing bowl, break it up with your hands or a fork, and mix the two types of meat together so that it is evenly distributed.
3. Add the rest of the ingredients, except the marinara sauce, and combine using a fork or a hand mixer. Do not over mix or the meatballs will become dense.
4. Lightly oil your hands with vegetable oil and form 12 equal-sized meatballs.
5. Place the meatballs on the prepared baking pan and bake for 15 – 20 minutes.
6. Warm the marinara sauce, if using, and serve the meatballs with ½ cup marinara sauce per serving.
7. If not using the marinara sauce, sprinkle fresh chopped parsley over the meatballs and serve.
8. Leftover meatballs can be stored in the fridge in an airtight container for up to 4 days.

## Nutrition

Calories 387, Fat 22g, Carbs 1g, Protein 19g



## Prepare Time

15 Minutes



## Cook Time

20 Minutes



# EGG AND VEGGIE MUFFINS

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste



## Instruction

1. Preheat the oven to 390 °F (200 °C), grease a nonstick 12-hole muffin pan, and set it aside. Alternatively line the muffin holes with silicone or paper muffin cups.
2. Dice the onion and red bell pepper and put it into a large mixing bowl
3. Lightly chop the spinach and add it to the mixing bowl.
4. Add the salt, cheese and eggs to the bowl and mix well.
5. Lastly add the hot sauce or curry powder and stir through.
6. Distribute the muffin mixture evenly in the muffin holes and bake until the tops of the muffins have become firm to the touch, for about 20 minutes.
7. Let the muffins cool down for a few minutes in the pan, then remove and serve.
8. Muffins can be served warm, or at room temperature.
9. Store the leftover muffins in an airtight container in the fridge for up to 4 days.

## Nutrition

Calories 219, Fat 7g, Carbs 4g, Protein 17g



## Prepare Time

5 Minutes



## Cook Time

20 Minutes



# CHICKEN JALAPENO CASSEROLE

## Ingredients

- 2 cups cooked, shredded chicken
- 2 boiled eggs, chopped
- 1/4 cup chopped dill pickles
- 1/4 cup chopped pecans
- 1/4 cup minced yellow onion
- 1/2 cup mayonnaise
- 1 teaspoon yellow mustard
- 1 teaspoon white distilled vinegar
- 1 teaspoon fresh dill
- Salt and pepper, to taste
- 1 tbsp butter
- 1 minced garlic clove
- Salt and pepper to taste
- 1 tbsp rice or plain flour
- 1 tbsp almonds, flaked

## Nutrition

Calories 289, Fat 14g, Carbs 11g, Protein 29g



### Prepare Time

10 Minutes



### Cook Time

25 Minutes



## Instruction

1. Preheat the oven to 360 °F (180 °C).
2. Sauté the leeks, onions, garlic, and celery in olive oil until soft. Add salt and pepper and stir through.
3. Place the fish, parsley, and peas in a skillet and add the milk and bring the milk to the boil. Remove the skillet from the heat once the milk has boiled and strain the milk into a jug using a sieve.
4. Place the sautéed vegetables in the bottom of a casserole dish and then add the cooked fish.
5. Use the same skillet that was used for the fish , heat the butter and add the flour. Keep stirring and slowly add the milk from the jug and cook until the sauce starts to thicken. Season with salt and pepper to taste.
6. Pour the sauce over the fish in the casserole dish and sprinkle the flaked almonds on top.
7. Cover with aluminum foil and bake for 15 minute. Remove the foil and continue baking for 5 minutes more.
8. Sprinkle with the chopped parsley and serve hot.
9. Leftover fish pie can be stored in a covered container in the fridge for 3 days.

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