

0,1,2,3 Recipes

FAT & FIBER EDITION

by Dr. Becky Gillaspay



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0,1,2,3 Recipes

Fat & Fiber Edition

The recipes in this cookbook have been hand-selected because of their fat or fiber content. When consumed in proper portions, these nutrients encourage fat burning and control hunger.

In my plans and programs, I teach the 3E's, which stand for the three necessary elements of any successful diet: Easy-to-Follow, Enjoyable, and Effective.

The recipes included here will help you achieve those 3Es!

Easy-to-Follow: The recipes require little prior cooking knowledge, and most ingredients are easily found at your local grocery store.

Enjoyable: This is not your typical *dry-chicken-breast-and-nothing-else* style of eating. The recipes are filled with savory fats, hearty fiber, and flavorful spices. Some are sure to become family favorites!

Effective: The ingredients in these recipes help keep your blood sugar and insulin levels low, which helps your body release fat from fat cells.

Tips and Special Instructions

Measuring:

The recipes contain U.S. standard (i.e., pounds, ounces, cups) and metric (i.e., kilograms, grams, milliliters) units. However, it will be helpful for those living outside of the U.S. to purchase an inexpensive set of measuring spoons to measure small quantities.

Herbs:

For convenience, the recipes call for dried herbs. However, you are welcome to use fresh herbs. The typical conversion is 3:1. For instance, 3 teaspoons of fresh herbs = 1 teaspoon of dried.

A Pinch of Salt?

Some of the recipes call for a pinch of salt or pepper. You can adjust the amount to your taste, but a pinch is generally defined as 1/16 of a teaspoon.

Salad Greens:

Many of the salad recipes recommend mixed salad greens or romaine lettuce. You can substitute other dark leafy greens if you prefer.

The measurements of leafy greens vary from one type to the next. I have included recommended volume measurements and weights for salad greens, but you may need to adjust the amounts depending on the greens you use.

Choosing Oils:

Many of the recipes call for avocado oil, coconut oil, and butter for cooking because these fats hold up well when exposed to heat. (Olive oil is recommended for non-cooking recipes like salad dressings.) When shopping for oils, select extra virgin oils. The term "extra virgin" indicates that the oil comes from the first extraction of the fruit. Therefore, it contains more antioxidants and beneficial compounds than regular oil. For space reasons, the recipes do not specify "extra virgin," but this should be assumed. Another quality tip when selecting an oil is to look for the terms "cold-pressed" or "expeller-pressed" on the label. Those terms signify that the oil was extracted without using heat or chemicals that degrade the oil's quality.

Choosing Meats:

When beef is mentioned in a recipe, quality matters. My top recommendation is to purchase grass-fed beef with a lean-to-fat ratio of about 85:15 (i.e., at least 15% fat). If grass-fed beef is

not available or too expensive, you can purchase organic beef or beef that has not been subjected to hormones or antibiotics.

You will encounter recipes that contain saturated fats from meats like bacon and sausage. This type of fat has a reputation for being unhealthy. However, these foods can be included as part of a healthy diet. See page 18 of the 0,1,2,3 Diet Plan for a discussion on choosing and including these meats.

Beans:

For simplicity, most recipes that contain beans call for canned varieties. You can substitute dried beans that have been soaked and cooked.

Cooking Dried Beans:

For best results, most dried beans should be soaked overnight before cooking. Drain after soaking and cook the beans in fresh water. Use a ratio of 1 cup of beans to 3 cups of water.

Most beans require 1 to 2 hours of cooking before becoming soft. Lentils and split peas require one hour or less and do not need to be soaked prior to cooking.

Make sure dried beans are thoroughly cooked, as they are more difficult to digest when undercooked.

Breakfast Recipes

Black Bean & Egg Breakfast Mash

Serving: 1 (166g/serving)

Ingredients:

- 1 large **Hard-Boiled Egg** *chopped*
- ½ cup (86g) **Black Beans** *canned or cooked dry beans; drained and rinsed*
- ½ ounce (14g) **Shredded Cheddar Cheese**
- 1 tablespoon (16g) **Salsa**

Directions:

Combine the chopped egg and beans in a microwave-safe bowl. Top with cheese and microwave for 45 to 60 seconds, until warmed.

Top with salsa.

Nutrient Facts per Serving:

Calories: 260

Fat: 10.6g

Carbohydrate: 24.5g

Fiber: 9.3g

Protein: 16.9g

Blueberry Cream Smoothie

Serving: 1 (343g/serving)

Ingredients:

- 1 cup (243ml) **Unsweetened Hemp Milk** *substitute another nut milk*
- 1 tablespoon (15ml) **Heavy (Whipping) Cream**
- 1 tablespoon (6g) **Collagen Hydrolysate** *substitute protein powder*
- 1 teaspoon (5ml) **MCT Oil** *optional*
- ½ cup (74g) **Blueberries** *fresh or frozen*

Directions:

Place all ingredients in a high-speed blender and blend for 30 seconds.

Nutrient Facts per Serving:

Calories: 223

Fat: 16.9g

Carbohydrate: 12.9g

Fiber: 4g

Protein: 8.5g

Blueberry Oatmeal

Serving: 1 (236g/serving)

Ingredients:

- ¼ cup (20g) **Old-Fashioned Oats** *dry*
- ½ cup (120ml) **Water**
- ½ tablespoon (5g) **Raisins**
- ½ teaspoon **Cinnamon** *preferably Ceylon cinnamon*
- ½ cup (74g) **Blueberries** *fresh or frozen; substitute other berries*
- 1 tablespoon (10g) **Hemp Seeds** *optional or substitute chia seeds or flaxseed*
- 1 tablespoon (7g) **Walnuts** *chopped; substitute other raw nuts or seeds*

Directions:

Place all ingredients, except the hemp seeds and walnuts, in a microwave-safe bowl.

Microwave for 1 minute and 30 seconds. Stir.

Microwave for an additional 1 minute and 30 seconds.

Top the oatmeal with hemp seeds and walnuts.

TIP: This recipe can be made on the stove. In a medium saucepan, combine oats, water, and cinnamon. Bring to a low boil, then simmer until the oatmeal is creamy. You may need to add more water. Add the raisins and berries. Cook for 6 more minutes, or until hot, stirring constantly. Top the oatmeal with hemp seeds and walnuts.

Nutrient Facts per Serving:

Calories: 237

Fat: 11.4g

Carbohydrate: 30.7g

Fiber: 5.6g

Protein: 7.5g

Broccoli Frittata

Serving: 4 (172g/serving)

Ingredients:

- 8 large **Eggs**
- 2 tablespoons (28g) **Butter**
- ¼ cup (49g) **Red Onion** *chopped into small pieces*
- 2 cups (182g) **Broccoli** *chopped into small pieces*
- ¼ teaspoon **Salt**
- ¼ teaspoon **Ground Black Pepper**
- ¼ cup (28g) **Sharp Cheddar Cheese** *shredded*

Directions:

Preheat the oven broiler.

Scramble the eggs and set aside.

In a medium-sized, ovenproof, skillet, over medium-high heat, melt the butter. Sauté the onions and broccoli until the vegetables soften, about 7 to 10 minutes.

Pour the scrambled eggs over the cooked vegetables covering them evenly.

Season with salt and pepper.

Reduce the heat to medium-low, cover, and let it cook until the egg mixture has set around the edges but is somewhat liquid in the middle, about 8 minutes.

Sprinkle with the cheese.

Place the skillet under the broiler until the surface is set and browned, 1 to 2 minutes. Serve.

Tip:

You can use frozen broccoli, but you will need to increase your cooking time or defrost the broccoli before cooking.

Nutrient Facts per Serving:

Calories: 255

Fat: 18.9g

Carbohydrate: 5.5g

Fiber: 1.4g

Protein: 15.7g

Cherry Apple Fruit Bake

Serving: 2 (168g/serving)

Ingredients:

- 1 tablespoon (14g) **Coconut oil** *substitute avocado oil or butter*
- 1 cup (154g) **Cherries** *cut and pitted: substitute frozen cherries*
- 1 small (149g) **Apple** *chopped*
- 1 tablespoon (9g) **Raisins** *substitute a chopped date (optional)*
- 1 tablespoon **Cinnamon** *preferably Ceylon cinnamon*
- ½ teaspoon **Nutmeg**

Directions:

Preheat oven to 375°F (190°C).

Grease the bottom of an oven-safe baking dish with the oil.

Place all ingredients into the dish and cover with foil.

Bake for 45 minutes or until the apples soften. Serve warm or cold.

Nutrient Facts per Serving:

Calories: 164

Fat: 6.3g

Carbohydrate: 29.6g

Fiber: 5.8g

Protein: 1.4g

Chocolate & Strawberry Smoothie

Serving: 1 (450g/serving)

Ingredients:

- 1.5 cups (about 45g) **Baby Spinach**
- 1 cup (140g) **Frozen Strawberries**
- 1 cup (240ml) **Unsweetened Almond Milk** *substitute hemp milk or another nut milk*
- 1 (7g) **Date** *pitted; substitute Stevia or another non-sugar sweetener*
- 2 tablespoons (11g) **Unsweetened Cacao Powder** *I use Hershey's 100% Cacao Natural, Unsweetened Powder*
- 1 tablespoon (7g) **Ground Flaxseed** *substitute hemp seeds or chia seeds*

Directions:

Blend all ingredients in a high-powered blender until smooth.

Nutrient Facts per Serving:

Calories: 178

Fat: 7.1g

Carbohydrate: 31.2g

Fiber: 10.9g

Protein: 6.4g

Denver Omelet

Serving: 1 (262g/serving)

Ingredients:

- 2 large **Eggs**
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**
- 1 tablespoon (14g) **Butter**
- ¼ cup (49g) **Onion** *chopped*
- ¼ cup (37g) **Red Bell Peppers** *chopped; substitute green bell pepper*
- ¼ cup (34g) **Cooked Ham** *diced*
- ¼ cup (28g) **Cheddar Cheese** *shredded*

Directions:

Crack the eggs into a medium-size bowl. Add the salt and pepper and beat the eggs until smooth. Set aside.

Place the butter in a medium-size skillet and heat until melted. Reduce the heat to medium-high and add the onions and peppers. Sauté for two minutes or until the onions and peppers begin to soften.

Add the diced ham and cook until heated, about two more minutes.

Add the eggs to the skillet with the vegetables and ham. Cook for a few minutes until the egg is set on the bottom. Flip the egg mixture to cook the other side for one to two more minutes.

Once the egg is set, place the cheese on one half of the omelet and fold the other half over the cheese. Cook for an additional minute or until the cheese is melted.

Nutrient Facts per Serving:

Calories: 451

Fat: 33.5g

Carbohydrate: 9.3g

Fiber: 1.5g

Protein: 27.1g

Full-Fat Yogurt with Seeds

Serving: 1 (350g/serving)

Ingredients:

- 1 cup (227g) **Full-Fat Yogurt** *choose 4-5% Milkfat with no added sugar*
- 2 tablespoons (30ml) **Unsweetened Almond Milk** *substitute another nut milk*
- 1 tablespoon (10g) **Chia Seeds** *substitute other raw seeds or nuts*
- 1 tablespoon (9g) **Raw Sunflower Seeds** *substitute other raw seeds or nuts*
- 1/2 cup (74g) **Blueberries** *fresh or frozen*

Directions:

Mix all ingredients together in a bowl.

Refrigerate for 5 to 10 minutes. (This step is optional but recommended to allow the mixture to thicken).

Note: Look for full-fat yogurt in the health food aisle or in larger containers in the dairy aisle.

Nutrient Facts per Serving:

Calories: 286

Fat: 16.1g

Carbohydrate: 27.1g

Fiber: 6g

Protein: 12.1g

Green Eggs & Ham

Serving: 1 (245g/serving)

Ingredients:

- 1 tablespoon (14g) **Butter**
- 2 large **Eggs**
- 3 ounces (85g) **Cooked Ham Steak** *substitute diced ham*
- 1 serving (45g) **Avocado Dipping Sauce & Dressing** (*see recipe on page 35*)

Directions:

In a medium-size skillet over medium-high heat, melt the butter and then carefully crack the eggs directly into the skillet. Cook the eggs for 2 to 4 minutes until the egg whites are completely firm and the yolks reach your desired level of doneness.

Transfer the eggs to a plate.

Place the ham in the skillet. Cook on each side to slightly char and heat the meat, about one minute per side.

Transfer the ham to the plate and top the eggs with the avocado sauce.

Tip: You can use slices of avocados or Dijon mustard mixed with full-fat mayo as a substitution for the Avocado Dipping Sauce & Dressing.

Nutrient Facts per Serving (includes the serving of avocado dressing):

Calories: 461

Fat: 35g

Carbohydrate: 4.7g

Fiber: 1.6g

Protein: 31.1g

Quick Keto Eggs with Spicy Dipping Sauce

Serving: 1 (136g/serving)

Ingredients:

- 2 large **Hard-Boiled Eggs**
- 2 tablespoons (30g) **Full-Fat Mayonnaise** *preferably made with avocado oil*
- 1 teaspoon (5g) **Dijon Mustard**
- $\frac{1}{8}$ teaspoon **Cayenne Pepper**
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**

Directions:

In a small bowl, mix together the mayo, mustard, cayenne pepper, salt, and pepper.

Cut each egg in half lengthwise and dip in the sauce.

Nutrient Facts per Serving:

Calories: 361

Fat: 34.7g

Carbohydrate: 1.3g

Fiber: 0.1g

Protein: 12.6g

Simply Berries, Nuts, & Seeds

Serving: 1 (164g/serving)

Ingredients:

- 1 cup (148g) **Blueberries** *fresh or frozen; substitute other berries (i.e., strawberries, raspberries, blackberries)*
- 1 tablespoon (7g) **Walnuts** *roughly chopped; substitute other raw nuts (i.e., slivered almonds, pecans)*
- 1 tablespoon (7g) **Raw Sunflower Seeds** *substitute other raw seeds (i.e., hemp seeds, chia seeds, pumpkin seeds)*

Directions:

In a bowl, combine the ingredients and serve cold or gently warm on the stove or in the microwave.

Serve warm or cold

Nutrient Facts per Serving:

Calories: 183

Fat: 9.8g

Carbohydrate: 24.2g

Fiber: 4.8g

Protein: 4g

Spinach & Mushroom Omelet

Serving: 1 (186g/serving)

Ingredients:

- 2 large **Eggs**
- 1 tablespoon (14ml) **Avocado Oil** *substitute butter or coconut oil.*
- ½ cup (78g) **Canned Mushrooms** *chopped; substitute fresh*
- ½ cup (about 15g) **Spinach** *substitute kale*
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**

Directions:

Crack the eggs into a medium bowl and beat well with a fork or a whisk. Set aside.

Heat a 10-inch non-stick skillet over medium-high heat. Once the pan is warm, add the oil. Once the oil is heated, add the mushrooms and cook for about 2 to 3 minutes. Toss in the spinach, and cook, constantly stirring for 1 to 2 minutes, or until spinach is wilted.

Remove the mushrooms and spinach from the pan, leaving any remaining oil in the pan. Add the eggs to the pan. You may need to add non-stick spray or a small amount of oil to the pan before adding the eggs.

Cook the egg for two minutes or until the eggs begin to set on the bottom of the pan. Gently lift the edges of the omelet with a spatula to let the uncooked part of the eggs flow toward the edges and cook. Continue cooking for 2 to 3 minutes or until the center of the omelet starts to look dry.

Spoon the vegetable mixture onto one-half of the omelet. Using a spatula, gently fold one edge of the omelet over the vegetables. Let the omelet cook for another 1 to 2 minutes or until the omelet reaches your desired consistency.

Nutrient Facts per Serving:

Calories: 274

Fat: 22.3g

Carbohydrate: 4.6g

Fiber: 1.7g

Protein: 14.2g

Veggie Omelet

Serving: 1 (216g/serving)

Ingredients:

- 1 tablespoon (14g) **Butter**
- ¼ cup (49g) **Onion** *chopped*
- ¼ cup (37g) **Green Bell Pepper** *chopped*
- 2 large **Eggs**
- 1 tablespoon (15ml) **Heavy (Whipping) Cream** *substitute unsweetened almond milk or another nut milk*
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**

Directions:

In a medium-sized skillet over medium heat, melt the butter. Sauté the onion and bell pepper in the butter for 4 to 5 minutes until the vegetables are just tender.

While the vegetables are cooking, crack the eggs into a bowl. Add the milk, salt, and pepper, and beat until the ingredients are combined.

Remove the vegetables from heat and transfer them to another bowl leaving as much butter and juice in the skillet as possible. Return the skillet to the heat.

Add the egg mixture and cook the egg for 2 minutes or until the eggs begin to set on the bottom of the pan. Gently lift the edges of the omelet with a spatula to let the uncooked part of the eggs flow toward the edges and cook. Continue cooking for 2 to 3 minutes or until the center of the omelet starts to look dry.

Spoon the vegetable mixture into the center of the omelet. Using a spatula, gently fold one edge of the omelet over the vegetables. Let the omelet cook for another two minutes. Slide the omelet out of the skillet and onto a plate. Serve.

Tips: You can use fresh or frozen vegetables.

Nutrient Facts per Serving:

Calories: 335

Fat: 27.6g

Carbohydrate: 7.9g

Fiber: 1.4g

Protein: 14g

Warm Blueberry & Walnut Breakfast Bowl

Serving: 1 (288g/serving)

Ingredients:

- 1 cup (148g) **Blueberries** *fresh or frozen*
- 1/3 cup (79g) **Unsweetened Almond Milk** *substitute hemp milk or another nut milk*
- 2 tablespoons (30ml) **Heavy (Whipping) Cream** *substitute coconut cream*
- 2 tablespoons (10g) **Unsweetened Shredded Coconut** *lightly toasted (optional ingredient)*
- 2 tablespoons (14g) **Raw Almonds** *slivered or chopped; subs. other raw nuts or seeds*
- 1 tablespoon (7g) **Walnuts** *chopped; substitute other raw nuts or seeds*

Directions:

Heat blueberries, milk, and cream in a small saucepan until warm.

Add remaining ingredients. Stir and serve.

Tip for toasting the shredded coconut: Preheat the oven to 325°F (163°C). Spread the coconut shreds on a baking sheet and bake for 5-10 minutes, stirring occasionally.

Note: This recipe can be made in the microwave. Heat the blueberries, milk, and cream in a microwave-safe bowl for 30 seconds at a time until warm. Stir in the remaining ingredients.

If you do not have slivered almonds, you can chop raw almonds by placing them in a plastic bag and breaking with a kitchen mallet.

Nutrient Facts per Serving:

Calories: 389

Fat: 29.9g

Carbohydrate: 29.6g

Fiber: 7.5g

Protein: 6.9g

Salad Recipes

Apple Walnut Salad

Serving: 1 (135g/serving)

Ingredients:

- 2-4 cups (about 128g) **Mixed Salad Greens** *choose spring mix or other greens*
- ½ cup (86g) **Black Beans** *canned or cooked dry beans, rinsed and drained*
- ½ medium (91g) **Apple** *chopped*
- 1 tablespoon (9g) **Feta Cheese Crumbles** *substitution goat cheese or blue cheese*
- 1 tablespoon (7g) **Walnuts** *chopped; substitute other raw nuts or seeds*
- 1 tablespoon (7g) **Raw Pumpkin Seeds** *substitution other raw nuts or seeds*
- 1 tablespoon (14ml) **Avocado Oil** *substitution olive oil*
- ½ tablespoon (8ml) **Balsamic Vinegar**

Directions:

Place the salad greens into a large bowl. Top with the remaining ingredients. Enjoy!

Nutrient Facts per Serving:

Calories: 437

Fat: 25.1g

Carbohydrate: 43.4g

Fiber: 14.5g

Protein: 14.4g

Avocado Caesar Salad with Chicken

Serving: 1 (388g/serving)

Ingredients:

- 2-4 cups (about 140g) **Romaine Lettuce** *torn*
- ½ medium **Avocado**
- ¼ cup (20g) **Parmesan Cheese** *shredded*
- 3 ounces (85g) **Pre-Cooked Chicken** *substitute fish, anchovies, meat, or cheese*
- 2 tablespoons (14g) **Walnuts** *chopped; substitute other raw nuts or seeds*
- 1 serving **Zesty Avocado Dressing** (*see recipe on page 41*)

Directions:

Toss all ingredients in a bowl and serve.

If you don't have pre-cooked chicken handy, you can substitute another protein source such as fish, anchovies, meat, or cheese.

Nutrient Facts per Serving:

Calories: 639

Fat: 49.5g

Carbohydrate: 16.6g

Fiber: 10.3g

Protein: 36.9g

Bed of Greens with Chicken

Serving: 1 (263g/serving)

Ingredients:

Dressing

- 1 tablespoon (14ml) **Olive Oil**
- ½ tablespoon (8ml) **Balsamic Vinegar** *substitute other flavored vinegars*
- ½ teaspoon **Dried Basil**
- ⅛ teaspoon **Dried Thyme**
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**

Salad

- 2-4 cups (about 128g) **Mixed Salad Greens** *choose spring mix or other greens*
- 4 ounces (112g) **Pre-Cooked Chicken** *cut into bite-size pieces*

Directions:

In a small bowl, mix together the oil, vinegar, basil, thyme, salt, and pepper.

Place the salad greens into a large bowl. Top with the chicken pieces and dressing.

Tip: You can use a pre-cooked rotisserie chicken from your local grocery store or cook a raw chicken breast in the oven.

Directions for oven-cooking the chicken breast

Pre-heat the oven to 400°F (200°C). Spray an oven-safe baking dish with a no-stick cooking spray. Wash the breast and pat dry. Sprinkle with salt and pepper and place the breast in the baking dish.

Bake for about 25 to 35 minutes or until the inside temperature of the breast reaches 165°F (74°C).

Nutrient Facts per Serving:

Calories: 354

Fat: 18.6g

Carbohydrate: 7.7g

Fiber: 1.7g

Protein: 36.7g

Black Bean Salad

Serving: 1 (299g)

Ingredients:

- 2-4 cups (about 128g) **Mixed Salad Greens** *choose spring mix or other greens*
- $\frac{1}{3}$ cup (57g) **Black Beans** *canned or cooked dry beans, rinsed and drained*
- 5 (40g) **Grape Tomatoes** *halved*
- 3 medium (45g) **Green Onions (a.k.a. Scallions or Spring Onions)** *chopped*
- 2 tablespoon (14g) **Walnuts** *chopped; substitute other raw nuts or seeds*
- 1 tablespoon (15ml) **Lime Juice**

Directions:

Place the salad greens in a bowl. Top the greens with the remaining ingredients.

Suggestion: Serve the salad with a sugar-free balsamic vinegar such as Maple Grove Farms Sugar-Free Balsamic Vinaigrette.

Nutrient Facts per Serving:

Calories: 230

Fat: 10.1g

Carbohydrate: 28.9g

Fiber: 10.1g

Protein: 9.6g

Greens with Salmon Dressing

Serving: 1 (258g/serving)

Ingredients:

- 2.5 ounces (71g) **Canned or Packaged Salmon in Water**
- 2 tablespoons (30g) **Full-Fat Mayonnaise** *preferably mayo made with avocado oil*
- 2 medium-sized slices (28g) **Onion** *chopped*
- ¼ cup (28g) **Sharp Cheddar Cheese** *shredded*
- ¼ teaspoon **Ground Black Pepper**
- 2 cups (85g) **Mixed Salad Greens** *choose spring mix or other greens; add additional greens if you prefer a larger salad.*
- 1 tablespoon (15ml) **Balsamic Vinaigrette** *no-sugar-added, such as Maple Grove Farms Sugar-Free Balsamic Vinaigrette*

Directions:

In a medium-size bowl, mix together the salmon, mayonnaise, onion, cheese, and pepper.

Place the leafy greens in a bowl and mix in the vinaigrette. Top the salad with the salmon mixture.

Nutrient Facts per Serving:

Calories: 427

Fat: 35.4g

Carbohydrate: 7.4g

Fiber: 1.6g

Protein: 21.5g

LCHF Spinach Salad w/ Warm Bacon Dressing

Serving: 1 (317g/serving)

(LCHF stands for Low-Carb/High-Fat)

Ingredients:

Dressing

- 2 thick slices (24g) **Bacon**
- 1 tablespoon (14ml) **Avocado Oil**
- ½ tablespoons (8ml) **Red Wine Vinegar**
- ¾ teaspoon (4g) **Swerve** *use Swerve Confectioners or Granular; subs. another sweetener to taste or ¾ tsp. sugar*
- 2 teaspoons (10g) **Dijon Mustard**
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**

Salad

- 2 cups (about 60g) **Spinach**
- 5 (40g) **Grape Tomatoes** *halved*
- ¼ cup (49g) **Red Onion** *thinly sliced*
- 2 large **Hard-Boiled Eggs** *sliced*
- 1 tablespoon (9g) **Sesame Seeds** *substitute other raw seeds*

Directions:

In a skillet, cook the bacon until just crispy. Move the bacon to a paper towel, leaving the bacon fat in the skillet.

Return the skillet to the stove and set the heat to low. Whisk together the remaining fat, avocado oil, red wine vinegar, Swerve, Dijon mustard, salt, and pepper. Once mixed and heated, remove the dressing from the heat and set aside.

In a bowl, toss the spinach, tomatoes, onion, eggs, and sesame seeds. Crumble the bacon and add the pieces to the salad. Toss in the dressing and serve.

Nutrient Facts per Serving:

Calories: 508

Fat: 39.7g

Carbohydrate: 15.3g

Fiber: 3.9g

Protein: 25.7g

Leafy Salad Topped with Chicken Salad

Serving: 1 (400g/serving)

Ingredients:

Chicken salad

- 3 ounces (84g) **Pre-Cooked Chicken**
- 1 tablespoon (15g) **Full-Fat Mayonnaise** *preferably mayo made with avocado oil such as Primal Kitchen brand*
- ¼ cup (49g) **Onion** *chopped*
- ¼ teaspoon **Ground Black Pepper**

Leafy Salad

- 2-4 cups (about 128g) **Mixed Salad Greens** *choose spring mix or other greens*
- 5 (40g) **Grape Tomatoes** *halved*
- ½ cup (46g) **Green Bell Pepper** *sliced*
- 1 tablespoon (7g) **Walnuts** *chopped; substitute other raw nuts or seeds*
- 2 tablespoons (30ml) **Balsamic Vinaigrette** *no-sugar-added, such as Maple Grove Farms Sugar-Free Balsamic Vinaigrette*

Directions:

Place the cooked chicken, mayonnaise, onion, and ground black pepper in a food processor.

Pulse until the mixture is somewhat smooth.

Serve the chicken mixture on top of the leafy greens and top with tomatoes, green peppers, walnuts, and vinaigrette.

Tip: To save time, use a pre-cooked rotisserie chicken from your local grocery store.

Nutrient Facts per Serving:

Calories: 372

Fat: 20.8g

Carbohydrate: 16.6g

Fiber: 4.1g

Protein: 30.2g

Nutty BAM Salad

Serving: 1 (404g/serving)

B.A.M. (Beans, Assorted Veggies, Meat)

Ingredients:

- 2-4 cups (about 128g) **Mixed Salad Greens** *choose spring mix or other greens*
- ¼ cup (43g) **Black Beans** *canned or cooked dry beans; drained and rinsed*
- 5 (40g) **Grape Tomatoes** *halved*
- 2 medium slices (28g) **Onion** *chopped*
- ½ small (37g) **Green Bell Peppers** *chopped*
- 4 ounces (113g) **Pre-Cooked Chicken** *chopped*
- 2 tablespoon (14g) **Walnuts** *chopped; substitute other raw nuts or seeds*

Directions:

Place the salad greens in a bowl. Top the greens with the remaining ingredients.

Suggestion: Serve the salad with a sugar-free balsamic vinegar such as Maple Grove Farms Sugar-Free Balsamic Vinaigrette.

Tip: You can purchase a pre-cooked rotisserie chicken from most grocery stores or cook a chicken breast at home.

An easy way to cook chicken:

1. Cut raw chicken breast into 2-inch (5cm) chunks and place them in a medium-sized saucepan.
2. Add enough water just to cover the chicken.
3. Heat to boiling, and then reduce the heat and simmer for 8-10 minutes until the chicken is no longer pink inside. The internal temperature should be 165°F (74°C).

Nutrient Facts per Serving:

Calories: 417

Fat: 18.8g

Carbohydrate: 23.7g

Fiber: 9.3g

Protein: 40.2g

Savory Salad with Hard-Boiled Egg

Serving: 1 (337g/serving)

Ingredients:

- 2-4 cups (about 128g) **Mixed Salad Greens** *choose spring mix or other greens*
- 1 large **Hard-Boiled Egg** *sliced*
- ½ ounce (14g) **Feta Cheese Crumbles** *substitute Blue Cheese Crumbles*
- ½ medium **Avocado** *chopped; substitute 1-oz. (28g) walnuts or other raw nuts*
- 5 (40g) **Grape Tomatoes** *halved*
- 2 medium (30g) **Green Onions (a.k.a. Scallions or Spring Onions)** *chopped*
- ½ tablespoon (8ml) **Lemon Juice**

Directions:

Place the salad greens in a bowl. Top the greens with the remaining ingredients.

Serve with blue cheese dressing or a dressing of your choice.

Nutrient Facts per Serving without Dressing:

Calories: 277

Fat: 19g

Carbohydrate: 17.3g

Fiber: 7.4g

Protein: 12.1g

Simple Salad with Feta Cheese

Serving: 1 (216g/serving)

Ingredients:

Dressing

- 1 tablespoon (14ml) **Olive Oil** *substitute avocado oil or walnut oil*
- 1 teaspoon (5ml) **Balsamic Vinegar** *substitute a flavored vinegar, red wine vinegar, or apple cider vinegar*
- 1 teaspoon (5g) **Dijon Mustard**
- **Salt** *to taste*
- **Ground Black Pepper** *to taste*

Salad

- 2-4 cups (about 128g) **Mixed Salad Greens** *choose spring mix or other greens*
- 1/3 cup (50g) **Feta Cheese Crumbles**
- 2 tablespoons (14g) **Walnuts** *chopped; substitute other raw nuts or seeds*

Directions:

In a small bowl, mix together the oil, vinegar, mustard, salt, and pepper.

Place the salad greens into a large bowl. Top with the cheese, walnuts, and dressing.

Nutrient Facts per Serving:

Calories: 383

Fat: 34.3g

Carbohydrate: 9.9g

Fiber: 3.5g

Protein: 11.9g

Strawberry Walnut Chopped Salad

Serving: 1 (326g/serving)

Ingredients:

- 2 cups (about 60g) **Spinach**
- 1 cup (89g) **Green Cabbage** *shredded (you can use bagged shredded cabbage or substitute other greens)*
- 1 tablespoon (7g) **Walnuts** *chopped; substitute other raw nuts or seeds*
- 1-½ tablespoon (23ml) **Lime Juice**
- 1 cup (152g) **Fresh Strawberries** *sliced; substitute other berries or apple*

Directions:

Put the spinach, cabbage, walnuts, and lime juice in a food processor and chop very coarsely (4 or 5 pulses) with the S-shaped blade. As an alternative, you can chop the vegetables and walnuts with a knife.

Put the greens into a serving bowl. Top the salad with the strawberries.

Nutrient Facts per Serving:

Calories: 137

Fat: 5.6g

Carbohydrate: 21.5g

Fiber: 6.9g

Protein: 5.1g

Taco Salad with Beans

Serving: 4 (447g/serving)

Ingredients:

Taco Seasoning

- 1 tablespoon **Chili Powder**
- 1 tablespoon **Ground Cumin**
- 1 teaspoon **Sea Salt**
- 1/2 teaspoon **Dried Oregano**
- 1/2 teaspoon **Paprika**
- 1/4 teaspoon **Garlic Powder**
- 1/4 teaspoon **Onion Powder**
- 1/4 teaspoon **Crushed Red Pepper Flakes**

Meat Mixture

- 1/2 pound (227g) **Ground Beef**
- 3/4 cup (180ml) **Water**
- 8 ounces (227g) **Pinto Beans** *rinsed and drained*

Salad

- 12 cups (about 564g) **Romaine Lettuce** *shredded; substitute other leafy greens*
- 2 medium (2 3/5-in. diameter; 246g total weight) **Tomatoes** *chopped*
- 1 cup (194g) **Onion** *chopped*
- 8 tablespoons (130g) **Salsa**

Directions:

Prepare the Taco Seasoning Mix

Place all taco seasoning ingredients in a small bowl and mix until well blended. Set aside

Prepare the Meat Mixture

In a medium-size skillet, cook the ground beef until it browns. Add the taco seasoning mix and water. Reduce the heat to medium and cook for 5 minutes. Add the beans and continue to cook until the water evaporates completely and the beans are heated, about 5 more minutes.

Assemble the Salad

Serve the meat mixture over the lettuce and top with the chopped tomatoes, onions, and salsa.

Note: You can substitute a packet of store-bought taco seasoning mix. However, it may increase the carb grams per serving.

Nutrient Facts per Serving:

Calories: 286

Fat: 11g

Carbohydrate: 27.3g

Fiber: 9.2g

Protein: 22.2g

Vegetable Salad with Dill Vinaigrette

Serving: 1 (375g/serving)

Ingredients:

Dill Vinaigrette

- 1.5 tablespoon (21ml) **Olive Oil**
- ½ tablespoon (8ml) **Balsamic Vinegar**
- 1.5 teaspoons **Dried Dill Weed**

Salad

- 2-4 cups (about 128g) **Mixed Salad Greens** *choose spring mix or other greens*
- 5 (40g) **Grape Tomatoes** *halved*
- ½ cup (67g) **Cucumber** *peeled and chopped*
- ½ cup (97g) **Red Onions** *chopped; substitute yellow or white*
- 5 (about 15g) **Kalamata (Greek) Olives** *substitute raw nuts*

Directions:

In a small bowl, combine the oil, vinegar, and dill. Stir the ingredients until blended and set aside.

Place the salad greens in a bowl and stir in the dill dressing until the greens are coated.

Top the salad with the tomatoes, cucumbers, onions, and olives.

Nutrient Facts per Serving:

Calories: 318

Fat: 25.1g

Carbohydrate: 21.3g

Fiber: 4.1g

Protein: 4.2g

Salad Dressing/Dip/Sauce Recipes

Avocado Dipping Sauce & Dressing

Serving: 6

Serving Size: 45g (about 2 tablespoons)

Ingredients:

- 1 medium **Avocado**
- 1 tablespoon (15ml) **Lemon Juice**
- 1/3 cup (80ml) **Hot Water**
- 1 tablespoon (15g) **Dijon Mustard**
- 1/8 teaspoon **Salt**
- 1/8 teaspoon **Ground Black Pepper**
- 2 tablespoons (28ml) **Olive Oil**

Directions:

Scoop out the avocado fruit and place it into a blender.

Add the lemon juice, hot water, mustard, salt, and pepper. Blend the ingredients for one minute. Scrap the sides of the blender to return the splashed ingredients to the bottom of the blender.

Turn the blender on again, and while it is running, slowly pour the olive oil into the blender and continue to blend for two minutes. Stop occasionally to scrape the sides of the blender.

Use as a dipping sauce for hard-boiled eggs or vegetables, or use it as a salad dressing.

Nutrient Facts per Serving:

Calories: 81

Fat: 8.1g

Carbohydrate: 2.3g

Fiber: 1.6g

Protein: 0.6g

Dijon Dressing

Serving: 10

Serving Size: 49g (about 2 tablespoons)

Ingredients:

- 1 cup (240ml) **Water**
- $\frac{3}{4}$ cup (97g) **Raw Cashews** *substitute $\frac{1}{2}$ cup Cashew Butter*
- 4 tablespoons (64ml) **Balsamic Vinegar**
- 2 tablespoons (17g) **Mixed Seasoning Spice** *such as Mrs. Dash seasoning blend*
- 2 tablespoons (30g) **Dijon Mustard**
- 5 (36g) **Dates** *pitted*
- 2 cloves (6g) **Garlic** *minced*

Directions:

Blend all ingredients in a high-powered blender or food processor until smooth.

Nutrient Facts per Serving:

Calories: 78

Fat: 4.6g

Carbohydrate: 8.1g

Fiber: 1.1g

Protein: 2.3g

Herb Sauce

Serving: 6

Serving Size: 18g (about 1 tablespoon)

Ingredients:

- 1 medium **Lemon, preferably organic** *substitute 1.5 Tbsp. (23ml) lemon juice*
- 3 tablespoons (42ml) **Olive Oil**
- 2 tablespoons **Dried Parsley Leaves**
- 1 tablespoon **Dried Basil**
- 1 clove (3g) **Garlic** *minced*
- $\frac{1}{2}$ teaspoon **Salt**
- $\frac{1}{4}$ teaspoon **Ground Black Pepper**

Directions:

Zest the lemon into a mixing bowl. Squeeze the juice of the lemon into the bowl.

Add the remaining ingredients to the bowl and use a hand blender or whisk to mix thoroughly.

Store in the refrigerator until ready to use.

Tips:

Since you will be using the zest of the lemon, it is preferable to use an organic lemon to reduce your exposure to pesticides.

For extra freshness, substitute 4 tablespoons of fresh parsley for the dried parsley.

This sauce makes a great topping for steak, chicken, or burgers.

Nutrient Facts per Serving:

Calories: 66

Fat: 6.8g

Carbohydrate: 1.6g

Fiber: 0.6g

Protein: 0.4g

Homemade Walnut Vinaigrette

Serving: 4

Serving Size: 42g (about 2 tablespoons)

Ingredients:

- 1/4 cup (64ml) **Balsamic Vinegar**
- 1/4 cup (60ml) **Water**
- 1/4 cup (29g) **Walnuts**
- 1 tablespoon (9g) **Raisins**
- 1 clove (3g) **Garlic**
- 1 teaspoon (5g) **Dijon Mustard**
- 1/4 teaspoon **Thyme**

Directions:

Place all ingredients into a high-speed blender.

Blend together, adding water as needed to reach your desired consistency.

Nutrient Facts per Serving:

Calories: 71

Fat: 4.9g

Carbohydrate: 5.9g

Fiber: 0.7g

Protein: 1.4g

Taco Seasoning Mix

Yields 23g (about 3 tablespoons)

Serving: 1

Ingredients:

- 1 tablespoon **Chili Powder**
- 1 tablespoon **Ground Cumin**
- 1 teaspoon **Sea Salt**
- 1/2 teaspoon **Dried Oregano**
- 1/2 teaspoon **Paprika**
- 1/4 teaspoon **Garlic Powder**
- 1/4 teaspoon **Onion Powder**
- 1/4 teaspoon **Crushed Red Pepper Flakes**

Directions:

Place all ingredients into a small bowl and mix until well blended.

Note: the seasoning mix can be mixed with a pound (454g) of cooked ground beef or chicken to make a Mexican-style meal.

Nutrient Facts per Serving:

Calories: 54

Fat: 2.7g

Carbohydrate: 8.6g

Fiber: 4.2g

Protein: 2.5g

Tartar Sauce

Serving: 4

Serving Size: 16g (about 1 tablespoon)

Ingredients:

- ¼ cup (60g) **Full-Fat Mayonnaise** *preferably mayo made with avocado oil*
- 1 tablespoon (15g) **Dill Relish**
- 1 teaspoon (5ml) **Lemon Juice**

Directions:

Mix all ingredients together and store in the refrigerator until ready to use.

Nutrient Facts per Serving:

Calories: 100

Fat: 12g

Carbohydrate: 0.1g

Fiber: 0g

Protein: 0g

Zesty Avocado Dressing

Serving: 3

Serving Size: 59g (about 2 heaping tablespoons)

Ingredients:

- ½ medium-size **Avocado**
- 1 clove (3g) **Garlic** *minced*
- 3 tablespoons (42ml) **Olive Oil**
- 2 tablespoons (30ml) **Water**
- 1 tablespoon (15ml) **Lemon Juice**
- 1 tablespoon (15g) **Dijon Mustard**
- 1 teaspoon (5ml) **Worcestershire Sauce**
- ⅛ teaspoon **Salt**
- ⅛ teaspoon **Ground Black Pepper**

Directions:

Place all of the ingredients into a food processor or high-speed blender and blend until smooth.

Amount Per Serving:

Calories: 167

Fat: 17.3g

Carbohydrate: 3.4g

Fiber: 1.8g

Protein: 0.8g

Main Dish Recipes

Bacon Cheeseburger Quiche

Serving: 8 (168g/serving)

Ingredients:

- 1 pound (454g) **Ground Beef**
- ¼ cup (49g) **Onion** *chopped*
- ¼ cup (37g) **Green Bell Pepper** *chopped*
- 4 thick (48g) **Pan-Fried Bacon Slices** *chopped*
- 8 large **Eggs**
- ½ cup (120ml) **Heavy (Whipping) Cream**
- 2 cups (8oz | 226g) **Sharp Cheddar Cheese** *shredded*
- 1 tablespoon (7g) **Coconut Flour** *substitute almond flour*
- ¼ teaspoon **Garlic Powder**
- ¼ teaspoon **Salt**
- ¼ teaspoon **Ground Black Pepper**

Directions:

Preheat the oven to 350°F (180°C). Spray a deep quiche or pie dish with cooking spray and set aside.

In a skillet, cook the meat over medium-high heat until brown. Add the onions and peppers and cook over medium heat until soft, about 3 to 5 minutes.

Chop the already cooked bacon and add it to the meat mixture. Press the meat mixture into the bottom of the prepared quiche dish and set aside.

In a large bowl, whisk the eggs for one to two minutes. Add the remaining ingredients to the eggs and whisk until blended.

Carefully pour the egg mixture over the meat and bake for 40-45 minutes or until the middle of the quiche is set. Cool for 10-15 minutes before serving.

Leftovers can be frozen. Place the quiche in the freezer until firm (30-45 minutes). Remove it from the pan and wrap it with freezer paper, heavy-duty aluminum foil, or both. Place the wrapped quiche into a freezer bag. Place in the freezer for up to one month. When ready to serve, remove it from the freezer, but do not allow it to thaw. Remove the wrap and place it in a pre-heated 350°F (180°C) oven until heated through, about 10-20 minutes

Nutrient Facts per Serving:

Calories: 421

Fat: 32.1g

Carbohydrate: 3.1g

Fiber: 0.5g

Protein: 29.4g

Beef & Bean Burritos

Serving: 4 (1 burrito | 275g)

Ingredients:

- ½ pound (227g) **Ground Beef**
- 1 cup (172g) **Black Beans** *canned or cooked dry beans; drained and rinsed*
- 4 ounces (113g) **Green Chilies** *canned or fresh; diced*
- 3 medium (45g) **Green Onions (a.k.a. Spring Onions or Scallions)** *chopped*
- 1.5 tablespoon **Dried Cilantro** *substitute fresh*
- ¼ teaspoon **Salt**
- ¼ teaspoon **Ground Black Pepper**
- 4 6-inch (228g total weight) **Sprouted Grain Tortillas**
- ½ cup (130g) **Salsa**
- 1 cup (about 47g) **Romaine Lettuce** *shredded*
- 1 medium **Avocado** *diced*

Directions:

Preheat the oven to 350°F (180°C).

In a large saucepan, cook the ground beef until no longer pink. Add the beans, green chilies, green onions, cilantro, salt, and pepper to the skillet and heat until warm through.

Divide the beef & bean mixture evenly among the tortillas. Roll up and place in an oven-safe dish. Top with salsa.

Warm in the oven for 10-20 minutes until heated through. Serve with lettuce and avocado.

Tips:

You may find sprouted grain tortillas in the freezer of your local grocery store's health food area, such as Ezekiel 4:9 Sprouted Grain Tortillas

You can omit the beans if you prefer a lower-carb meal.

Nutrient Facts per Serving:

Calories: 433

Fat: 18.4g

Carbohydrate: 42.9g

Fiber: 13.5g

Protein: 25.6g

Breaded Herb & Cream Cheese Chicken

Serving: 4 (162g/serving)

Ingredients:

- 1 pound (454g) **Boneless, Skinless Chicken Thighs** *substitute chicken breast*
- 4 ounces (112g) **Cream Cheese** *softened*
- 1 tablespoon **Dried Chives**
- ½ teaspoon **Dried Thyme**
- 2 large **Eggs**

Breeding

- 1.5 ounces (42g) **Pork Rinds** (a.k.a. Chicharrones, Cracklings)
- ⅓ cup (33g) **Grated Parmesan Cheese**
- ¼ teaspoon **Salt**
- ¼ teaspoon **Ground Black Pepper**
- ¼ teaspoon **Garlic Powder**

Directions:

Preheat the oven to 350°F (180°C). Spray an oven-safe baking dish with non-stick cooking spray.

Prepare the breading by placing the pork rinds in a plastic bag and pounding with a mallet until they are broken into small pieces that resemble breadcrumbs. Add the Parmesan cheese, salt, pepper, and garlic powder to the bag and mix together. Pour the "breading" onto a large plate and set aside.

Place each chicken thigh in a separate plastic bag and pound with a mallet until about 1/2 inch thick.

Spread equal amounts of cream cheese, chives, and thyme down the center of each thigh. Roll each thigh as you would a jelly roll and secure with a toothpick, if necessary.

In a large bowl, beat the eggs. Place a rolled chicken thigh into the eggs and then into the breading. Repeat for each of the remaining thighs.

Place the breaded chicken thighs onto the prepared baking dish and cook for about 25 minutes or until the chicken is cooked through.

Note: You can substitute chicken breasts for chicken thighs, but it will reduce the fat content by about 6 grams per serving.

Nutrition/Serving: Calories: 444 | Fat: 30g | Carbohydrate: 3.6g | Fiber: 0.2g | Protein: 41.7g

Chicken Cordon Bleu Casserole Serving: 6 (260g/serving)

Ingredients:

Cauliflower Mash Topping

- 1 pound (454g) **Cauliflower Florets** *fresh or frozen*
- 3 tablespoons (42g) **Butter**
- 3 tablespoons (43g) **Sour Cream**
- ¼ teaspoon **Garlic Powder**
- ¼ teaspoon **Salt**
- ¼ teaspoon **Ground Black Pepper**

Chicken Casserole

- 4 tablespoons (58g) **Sour Cream**
- 4 tablespoons (60ml) **Heavy (Whipping) Cream**
- 1 tablespoon **Dried Parsley**
- 1 teaspoon **Garlic Powder**
- ½ teaspoon **Salt**
- ½ teaspoon **Ground Black Pepper**
- 1 pound (454g) **Pre-Cooked Chicken** *chopped; substitute chicken thighs or dark meat, see directions for cooking suggestions*
- 2 cup (268g) **Cooked Ham** *diced*
- 1.5 cup (162g) **Swiss Cheese** *shredded*

Directions:

Preheat the oven to 350°F (180°C). Spray a small (2 quart) oven-safe casserole dish with non-stick cooking spray and set aside.

Prepare the Cauliflower Mash Topping:

- **To cook frozen cauliflower in the microwave:** Put the frozen florets in a bowl & microwave for about 8 minutes or until they are tender.
- **To cook cauliflower on the stove:** Fill the bottom of a saucepan with 1 inch (2.5cm) of water. Place a steamer basket in the saucepan. Add the cauliflower florets. Cover & steam for about 5-7 min. or until the cauliflower is soft enough to poke with a fork.

Transfer the cooked florets to a food processor. Blend until somewhat smooth and fluffy. Add the butter, sour cream, garlic powder, salt, and pepper and blend until the mixture resembles the consistency of mashed potatoes.

Instructions for the casserole:

In a large bowl, mix together the sour cream and heavy cream until well blended. Stir in the parsley, garlic powder, salt & pepper. Stir in the chopped pieces of chicken, ham & cheese. Transfer the mixture to the casserole dish. Evenly top the casserole with Cauliflower Mash. Bake at 350°F (180°C) for 20-25 min. or until the casserole is thoroughly heated.

Note: If you do not have pre-cooked chicken available, you can cook raw chicken (preferably thigh or dark meat) in the oven by following these directions: Preheat the oven to 350°F (180°C). Place the chicken thighs in a sprayed baking dish, and sprinkle salt and pepper to taste. Bake until the thighs are no longer pink at the bone, about 1 hour or until the chicken reaches a temperature of 165°F (74°C).

Nutrition/Serving: Calories: 506 | Fat: 36.6 | Carbohydrate: 7 | Fiber: 2.7g | Protein: 38.1g

Easy Baked Chicken

Serving: 4

Ingredients:

- 1 pound (454g) **Boneless Chicken Breast with Skin** *rinsed and patted dry*
- 2 tablespoons (28g) **Butter** *melted; substitute avocado oil or melted coconut oil*
- 1 teaspoon **Mrs. Dash Original Blend** *substitute another favorite herbal seasoning*
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**

Directions:

Preheat the oven to 400°F (200°C).

Spray a shallow baking dish with no-stick cooking spray.

Place the chicken on the baking dish.

Brush each breast with melted butter. Sprinkle with seasonings.

Bake for about 40 minutes or until the chicken reaches an internal temperature of 165°F (74°C).

Nutrient Facts per Serving:

Calories: 260

Fat: 14.2g

Carbohydrate: 1g

Fiber: 0g

Protein: 31.1g

Easy Chicken Stir Fry

Serving: 2 (401g/serving)

Ingredients:

- 1/4 cup (60ml) **Chicken Broth**
- 2 tablespoons (32ml) **Soy Sauce**
- 1 tablespoon (16ml) **Red Wine Vinegar** *substitute white wine or rice vinegar*
- 1 tablespoon (14ml) **Avocado Oil** *substitute coconut oil or butter*
- 16-ounce (454g) bag **Frozen Stir-Fry Vegetables**
- 8 ounce (227g) **Cooked Chicken** *chopped*

Directions:

Whisk together the chicken broth, soy sauce, and vinegar in a small bowl. Set aside.

Cook vegetables in the oil until just tender, about 5 minutes.

Add the cooked chicken and prepared sauce. Continue to cook until the vegetables reach your desired level of tenderness, about 3 to 5 more minutes.

Tips: For instructions on how to cook chicken, see the recipe for Easy Baked Chicken on the previous page. To save time, purchase a pre-cooked rotisserie chicken from the grocery store.

Nutrient Facts per Serving:

Calories: 376

Fat: 12.9g

Carbohydrate: 18.8g

Fiber: 4.5g

Protein: 40.9g

Keto Cod

Serving: 4 (156g/serving)

Ingredients:

- 1 pound (454g) **Cod Fillets**
- 1 tablespoon (14ml) **Avocado Oil**
- 1 tablespoon (15ml) **Lemon Juice**
- 1 tablespoon **Dried Basil**
- ¼ teaspoon **Salt**
- ¼ teaspoon **Ground Black Pepper**
- 1 medium (123g) **Roma tomato** *sliced thin; substitute another tomato*
- 2 tablespoons (12g) **Grated Parmesan Cheese**

Directions:

Preheat the oven to 400°F (200°C)

Rinse the cod fillets and pat dry.

In a large baking dish, combine the avocado oil and lemon juice.

Add the fish and turn to coat both sides.

Sprinkle with basil, salt, and pepper.

Layer the tomato slices evenly over the fillets and sprinkle with cheese.

Cover the dish with aluminum foil and bake for about 15 to 30 minutes or until the fish is easily pulled apart with a fork, or cook to 145°F (63°C)

Nutrient Facts per Serving:

Calories: 173

Fat: 5.4g

Carbohydrate: 2.2g

Fiber: 0.6g

Protein: 27.2g

Mexican Bean Enchiladas

Serving: 4 (1 enchilada | 335g/serving)

Ingredients:

- ½ pound (227g) **Ground Turkey**
- 1 tablespoon (14g) **Butter**
- ¾ cup (112g) **Bell Pepper** *any color, seeded and chopped*
- ½ cup (97g) **Onion** *chopped*
- 15 ounce (425g) can **Tomato Sauce**
- 8 ounces (227g) **Canned Pinto Beans** *drained and rinsed; substitute black beans*
- 1 tablespoon **Chili Powder**
- 1 teaspoon **Dried Cilantro (a.k.a. Coriander)**
- 1 teaspoon **Ground Cumin**
- 1 teaspoon **Onion Powder**
- ¼ teaspoon **Cayenne Pepper** *(optional)*
- 4 9-inch (23cm) **Sprouted Grain Tortillas** *substitute whole-grain tortillas*

Directions:

Preheat the oven to 375°F (190°C).

Brown the ground turkey in a non-stick skillet and set aside.

In a separate large non-stick skillet, sauté the bell pepper and onion in the butter until tender.

Stir in tomato sauce, cooked meat, beans, and spices. Simmer for 5 minutes.

Spoon meat and bean mixture into each tortilla and roll up. Place each filled tortilla in an oven-safe baking dish and bake for 15 minutes.

Note: If you prefer a lower-carb meal, substitute an additional ½ pound (227g) of ground turkey for the pinto beans.

Nutrient Facts per Serving:

Calories: 373

Fat: 11.7g

Carbohydrate: 46.8g

Fiber: 11.5g

Protein: 22.3g

Our Favorite Meatloaf

Serving: 4 (148g/serving)

Ingredients:

- 1 ounce (28g) **Pork Rinds** (a.k.a. Chicharrones, Cracklings)
- 1 pound (454g) **Ground Beef**
- 2 tablespoons (14g) **Onion Soup Mix, dry**
- 1 tablespoon (10g) **Hemp Seeds** *substitute chia seeds*
- 2 tablespoons (32g) **Sugar-Free Ketchup**
- 3 tablespoons (47g) **Yellow Mustard**
- 1 teaspoon (6g) **Worcestershire Sauce**
- ¼ teaspoon **Salt**
- ¼ teaspoon **Pepper**

Directions:

Preheat the oven to 350° F (180°C).

Spray a 9 x 5-inch (23x13-cm) loaf pan with cooking spray.

Place the pork rinds in a plastic bag and crush until they are the consistency of bread crumbs.

In a large bowl, combine the pork rinds with all other ingredients. Mix by hand until the ingredients are well blended.

Place the meatloaf in the loaf pan and cook for 40-45 minutes or until the center reaches a temperature of at least 160°F (71°C)

Nutrient Facts per Serving:

Calories: 363

Fat: 22.2g

Carbohydrate: 4.1g

Fiber: 0.8g

Protein: 34.4g

Portabella Salmon Melts

Serving: 2 (252g/serving)

Ingredients:

- 2 large (168g total weight) **Portabella Mushroom Caps**
- 5 ounces (142g) **Canned or Packaged Salmon in Water**
- ¼ cup (60g) **Full-Fat Mayonnaise** *preferably mayo made with avocado oil*
- ¼ cup (49g) **Onion** *chopped*
- ¼ teaspoon **Ground Black Pepper**
- ¾ cup (85g) **Sharp Cheddar Cheese** *shredded*

Directions:

Preheat the oven to 350°F (180°C).

Line a baking sheet with aluminum foil and spray the foil with no-stick cooking spray.

Remove the gills and stems from the mushroom caps and place them upside-down on the foil.

In a medium-size bowl, mix together the salmon, mayonnaise, onion, pepper, and half of the cheese.

Evenly distribute the mixture between the two mushroom caps, and then top them with the remaining cheese.

Bake for 15 minutes or until the cheese is melted.

Nutrient Facts per Serving:

Calories: 498

Fat: 42g

Carbohydrate: 7.1g

Fiber: 1.5g

Protein: 28.1g

Quiche Lorraine

Serving: 8 (152g/serving)

Ingredients:

- 10 thick (120g) **Pan-Fried Bacon Slices**
- 1 teaspoon (5g) **Coconut Oil** *substitute butter or bacon grease if available*
- 2 cloves (6g) **Garlic** *minced*
- ½ cup (97g) **Onions** *chopped*
- 4-ounce (113g) can **Canned Mushrooms** *substitute fresh mushrooms or finely chopped broccoli*
- 6 large **Eggs**
- 1.5 cups (357ml) **Heavy (Whipping) Cream**
- 1 cup (108g) **Swiss Cheese** *shredded*
- 1 cup (108g) **Gruyere Cheese** *shredded*
- ½ teaspoon **Salt**
- ½ teaspoon **Ground Black Pepper**

Directions:

Preheat the oven to 350°F (180°C). Spray a quiche or pie dish with non-stick cooking spray. Set aside.

Chop the pre-cooked bacon into small pieces. Set aside.

In a medium-sized skillet, heat the coconut oil until melted. Reduce the heat to medium and add the garlic, onions, and mushrooms. Cook for 4 to 6 minutes or until the vegetables are slightly tender. Set aside.

In a large bowl, whisk together the eggs and heavy cream.

Add the cooked bacon and vegetables to the bowl of eggs along with both cheeses, salt, and pepper. Stir to blend.

Pour the mixture into the prepared quiche dish. Bake for 40-45 minutes or until the eggs are completely cooked in the middle.

Nutrient Facts per Serving:

Calories: 404

Fat: 34.5g

Carbohydrate: 4.3g

Fiber: 0.6g

Protein: 19.2g

Shrimp Stir Fry with Pine Nuts

Serving: 2 (408g/serving)

Ingredients:

- 2 tablespoons (28ml) **Avocado Oil** *substitute coconut oil or sesame oil*
- 2 tablespoons (17g) **Raw Pine Nuts** *substitute sesame seeds, sunflower seeds, slivered almonds, or walnuts*
- 1 pound (454g) bag **Frozen Stir Fry Vegetables**
- 8-ounces (227g) **Pre-Cooked Shrimp**
- ¼ cup (60ml) **Water**
- 1 tablespoon (10g) **Ginger** *grated; optional*
- 2 cloves (6g) **Garlic** *minced*
- 1 tablespoon (16ml) **Soy Sauce**

Directions:

Heat one tablespoon (14ml) of the oil in a large skillet over medium-high heat. Once the oil is hot, add the pine nuts and cook for 1 to 2 minutes, or until they are golden brown.

Using a slotted spoon, remove the pine nuts and set aside.

Add the frozen vegetables to the skillet and sauté them for about 5 minutes, or until they are just starting to get tender.

Meanwhile, in a small bowl, whisk together the remaining tablespoon of oil, water, grated ginger, minced garlic, and soy sauce.

Add the shrimp and sauce mixture to the vegetables and continue cooking until the vegetables reach your desired level of tenderness. Top with the pine nuts.

Tips:

You can buy a 2 to 3 inch (5 to 7.5cm) long piece of fresh ginger in the produce aisle and grate it yourself.

Any non-starchy vegetables can be used in stir fry. If you cannot find a bag of frozen stir-fry vegetables, consider using a combination of colored bell peppers, sugar snap peas, mushrooms, broccoli, and water chestnuts.

Nutrient Facts per Serving:

Calories: 375

Fat: 19.2g

Carbohydrate: 16.9g

Fiber: 6.2g

Protein: 31.6g

Simple Baked Tilapia

Serving: 4 (132g/serving)

Ingredients:

- 2 tablespoons (28g) **Butter** *substitute avocado oil*
- 1 pound (454g) **Tilapia Fillets** *substitute other fish fillets*
- 1 clove (3g) **Garlic** *minced*
- 1 teaspoon **Dried Parsley Flakes**
- ¼ teaspoon **Ground Black Pepper**
- 1 small **Lemon**

Directions:

Preheat oven to 425°F (220°C).

Grease a baking dish with a small amount of the butter.

Rinse the tilapia fillets under cool water and pat dry with paper towels. Place the fillets in the baking dish.

Melt the butter in a small saucepan or the microwave. Add the garlic, parsley, and pepper to the melted butter and stir until mixed.

Brush the butter mixture evenly over all four fillets.

Bake until the fish is white and flakes when pulled apart with a fork, about 10-15 minutes.

Cut the lemon in half. Squeeze one half of the lemon over the fillets. Slice the remaining lemon into round slices and use as a garnish. You can substitute lemon juice.

Nutrient Facts per Serving

Calories: 201

Fat: 8.8g

Carbohydrate: 1.3g

Fiber: 0.4g

Protein: 29.9g

Skirt Steak Crock-Pot Dinner

Serving: 4 (230g/serving)

Ingredients:

- 1.5 pounds (680g) **Skirt Steak**
- ½ teaspoon **Salt**
- ½ teaspoon **Ground Black Pepper**
- 1 medium (2.5-in diameter; 110g) **Onion** *sliced into half circles*
- 2 cloves (6g) **Garlic** *minced*
- ½ cup (120ml) **Water**

Directions:

Sprinkle the salt and pepper onto the top and bottom of the skirt steak.

Place the onions and garlic into a slow cooker, and then add the skirt steak.

Add the water. Cover the slow cooker and cook on low for 7 to 8 hours.

Nutrient Facts per Serving:

Calories: 439

Fat: 25.7g

Carbohydrate: 3.2g

Fiber: 0.5g

Protein: 45.9g

Slow Cooker Chicken Thighs

Serving: 4 (422g/serving)

Ingredients:

- 1 pound (454g) **bone-in, skin-on Chicken Thighs**
- 1 small (70g) **Onion** *chopped*
- 1 small (74g) **Green Bell Pepper** *chopped*
- 4 medium-size stalks (160g) **Celery** *chopped*
- 2 cups (500g) **Canned Stewed Tomatoes**
- 1 cup (240ml) **Water**
- 6 ounces (170g) **Tomato Paste**
- 1 tablespoon (17ml) **Worcestershire Sauce**
- $\frac{1}{2}$ teaspoon **Salt**
- $\frac{1}{2}$ teaspoon **Ground Black Pepper**

Directions:

Combine all ingredients in a slow cooker (a.k.a. crockpot).

Cover and cook on low for about 7 hours.

Nutrient Facts per Serving:

Calories: 378

Fat: 16.2g

Carbohydrate: 23.7g

Fiber: 4.8g

Protein: 35.6g

Side Dish Recipes

Broccoli & Cauliflower with Pine Nuts

Servings: 4 (122g/serving)

Ingredients:

- 1 pound (454g) bag **Frozen Broccoli & Cauliflower** *substitute fresh*
- 1 tablespoon (14g) **Butter** *substitute avocado oil*
- 2 tablespoons (17g) **Raw Pine Nuts** *substitute walnuts*
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**
- 1 pinch **Mrs. Dash Original Blend** *substitute other herb blends*

Directions:

In a large skillet, melt the butter over high heat, and then add the frozen vegetables.

Stir the vegetables until they are somewhat coated in butter, and then reduce the heat to medium and cover. Cook for 5 minutes.

Uncover and add the raw pine nuts. Stir and return the heat to high.

Stir often until the vegetables reach their desired tenderness, about 3 to 5 minutes. Season as desired and serve.

Nutrient Facts per Serving:

Calories: 86

Fat: 5.5g

Carbohydrate: 6.3g

Fiber: 3.2g

Protein: 1.9g

Cauliflower Mash (Mock Mashed Potatoes)

Serving: 6 (90g/serving)

Ingredients:

- 1 pound (454g) **Cauliflower Florets** *fresh or frozen*
- 3 tablespoons (42g) **Butter**
- 3 tablespoons (43g) **Sour Cream**
- ¼ teaspoon **Garlic Powder**
- ¼ teaspoon **Salt**
- ¼ teaspoon **Ground Black Pepper**

Directions:

To cook frozen cauliflower in the microwave: Put the frozen florets in a bowl and microwave for about 8 minutes or until they are tender.

To cook cauliflower on the stove: Fill the bottom of a large saucepan with 1 inch (2.5cm) of water. Place a steamer basket in the saucepan, and then add the cauliflower florets to the basket. Cover and steam for about 5 to 7 minutes or until the cauliflower is just soft enough to easily poke it with a fork.

Transfer the cooked florets to a food processor. Blend until somewhat smooth and fluffy.

Add the butter, sour cream, garlic powder, salt, and pepper and blend until the mixture resembles the consistency of mashed potatoes.

Nutrient Facts per Serving:

Calories: 85

Fat: 7.4g

Carbohydrate: 4.3g

Fiber: 1.5g

Protein: 1.7g

Cheesy Poblano Peppers

Serving: 4 (66g/serving | ½ of a pepper)

Ingredients:

- 2 medium (92g) **Poblano Peppers**
- ¾ cup (84g) **Monterey Jack Cheese** *shredded*
- 3 ounces (84g) **Cream Cheese** *softened*

Directions:

Preheat the oven to broil.

Line a baking sheet with aluminum foil.

Cut each pepper in half and remove the seeds.

Place the peppers on the baking sheet with the cut-side down and broil for 5 minutes, or until browned.

Meanwhile, mix the softened cream cheese with shredded Monterey Jack Cheese and set aside.

Carefully remove the baking sheet from the oven and flip the peppers over, so the cut side is facing up. Fill each cavity with the cheese mixture distributing the cheese evenly among the peppers.

Return the peppers to the broiler and cook for 5 additional minutes, or until the cheese is melted.

Nutrient Facts per Serving:

Calories: 144

Fat: 13.2g

Carbohydrate: 2.7g

Fiber: 0.4g

Protein: 6.9g

Garlic Green Beans with Pine Nuts

Serving: 4 (182g/serving)

Ingredients:

- 1.5 pounds (680g) **Green Beans** *trimmed*
- 1.5 tablespoons (20g) **Coconut Oil** *substitute avocado oil or butter*
- 3 cloves (9g) **Garlic** *minced*
- 2 tablespoons (17g) **Raw Pine Nuts** *substitute walnuts*
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**

Directions:

Bring a large pot of water to a boil. Add the green beans and cook until just tender, 3 to 5 minutes.

Meanwhile, in a large skillet over medium heat, sauté the garlic in one-half tablespoon of coconut oil, stirring for about 1 minute until the garlic is fragrant.

Add the nuts and cook until golden brown, about 3 minutes.

Drain the green beans and transfer them to the skillet. Add remaining oil, salt, and pepper and toss to coat. Cook for a few minutes until the beans are crispy tender.

Nutrient Facts per Serving

Calories: 128

Fat: 8g

Carbohydrate: 13.4g

Fiber: 5.1g

Protein: 3.7g

Keto Sautéed Spinach

Serving: 2 (106g/serving)

Ingredients:

- 1 tablespoon (14ml) **Avocado Oil**
- 1 clove (3g) **Garlic** *minced*
- 6 cups (about 180g) **Spinach**
- $\frac{1}{8}$ teaspoon **Salt**
- $\frac{1}{8}$ teaspoon **Ground Black Pepper**
- 1 tablespoon (14g) **Butter**

Directions:

In a large saucepan, heat the oil over medium heat and sauté the garlic for one minute.

Add the spinach, salt, and pepper and stir to mix all ingredients. Cover and cook for two minutes.

Uncover and turn the heat to high, stir and continue cooking for one additional minute.

Using a slotted spoon, transfer the wilted spinach to a serving bowl and top with the butter.

Nutrient Facts per Serving

Calories: 139

Fat: 13.1g

Carbohydrate: 3.9g

Fiber: 2g

Protein: 2.7g

Low-Carb Zucchini Noodles

Serving: 4 (117g/serving)

Ingredients:

- 2 medium (392g) **Zucchini** (*a.k.a. green squash*)
- 1 tablespoon (14ml) **Avocado Oil**
- 1 clove (3g) **Garlic** *minced*
- 1 teaspoon **Dried Thyme** *optional*
- ¼ cup (60ml) **Water**
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**

Directions:

Use a vegetable spiralizer to cut the zucchini into spaghetti-like noodles.

If you don't have a spiralizer, you can cut the zucchini by hand. Make repeated lengthwise cuts down each zucchini using a vegetable peeler. Stop when you reach the seeds, and then turn the zucchini over and continue on the other side. The seeds can be discarded. You can leave the zucchini strips wide or cut them into spaghetti-like noodles.

In a skillet, heat the oil over medium heat. Add the zucchini noodles, garlic, and thyme and heat for one minute. Pour in the water and continue to cook until the noodles are tender, about 5 to 7 minutes. Season with salt and pepper, and serve.

Nutrient Facts per Serving:

Calories: 51

Fat: 3.8g

Carbohydrate: 3.5g

Fiber: 1.1g

Protein: 1.3g

Mexican-Style Cauliflower Rice

Serving: 4 (100g/serving)

Ingredients:

Cauliflower Rice

- 1 pound (454g) **Pre-Riced Cauliflower** *fresh or frozen*
- 3 tablespoons (42g) **Butter**

Seasoning

- ½ tablespoon **Chili Powder**
- ½ tablespoon **Ground Cumin**
- ½ teaspoon **Sea Salt**
- ¼ teaspoon **Dried Oregano**
- ¼ teaspoon **Paprika**
- ⅛ teaspoon **Garlic Powder**
- ⅛ teaspoon **Onion Powder**
- ⅛ teaspoon **Crushed Red Pepper Flakes**

Directions:

Place a medium-sized skillet on the stove on medium-high heat. Add the butter and heat before adding the cauliflower rice. Cook the rice until slightly tender, about 5 minutes.

Stir in the seasoning ingredients and continue to cook on low heat until the rice is tender, about 2 to 5 more minutes depending on your desired tenderness. You can add a couple of tablespoons of water if too dry. If you are using frozen cauliflower rice, increase the cooking time by a couple of minutes.

Tips:

Many grocery stores have riced cauliflower. You can find it in the produce section or frozen vegetable section. If you cannot find pre-riced cauliflower in your grocery store, you can place fresh cauliflower florets in a food processor and pulse until it is the consistency of rice.

You can substitute half of a packet of store-bought taco seasoning mix for the seasoning ingredients. However, it will increase the carb grams per serving.

Nutrient Facts per Serving:

Calories: 77

Fat: 6.2g

Carbohydrate: 5.1g

Fiber: 2g

Protein: 1.9g

Parmesan Zucchini & Mushroom Mix

Serving: 4 (233g/serving)

Ingredients:

- 2 tablespoons (28g) **Butter**
- 2 cloves (6g) **Garlic** *minced*
- 2 medium (392g) **Zucchini** *sliced*
- 1 medium (110g) **Onion** *sliced*
- 1 large (182g) **Tomato** *chopped*
- 2 cup (192g) **Mushrooms** *sliced*
- 1 tablespoon **Mrs. Dash Original Blend** *substitute other herbal seasoning blends*
- 2 tablespoons **Grated Parmesan Cheese** *substitute shredded*
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**

Directions:

In a large skillet, sauté the garlic in the butter for one minute over medium heat. Add the remaining vegetables and continue to cook over medium heat until tender, about 4 to 5 minutes.

Sprinkle with the seasoning blend, Parmesan cheese, salt, and pepper.

Nutrient Facts per Serving:

Calories: 113

Fat: 7.2g

Carbohydrate: 12.9g

Fiber: 2.4g

Protein: 4.4g

Roasted Asparagus

Serving: 4 (116g/serving)

Ingredients:

- 1 pound (454g) **Asparagus spears** *about 28 medium-sized spears*
- 1 tablespoon (14ml) **Avocado Oil**
- 1 pinch **Salt**
- 1 pinch **Ground Black Pepper**

Directions:

Preheat the oven to 400°F (200°C).

Chop off the hard ends of the asparagus spears, and then arrange the spears in a single layer on a large, rimmed baking sheet.

Drizzle the oil over the asparagus and turn to coat.

Season with salt and pepper.

Roast, occasionally turning, until lightly browned and just tender, about 18-20 minutes.

Nutrients per Serving:

Calories: 55

Fat: 3.6g

Carbohydrate: 4.4g

Fiber: 2.4g

Protein: 2.5g

Roasted Red Onion with Anchovy Butter

Serving: 4 (75g/serving)

Ingredients:

- 2 medium (220g) **Red Onions**
- 2 tablespoons (28g) **Butter**
- 1.5 tablespoons (21ml) **Olive Oil**
- 1-ounce (28g) **Anchovies** *packaged in olive oil*
- 1 clove (3g) **Garlic** *minced*
- 1 tablespoon **Dried Parsley Leaves**

Directions:

Preheat the oven to 400°F (200°C).

Peel and wash the onions. Make one cut into the onion from the top down leaving the bottom of the onion intact. Make a second cut in a cross shape, again, leaving the bottom intact. Make two more cuts until the slits form an asterisk-shape.

Sprinkle each onion with salt and pepper to taste.

Wrap each onion in aluminum foil and place on a baking sheet. Cook for 25 minutes.

Meanwhile, place the remaining ingredients into a food processor. Pulse until the ingredients are fully blended.

When the onions are done cooking, remove them from the aluminum foil and spoon the anchovy butter over each onion.

Note: the recipe can be made without anchovies. However, you will reduce the dish's nutrient value by 60 calories, 3g of fat, 0g carbs, 0g fiber, and 5g protein.

Nutrient Facts per Serving:

Calories: 135

Fat: 11.6g

Carbohydrate: 5.6g

Fiber: 0.9g

Protein: 2.9g

Roasted Veggies with Walnuts

Serving: 4 (139g/serving)

Ingredients:

- 2 cups (182g) **Broccoli Florets** *chopped; substitute frozen -see note below*
- 2 cups (214g) **Cauliflower Florets** *chopped*
- ½ cup (78g) **Carrots** *chopped*
- 2 cloves (6g) **Garlic** *minced*
- 2 tablespoons (32ml) **Balsamic Vinegar**
- 1 tablespoon (14ml) **Avocado Oil**
- 1 teaspoon (5ml) **Bragg Liquid Aminos** *substitute soy sauce*
- 4 tablespoons (28g) **Walnuts** *chopped; substitute slivered almonds or pine nuts*

Directions:

Preheat the oven to 375°F (190°C).

Place all ingredients except the walnuts into a large bowl and toss together until the vegetables are coated.

Spread vegetables onto a sprayed baking pan.

Cover with aluminum foil and bake for 30 minutes.

Stir, and then return to the oven for an additional 20-30 minutes or until the vegetables have reached the desired tenderness.

Sprinkle the walnuts on top before serving.

Tips:

The walnuts can be toasted before eating by placing them in the oven for 1-2 minutes.

You can substitute frozen vegetables. However, you will need to defrost them first or increase the time in the oven.

Nutrient Facts per Serving:

Calories: 124

Fat: 8.5g

Carbohydrate: 10.4g

Fiber: 3.3g

Protein: 3.9g

Sautéed Garden Vegetables

Serving: 6

Serving Size: 132g (about 2 cups)

Ingredients:

- 3 tablespoons (42g) **Butter**
- 1 medium (196g) **Zucchini (a.k.a. green squash)** *sliced; substitute additional yellow squash*
- 1 medium (196g) **Yellow Squash (a.k.a. summer squash)** *sliced; substitute additional zucchini*
- 1 medium (119g) **Green Bell Pepper** *sliced*
- 1 medium (110g) **Onion** *sliced*
- 1 medium (123g) **Tomato** *sliced*
- $\frac{3}{4}$ tablespoon **Dried Parsley** *substitute 2 tablespoons fresh parsley*
- 1 teaspoon **Dried Oregano** *substitute 1 tablespoon fresh oregano*
- $\frac{1}{4}$ teaspoon **Salt**
- $\frac{1}{4}$ teaspoon **Ground Black Pepper**

Directions:

Place the butter in a large skillet and cook over medium-high heat until melted.

Add the slices of zucchini, yellow squash, green pepper, and onions to the skillet and sauté for 2 minutes.

Add the tomato, parsley, oregano, salt, and pepper and continue to sauté until the vegetables have reached the desired tenderness, about 3 to 5 additional minutes.

Nutrient Facts per Serving:

Calories: 78

Fat: 6.1g

Carbohydrate: 5.7g

Fiber: 1.7g

Protein: 1.5g

Sautéed Mushrooms and Onions

Serving: 6 (106g/serving)

Ingredients:

- 2 tablespoons (28g) **Butter**
- 1 pound (454g) **Fresh Mushrooms** *sliced*
- 1 large (150g) **Onion** *sliced*
- ¼ teaspoon **Garlic Powder**
- ¼ teaspoon **Salt**
- ¼ teaspoon **Ground Black Pepper**

Directions:

Melt the butter in a large skillet over medium-high heat.

Add the sliced mushrooms and onions and sauté for about 8-10 minutes, stirring frequently. The vegetables should be slightly tender when pierced with a fork.

As the vegetables cook, season them with the garlic powder, salt, and pepper.

Nutrient Facts per Serving:

Calories: 61

Fat: 4.1g

Carbohydrate: 5.4g

Fiber: 1.4g

Protein: 1.9g

White Riced Cauliflower

Serving: 4 (136g/serving)

Ingredients:

- 1 pound (454g) **Cauliflower Florets** *fresh or frozen; substitute pre-riced cauliflower*
- 2 tablespoons (28g) **Butter** *substitute avocado oil*
- ¼ teaspoon **Garlic Powder**
- ¼ teaspoon **Salt**
- ¼ teaspoon **Ground Black Pepper**
- ¼ cup (60ml) **Chicken Broth**

Directions:

Place cauliflower chunks in a food processor. Pulse until the chunks are broken down into rice-size pieces. You may need to do this in separate batches to avoid overcrowding your food processor. Tip: Many grocery stores have cauliflower rice that is already chopped and ready to use. You can find it in the produce section or frozen vegetable section.

Melt the butter in a skillet over medium heat. Once melted, add the cauliflower "rice", garlic powder, salt, and pepper.

Cook until the rice is tender, about 5 minutes. Stir frequently as the rice cooks.

Add the chicken broth and continue to cook until all of the liquid is absorbed.

Note: If you use frozen cauliflower rice, you will need to increase the cooking time by a few minutes.

Nutrient Facts per Serving:

Calories: 84

Fat: 6.3g

Carbohydrate: 5.9g

Fiber: 2.3g

Protein: 2.6g

Snack Recipe

Chocolate Peanut Butter Fat Bombs

Serving: 12 **Serving Size:** 1 fat bomb (17g)

Ingredients:

- 4 tablespoons (55g) **Coconut Oil**
- 3 tablespoons (42g) **Butter**
- 2 tablespoons (31g) **Almond Butter**
- 2 tablespoons (32g) **Natural Peanut Butter**
- 4 tablespoons (22g) **100% Cacao Natural Unsweetened** (*I use Hershey's brand*)
- 2 tablespoons (18g) **Swerve Confectioners**
- 1 teaspoon (4g) **Vanilla Extract**

Directions:

Put all ingredients into a medium-size saucepan. Heat on medium heat until melted and blended. Do not boil.

Pour the mixture into a mini-muffin muffin pan or truffle mold.

Place in the freezer for at least 30 minutes. Serve.

The fat bombs can be stored in the freezer or refrigerator.

Tips: Use a silicone truffle mold for easy removal.

You can use only almond butter or only natural peanut butter, but be sure to use no-sugar-added brands.

I prefer Hershey's Cocoa - 100% Cacao Natural Unsweetened. I also prefer Swerve Confectioners over Swerve Granular.

Nutrient Facts per Serving:

Calories: 103

Fat: 10.4g

Carbohydrate: 3.6g

Fiber: 1.2g

Protein: 1.6g

Roasted Chickpeas

Serving: 4 (82g/serving)

Ingredients:

- 1 15.5-ounce (439g) can **Garbanzo Beans (Chickpeas)** *drained and rinsed*
- 2 tablespoon (28g) **Avocado Oil**
- ½ tablespoon **Mrs. Dash's Original Blend Seasoning** *substitute another seasoning blend*
- ½ tablespoon **Dried Oregano**
- 1 pinch **Salt**
- 1 tablespoon **Grated Parmesan Cheese**

Directions:

Preheat the oven to 400°F (200°C).

In a small bowl, combine the beans, oil, Mrs. Dash, oregano, and salt.

Transfer the bean mixture to a shallow baking sheet.

Roast for 20 minutes, stirring halfway through.

Remove from the oven and sprinkle with Parmesan cheese.

Eat them warm or cold.

Store in the refrigerator.

Nutrient Facts per Serving:

Calories: 171

Fat: 9.3g

Carbohydrate: 17.3g

Fiber: 5g

Protein: 5.7g